



Ohio's School-Based Center of Excellence for Prevention & Early Intervention

Newsletter Fall 2024

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Introduction

Welcome to the Ohio's School-Based Center of Excellence for Prevention & Early Intervention! We build confidence, competency, and capacity in school staff and school communities through work that is sustainable, equitable, collaborative, and systematic. Our offices are located at Miami University and we serve all 88 Ohio Counties. Read about our recent news and training opportunities. We look forward to connecting with you and your team!



Coordinator Corner

by Hailey Sullivan

Character Strength Camp at Delhi Middle School was a 3 day experience open to all Delhi Middle School incoming 7th and 8th grade students. During camp we had a special guest from an area mental health organization to help present social emotional learning (SEL) topics guided by the Character Effect Curriculum. Anna from Beech Acres did an incredible job incorporating hands-on activities and moments of mindfulness. Each day we had several activities that represented SEL skills and techniques that students could take home, use at school and spread into their community.

This camp sparked so much hope in themselves, each other and even me, the school's Behavioral Health & Wellness Coordinator. During all three days I found myself just watching the kids and how they were processing and interacting with one another. By the end of camp, I saw numbers being exchanged for new friend groups, advice being given to one another, laughter, increased new skills (even in Pickleball that was played at the end for fun). I have hope for our young people and their futures. They can be youth that care, that love, that end the stigma around mental health and say "It's okay that I am feeling what I am feeling".

Upcoming Virtual Training Sessions

Calming the Chaos: Keeping Your Cool When Things Get Hot-Part I & II

Join us for an insightful journey where you'll master the art of recognizing early signs of agitation, effectively use de-escalation strategies, and techniques to maintain your composure amidst chaos. By the end of this session, you'll be empowered with practical techniques to turn potential conflicts into opportunities for connection and calm.

Date & Time: September 9 th & 10 th 9:00 AM-10:30 AM

Location: [Register](#)

Creating a N.E.S.T of Support for the Trauma-Exposed Student Part I & II

The N.E.S.T. model of support moves beyond understanding and helps school faculty, staff and administrators to understand what they can do to actually support students who have been exposed to trauma. In this advanced workshop, staff are empowered with tools they can use to support students; relational security, trauma-sensitive crisis management, self-regulation, and creating self-mastery experiences to facilitate better outcomes for youth suffering after a traumatic event.

Date & Time: September 26th and October 3rd 9:00 AM-10:30 AM

Location: [Register](#)

Cracking the Code: Unraveling School Avoidance for School Administrators & Staff Part I & II

In this comprehensive two-part workshop for school administrators and staff, we delve deep into the heart of school avoidance, unraveling its complexities, understanding its underlying causes, and recognizing the unmistakable signs and subtle nuances that indicate when youth are exhibiting this behavior. We discuss the distinctions between school avoidance and typical school resistance and the social, emotional, and academic factors that make school avoidance an issue requiring a comprehensive team approach.

Date & Time: October 9th & 16th 3:00 PM-5:00 PM

Location: [Register](#)

Cracking the Code: Unraveling School Avoidance for School Administrators & Staff Part I & II

In this comprehensive two-part workshop for school administrators and staff, we delve deep into the heart of school avoidance, unraveling its complexities, understanding its underlying causes, and recognizing the unmistakable signs and subtle nuances that indicate when youth are exhibiting this behavior. We discuss the distinctions between school avoidance and typical school resistance and the social, emotional, and academic factors that make school avoidance an issue requiring a comprehensive team approach.

Date & Time: October 18th & 25th 9:00 AM-11:00 AM

Location: [Register](#)

Season 2 is here!

Listen to our host Amanda Hampton, an Ohio Certified Prevention Specialist, on the School Wellness Podcast with all new episodes via Spotify, Apple Podcast, or your preferred podcast player.

[August 7 Holly Raffle - Exploring Ohio's Center of Excellence for Behavioral Health Prevention](#)

[August 7 Cricket Meehan - Learning about the Ohio School-Based Center of Excellence](#)

[September 4 Ali Masters - Impact Of Collective Care On School Wellness](#)

[October 2 Karen Eads - Empowering Students Through Trauma-Informed Practices](#)



Youth-led Prevention, the significance of adult allies taking the backseat and allow youth to drive the movement

During this training we will define and breakdown youth-led prevention. We will also cover the tools needed to develop and or retain a youth-led group while ensuring that youth participants have the resources needed to implement evidence-based peer to peer prevention strategies.

Date & Time: November 6, 2024 1:00 PM-2:30 PM

Location: [Register](#)

Reducing Racism at Schools: A New Paradigm for the 4 Rs of Education Part I & II

This course uncovers four critical components necessary to reduce racism in schools, both individually and institutionally. Participants will engage in an in-depth exploration of these components, building a comprehensive understanding of how to foster a more inclusive and equitable educational environment. Through guided discussions, interactive exercises, and real-world case studies, participants will not only reflect on their personal roles in combating racism but will also gain practical tools to drive meaningful change in their schools.

Date & Time: November 7th & 8th 9:00 AM-10:30 AM

Location: [Register](#)

Cracking the CODE: Unraveling School Avoidance for Parents/Caregivers Part I & II (PM session)

This dynamic two-part workshop is designed to be a safe haven for parents and caregivers, offering a supportive space to delve into the complex layers of school avoidance. Participants will gain valuable insights into the signs, causes, and far-reaching impacts of this issue. Beyond understanding, this workshop empowers parents and caregivers with practical strategies to manage their own emotions and build customized support systems at home that encourage school attendance and engagement

Date & Time: November 13th & 20th 5:30 PM-7:30 PM

Location: [Register](#)

Cracking the CODE: Unraveling School Avoidance for Parents/Caregivers Part I & II (AM session)

This dynamic two-part workshop is designed to be a safe haven for parents and caregivers, offering a supportive space to delve into the complex layers of school avoidance. Participants will gain valuable insights into the signs, causes, and far-reaching impacts of this issue. Beyond understanding, this workshop empowers parents and caregivers with practical strategies to manage their own emotions and build customized support systems at home that encourage school attendance and engagement

Date & Time: December 4th and 11th 11:00 AM- 1:00 PM

Location: [Register](#)

Resources for Educators



Guidebook

[A comprehensive action guide to promoting mental health and well-being in schools](#)



Video

[School Avoidance Training Modules](#)



Toolkit

[Download our Staff Wellness Manual for quick access to key resources, templates, and checklists](#)



No Wrong Door

[Search the growing catalog of tools you can use for educators, pediatricians, parents, and mental health professionals.](#)



Featured Articles & News

Article Title: [How Ohio schools reduced chronic absenteeism](#)

Examines how Ohio is reducing chronic absenteeism through the Supporting Alternatives for Fair Education Act.

Article Title: [\(Mis\)Understanding Trauma-Informed Approaches in Mental Health](#)

Outlines the most common misconceptions of trauma informed approaches



Team Photo from June 2024 School Success Conference

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Follow us on [Facebook](#), [Instagram](#), & [LinkedIn](#) for the latest updates and resources.



Your involvement WILL make a significant difference in students' lives!

Join us in the vision that

"All Ohio's children and the adults who support them are healthy and thriving."

Get involved:

[Bring Teen Mental Health First Aid to Your School](#)

[Wellness Facilitation for Ohio Schools](#)

[Share materials on No Wrong Door](#)

Need support now? Call or Text
988 SUICIDE & CRISIS LIFELINE