Inclusive Program Environments: Resources

Section1: Including Youth with Different Abilities

- Companion presentation: https://vimeo.com/392044905/97e26bc585
    - Slides: www.actforyouth.net/resources/ipe/inclusive-presentation-different-abilities.pdf

- American Academy of Child & Adolescent Psychiatry: Facts for Families Guide
  https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx
  Fact sheets on autism spectrum disorder, learning disorders, ADHD, PTSD, and many other issues

- National Institute of Mental Health: Health Topics
  https://www.nimh.nih.gov/health/topics/index.shtml
  Guides on ADHD, coping with traumatic events, autism spectrum disorder, etc.

- Harvard Health Publishing: HelpGuide
  https://www.helpguide.org/
  Articles on ADD/ADHD, autism spectrum disorder, helping children cope with trauma, etc.

- National Alliance on Mental Illness: Website
  https://www.nami.org

- National Alliance on Mental Illness: OK2Talk.org
  http://ok2talk.org/
  Online community for teens and young adults who are struggling with mental health conditions.

- Center for Parent Information and Resources
  http://www.parentcenterhub.org/#

- The Child Mind Institute
  https://childmind.org/
  An independent, national nonprofit dedicated to transforming the lives of children and families
  struggling with mental health and learning disorders.

- The Child Mind Institute: Speak up for kids
  https://speakupforkids.org/splash/
  Celebrities speak about their childhood challenges with mental health and the advice they would
  give their younger selves. Can be inspirational for young people.

Autism Spectrum Disorder

- National Center for Autism
  http://autismnow.org

- Autism Spectrum Disorder
  https://www.cdc.gov/ncbddd/autism/index.html

- Interacting with Autism
  http://www.interactingwithautism.com/

- The Reason I Jump
  https://www.penguinrandomhouse.com/books/227014/the-reason-i-jump-by-naoki-higashida/

Trauma

- National Child Traumatic Stress Network
  http://www.nctsn.org/

- Adverse Childhood Experiences Study
  https://www.cdc.gov/violenceprevention/acestudy/

- ACES too High
  https://acestoohigh.com/

Inclusive Program Environments: Resources

Section 3: Promoting a Sense of Belonging

- Education Week: Microaggressions in the Classroom
  https://www.edweek.org/ew/section/multimedia/illustration-microaggressions-in-the-classroom.html

- Harvard Graduate School of Education: Usable Knowledge: Accentuate the Positive
  https://www.gse.harvard.edu/news/uk/16/12/accentuate-positive

- Positive Youth Development 101 (see section 2 for discussion of sparks and strengths)
  http://www.actforyouth.net/resources/pyd/pyd_pyd101curriculum.pdf

    - Sparks Peer-to-Peer Interview
      http://www.actforyouth.net/resources/pyd/pyd_2-3_sparks-peer.pdf

    - Strength-Based Information Gathering
      http://www.actforyouth.net/resources/pyd/pyd_2-3_strength.pdf

    - Sparks Interview Questions
      http://www.actforyouth.net/resources/pyd/pyd_2-3_sparks-interview.pdf

- Community Programs to Promote Youth Development
  https://www.nap.edu/catalog/10022/community-programs-to-promote-youth-development

Inclusive Program Environments: Resources

Section 4: Integrating Mindfulness and De-Stressing Activities

- Greater Good Science Center, University of California Berkeley: Mindfulness
  https://greatergood.berkeley.edu/mindfulness

- HelpGuide: Benefits of Mindfulness
  https://www.helpguide.org/harvard/benefits-of-mindfulness.htm

- Transforming Education: Mindfulness Toolkit
  https://www.transformingeducation.org/mindfulness-toolkit/

- Amy Saltzman: Still Quiet Place practice videos
  http://www.stillquietplace.com/practice-videos/

- Mindfulness Schools: Resources
  http://www.mindfulschools.org/resources/explore-mindful-resources

- LeBron's meditation video clip
  https://www.youtube.com/watch?v=SCR7OfRuQd4

- National Youth Council Of Ireland: Mindfulness Exercises
  http://www.youthdeved.ie/sites/youthdeved.ie/files/Mindfulness%20Exercises.pdf

- Colorado Education Initiative: The Hub: Take a Break! Teacher Toolbox for Physical Activity Breaks
  https://healthyschoolshub.org/resources/take-a-break-teacher-toolbox-for-physical-activity-breaks-in-the-secondary-classroom/

For Youth

- Mindfulness for Teens
  http://mindfulnessforteens.com/

- AnxietyCanada: Mindfulness Exercises
  http://youth.anxietybc.com/mindfulness-exercises

- KidsHealth: Stress & Coping Center
  http://kidshealth.org/en/teens/center/stress-center.html

Promoting Self-Regulation

- ACT for Youth: SEL Toolkit: Self-Management
  http://www.actforyouth.net/youth_development/professionals/sel/self-management.cfm

- Harvard Graduate School of Education's Usable Knowledge: Brain games
  https://www.gse.harvard.edu/news/uk/16/08/fun-and-brain-games

- Harvard's Center on the Developing Child
  - Core skills https://developingchild.harvard.edu/resources/building-core-skills-youth/
  - Executive functions
    https://developingchild.harvard.edu/science/key-concepts/executive-function/

- Government of Alberta: Supporting Behaviour and Social Participation (strategies)
  http://www.learnalberta.ca/content/insp/html/index.html

Inclusive Program Environments: Resources

Section 5: Modeling and Teaching Empathy

- Brene Brown on Empathy (video)
  https://www.youtube.com/watch?v=1Evwgu369Jw

- Ashoka: Start Empathy
  https://startempathy.org/

- Start Empathy: A Toolkit for Promoting Empathy in Schools
  http://startempathy.org/wp-content/uploads/2015/10/StartEmpathy_Toolkit.pdf

- Teaching Tolerance: Developing Empathy
  https://www.tolerance.org/classroom-resources/tolerance-lessons/developing-empathy

- Teaching Tolerance: Activities: Before Mix
  https://www.tolerance.org/mix-it-up/activities-before-mix-it-up

- Random Acts of Kindness
  https://www.randomactsofkindness.org
  Activities, lesson plans, handouts, posters

- ACT for Youth: Social and Emotional Learning Toolkit
  http://www.actforyouth.net/youth_development/professionals/sel/

  o Social Awareness
    http://www.actforyouth.net/youth_development/professionals/sel/social_awareness.cfm

  o Self-Management
    http://www.actforyouth.net/youth_development/professionals/sel/self-management.cfm

- Greater Good Science Center: Empathy
  https://greatergood.berkeley.edu/topic/empathy/definition

Inclusive Program Environments: Resources

Section 7: Disability Legislation, Accommodations, and Working with Community Partners

Complementary presentation for section 7

- Disability Legislation: IDEA and ADA
    - Recorded presentation: https://vimeo.com/393032379/e8c0b0fba9
    - Slides: www.actforyouth.net/resources/ipe/inclusive-presentation-legislation.pdf

National

- U.S. Department of Education: IDEA
  https://sites.ed.gov/idea/

- US Department of Justice: Information and Technical Assistance on the Americans with Disabilities Act
  https://www.ada.gov

- ADA National Network
  https://adata.org

- ADA National Network: An Overview of the Americans with Disabilities Act
  https://adata.org/factsheet/ADA-overview

New York State

- NYS Education Department: Office of Special Education
  http://www.p12.nysed.gov/specialed/

- NYS Justice Center for the Protection of People with Special Needs
  http://www.justicecenter.ny.gov/

- NYS Disability Services Council
  http://www.nysdsc.org/