National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Module Curriculum Supplementary Guide

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Disclaimer
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Brief Overview

The Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. It can be found here: [http://www.mhttcnetwork.org/](http://www.mhttcnetwork.org/).

The National Center for School Mental Health (NCSMH) mission is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. It can be found here: [http://www.schoolmentalhealth.org/](http://www.schoolmentalhealth.org/).

To help states, districts, and schools advance comprehensive school mental health, as well as engage in a planning process around implementation of services, the MHTTC Network Coordinating Office and National Center for School Mental Health developed 8 modules. This document is an index to help users search and locate specific resources referenced within each Module. You can access the full curriculum at this [link](http://www.mhttcnetwork.org/).
Module 1: Foundations of Comprehensive School Mental Health

Guidance Documents

- **Equity in Mental Health Framework**

- **School Mental Health Teaming Quality Guide**

- **Restorative Practices – Guide for Educators**

Books

- **Leading by Convening – A Blueprint for Authentic Engagement**

Issue Briefs, Reports, and One-Pagers

- **Restorative Practices**

- **Defining Restorative**

- **Healthy Students and Thriving Schools – IMPACT Report**

- **Comprehensive Behavioral Health Model – Annual Report (2017-18)**
• Comprehensive School Mental Health Core Features Checklist

• 10 Critical Factors in School Mental Health

Models/Framework – District/State Examples
• Comprehensive Behavioral Health Model – Boston Public Schools

• The Wisconsin School Mental Health Framework

• Colorado Framework for Behavioral Health

Online Resources
• The SHAPE system

References

Bruns, E. J., Walrath, C., Glass-Siegel, M., & Weist, M. D. (2004). School-based mental health services in


Module 2: Teaming

Guidance Documents
- School Mental Health Teaming Quality Guide
- School Mental Health Referral Pathways Toolkit
- Using Grade-Level Team Meetings to Support SEL

Books
- Leading by Convening – A Blueprint for Authentic Engagement

Issue Briefs and One-Pagers
- Using Data to Improve Student Mental Health
- When to Refer a Student
- School Wish List for Community Partner
- Handout on HIPAA and FERPA

Templates
- MTSS Memorandum of Understanding
  National Center for School Mental Health (2016). *MTSS Memorandum of Understanding Example*. Retrieved from
• School Mental Health Team Roles and Functions

• School Mental Health Team Meeting Agenda

• Referral Form

• Referral Feedback Form

• Referral and Triage Flow Chart

• Caregiver Release of Information Forms

• School Mental Health Team Alignment Tool

• SMART Goal Worksheet

Online Resources
- SHAPE Screening and Assessment Library

References:


Module 3: Needs Assessment and Resource Mapping

Guidance Documents
- **School Mental Health Needs Assessment & Resource Mapping Quality Guide**  
- **Technical Guide for Alignment of Initiatives**  
- **Essential Tools – Community Resource Mapping**  

Resource Mapping Examples
- **FAIRSTART Community Resource Map**  
- **Fairport Central School District – Mental Health Resource Map**  
- **Resource Map of School-Based Providers**  

Needs Assessment Examples
- **Wisconsin School Mental Health Needs Assessment**  
  Student Services/Prevention and Wellness (SSPW). (n.d.) *Wisconsin school mental health needs assessment*. Retrieved from [https://dm0gz550769cd.cloudfront.net/shape/79/79333cb3eb19651586a743aa94c84dcc.pdf](https://dm0gz550769cd.cloudfront.net/shape/79/79333cb3eb19651586a743aa94c84dcc.pdf)
- **MV Caregiver and Student Survey**
- **Santa Monica-Malibu Unified School District Youth Wellness Needs Assessment**
Tools

- **Strategic Abandonment Tool**

Templates

- **Role of School-Based Mental Health Professionals**

- **School Mental Health Initiative Alignment map**

- **Gap Analysis Worksheet**

References


Module 4: Screening

Guidance Documents
- **School Mental Health Screening Quality Guide**

Issue Briefs, Reports and One-Pagers
- **Screening Briefs Series – Classification Accuracy**
- **Screening Briefs Series – Cut Scores**
- **Student Information Systems Brief**
- **Elements of Effective School Community Partnerships to Address Student Wellness**
- **Mental Health Screening in Schools**

Online Resources
- **SHAPE Screening and Assessment Library**
- **Youth Risk Behavior Surveillance System**
- **Children’s Health and Education Mapping Tool**

References
Module 5: Mental Health Promotion for All (Tier 1)

Guidance Documents
- **School Mental Health Mental Health Promotion Services & Supports Quality Guide**

- **Effective Social and Emotional Learning Programs - Secondary Schools**

- **Effective Social and Emotional Learning Programs - Preschool and Elementary School**

- **Selecting Evidence-Based Programs**

- **User Guide for the ED School Climate Surveys (EDSCLS)**

- **Interpreting Emotional Safety School Climate Survey Data**

- **Understanding Mental Health and Mental Illness**

Books
- **PBIS Advancing Education Effectiveness**
Issue Briefs, Reports and One-Pagers

- **Restorative Practices**

- **ISF and Project AWARE**

- **Implementing Evidence-Based Practices in School Settings Checklist**
  Education Development Center. (2013). *A Framework for Effectively Implementing Evidence-Based Programs and Practices (EBPs)*. Retrieved from https://dm0gz550769cd.cloudfront.net/shape/49/49ee77b9836c0b162339153e5a77e65.pdf

