

Behavioral Health and Wellness Resources Toolkit

Topic Area	Ohio Department of Education	Ohio Department of Mental Health and Addiction Services (OMHAS)	Ohio Department of Health (ODH)	Ohio Department of Job and Family Services (ODJFS)	Other Statewide and National Resources
<p>Behavior Supports</p>	<p>Positive Behavioral Interventions and Supports: Outlines the components of PBIS: a decision-making <i>framework</i> that guides school teams in building schoolwide proactive behavior procedures and practices. PBIS guides teams in the selection, integration, and implementation of evidence based behavior and academic practices.</p> <p>Policy on Positive Behavior Interventions and Support, and Restraint and Seclusion: Provides links to the Ohio Administrative Code, Board Policy and resources to support implementation of the policy and reporting requirements.</p>	<p>Ohio Preschools Expulsion Prevention Partnership</p> <p>Early Childhood Mental Health Consultation</p> <p>PAX Ohio: Provides information to prevent circumstances contributing to the Opiate Epidemic including an increase in the PAX Good Behavior Game in Ohio schools. This intervention teaches self-regulation in young people with dramatic effects on behavior, academics and even long-term outcomes such as preventing mental health and addiction disorders.</p>	<p>School Nursing Program Online Independent Study Courses: Provides continuing nursing education opportunities and includes training on working with students with anxiety disorders, child abuse and neglect, human trafficking and others.</p>	<p>Protective Factors Survey: The primary purpose of the Protective Factors Survey is to provide feedback to agencies for continuous improvement and evaluation purposes. The survey results are designed to provide agencies with the following information: A snapshot of the families they serve; changes in protective factors; and areas where workers can focus on increasing individual family protective factors.</p>	<p>National Resources</p> <p>NASN-CDC Healthy Schools: The National Association of School Nurses and the Centers for Disease Control and Prevention provide resources to develop a school environment that encourages health lifestyles for students.</p>
<p>Education Stability</p>	<p>Vulnerable Youth: Resources for populations of students who often encounter challenges in receiving a quality and equitable education.</p>				

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<p>Family and Community Partnership</p>	<p>Building Better Learning Environments: Guidance for families to play a vital role in helping shape the culture of your school community and getting involved in their students' academic pursuits, activities, and sports, strengthens the student's sense of school connectedness reinforcing the importance of education, and of doing your best. Provides guidance to parents on how they can play a vital role in the school community.</p> <p>School-Based Health Care Support Toolkit: Contains guidance and resources about school-based health care.</p>	<p>High Fidelity Wraparound: A way to improve the lives of children with complex needs and their families. It is not a program or a type of service, but a team based planning process used to develop plans of care that are individualized based on the strengths and culture of the children and their family.</p> <p>Strong Families Safe Communities: Improving care coordination and providing support for families with children in crisis who present a risk to themselves, their families or others because of mental illness or a developmental disability. The Strong Families, Safe Communities project engages local systems to identify community-driven solutions that highlight collaboration across agencies to develop the best possible outcomes for these families.</p> <p>PAC-Parent Advocacy Connection: Parent Advocacy Connection (PAC) is a grassroots organization of trained parent advocates who reflect the cultural and ethnic make-up of the families they</p>		<p>Ohio Commission on Fatherhood: The Ohio Commission on Fatherhood (OCF) is a state agency located in the ODJFS Office of Family Assistance. OCF funds non-profit and government agencies to provide essential services to low income fathers. Various components of services include, responsible parenting, co-parenting/ healthy relationships and economic stability. Brings a public awareness to the important role that fathers play in their children's lives through public speaking, practitioner training and policy recommendations. Many of the OCF funded programs work with local schools to engage fathers and families.</p> <p>Strengthening Families Ohio: The goal of Strengthening Families Ohio is to prevent child abuse and neglect by providing a common framework and a set of tools to all individuals, organizations and systems that touch the lives of young children and their families. Working with childcare professionals, child welfare</p>	

