



MindPeace

For School-based Mental Health Teams
and Your Communities



Go-to Transition Resources, A MindPeace Toolkit

► **“If we don’t change, we don’t grow. If we don’t grow, we are not really living.” - Gail Sheehy**

To build a successful system of care for student transitions, **it takes each and every one of us**. That’s why we pulled together this toolkit - to equip various members of your school community with off-the-shelf resources for supporting K-12 students as they navigate the many seasons of transition.

Much like a real life toolbox, there will be some items you use often and others you don’t - and that’s ok. Take what you need today, share what makes sense with your colleagues and community, and know that the rest will be sitting here in your toolbox waiting for you when you need it most.

And, as you improve your transitions systems, rest assured that the time and effort you invest will support students not just today, but also in the future as they begin **building their very own resiliency toolboxes of their own** - complete with new transition experiences and skills.

So, what are we waiting for? Let’s get started!

School Leader Resource:

A Transition Systems Review & Reflection Guide

Ready to level up your student transition systems game?

This NEW [School Leader’s Review & Reflection Guide for Successful Student Transitions](#) will support your team in asking key questions as you fine tune your processes for supporting students in navigating change and transitions with greater confidence.

School Counselor & Psychologist Resource:

Summer Wellness Plans for Vulnerable Youth

Summer can be both exciting and stressful, especially for youth struggling with mental health challenges.

That’s why we developed this NEW [Summer Wellness Plan for Students](#) template for you to use in supporting any of your students receiving Tier 2 and Tier 3 level support in preparing for a successful transition to summer!



Mental Health Partner Resource:

Tools and Templates for Transitioning to a New Treatment Provider

Did you know that MindPeace offers an entire series of tools and templates for creating a smooth transition of care between school-based treatment providers?



Included in this series:

For therapists:

- ▶ [Process Map: Transitioning Mental Health Therapy Between Schools](#)
- ▶ **Transition Planning Spreadsheet** - recommended and used to track progress on the transition with each individual student on the therapist's caseload. *(Available to MindPeace Network therapists upon request.)*
- ▶ **Regional School Leads** - The links below provide contact information for each of school-based mental health partners throughout the MindPeace Network.

When medically appropriate and with family permission, we recommend a warm handoff and introduction between a student's current therapist and the therapist at the new school building.

If a student has not yet made a decision about which high school they will be attending, we recommend that therapists share these lists with parents and guardians themselves to help facilitate an appropriate transition once the new school is finalized.

- [Jr. High School Lead Partners](#)
- [High School Lead Partners](#)

For families of students in treatment:

As a way to equip families in treatment, we recommend printing and/or emailing these resources to share with parents and guardians of students currently in treatment who are planning a school transition in the fall.

- ▶ [Obtaining & Transitioning Mental Health Therapy](#)
- ▶ [Tips for Helping Your Child Transition to a New School \(all grades\)](#)

For students in treatment:

MindPeace offers a [Brain Health Tips](#) self-care resource which can be shared by therapists and discussed with the student during transition planning.

Questions? As a MindPeace Network school-based therapist, if you need access or have questions about the above tools, contact Elana Carnevale at (513) 803-0844 or by emailing her at carnevalee@mindpeacecincinnati.com.



Resources for Supporting Youth through Common Transitions

Note to School Teams: Share this messaging and these resources with parents and caregivers to boost collaborative transition support for your students. Simply copy and paste the area below in grey to share with your families.

▶ **Facing a school change? These resources can help!**

Whether a school move is triggered by the natural progression between grade levels or an unexpected family move, kids do better when we as parents and caregivers are prepared and intentional about how to best help them transition well.

As our child's biggest champion, it's instinctive to try and jump in to fix a situation or accentuate the positives when our kids experience difficulties with an unexpected or unwelcome change.

However, often what they need most in that moment is a safe space to express their feelings without judgement. Only then, will they (eventually) be open to looking at the 'bright side of things.' Remember: We each move at our own pace, which is why patience in the process is key.

And when your child is ready to look ahead, you'll be there to remind them that while school transitions can sometimes be tough, they also hold wonderful opportunities to help us all build resilience, gain new skills and become an even stronger version of ourselves.

Here are a few resources to help guide these important conversations and support your child or teen along the way:

- **Switching schools (all grades K-12)**

- [*Tips for Helping Your Children Transition to A New School*](#)
[*Obtaining & Transitioning Mental Health Therapy*](#)

- **Transitioning from Elementary to Middle School/ Junior High**

- [*Helping Your Child Transition to Middle or Junior High School*](#)

- **Transitioning from Middle School/ Junior High to High School**

- [*Helping Your Child Transition to High School*](#)

▶ **Want to set your child or teen up for a successful summer?!**

Utilize MindPeace's NEW [*Summer Wellness Plan, Parent and Classroom version*](#) to help your child reflect on the school year, anticipate fun experiences and prepare for any challenging moments which will inevitably arise. With better preparation, your child can approach summer with less anxiety and more confidence.

Equipping Students with Healthy Transition Habits

All students

- ▶ Summer Wellness Plan, Family and Classroom Version
 - Utilize [this plan](#) as a classroom activity to help your students thrive this summer!

Younger elementary students (grades K-3)

- ▶ Goodbye School, Hello Summer - Social Story for End-of-Year Transitions [video](#). ABA in School (4 minutes in length). Pause [video](#) at 2:40 for class discussion.