- **Planning Checklist for Fidelity Monitoring of EBPs**

Templates

- **Intervention Planning Form**

Examples

- **PBIS Behavioral Expectation – Edwards Elementary School**

Tools/Measures

- **School Climate Assessment Tool**
  National Center on Safe Supportive Learning Environments. (n.d.) *ED School Climate Surveys (EDSCLS)*. Retrieved from https://safesupportivelearning.ed.gov/edscls/

- **Teacher Subjective Wellbeing Questionnaire**

- **Resilience at Work Scale**

- **Professional Quality of Life (ProQOL) Scale**
• Health-Related Quality of Life

• School Organizational Health Questionnaire

Learning Modules
• Evidence-Based Module Series

• Selecting Evidence-Based Programs for School Settings

• Implementing Evidence-Based Programs in School Settings

• Youth Mental Health First Aid
  Youth Mental Health First Aid: Take a Course. Retrieved from https://www.mentalhealthfirstaid.org/take-a-course/

Evidence-Based Practices Registries
• What Works Clearinghouse

• Blueprints for healthy youth development

• Model Programs Guide

• Evidence-Based Therapies

Promising Programs on School Staff Wellness:
• Mindfulness-Based Stress Reduction (MBSR)

- Community Approach to Learning Mindfully (CALM)

- Cultivating Awareness and Resilience in Education (CARE)

Online Resources
- School Climate Improvement

- Collaborative for Academic, Social, and Emotional Learning (CASEL)

- CASEL District Resource Center

- Positive Behavioral Interventions and Supports (PBIS)

- PBIS — Student Training Resources

References


Module 6: Early Intervention and Treatment (Tiers 2/3)

Guidance Documents

- **School Mental Health Early Intervention & Treatment Quality Guide**

- **Selecting Evidence-Based Programs**

- **School Crisis Guide**

- **Treatment Planning Guide**

Issue Briefs and One-Pagers

- **Student Information Systems Brief**

- **Suicide Prevention in Schools**

- **Implementing Evidence-Based Practices in School Settings Checklist**
  Education Development Center. (2013). *A Framework for Effectively Implementing Evidence-Based Programs and Practices (EBPs)*. Retrieved from [https://dm0gz550769cd.cloudfront.net/shape/49/49ee77b98360b0162339153e5a77e65.pdf](https://dm0gz550769cd.cloudfront.net/shape/49/49ee77b98360b0162339153e5a77e65.pdf)

- **Planning Checklist for Fidelity Monitoring of EBPs**

Example Documents

- **Crisis Protocol for Days of No Mental Health Coverage**

- **Model School Crisis Management Plan**
• School Crisis Response Manual

Templates
• Intervention Planning Form
• SMART Goal Worksheet

Learning Modules
• Evidence-Based Module Series
• Selecting Evidence-Based Programs for School Settings
• Preparing to Implement Evidence-Based Programs in School Settings
• Implementing Evidence-Based Programs in School Settings

Evidence-Based Practices Registries
• What Works Clearinghouse
• Blueprints for healthy youth development
• Model Programs Guide
• Evidence-Based Therapies
Online Resources

- SHAPE Screening and Assessment Library

- Coalition for Community Schools
  Coalition for Community Schools: http://www.communityschools.org/

- National Wraparound Initiative

References


Module 7: Funding and Sustainability

Guidance Documents

- **School Mental Health Funding & Sustainability Quality Guide**

- **Developing a Comprehensive Financing Plan**

- **Federal Education Funding Guide for SEL Programs**

Books

- **Leading by Convening – A Blueprint for Authentic Engagement**

Issue Briefs, Reports and One-Pagers

- **Funding for School Based Mental Health Services**

- **Developing a business plan for sustaining school mental health services**

- **Organizational Self-Care Checklist**

- Promoting School Mental Health Program - Elevator Speech
  Indiana School Mental Health Initiative. (n.d.) Elevator Speech/Talking Points. Retrieved from https://dm0gqz550769cd.cloudfront.net/shape/5b/5b84b8c4a565688a11f15d1f6177b82.pdf

- Tips on Applying for Federal Grants

Templates

- Financing for What? Worksheet

- Funding Gap Analysis Worksheet

- Funding Resource Mapping Worksheet

- MTSS Memorandum of Understanding
  National Center for School Mental Health (2016). MTSS Memorandum of Understanding Example. Retrieved from https://dm0gqz550769cd.cloudfront.net/shape/3b/3bd5f5f5dc0a62791f3883499cb2a267.pdf

References


Module 8: Impact

Guidance Documents

- **School Mental Health Impact Quality Guide**

- **Using Data to Reduce Disparities/Disproportionalities**

- **A Practical Tool for Action, Results and Learning**
  Organizational Research Services (ORS). (2004). *Theory of Change: A Practical Tool for Action, Results and Learning*. Retrieved from [https://dm0gz550769cd.cloudfront.net/shape/0f/0f232c76cefd91a38a6f4124830ec64e.pdf](https://dm0gz550769cd.cloudfront.net/shape/0f/0f232c76cefd91a38a6f4124830ec64e.pdf)

- **Collecting and Using Disaggregated Data on Racial/Ethnic Subgroups**

Issue Briefs and One-Pagers

- **Student Information Systems Brief**

- **Innovation That Works – The Safe Schools/Healthy Students Difference**

Example Documents

- **Creating Safe and Healthy Schools - Nevada State and Community Partnerships**

- **PAX Program Fact Sheet - Ohio**

- **Mental Health Funding**

- **EBP Tracker**

**Learning Modules**
- **Implementing a Comprehensive School Mental Health Program**

**References**