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		<p>serve. When children require services from multiple sources (i.e., mental health, schools, juvenile courts, developmental disabilities and alcohol/drug addiction services agencies), it can be difficult for parents to navigate their way through these various service systems.</p> <p>Red Tree House: Supporting the well-being of Ohio's families and children with challenges, disabilities and health care needs. Find tools, organizations and events in your community to meet your needs.</p>		<p>professionals and community organizations, the Ohio Children's Trust Fund will help facilitate the integration of state prevention strategies, strengthen families within the early care and education and child welfare systems and engage parents and communities in building protective factors.</p>	
<p>Harassment, Intimidation and Bullying (including Healthy Relationships)</p>	<p>Anti-Harassment, Intimidation and Bullying Resources: Offers a variety of resources for families, schools and communities to support schools in implementation of the Anti HIB policy and prevention programs. Anti HIB resources include a model Anti HIB policy, guidance for Anti HIB policy implementation, guidance for Student Action Planning and links to helpful prevention websites.</p> <p>SaferOH Tip Line: This tip line allows students and adults to</p>		<p>Sexual Assault and Domestic Violence Prevention Program: Programs include those that address sexual assault and domestic violence prevention and services. The program works in partnership with other state and non-profit agencies to implement statewide programs</p>	<p>The Bureau of Civil Rights: Ensures through education, monitoring and enforcement that all ODJFS customers (internal and external) are provided equal access to all rights and benefits as mandated by state and federal laws prohibiting discrimination.</p>	<p>Ohio Specific</p> <p>Ohio Alliance to End Sexual Violence: Information and resources to prevent and address domestic violence and sexual violence. Teen specific page. Be the One is designed to teach youth about stopping sexual violence.</p> <p>Ohio Domestic Violence Network: Information and resources to prevent and address intimate partner violence. Teen violence page.</p> <p>National Resources</p>

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	<p>anonymously share information with school officials and law enforcement about threats to student safety—whether that involves a threatened mass incident or harm to a single student.</p> <p>Safety and Violence Prevention Curriculum: Safety and Violence Prevention Training is required of kindergarten through grade 12 professionals and is this training is designed to provide Ohio’s school personnel with opportunities to learn about key behavioral and mental health issues that face Ohio’s students. Module 3 is Anti-Harassment, Intimidation, Bullying and Teen Relationship Abuse in Schools and on School Buses.</p>				<p>Futures Without Violence: From domestic violence and child abuse, to bullying and sexual assault, offers programs, policy development and public action campaigns designed to prevent and end violence against women and children around the world.</p> <p>Health Education Curriculum Assessment Tool: Schools can assess curricula to meet local needs, includes mental health, substance abuse prevention and violence prevention.</p>
Mental Health	<p>School Mental Health: Provides links to resources including partners and mental health signs and symptoms.</p> <p>Project AWARE Ohio: A grant funded initiative that works to raise awareness about mental health in youth and increase access to services. Includes information about Youth Mental Health First Aid</p>	<p>Early Childhood Mental Health Initiative: Aimed at promoting healthy social and emotional development (i.e., good mental health) of young children (birth to six years). Includes resources and information for pre-school expulsion reduction and Mental Health consultation.</p>	<p>School Nurse Resources: Provides information on policies and regulations, conferences and trainings and medical-related forms including student health records and medication administration.</p> <p>Return to Play - Ohio's Youth Concussion Law: Resources for coaches, referees, parents</p>		<p>Ohio Specific</p> <p>Center for School Based Mental Health Programs: Located within Miami University. Goal is to build collaborative relationships with schools and community agencies to address the mental health and school success of children and adolescents through the</p>

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	<p>training (provided free throughout the state), statewide resources, and links to training programs and supports (Red Flags, Every Moment Counts, NAMI, etc).</p> <p>Tier II/Tier III and Behavioral Health: Provides linked resources including the Interconnected Systems Framework (national model on connecting PBIS and mental health supports).</p> <p>EdConnection: Jan. 8, 2018; March 29, 2018; May 7, 2018; May 11, 2018.</p>	<p>School Age Youth: Provides information about mental health for youth and links to several resources.</p> <p>Be Present Campaign - for youth, teens and young adults across the state – from high school, through college and early adulthood. Designed for crisis and suicide prevention, it provides information on wellness and positive coping.</p> <p>Crisis Text Line: A text line for any person who is dealing with a stressful situation and needs help coping.</p>	<p>and athletes in complying with Ohio law and understanding the impact of concussions on the brain and learning.</p> <p>Return to Learn - A Concussion Team Model</p>		<p>promotion of expanded school mental health programs and services.</p> <p>Ohio Mental Health Network for School Success</p> <p>Red Flags: A toolkit for mental health education for staff, students, and parents.</p> <p>Every Moment Counts: Mental health promotion initiative developed to help all children and youth become mentally healthy in order to succeed in school, at home and in the community. Shares practical resources that can be used by school personnel, children/youth, and families to promote positive mental health and well-being in all children and youth throughout the day.</p> <p>Ohio Adolescent Health Partnership: Coalition with diverse agencies dedicated to providing resources and support for adolescent well-being, including behavioral health.</p> <p>National Resources</p> <p>Teen Mental Health Curriculum Guide: Free curriculum for teaching teens about mental health provided</p>

