

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

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## **Module Curriculum Supplementary Guide**



**National Center for School Mental Health  
Baltimore, Maryland**



**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Mental Health Technology Transfer Center  
Network Coordinating Office  
Palo Alto, California**

**Southeast Mental Health Technology Transfer Center  
Atlanta, Georgia**

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### **Disclaimer**

The opinions expressed herein are the views of the Southeast MHTTC and the National Center for School Mental Health and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred. At the time of this publication, Tom Coderre served as Assistant Secretary for Mental Health and Substance Use.

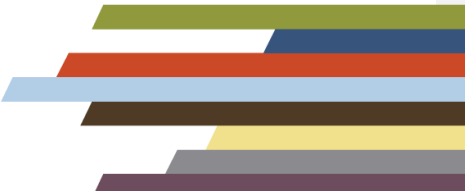
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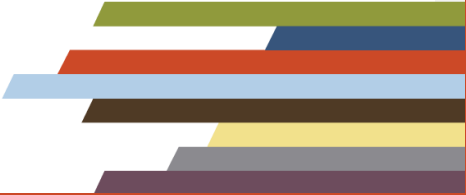


### Brief Overview

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/>.

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/>.

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](#).



## Module 1: Foundations of Comprehensive School Mental Health

### Guidance Documents

- Equity in Mental Health Framework  
Rose, E. & MacPhee, J. (2017). *Equity in mental health framework*. The Steve Fund and JED Foundation. Retrieved from <https://equityinmentalhealth.org>
- School Mental Health Teaming Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Teaming*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Teaming-1.27.20.pdf>
- Restorative Practices – Guide for Educators  
Schott Foundation, Advancement Project, American Federation of Teachers and National Education Association (2014, March). *Restorative practices: Fostering healthy relationships & promoting positive discipline in schools: A guide for educators*. Retrieved from <http://schottfoundation.org/sites/default/files/restorative-practices-guide.pdf>

### Books

- Leading by Convening – A Blueprint for Authentic Engagement  
Cashman, J., Linehan, P. C., Purcell, L., Rosser, M., Schultz, S., & Skalski, S. (2014). *Leading by convening: A blueprint for authentic engagement*. *Idea Partnership*. Retrieved from <http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20Leading%20by%20Convening%20Book.pdf>

### Issue Briefs, Reports, and One-Pagers

- Restorative Practices  
Now is the Time Technical Assistance Center. (n.d.). *Restorative Practices: Approaches at the Intersection of School Discipline and School Mental Health* (Issue Brief). Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/5d/5d75418901f4ed14b77d94193032dc8e.pdf>
- Defining Restorative  
International Institute for Restorative Practices. (2016). *Defining Restorative*. Retrieved from <https://www.iirp.edu/restorative-practices/defining-restorative/>
- Healthy Students and Thriving Schools – IMPACT Report  
Hoover, S., Bracey, J., Lever, N., Lang, J. (2018). *Healthy Students and Thriving Schools: A Comprehensive Approach for Addressing Students' Trauma and Mental Health Needs*. Farmington, CT: Child Health and Development Institute of Connecticut. Retrieved from <https://www.chdi.org/index.php/publications/reports/impact-reports/health-students-and-thriving-schools>
- Comprehensive Behavioral Health Model – Annual Report (2017-18)  
Comprehensive Behavioral Health Model. (2019). *School Year 2017-18 annual report*. Retrieved from <https://cbhmboston.com/wp-content/uploads/2019/01/CBHM-Annual-Report-SY-2017-18-4.pdf>

- Comprehensive School Mental Health Core Features Checklist  
National Center for School Mental Health. (2019). *Comprehensive school mental health core features checklist*. Retrieved from <http://bit.ly/2Ungx29>
- 10 Critical Factors in School Mental Health  
National Assembly on School-Based Health Care. (n.d.). *Ten Critical Factors in School Mental Health...What Early Adopters Say*. Retrieved from <http://ww2.nasbhc.org/RoadMap/Advocacy/10%20Critical%20Factors%20To%20Advancing%20School%20Mental%20Health.pdf>

#### Models/Framework – District/State Examples

- Comprehensive Behavioral Health Model – Boston Public Schools  
Boston Public Schools Behavioral Health Services. (n.d.). *Comprehensive behavioral health model*. Retrieved from <https://cbhmboston.com/what-is-cbhm/>
- The Wisconsin School Mental Health Framework  
Wisconsin Department of Public Instruction. (2015, December). *The Wisconsin School Mental Health Framework: Integrating school mental health with positive behavioral interventions & supports*. Retrieved from <https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/mhframework.pdf>
- Colorado Framework for Behavioral Health  
Mental Health Colorado. (n.d.). *School mental health toolkit*. Retrieved from <https://www.mentalhealthcolorado.org/schooltoolkit/>

#### Online Resources

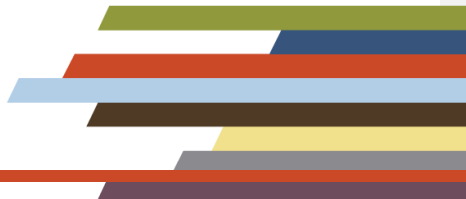
- The SHAPE system  
National Center for School Mental Health (2019). *The SHAPE System*. Retrieved from <http://theshapesystem.com/>

