



COOK CENTER FOR
HUMAN CONNECTION



Cook Center for Human Connection CookCenter.org

The **Cook Center for Human Connection** is a nonprofit foundation committed to preventing suicide, improving mental health support and encouraging human connections. We find projects we believe in and help them become available to those in need. In addition to helping children and families, our desire is to help schools with resources that are easy to use and cost effective, allowing counselors and administrators to more impactfully serve their population as a whole.

Cook Center and ParentGuidance.org ParentGuidance.org

We believe in ParentGuidance.org which is a mental health resource for parents. This resource offers parents access to licensed therapists delivering on demand e-courses for parents on topics like living with a child with depression, identifying anxiety, coping with grief and loss in order to help families understand the mental health needs of their children.

ParentGuidance.org and You

ParentGuidance.org is available to schools at no cost as a resource to share on their website providing all of your parents a trusted place to go for real answers, to find support and real help for their children. Many times, parents identify things they are concerned about and start googling. What they find there, we all know, may or may not be a trusted source. ParentGuidance.org is backed by therapists to provide trusted and specialized courses, professional support and a safe community of parents helping each other.

Suite of Free Resources

ParentGuidance.org – On Demand e-Courses

Our library of e-courses developed by leading mental health experts, offer compassionate help, real answers and trusted resources. Explore parenting tips and strategies, along with our entire library of evidence-based, research-backed e-courses on a variety of topics like: anxiety, depression, self-worth, relationships, suicide ideation, family strife, grief and loss, and other mental health concerns.

ParentGuidance.org – “Ask A Therapist”

Within ParentGuidance.org you will find “Ask A Therapist” where parents can submit questions anonymously to be answered by licensed therapists and posted in the ParentGuidance.org website on the “Ask A Therapist” page as part of our library of frequently asked questions. These no cost resources are made available through a generous grant from the Cook Center for Human Connection.

ParentGuidance.org - Family Mental Health Night [Check this out - Family Mental Health night video](#)

Have you considered a Family Mental Health night for your families? We host free virtual Family Mental Health nights which include having a licensed family therapist join us to share their latest research with children/youth mental health, answer individual parent questions, as well as help parents navigate the free resources. Our goal is to make ParentGuidance.org available at no cost to your schools and families to get quality mental health support.

***“Education, structure, accountability and consistency offered for my families in need, and today that’s everyone.”
Superintendent***



Suite of Wraparound Services (contact your School & Community Advocacy Manager for cost & details)

ParentGuidance.org – Mental Health Series

Ongoing Mental Health events are also part of the full suite of support. Together with the Cook Center for Human Connection, you select the suite of topics that is best suited for your parent community, in tandem with courses and workshops created by licensed therapist. Presented virtually or in a hybrid model, we will host your parents virtually as they participate onsite at your campus or via zoom conferencing. Each Mental Health event can be selected from the following topics created by licensed therapists: Foundational Parenting Skills, Relationships, Anxiety, Child Development, Depression, Social Media, Bullying, Suicide Ideation/Prevention, Self-Harm, Substance Abuse, Emotional Regulation and Conflict, just to name a few! [Check this out - Sample Parent Guidance Concert Series poster](#)

ParentGuidance.org – Individual Coaching

Today more than ever, families need support. With individualized coaching, your families get access to a certified coach to guide them through a step-by-step program which includes the education, structure, accountability and consistency they need. Parents receive a 30-minute live call with their coach every week, as well as 24/7 access via text with their coach who will respond in 24 hours or less helping to answer their questions and stay connected. Using our therapy app, coaches take parents from point A all the way to point B with a step-by-step guide, in tandem with a focus on positive parenting skills. The experience is customized to the needs of the parent/family using the six evidence-based areas of focus as a foundation: Basic Needs, Attachment, Attachment Barriers, Suicide Prevention, Identity Formation, and Parenting Principles. [Check this out - Individual Coaching video](#)

ParentGuidance.org – Mental Health Professional Development Workshop

Your teachers will enjoy this full-day interactive professional development workshop focusing on mental health. The virtual workshop includes synchronous and asynchronous learning, lively discussion boards, “Unconference” breakout sessions, QPR training for suicide prevention, and an interactive virtual escape room experience. At the end of the day, your teachers and staff will have an in-depth understanding of mental health challenges, a greater awareness for issues your students and families are facing, as well as knowing where to find resources for mental health, child development, suicide prevention and self-help. As a bonus, each participant will receive a QPR certification for suicide prevention.

Sample Agenda:

8:30 am - 9:30 am	Welcome/Introductions/Instructions
9:30 am - 11:00 am	Read text/apply learning/discussion board – Mental Wellness/Child Development (Asynchronous Learning)
11:00 am – noon	“Unconference” breakout sessions/Debrief/Discussion board (Synchronous Learning)
Noon - 1:00 pm	Lunch on your own
1:00 pm - 2:00 pm	Virtual Escape Room Experience -- Suicide Prevention Resources/Mental Health (Asynchronous Learning)
2:00 pm - 3:30 pm	QPR Training and certificate (Synchronous Learning)
3:30 pm - 4:00 pm	Wrap up/Closure

**Key components covered in QPR training:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide, and how to help someone in crisis
- The common causes of suicidal behavior and the warning signs of suicide