Discussion Starter Questions:

- What are some of your favorite memories from this past school year?
- How are some ways you've grown in the last year?
- How are you feeling about summer?
- Do you have a favorite summer activity or tradition?
- How can you prepare to have a great year next year?
- Sometimes something new can feel scary. How do you help yourself feel better about a change that you know is coming?
- Remember all the ways you grew this school year? How do you think you might grow and get stronger next year?
- **Optional Activities:**
 - Take out a piece of paper and draw a scene of what YOU might look like next spring - when you're a whole year older! Will you be taller? Wiser? How do you think you'll be spending your time? You can include words or drawings of any new interests or activities in your picture.
 - Write a letter to the student that will sit in your seat next year. What would you want them to know about this class so that they feel excited and less nervous.



Older elementary school and middle school students (grades 4-8) Book selections to help normalize summertime transitions

[As Brave As You](#) by Jason Reynolds

- **Audience:** Middle-grade novel (grades 5–7)
- **Main characters:** Two brothers, Genie and Ernie, from Brooklyn
- **Themes:** Family, courage, and unexpected growth when they're removed from their familiar school-year environment.
- **Honors:** Schneider Family Book Award Winner & Coretta Scott King Author Honor Book

[Roller Girl](#): Graphic Novel by Victoria Jamieson

- **Audience:** Middle-grade novel (grades 4–8)
- **Main character:** 12-year-old Astrid
- **Themes:** Navigating changing friendships, embracing fear, personal growth, and finding inner strength through passion
- **Honors:** Newbery Honor Award Winner

[The Miscalculations of Lightning Girl](#): by Stacy McAnulty

- **Audience:** Middle-grade novel (grades 5-7)
- **Main character:** Lucy Callahan, a 12-year-old math genius
- **Themes:** Friendships, social transitions and stepping out of your comfort zone
- **Honors:** Amazon and Barnes and Noble's Best Young Reader Books of 2018

Rising Middle Schoolers & Early High School Students (grades 8-10)

Rising and young high school students often experience busier schedules and friendship shifts as they begin to settle into high school. Below are sample messages and tools to share with these students as they navigate these all-too-common transition-related challenges.

▶ **Prioritizing self-care** - Student messaging sample:

Taking good care of YOU is especially critical during seasons of transition and change, whether it's heading home for summer break, starting a new job, heading off to summer camp, or gearing up for the new school year. Each time you experience a significant change in your daily schedule, consider it your friendly reminder to take even better care of you.

Hopefully, you have a go-to set of self-care activities. If not or if you want to level up your self-care game, check out MindPeace's [Self-care Tips](#).

▶ **Normalizing Loneliness** - Student messaging sample:

During the middle school and early high school years, it's common for friendship groups to shift which can leave us feeling left out and lonely.

Vacations, summer camps, summer jobs and more can create schedule mismatches with your friends and leave you without your favorite buddy to hang out with during summertime fun. Perhaps you and your friends are beginning to take on different interests and activities which are taking away from your time together. All of these shifts are normal, as are feelings of loneliness, which we all feel at one time or another.

This RSA Short [video](#), Vivek Murthy on Loneliness and the Power of Connection, offers us the chance to see loneliness through a community lens and reminds us that feelings of loneliness do not indicate that there is something broken within us, but rather that we are human.

When we recognize "It's not just me!" it creates space for each of us to be a little more courageous in looking out for one another and perhaps even being the first one to initiate the first move towards connection and friendship.



▶ **Pro Tip**

Consider the resources and messages above as a launching pad for starting your own conversations with students in these grade levels and the challenges they face. As new struggles (and budding strengths) are identified, challenge students to develop their own peer-to-peer encouraging messages around these new topic areas.

Student messaging sample (consider pairing with the resources below):

Resources for High Schoolers - Juniors and Seniors (grades 11-12) - Student messaging sample: As you move into your junior and senior years of high school, you'll likely be inundated with choices and decisions about your future. Sometimes this can feel scary - and even a bit paralyzing.

Contrary to popular belief, you have a long road ahead of you. Rest assured that no two paths or even timelines look the same, and that's ok. During this time of high excitement, uncertainty, and often stress, it's more important than ever for you to prioritize your brain health. That's why we pulled together the mental wellness guides below. Take some time to review them and find the resources that might be most helpful for you.

Also, now that you're on the verge of 'adulting,' it's important to become your own advocate. Check out the additional resources below to learn more about how to proactively plan for team meetings about your future and how you can advocate for the accommodations and support you need in college, work and beyond.

▶ **Resources to help you prepare for life after high school:**

- [Moving Forward: A Mental Wellness Guide for 2026 Juniors](#)
- [Moving Forward: A Mental Wellness Guide for 2026 Seniors](#)

▶ **Learning how to become your own advocate:**

- [Tips for Team Meetings: A Guide For Youth](#)
- [Getting Accommodations at College](#)



And last, but never least - An Important Reminder for YOU!

Let's face it. Just as our students need more support as they prepare for and face their own transitions, so too do school staff. Often, the best gift we can offer students is a healthier version of you (and of me). That's when we show up differently. And, make no mistake - kids and teens can feel the difference!

Feeling a bit out of balance? Check out this one-page [Taking Care of You](#) checklist to make a critical shift.

Spring calendars in schools are often jam-packed for teachers, administrators and school staff alike. Be intentional about where you invest your time and energy. And when in doubt, choose presence over perfection.



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