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- Bruns, E. J., Walrath, C., Glass-Siegel, M., & Weist, M. D. (2004). School-based mental health services in  
*Modification*, 28, 491–512. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/15186512/>
- Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). What is SEL? Retrieved from
- Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of  
interventions. *Child Development*, 82(1), 405–432. Retrieved from <https://www.casel.org/wp-content/uploads/2016/08/PDF-3-Durlak-Weissberg-Dymnicki-Taylor--Schellinger-2011-Meta-analysis.pdf>
- Flannery, K. B., Fenning, P., Kato, M. M., & McIntosh, K. (2014). Effects of school-wide positive behavioral interventions and supports and fidelity of implementation on problem behavior in high schools. *School Psychology Quarterly*, 29, 111–124. Retrieved from [https://doi.apa.org/doi/10.1037/spq0000039https://www.pbis.org/common/cms/files/pbiresources/HighSchools\\_Effects%20of%20Fidelity%20on%20Prob%20Behavior\\_Article.pdf](https://doi.apa.org/doi/10.1037/spq0000039https://www.pbis.org/common/cms/files/pbiresources/HighSchools_Effects%20of%20Fidelity%20on%20Prob%20Behavior_Article.pdf)
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- Kase, C., Hoover, S., Boyd, G., West, K. D., Dubenitz, J., Trivedi, P. A., ... & Stein, B. D. (2017). Educational literature. *Journal of School Health*, 87(7), 554–562. Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1111/josh.12524>
- National Center for School Mental Health (2019). *School mental health national quality assessment: Overview of domains and indicators*. Retrieved from <http://bit.ly/2TBnFKY>
- National Center for School Mental Health (2019). School mental health matters infographic. Retrieved from <http://bit.ly/2NKpG25>
- National Center for School Mental Health (2019). School mental health quality assessment. Retrieved from <http://bit.ly/2TzRPOS>
- National Center for School Mental Health (2019). *The SHAPE System*. Retrieved from <http://theshapesystem.com/>
- Taylor, R. D., Oberle, E., Durlak, J. A., & Weissberg, R. P. (2017). Promoting positive youth development of follow-up effects. *Child Development*, 88, 1156–1171. Retrieved from <http://dx.doi.org/10.1111/cdev.12864>







## Module 2: Teaming

### Guidance Documents

- School Mental Health Teaming Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Teaming*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Teaming-1.27.20.pdf>
- School Mental Health Referral Pathways Toolkit  
Now Is The Time Technical Assistance Center. (2015). *School mental health referral pathways (SMHRP) toolkit*. Washington, DC: Substance Abuse and Mental Health Services Administration. Retrieved from <http://files.ctctcdn.com/bde05f96001/84fa3636-08af-43fc-aeaf-a016f2aa68a6.pdf>
- Using Grade-Level Team Meetings to Support SEL  
Collaborative for Academic, Social and Emotional Learning (CASEL). (2019). TOOL: Using Grade-Level Team Meetings to Support SEL. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/81/811130a8a13855420b66de5ebf3dfca6.pdf>

### Books

- Leading by Convening – A Blueprint for Authentic Engagement  
Cashman, J., Linehan, P. C., Purcell, L., Rosser, M., Schultz, S., & Skalski, S. (2014). *Leading by convening: A blueprint for authentic engagement*. *Idea Partnership*. Retrieved from <http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20Leading%20by%20Convening%20Book.pdf>

### Issue Briefs and One-Pagers

- Using Data to Improve Student Mental Health  
Now Is The Time Technical Assistance Center. (2018). *Using data to improve student mental health* (Issue Brief). Washington, DC: Substance Abuse and Mental Health Services Administration. Retrieved from: <http://bit.ly/2HhgdhC>
- When to Refer a Student  
National Center for School Mental Health. (2018). *When to Refer a Student*. Retrieved from: <http://bit.ly/2EHZMYP>
- School Wish List for Community Partner  
National Center for School Mental Health. (2018). *School wish list for community partner*. Retrieved from: <http://bit.ly/2TkPLL7>
- Handout on HIPAA and FERPA  
National Center for School Mental Health. (2016). *Information about HIPAA and FERPA*. Retrieved from <http://bit.ly/2IUy40l>

### Templates

- MTSS Memorandum of Understanding  
National Center for School Mental Health (2016). *MTSS Memorandum of Understanding Example*. Retrieved from

<https://dm0gz550769cd.cloudfront.net/shape/3b/3bd5f5f5dc0a62791f3883499cb2a267.pdf>

- School Mental Health Team Roles and Functions  
National Center for School Mental Health. (2018). *Comprehensive school mental health system roles and responsibilities*. Retrieved from <https://theshapesystem.com/>
- School Mental Health Team Meeting Agenda  
National Center for School Mental Health. (2018). *Team meeting agenda template*. Retrieved from <https://theshapesystem.com/>
- Referral Form  
National Center for School Mental Health. (2018). *Referral form example*. Retrieved from: <http://bit.ly/2Hj9F23>
- Referral Feedback Form  
National Center for School Mental Health. (2018). *School Mental Health Program Referral Feedback Form*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/dd/dda90b8603c2ceddd2d83624e863c685.pdf>
- Referral and Triage Flow Chart  
National Center for School Mental Health. (2018). *Referral and triage flow chart examples*. Retrieved from: <http://bit.ly/2VF5XUj>
- Caregiver Release of Information Forms  
National Center for School Mental Health. (2018). *Release of information forms*. Retrieved from: <http://bit.ly/2HnYTY6>
- School Mental Health Team Alignment Tool  
National Center for School Mental Health. (2018). *School mental health team alignment tool*. Retrieved from <http://bit.ly/2EDZwK6>
- SMART Goal Worksheet  
National Center for School Mental Health. (2019). *SMART goal worksheet*. Retrieved from <http://bit.ly/2Unv5if>

