



**Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of programs.**

### **The 100 Schools Project**

The 100 Schools Project provides behavioral health coaches who train and support school staff and parents to better understand mental health, substance misuse, and trauma. In consultation with the NYC Department of Health and Mental Hygiene, the 100 Schools Project works to ensure teachers, guidance counselors, and administrators are better prepared to identify students who are grappling with issues like anxiety, depression or addiction.

The 100 Schools Project is unique in that the school is the “client” and, by giving school staff support, provides the proper training in order to identify the early signs of mental illness and/or risky, harmful substance use/abuse.

The goal is to promote wellness and increase academic successes with reduced dropout rates.

This five-year initiative helps address potential mental health problems in students in 100 middle and high schools before they become crises by:

- Training teachers and students to better understand mental health, substance abuse and prevention strategies
- Providing professional development, support and self-care for teachers and parents
- Coaching and supporting school staff on effective crisis responses and deescalation techniques
- Developing a sustaining plan to ensure continuation of project gains by integrating school systems
- Reducing calls to 911
- Increasing mental health literacy to develop skills to reduce risky behavior

Due to grant funding, The 100 Schools Project services are available at no cost to the school.

For more information, please contact:

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