

## Maryland School Mental Health Response Program (MD-SMHRP) Training and Professional Development Menu

*Below is a list of training and professional development topics available from the Maryland School Mental Health Response Program (MD-SMHRP) in partnership with the National Center for School Mental Health (NCSMH). School districts are welcome to reach out to the MD-SMHRP to receive (at no cost) training on the topics below, to customize the training topics below, and/or to request training on additional topics. Most sessions can be completed in one hour or can be extended to a ½-day or 1-day training, as requested.*

*Trainings may be delivered virtually or in-person.*

### Multi-Tiered Systems of Support (MTSS)

Title	Audience	Description
Best Practices for Tier 1 Mental Health Promotion in Schools	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Review of Best Practices for School Mental Health Promotion including Mental Health Literacy, Teacher-Student Relationships, School Climate.</i>
Needs Assessment and Resource Mapping	District Teams, School Teams	<i>Provides the process for conducting Needs Assessments and Resource Mapping including ways to integrate cultural responsiveness, anti-racism, and equity (CARE) practices.</i>
Best Practices in School Mental Health Multidisciplinary Team Collaboration	District Teams, School Teams	<i>Outlines some best practices for building effective teams and how teams can advance CARE practices.</i>
Whole School, Whole Community, Whole Child (WSCC) Model Training	District Teams, School Teams	<i>This session will provide an overview of the WSCC model and using it to advance student mental health and well-being.</i>

## Tier I: Universal Mental Health Promotion

Title	Audience	Description
Maryland School Model Policy: Bully- Prevention	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Provides an overview of the Maryland Model Policy.</i>
Anti-Bullying: Strategies to Address Bullies, Bystanders, and Targets of Bullying	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes core components of effective anti-bullying programs, and developmentally-appropriate strategies to use with aggressors, bystanders, and those targeted by bullies.</i>
Building Educator-Student Relationships	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes best practices to advance positive educator-student relationships to advance mental health and well-being for your entire school community.</i>
Behavior Management Strategies	Graduate level mental health trainees	<i>Offers an overview of and practical application opportunities of basic behavior management strategies that can be used in a school setting.</i>
Promoting the Well-Being of All Students	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Clarifies the meaning and purpose of promoting student well-being, Tier 1 frameworks and strategies for promoting student well-being, and strengths and challenges of existing Tier 1 supports.</i>
Applying Brain Science to School Mental Health	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes 7 neuroscience findings that impact school performance and behavior, and school-based strategies to optimize learning and mental health.</i>
School Promotion of Mental Health: Addressing Fears and Worries at School	District or School Teams, Educators, Administrators, Other School Staff, Parents	<i>Describes origins of fears and worries, and basic interventions to support students who have fears/worries</i>

<b>Title</b>	<b>Audience</b>	<b>Description</b>
School Promotion of Mental Health: Addressing Fears and Worries at School	District or School Teams, Educators, Administrators, Other School Staff, Parents	<i>Describes origins of fears and worries, and basic interventions to support students who have fears/worries</i>
School Promotion of Mental Health: Improving Student Behavior	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes basics in behavioral planning for students, including instructions, praise, active ignoring, rewards/reinforcement, and practical steps in behavior planning with example cases.</i>
School Promotion of Mental Health: Managing Sadness	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes survive and thrive emotions, and school interventions for students to manage sadness and use positive coping techniques and basic cognitive behavioral strategies.</i>
Psychotropic Medications and Educators	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes common psychotropic medications students may take at school, and how staff can provide information (vs. medical advice) to families about impacts of medicines on students' school functioning.</i>

### Screening

<b>Title</b>	<b>Audience</b>	<b>Description</b>
Best Practices for Mental Health Screening	District or School Teams, Individual School Mental Health Providers	<i>Outlines best practices in trauma-informed and culturally responsive mental health screening, key tasks involved in crafting a district/school mental health screening plan, barriers to implementing screening and strategies to mitigate such challenges. Additionally, this training reviews the use of Psychological First Aid to respond to students' needs.</i>