#### Online Resources

- SHAPE Screening and Assessment Library  
National Center for School Mental Health. (2018). *The SHAPE System screening and assessment library*. Retrieved from: <https://theshapesystem.com/>

#### References:

- Cashman, J., Linehan, P. C., Purcell, L., Rosser, M., Schultz, S., & Skalski, S. (2014). Leading by convening:  
<http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20LeadIn%20by%20Convening%20Book.pdf>
- National Center for School Mental Health. (2018). *School mental health teaming playbook: Best practices and tips from the field*. Retrieved from <http://csmh.umaryland.edu/media/SOM/Microsites/CSMH/docs/Reports/School-Mental-Health-Teaming-Playbook.pdf>
- Now Is The Time Technical Assistance Center. (2015). *School mental health referral pathways\_ (SMHRP) a016f2aa68a6.pdf*

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## Module 3: Needs Assessment and Resource Mapping

### Guidance Documents

- School Mental Health Needs Assessment & Resource Mapping Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Needs Assessment and Resource Mapping*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Needs-Assessment-&-Resource-Mapping-2.3.20.pdf>
- Technical Guide for Alignment of Initiatives  
National Technical Assistance Center on Positive Behavior Interventions and Support. (2017, January). *Technical Guide for Alignment of Initiatives, Programs, and Practices in School Districts*. Retrieved from <https://www.pbis.org/resource/technical-guide-for-alignment-of-initiatives-programs-and-practices-in-school-districts>
- Essential Tools – Community Resource Mapping  
National Center on Secondary Education and Transition. (2005). *Essential Tools – Improving Secondary Education and Transition for Youth with Disabilities – Community Resource Mapping*. Retrieved from <http://www.ncset.org/publications/essentialtools/mapping/default.asp>

### Resource Mapping Examples

- FAIRSTART Community Resource Map  
Fair START. (2016). *Social and Emotional District and Community Resource Map*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/3b/3b107917642bf99e885f65cd8feac3d6.pdf>
- Fairport Central School District – Mental Health Resource Map  
Fairport Central School District. (n.d.). *Fairport Central School District Mental Health Program Resource Map*. Retrieved from <https://www.nassauboces.org/cms/lib/NY01928409/Centricity/Domain/1699/Fairport%20CSD%20Mental%20Health%20Resource%20Map.xlsx>
- Resource Map of School-Based Providers  
National Center for School Mental Health. (2018). *Resource map of school-based providers*. Retrieved from <https://theshapesystem.com/resource-materials/3745/Resource+Mapping+Resource+Guide.pdf?1437404418>

### 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/79/79333cb3eb19651586e743aa94c84dcc.pdf>
- MV Caregiver and Student Survey
- Santa Monica-Malibu Unified School District Youth Wellness Needs Assessment

### Tools

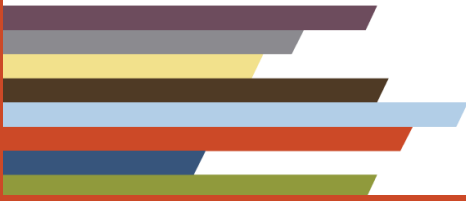
- Strategic Abandonment Tool  
Ector County Independent School District. (n.d.) *Strategic abandonment tool*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/40/40b173f806a294d868e4ebf64228ad19.pdf>


### Templates

- Role of School-Based Mental Health Professionals  
New Song Learning Center Mental Health Team. (2017). *Roles of school based mental health professionals*. Retrieved from <http://bit.ly/2ESDCnX>
- School Mental Health Initiative Alignment map  
National Center for School Mental Health. (2018). *School mental health initiative alignment map*. Retrieved from <http://bit.ly/2TuHIQS>
- Gap Analysis Worksheet  
National Center for School Mental Health. (n.d.) *Gap analysis Worksheet*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/89/89d81d363e9b4dbe1e914b508b6f9d10.pdf>

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- National Technical Assistance Center on Positive Behavior Interventions and Support (2017). *Technical Guide for Alignment of Initiatives, Programs and Practices in School Districts*. Retrieved from <https://www.pbis.org/resource/technical-guide-for-alignment-of-initiatives-programs-and-practices-in-school-districts><https://www.pbis.org/training/technical-guide>





## Module 4: Screening

### Guidance Documents

- School Mental Health Screening Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Screening*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Screening-1.27.20.pdf>