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					<p>through Teen Mental Health.org.</p> <p>Breaking the Silence Curriculum: Fully scripted lesson plans for Upper elementary, middle and high school. Hosted by NAMI.</p> <p>Mental Health and Sleep: Strategies for schools, parents and health professionals.</p> <p>Health Education Curriculum Assessment Tool: Schools can assess curricula to meet local needs, includes mental health, substance abuse prevention and violence prevention.</p>
School Climate	<p>Ohio School Climate Guidelines: Guidance on how schools can create environments where every student feels welcomed, respected and motivated to learn</p> <p>School Climate Information Brief: Short article explaining what, why and how of School Climate. Includes additional resources including link to the national school climate survey compendium.</p>		<p>School Health Improvement Planning and Data Resources: Provides information on whole child resources and planning for improvement including assessment tools, youth risk behavior data, health education assessment and data, sample wellness policies and resources for physical activity.</p>		<p>National Resources</p> <p>School Health Index - Assessment Tool: An online assessment tool that schools can use to improve their health, safety and climate policies and programs.</p>

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Social and Emotional Learning	<p>Social Emotional Development in Young Children: Tips and resources for social and emotional development birth to age 5.</p> <p>Birth – Kindergarten Learning and Development Standards: Outlines key concepts and skills that young children develop during the birth-to-five-year period. This includes a specific domain on social-emotional development.</p> <p>Kindergarten – Grade 3 Learning and Development Standards: These s learning and development standards address Approaches Toward Learning, Physical Well-Being and Social and Emotional Development. They promote an understanding of the whole child and guide the instructional strategies that support all areas of learning.</p> <p>In Progress</p> <p>Grade 4 – 12 Social and Emotional Learning Standards</p>	<p>Social and Emotional Screening and Assessment for Early Childhood: Outlines screening and assessment tools.</p> <p>Initiatives and programs that promote social and emotional development</p> <p>Early Childhood Mental Health Initiative: See Mental Health.</p>	<p>Ohio Healthy Program: Awards designation to early childhood education programs that take coursework, create a new policy, update menus and engage families. Coursework includes information about the effects of trauma on young children.</p> <p>School Nursing Program Conferences and Trainings: Provides numerous educational opportunities for school nurses throughout the year, including in person conferences, live webcasts, online independent study opportunities and other resources. Topics and agendas vary.</p>	<p>Ohio Children's Trust Fund (OCTF): Ohio Revised Code (ORC) 3109.17 (B)(2) allows the OCTF to "allocate funds to entities for the purpose of funding child abuse and child neglect prevention programs that have statewide significance and that have been approved by the children's trust fund board."</p>	<p>National Resources</p> <p>Collaborative for Academic, Social and Emotional Learning (CASEL): Provides research and information on evidence based social and emotional learning.</p> <p>Center for Social and Emotional Foundations for Early Learning</p> <p>NASN Middle School Health Starts Here: The National Association of School Nurses program to address the issues which impact the health and safety of middle schoolers.</p>
Substance Abuse	<p>Start Talking! Drug Prevention Program: Initiative to give parents, guardians, educators and community leaders tools to talk with youth about</p>	<p>Ohio's Initiatives to Fight Opiate and Prescription Abuse</p> <ul style="list-style-type: none"> Health Education K-12 Resources 	<p>Drug Overdose in Ohio: Information and resources about drug overdose which includes drug prevention information.</p>		<p>Ohio Specific</p> <p>Drug Use Prevention Resource Guide: Ohio Attorney General.</p>