### Tiers 2 and 3: Early Intervention and Treatment

Title	Audience	Description
Anxiety Interventions Across the Tiers	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes anxiety development, brain function, and anxiety interventions for students across the 3 tiers (universal, at risk, indicated).</i>
Managing School Avoidance	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Addresses student, parent, and school factors in school avoidance, and management strategies for school staff to support students avoiding school.</i>
Early Identification and Treatment of Mental Illness with Psychosis	School nurses, school mental health providers, counselors	<i>Provides an overview of how to best identify and address psychosis in youth.</i>
Psychotropic Medications and Educators	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes common psychotropic medications students may take at school, and how staff can provide information (vs. medical advice) to families about impacts of medicines on students' school functioning.</i>
School Promotion of Mental Health: Addressing Fears and Worries at School	District or School Teams, Educators, Administrators, Other School Staff, Parents	<i>Describes origins of fears and worries, and basic interventions to support students who have fears/worries</i>
School Promotion of Mental Health: Improving Attention and Focus	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes executive functioning skills and basic interventions to help students improve attention and management of school tasks.</i>
School Promotion of Mental Health: Improving Student Behavior	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes basics in behavioral planning for students, including instructions, praise, active ignoring, rewards/reinforcement, and practical steps in behavior planning with example cases.</i>

Title	Audience	Description
Managing Explosive Outbursts at School	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Defines explosive outburst, impacts, and categories (and a measure to monitor them), the stages of the explosive cycle, and school interventions to diminish and deescalate explosive outbursts.</i>
School Promotion of Mental Health: Managing Sadness	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes survive and thrive emotions, school interventions for students to manage sadness and use positive coping techniques and basic cognitive behavioral strategies.</i>
Classroom Strategies to Support Students Experiencing Health Concerns and Distress	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Reviews principles for creating a safe space for students in distress, reflecting on the link between students' behaviors, emotions and unmet needs, and utilizing Psychological First Aid to respond to their needs.</i>
Support BIPOC, Newcomer and LGBTQ+ Youth at Tiers 2 and 3	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Recognizes the importance of implementing culturally responsive and identity affirming practices, and identifying practices and evidence-based interventions that can be used to support BIPOC, newcomer, and LGBTQ+ youth at tiers 2 and 3.</i>
Telemental Health	Mental Health Providers in Schools	<i>Provides an overview of telemental health, its use in schools, and tips for how to best use telemental health from set up to practice for the provider, student, and family.</i>

## Adversity and Trauma

Title	Audience	Description
ACE Interface Training	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Defines trauma, identifies types of traumatic exposure, and describes how traumatic exposures impact brain development and learning.</i>
Engaging Students with a Trauma- Informed Approach	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Describes how to approach students using a trauma-informed approach, and use that approach when behavioral difficulties occur, including strategies for deescalating students.</i>
School-Based Early Intervention and Treatment for Trauma	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Identify common components of evidence-based early interventions for trauma, best practices for referral, screening, and monitoring progress for students enrolled in trauma interventions, and describe the importance of engagement of families and youth in all phases of planning and implementation.</i>
Trauma and Adversity	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Review trauma, types of traumatic exposure, how such exposures impact learning and brain development, as well as the connection between structural racism, inequity, and childhood trauma.</i>
Trauma-Informed, Healing Centered Schools: Building the Foundation	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Describes the difference between a traditional and trauma-informed approach used in schools, characteristics of schools along a “trauma-informed” school continuum, and strategies for creating a safe environment using NCTSN’s Trauma- Informed Schools System Framework.</i>

Title	Audience	Description
Trauma-Responsive Schools	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Reviews best practices for trauma-responsive schools.</i>
Trauma-Sensitive Classrooms	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Reviews best practices to build trauma-sensitive classrooms.</i>