### Issue Briefs, Reports and One-Pagers

- Screening Briefs Series – Classification Accuracy  
National Center on Response to Intervention.(n.d.). Screening Briefs Series – Brief #1: Classification Accuracy. Retrieved from <https://www.rti4success.org>
- Screening Briefs Series – Cut Scores  
National Center on Response to Intervention.(n.d.). Screening Briefs Series – Brief #2: Cut Scores. Retrieved from <https://www.rti4success.org>
- Student Information Systems Brief  
National Center for School Mental Health. (2019, March). *Student information systems* (Issue Brief). Retrieved from <http://bit.ly/SISbrief>
- Elements of Effective School Community Partnerships to Address Student Wellness  
Coalition for Community Schools, Institute for Educational Leadership, and National Association of School Psychologists (NASP). (2019). *Nine Elements of Effective School Community Partnerships to Address Student Mental Health, Physical Health, and Overall Wellness*. Retrieved from <https://files.eric.ed.gov/fulltext/ED593295.pdf>
- Mental Health Screening in Schools  
Desrochers, J. & Houck, G. (n.d.). *Mental Health Screening in Schools*. Retrieved from [https://www.schoolhealth.com/media/pdf/handout\\_mental\\_health\\_screening\\_JD.pdf](https://www.schoolhealth.com/media/pdf/handout_mental_health_screening_JD.pdf)

### Online Resources

- SHAPE Screening and Assessment Library  
National Center for School Mental Health. (2018). *The SHAPE system screening and assessment library*. Retrieved from <https://theshapesystem.com/>
- Youth Risk Behavior Surveillance System  
Center for Disease Control and Prevention. (n.d.). *Youth risk behavior surveillance system*. Retrieved from <https://www.cdc.gov/healthyouth/data/yrbs/index.htm>
- Children’s Health and Education Mapping Tool  
School-Based Health Alliance. (n.d.). *The children’s health and education mapping tool*. Retrieved from <https://www.sbh4all.org/resources/mapping-tool/>

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- Crocker, J. & Bozek, G. (2017). District-wide mental health screening: Using data to promote early identification and quality services. Retrieved from <http://bit.ly/dwmhscreening>

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

### Guidance Documents

- School Mental Health Mental Health Promotion Services & Supports Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Mental Health Promotion Services & Supports (Tier 1)*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Tier-1-Quality-Guide-1.29.20.pdf>
- Effective Social and Emotional Learning Programs - Secondary Schools  
The Collaborative for Academic, Social, and Emotional Learning (CASEL). (2015). *The 2015 CASEL Guide: Effective Social and Emotional Learning Programs – Middle and High School Edition*. Retrieved from <https://casel.org/guide/>
- Effective Social and Emotional Learning Programs - Preschool and Elementary School  
The Collaborative for Academic, Social, and Emotional Learning (CASEL). (2013). *The 2013 CASEL Guide: Effective Social and Emotional Learning Programs—Preschool and Elementary School Edition*. Retrieved from <https://casel.org/guide/>
- Selecting Evidence-Based Programs  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Selecting evidence-based programs*. Retrieved from <https://healthysafekids.org/resource/selecting-evidence-based-programs>
- User Guide for the ED School Climate Surveys (EDSCLS)  
National Center on Safe Supportive Learning Environments. (2018). *Technical and Administration User Guide for the ED School Climate Surveys (EDSCLS)*. Retrieved from <https://safesupportivelearning.ed.gov/edscls/administration>
- Interpreting Emotional Safety School Climate Survey Data  
National Center on Safe Supportive Learning Environments. (2016). *Data interpretation topical discussion guide: Interpreting emotional safety school climate survey data*. Retrieved from <https://safesupportivelearning.ed.gov/scirp/data-interpretation-resources>
- Understanding Mental Health and Mental Illness  
TeenMentalHealth.org. (2017, December). *Mental Health & High School Curriculum Guide: Understanding Mental Health and Mental Illness – Version 3*. Retrieved from <http://teenmentalhealth.org/wp-content/uploads/2018/01/FINAL-Guide-Dec-2017-Online-Cover-and-Interior.pdf>

### Books

- PBIS Advancing Education Effectiveness  
Barrett, S., Eber, L., & Weist, M. (Eds). (2013). *Advancing education effectiveness: Interconnecting school mental health and school-wide positive behavior support*. Retrieved from [https://assets-global.website-files.com/5d3725188825e071f1670246/5d76c6a8344facab50085275\\_final-monograph.pdf](https://assets-global.website-files.com/5d3725188825e071f1670246/5d76c6a8344facab50085275_final-monograph.pdf)

### Issue Briefs, Reports and One-Pagers

- Restorative Practices  
Now is the Time Technical Assistance Center. (n.d.). *Restorative Practices: Approaches at the Intersection of School Discipline and School Mental Health*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/5d/5d75418901f4ed14b77d94193032dc8e.pdf>
- ISF and Project AWARE  
Now Is the Time Technical Assistance. (n.d.). *Using the Interconnected Systems Framework in Now Is the Time, Project AWARE*. Retrieved from <https://cars.bitrix24.com/docs/pub/34376dc1591d0e4e2c5803b89f0b530b/default/?&>
- 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/49/49ee77b9836c0b0162339153e5a77e65.pdf>
- Planning Checklist for Fidelity Monitoring of EBPs  
National Center for School Mental Health. (2019). Planning checklist for monitoring fidelity of evidence-based practices. Retrieved from <http://bit.ly/2NKHtGy>

### Templates

- Intervention Planning Form  
National Center for School Mental Health. (2019). *Intervention planning form*. Retrieved from <http://bit.ly/2C64q2k>

### Examples

- PBIS Behavioral Expectation – Edwards Elementary School  
Edwards Elementary School. (n.d.) *Cyclone Character*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/60/60035acf4e4b7334dc72ff591e9734d6.pdf>

### 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  
Renshaw, T. L., Long, A. C., & Cook, C. R. (2015). Assessing teachers' positive psychological functioning at work: Development and validation of the Teacher Subjective Wellbeing Questionnaire. *School Psychology Quarterly*, 30(2), 289. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/25642703/>
- Resilience at Work Scale  
Winwood, C., & McEwan, B. (2013). A practical measure of workplace resilience: Developing the Resilience at Work Scale. Retrieved from <https://workingwithresilience.com.au/wp-content/uploads/2016/04/RAWScaleArticleJOEM.pdf>
- Professional Quality of Life (ProQOL) Scale  
Hudnall Stamm, B. (2009). Professional Quality of Life: Compassion Satisfaction Fatigue Version 5 (ProQOL). Retrieved from [https://proqol.org/uploads/ProQOL\\_5\\_English.pdf](https://proqol.org/uploads/ProQOL_5_English.pdf)

- Health-Related Quality of Life  
Center for Disease Control and Prevention. (2018). *Health-related quality of life (HRQOL)*. Retrieved from <https://www.cdc.gov/hrqol/index.htm>
- School Organizational Health Questionnaire  
Hart, P. M., Wearing, A. J., Conn, M., Carter, N. L., & Dingle, A. R. K. (2000). Development of the School Organisational Health Questionnaire: A measure for assessing teacher morale and school organizational climate. *British Journal of Educational Psychology*, 70(2), 211–228. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/10900779/>

### Learning Modules

- Evidence-Based Module Series  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series*. Retrieved from <https://healthysafekids.org/learning-module-series/evidence-based-module-series>
- Selecting Evidence-Based Programs for School Settings  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series: Module #1 Selecting evidence-based programs in school settings*. Retrieved from [http://airhsdlearning.airws.org/EBPModule1/story\\_html5.html](http://airhsdlearning.airws.org/EBPModule1/story_html5.html)
- Implementing Evidence-Based Programs in School Settings  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series: Module #3 Implementing evidence-based programs in school settings*. Retrieved from [http://airhsdlearning.airws.org/ebpmodule3/story\\_html5.html](http://airhsdlearning.airws.org/ebpmodule3/story_html5.html)
- 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  
Institute of Education Services. (n.d.). *What Works Clearinghouse*. Retrieved from <https://ies.ed.gov/ncee/wwc/>
- Blueprints for healthy youth development  
Blueprints for healthy youth development. (n.d.). *Blueprints for healthy youth development*. Retrieved from <https://www.blueprintsprograms.org/about>
- Model Programs Guide  
Office of Juvenile Justice and Delinquency Prevention. (n.d.). *Model programs guide*. Retrieved from <https://www.ojjdp.gov/mpg>
- Evidence-Based Therapies  
Society of Clinical Child & Adolescent Psychology. (2018, April 24). *Evidence-based therapies*. Retrieved from <https://effectivechildtherapy.org/therapies>

### Promising Programs on School Staff Wellness:

- Mindfulness-Based Stress Reduction (MBSR)  
Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy (MBSR). *Mind, Brain, and Education*, 7(3), 182–195. <https://doi.org/10.1111/mbe.12026>



Frank, J.L., Reibel, D., Broderick, P., Cantrell, T. & Metz, S. (2015). The effectiveness of mindfulness- based stress reduction (MBSR) on educator stress and well-being: results from a pilot study. *Mindfulness*, 6, 208–216. <https://doi.org/10.1007/s12671-013-0246-2>

- Community Approach to Learning Mindfully (CALM)  
Harris, A. R., Jennings, P. A., Katz, D. A., Abenavoli, R. M., & Greenberg, M. T. (2016). Promoting stress management and wellbeing in educators: Feasibility and efficacy of a school-based yoga and mindfulness intervention (CALM). *Mindfulness*, 7(1), 143–154.
- Cultivating Awareness and Resilience in Education (CARE)  
Jennings, P. A., Frank, J. L., Snowberg, K. E., Coccia, M. A., & Greenberg, M. T. (2013). Improving Classroom Learning Environments by Cultivating Awareness and Resilience in Education (CARE): Results of a randomized controlled trial. *School Psychology Quarterly*, 28(4), 374. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/24015983/>

#### Online Resources

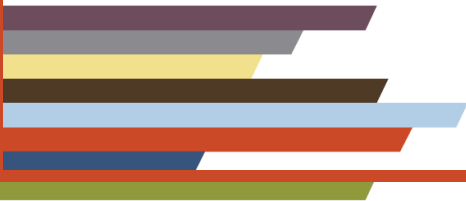
- School Climate Improvement  
National Center on Safe Supportive Learning Environments. (n.d.). School Climate Improvement Resource Package. Retrieved from <https://safesupportivelearning.ed.gov/scirp/about>
- Collaborative for Academic, Social, and Emotional Learning (CASEL)  
The Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). CASEL. Retrieved from [www.casel.org](http://www.casel.org)
- CASEL District Resource Center  
The Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). *District resource center*. Retrieved from <https://drc.casel.org>
- Positive Behavioral Interventions and Supports (PBIS)  
Positive Behavioral Interventions & Supports. (n.d.). *Positive behavioral interventions and supports*. Retrieved from <https://www.pbis.org/>
- PBIS – Student Training Resources  
Positive Behavioral Interventions & Supports. (n.d.). *Student training resources*. Retrieved from <https://www.pbis.org/resource/creating-effective-classroom-environments-plan-template><https://www.pbis.org/training/staff/student>