## Cultural Responsiveness and Equity

Title	Audience	Description
Cultural Responsiveness, Anti-Racism, and Equity (CARE) School Mental Health Clinician Training	Individual School Mental Health Providers	<i>Focuses on fostering clinician well-being, cultural humility and self-awareness, and understanding inequities and intersectionality.</i>
Cultural Humility and Awareness	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Reviews foundational terms related to cultural humility and awareness, the link between cultural humility and the promotion of safe supportive schools, and reflection on participants own personal identity, values, and beliefs.</i>
Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators)	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Addresses the impact of educational inequities on student mental health, how implicit bias influences our perceptions and responses, and culturally inclusive classroom strategies to support student mental health.</i>
Defining CARE (Cultural Responsiveness, Anti-Racism, Equity)	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Reviews CARE in schools, its relevance and how inequities play a role in schools and other systems.</i>
Supporting BIPOC and Newcomer Youth in Schools	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Identify strategies at the participant, classroom and system-level to support BIPOC and newcomer youth, promote equity, and enhance safety and belonging for BIPOC and newcomer youth.</i>
Supporting Homeless Students	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes homelessness for Maryland students and provides strategies and resources for supporting homeless students.</i>
Supporting LGBTQA+ Students at Schools	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describes relevant terminology, and recommendations and resources for supporting LGBTQA+ students in Maryland.</i>



## Data-Driven Decision-Making

Title	Audience	Description
Using Data to Monitor Progress and Impact of School Mental Health Programs	District or School Teams, Individual School Mental Health Providers	<i>This training includes best practices and practical tools to use data to monitor progress and impact of school mental health programs.</i>

## Funding

Title	Audience	Description
Funding and Policies to Advance Safe, Supportive Schools	District Teams	<i>Identify sustainable funding mechanisms for school mental health (MH) systems, recruitment and retention strategies to maintain and grow school MH workforce, and policy levers to advance safe supportive schools.</i>

## Mental Health Literacy

Title	Audience	Description
Recognizing and Referring Students Experiencing Adversity and Distress	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Describe educators' roles in identifying and responding to students in distress, signs of healthy child and adolescent development, signs of student distress and determining the need for help</i>
Classroom WISE	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Offers evidence-based strategies to promote student mental health and support students with mental health challenges.</i>
Youth Mental Health First Aid	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Provides Mental Health literacy for staff.</i>

## Provider and Staff Well-Being

Title	Audience	Description
Considerations for Mental Health Provider Well-Being	School-employed and school-based mental health providers, counselors	<i>This session provides an overview of well-being factors and considers unique considerations for mental health providers as it relates to well-being.</i>
Educator Well-Being	District or School Teams, Individual School Mental Health Providers Educators, Administrators, Other School Staff	<i>Review the concepts of individual, collective, and organization (school) well-being, reasons to promote school staff well-being, and the impact of burnout, compassion fatigue, and secondary traumatic stress.</i>

## School and Community Health Providers

Title	Audience	Description
Medication Update for School-Based Clinicians	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Describes common psychotropic medications students take, differences between types of medications used for ADHD, anxiety, depression, and thought disorders, information about marijuana impacts on youth, and updates on other substances (e.g., fentanyl, xylazine, etc.).</i>
Advancing Youth Mental Health	District or School Teams	<i>Describes best practices to advance school/pediatrician partnerships to advance youth mental health and well-being.</i>
Mental Health Training Intervention for Health Providers in Schools	School nurses, school health providers	<i>Designed for school-based health care providers seeking to enhance their competence in promoting student mental health and managing the needs of students with, or at risk for, emotional and behavioral difficulties that may interfere with learning.</i>

## School-Community Partnerships

Title	Audience	Description
Effective School Community Partnerships	District or School Teams, Individual School Mental Health Providers, Educators/Administrators/Other School Staff	<i>Reviews best practices to engage youth and families and promote effective school/community partnerships.</i>
Engaging Community Partners with Schools	Community Partner Clinical Staff and Leadership	<i>Offers practical guidance and strategies for new community partners to consider how to best collaborate with schools, considering school language, structures, and how to be a good guest in the building.</i>

## Youth and Family Leadership and Advocacy

Title	Audience	Description
Best Practices in Engaging Youth Leaders to Advance Emotional Well-Being in Schools	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Reviews Best Practices in how schools can effectively engage youth as co-leaders in planning and building comprehensive school mental health systems.</i>
Emotional Well-Being Leadership Academy for Youth Leaders	Middle and High School Youth Leaders	<i>Supports youth leaders in advancing emotional well-being supports in their school community.</i>
Engaging Students, Families, and Communities as Partners	District or School Teams, Individual School Mental Health Providers, Educators, Administrators, Other School Staff	<i>Describe why authentic student, family, and community voices are critical for safe supportive schools and best practices for engagement of students, families, and communities.</i>