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- Jorm, A. F. (2000). Mental health literacy. Public knowledge and beliefs about mental disorders. *The British Journal of Psychiatry*, 177(5), 396–401. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/11059991/>
- Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental health literacy: past, present, and future. *The Canadian* <https://pubmed.ncbi.nlm.nih.gov/27254090/>
- National Center on Safe Supportive Learning Environments. (n.d.) *School climate*. Retrieved from <https://safesupportivelearning.ed.gov/safe-and-healthy-students/school-climate>
- Schott Foundation, Advancement Project, American Federation of Teachers and National Education Association (2014, March). Restorative practices: Fostering healthy relationships & promoting positive discipline in schools: A guide for educators. Retrieved from <http://schottfoundation.org/sites/default/files/restorative-practices-guide.pdf>

Field Code Changed

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

### Guidance Documents

- School Mental Health Early Intervention & Treatment Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Early Intervention and Treatment Services and Supports*. NCSMH, University of Maryland School of Medicine. Retrieved from [http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Early-Intervention-and-Treatment-Services-Guide-\(Tiers-2-and-3\)-2.18.pdf](http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Early-Intervention-and-Treatment-Services-Guide-(Tiers-2-and-3)-2.18.pdf)
- Selecting Evidence-Based Programs  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Selecting evidence-based programs*. Retrieved from <https://healthysafechildren.org/resource/selecting-evidence-based-programs>
- School Crisis Guide  
National Education Association. (2018). *School crisis guide*. Retrieved from <https://www.nea.org/resource-library/neas-school-crisis-guide>
- Treatment Planning Guide  
National Center for School Mental Health. (2016). *Treatment Planning for Children and Adolescents: Long- and Short-Term Treatment Goals – SMHP Program*. Retrieved from <http://bit.ly/2EFK98S>

### Issue Briefs and One-Pagers

- Student Information Systems Brief  
National Center for School Mental Health. (2019, March). *Student information systems* (Issue Brief). Retrieved from <http://bit.ly/SISbrief>
- Suicide Prevention in Schools  
Now Is the Time Technical Assistance Center. (2015, September). *Suicide prevention in schools* (Issue Brief). Washington, DC: Substance Abuse and Mental Health Services Administration. Retrieved from <http://bit.ly/2Ca44aK>
- 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/49/49ee77b9836c0b0162339153e5a77e65.pdf>
- Planning Checklist for Fidelity Monitoring of EBPs  
National Center for School Mental Health. (2019). *Planning checklist for monitoring fidelity of evidence-based practices*. Retrieved from <http://bit.ly/2NKHtGy>

### Example Documents

- Crisis Protocol for Days of No Mental Health Coverage  
New Song Learning Center. (2017). *Example crisis response protocol*. Retrieved from: <http://bit.ly/2XEZhHs>
- Model School Crisis Management Plan  
Virginia Department of Education. (2002). *Model school crisis management plan*. Retrieved from

[https://www.doe.virginia.gov/support/safety\\_crisis\\_management/emergency\\_crisis\\_management/model\\_plan.pdf](https://www.doe.virginia.gov/support/safety_crisis_management/emergency_crisis_management/model_plan.pdf)

- School Crisis Response Manual  
Healthier Kids San Francisco. (2012). *School crisis response manual*. Retrieved from <http://bit.ly/2TDgwd0>

#### Templates

- Intervention Planning Form  
National Center for School Mental Health. (2019). *Intervention planning form*. Retrieved from <http://bit.ly/2C64q2k>
- SMART Goal Worksheet  
National Center for School Mental Health. (2019). *SMART goal worksheet*. Retrieved from <http://bit.ly/2Unv5if>

#### Learning Modules

- Evidence-Based Module Series  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series*. Retrieved from <https://healthysafechildren.org/learning-module-series/evidence-based-module-series>
- Selecting Evidence-Based Programs for School Settings  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series: Module #1 Selecting evidence-based programs in school settings*. Retrieved from [http://airhsdlearning.airws.org/EBPModule1/story\\_html5.html](http://airhsdlearning.airws.org/EBPModule1/story_html5.html)
- Preparing to Implement Evidence-Based Programs in School Settings  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series: Module #2 Preparing to implement evidence-based programs in school settings*. Retrieved from [http://airhsdlearning.airws.org/ebpmodule2/story\\_html5.html](http://airhsdlearning.airws.org/ebpmodule2/story_html5.html)
- Implementing Evidence-Based Programs in School Settings  
National Center for Mental Health Promotion and Youth Violence Prevention. (n.d.). *Evidence-based module series: Module #3 Implementing evidence-based programs in school settings*. Retrieved from [http://airhsdlearning.airws.org/ebpmodule3/story\\_html5.html](http://airhsdlearning.airws.org/ebpmodule3/story_html5.html)

#### Evidence-Based Practices Registries

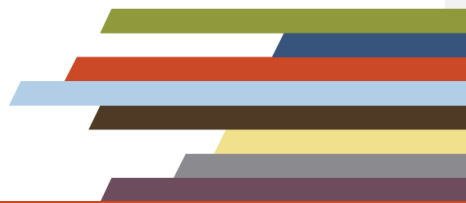
- What Works Clearinghouse  
Institute of Education Services. (n.d.). *What Works Clearinghouse*. Retrieved from <https://ies.ed.gov/ncee/wwc/>
- Blueprints for healthy youth development  
Blueprints for healthy youth development. (n.d.). *Blueprints for healthy youth development*. Retrieved from <https://www.blueprintsprograms.org/about>
- Model Programs Guide  
Office of Juvenile Justice and Delinquency Prevention. (n.d.). *Model programs guide*. Retrieved from <https://www.ojjdp.gov/mpg>
- Evidence-Based Therapies  
Society of Clinical Child & Adolescent Psychology. (2018, April 24). *Evidence-based therapies*. Retrieved from <https://effectivechildtherapy.org/therapies>

### Online Resources

- SHAPE Screening and Assessment Library  
National Center for School Mental Health. (2018). *The SHAPE System screening and assessment library*. Retrieved from: <https://theshapesystem.com/>
- Coalition for Community Schools  
Coalition for Community Schools: <http://www.communityschools.org/>
- National Wraparound Initiative  
National Wraparound Initiative. (n.d.). <https://nwi.pdx.edu/>

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Retrieved from <https://www.healthaffairs.org/doi/10.1377/hlthaff.14.3.147>
- Foster, S., Rollefson, M., Doksum, T., Noonan, D., Robinson, G., & Teich, J. (2005). School mental health  
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- Green, J. G., McLaughlin, K. A., Alegria, M., Costello, E. J., Gruber, M. J., Hoagwood, K., ... & Kessler, R. C.  
*of the American Academy of Child & Adolescent Psychiatry*, 52(5), 501–510. Retrieved from  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3902042/>
- Healthier Kids San Francisco. (2012). *School crisis response manual*. Student, Family & Community Support Department San Francisco Unified School District. San Francisco, CA. Retrieved from  
[https://www.healthiersf.org/Programs/SHP/Crisis%20Response/documents/School\\_Crisis\\_Response\\_Manual.pdf](https://www.healthiersf.org/Programs/SHP/Crisis%20Response/documents/School_Crisis_Response_Manual.pdf)
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<https://pubmed.ncbi.nlm.nih.gov/20419730/>
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<https://www.socialworktoday.com/archive/111312p24.shtml>
- Rones, M., & Hoagwood, K. (2000). School-based mental health services: A research review. *Clinical Child and Family Psychology Review*, 3(4), 223–241. Retrieved from  
<https://pubmed.ncbi.nlm.nih.gov/11225738/>
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## Module 7: Funding and Sustainability

### Guidance Documents

- School Mental Health Funding & Sustainability Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Funding and Sustainability*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Funding-and-Sustainability-1.27.20.pdf>
- Developing a Comprehensive Financing Plan  
Armstrong, M. I., Pires, S. A., McCarthy, J., Stroul, B. A., Wood, G. M., & Pizzigati, K., (2006). *RTC Study 3: Financing structures and strategies to support effective systems of care—A self-assessment and planning guide: developing a comprehensive financing plan*. Tampa, FL: University of South Florida, Louis de la Parte Florida Mental Health Institute (FMHI), Research and Training Center for Children's Mental Health. Retrieved from <https://gucchd.georgetown.edu/products/FinancingAssessmentandPlanningGuide.pdf>
- Federal Education Funding Guide for SEL Programs  
The Center for Health and Health Care in Schools. (2014, May). *A guide to federal education programs that can fund K-12 universal prevention and social and emotional learning activities*. Retrieved from <http://healthinschools.org/issue-areas/school-based-mental-health/federal-education-funding-guide-for-sel-programs/#sthash.qKVopO4Q.pkuEOuXj.dpbs>

### Books

- Leading by Convening – A Blueprint for Authentic Engagement  
Cashman, J., Linehan, P. C., Purcell, L., Rosser, M., Schultz, S., & Skalski, S. (2014). *Leading by convening: A blueprint for authentic engagement*. *Idea Partnership*. Retrieved from <http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20Leading%20by%20Convening%20Book.pdf>

### Issue Briefs, Reports and One-Pagers

- Funding for School Based Mental Health Services  
Now Is the Time Technical Assistance Center (NITT-TA). (n.d.). Issue Brief: Accessing Medicaid funds for school-based mental health services. Retrieved from <http://www.fredla.org/wp-content/uploads/2015/09/Medicaid-for-School-Based-MH-Services.pdf>
- Developing a business plan for sustaining school mental health services  
Behrens, D., Lear, J. G., Price, O. A. (2012). *Developing a business plan for sustaining school mental health services: Three success stories*. Center for Health and Health Care in Schools, The George Washington University. Retrieved from [https://hsrc.himmelfarb.gwu.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1065&context=sphhs\\_prev\\_facpubs](https://hsrc.himmelfarb.gwu.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1065&context=sphhs_prev_facpubs)
- Organizational Self-Care Checklist  
Guarino, K., Soares, P., Konnath, K., Clervil, R., & Bassuk, E. (2007). *Trauma-informed organizational self- assessment for programs serving families experiencing*

homelessness. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and the Daniels Fund, the National Child Traumatic Stress Network, and the WK Kellogg Foundation. Retrieved from [http://www.unified-solutions.org/wp-content/uploads/2017/08/HANDOUT\\_Resiliency-Organizational-Self-Care-Checklist.pdf](http://www.unified-solutions.org/wp-content/uploads/2017/08/HANDOUT_Resiliency-Organizational-Self-Care-Checklist.pdf)

- Promoting School Mental Health Program - Elevator Speech  
Indiana School Mental Health Initiative. (n.d.) *Elevator Speech/Talking Points*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/5b/5b84b8c4a565688a11f15d1ff6177b82.pdf>
- Tips on Applying for Federal Grants  
Collaborative Improvement and Innovation Network on Quality Improvement (CollIN). (2016, February). Best Practices in School Mental Health Grantsmanship. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/b4/b4345f46e197c6207ad9f52c992f00ee.pdf>

#### Templates

- Financing for What? Worksheet  
National Center for School Mental Health. (2018). Financing for what? worksheet. Retrieved from <http://bit.ly/2GYB4a0>
- Funding Gap Analysis Worksheet  
National Center for School Mental Health. (2018). Sample funding gap analysis worksheet. Retrieved from <http://bit.ly/2TIZh0t>
- Funding Resource Mapping Worksheet  
National Center for School Mental Health. (2018). Sample resource mapping worksheet. Retrieved from <http://bit.ly/2H0KphM>
- MTSS Memorandum of Understanding  
National Center for School Mental Health (2016). *MTSS Memorandum of Understanding Example*. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/3b/3bd5f5f5dc0a62791f3883499cb2a267.pdf>

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- Guarino, K., Soares, P., Konnath, K., Clervil, R., & Bassuk, E. (2007). *Trauma-informed organizational self-*  
Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and the Daniels Fund, the National Child Traumatic Stress Network, and the WK Kellogg Foundation. Retrieved from [http://www.unified-solutions.org/wp-content/uploads/2017/08/HANDOUT\\_Resiliency-Organizational-Self-Care-Checklist.pdf](http://www.unified-solutions.org/wp-content/uploads/2017/08/HANDOUT_Resiliency-Organizational-Self-Care-Checklist.pdf)

## Module 8: Impact

### Guidance Documents

- School Mental Health Impact Quality Guide  
National Center for School Mental Health (NCSMH, 2020). *School Mental Health Quality Guide: Impact*. NCSMH, University of Maryland School of Medicine. Retrieved from <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Impact-2.25-HR.pdf>
- Using Data to Reduce Disparities/Disproportionalities  
Martinez, K., Francis, K., Poirier, J.M., Brown, L.D., & Wang, M. (2013). A blueprint for using data to reduce disparities/disproportionalities in human services and behavioral health care. *American Institutes for Research*. Retrieved from <https://www.air.org/resource/blueprint-using-data-reduce-disparities-disproportionalities-human-services-and-behavioral>
- 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>
- Collecting and Using Disaggregated Data on Racial/Ethnic Subgroups  
The National Forum on Educational Statistics. (2016, September). *Forum Guide to Collecting and Using Disaggregated Data on Racial/Ethnic Subgroups*. (NFES 2017-017). U.S. Department of Education. Washington, DC: National Center for Education Statistics. Retrieved from <https://dm0gz550769cd.cloudfront.net/shape/6e/6e29c85f9ca7f5c2a4b23cc043e05a08.pdf>

### Issue Briefs and One-Pagers

- Student Information Systems Brief  
National Center for School Mental Health. (2019, March). *Student information systems* (Issue Brief). Retrieved from <http://bit.ly/SISbrief>
- Innovation That Works – The Safe Schools/Healthy Students Difference  
Safe School/Healthy Students. (n.d.). *Innovation that works: Children deserve to thrive: The Safe Schools/Healthy Students difference*. Retrieved from [https://healthysafechildren.org/sites/default/files/SS-HS\\_infographic.PDF](https://healthysafechildren.org/sites/default/files/SS-HS_infographic.PDF)

### Example Documents

- Creating Safe and Healthy Schools - Nevada State and Community Partnerships  
Nevada Department of Education. (n.d.). Nevada state and community partnerships creating safe and healthy schools. *Safe Schools/Healthy Students*. Retrieved from <https://healthysafechildren.org/sites/default/files/GranteeProfile-NV-508.pdf>
- PAX Program Fact Sheet - Ohio  
Safe Schools Healthy Students. (n.d.). PAX program fact sheet: Academic year 2015-2016. Retrieved from <http://bit.ly/2Vzmh90>
- Mental Health Funding



Mental Health America of Texas. (2011). Saving Minds, Saving Money: Mental Health Funding. Retrieved from <https://www.texmed.org/WorkArea/DownloadAsset.aspx?id=20537>

- **EBP Tracker**

Child Health and Development Institute of Connecticut (CHDI). (n.d.) EBP Tracker. Retrieved from <https://www.chdi.org/our-work/mental-health/evidence-based-practices/ebp-tracker/>

#### **Learning Modules**

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

Lever, N., Connors, E., Freeman, E., & Stephan, S. (n.d.). *Comprehensive School Mental Health Programs: Implementing a comprehensive school mental health program*. Retrieved from: [http://airhsdlearning.airws.org/SMHModule3/story\\_html5.html](http://airhsdlearning.airws.org/SMHModule3/story_html5.html)

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- Safe School/Healthy Students. (n.d.). *Innovation that works: Children deserve to thrive: The Safe Schools/Healthy Students difference*. Retrieved from [https://healthysafechildren.org/sites/default/files/SS-HS\\_infographic.PDF](https://healthysafechildren.org/sites/default/files/SS-HS_infographic.PDF)