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	<p>healthy, drug-free lives. Weekly parent tips are sent.</p> <p>Opioid Abuse Prevention: Provides information on HB367 which required recommendations for prescription opioid abuse prevention. Resources provided per grade bands.</p> <p>Safety and Violence Prevention Curriculum: Outlines requirements for training and provides the materials for providing the training including PPT, script and handouts. Module 1 is Addressing Mental Health and Substance Abuse.</p>	<ul style="list-style-type: none"> • Toolkit – Action Guide to Address Opioid Abuse • Education on dangers of prescription drugs • Ohio statistics • Drug courts in Ohio that help offenders find treatment • Tips to keep kids drug free • Proposed legislation • Publications <p>Prevention Action Alliance-Ohio Youth Led Prevention Network: Ohio Youth-Led Prevention Network (OYLPN) is a joint-venture between Drug Free Action Alliance (DFAA) and OMHAS) that expands partnerships between youth-led substance abuse prevention programs which develop and strengthen abuse prevention efforts at the state and local levels. Click on the "Adult Leaders" tab and then "Resource Kit" and "Program Materials" at the bottom of that page.</p>	<p>School Nursing Program Online Independent Study Courses: Provides continuing nursing education opportunities and includes training on “Opioids and Ohio Children: Tools for School Nurses.” This includes development of Naloxone Tools for Schools (underway). Co-sponsored by ODH Violence and Injury Prevention Program.</p>		<p>The Health and Opioid-Abuse Prevention Education (HOPE): Kindergarten through Grade 12 curriculum.</p> <p>Ohio Joint Study Committee on Drug Use Prevention Education</p> <p>Generation RX: Educational resources to help prevent the misuse of prescription medications.</p> <p>Ohio Association of County Behavioral Health Authorities: Statewide organization that represents the interests of Ohio’s county Alcohol, Drug Addiction, and Mental Health Boards at the state level.</p> <p>National Resources</p> <p>Operation Prevention: The DEA and Discovery Education created comprehensive, no cost program to combat opioid misuse. With virtual field trips, parent resources, English & Spanish language standards aligned K-12 tools and a national peer-to-peer video challenge, look no further to kick-start life-saving actions today.</p> <p>Smart Moves Smart Choices</p>

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					<p>National Institute on Drug Abuse for Teens</p> <p>National Institute on Drug Abuse for Teachers</p> <p>Red Ribbon Week: Oct. 23-31 annually. Program serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.</p> <p>NASN Naloxone in Schools Toolkit: The National Association of School Nurses provides a no cost toolkit for members.</p> <p>NASN Home to Homeroom-Medicine Abuse: The National Association of School Nurses provides an educational program that teams parents with school nurses to prevent and address teen cough medicine abuse.</p> <p>Health Education Curriculum Assessment Tool: Schools can assess curricula to meet local needs, includes mental health, substance abuse prevention and violence prevention.</p>
Suicide Prevention	Suicide Prevention Foundation : Resource on the	Suicide Prevention : Provides research, resources and tools for suicide prevention		Child Protective Services : Services designed to help children who have been or are	Ohio Specific Ohio Suicide Prevention Foundation Ohio's Campaign

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	<p>School Mental Health webpage (above).</p> <p>Safety and Violence Prevention Training: Outlines requirements for training and provides the materials for providing the training including PPT, script and handouts. Module 2 of the training teaches staff to Recognize Depression and Suicide Ideation in Students.</p> <p>Suicide Prevention, Intervention and Post-vention information brief: Short article provides information on suicide risk and protective factors, and how schools can prevent and intervene with suicide attempts, or respond following a suicide. Provides many additional resources.</p> <p>EdConnection: Sept. 11, 2017; Oct. 2, 2017; Oct. 23, 2017; Dec. 4, 2017; Dec. 11, 2017</p>	<p>including information specific for schools. Suicide and Schools one pager.</p> <p>Be Present Campaign: For youth, teens and young adults across the state – from high school, through college and early adulthood. Designed for crisis and suicide prevention it provides information on wellness and positive coping.</p> <p>Crisis Text Line: A text line for any person who is dealing with a stressful situation and needs help coping. Ohio uses a key word “4hope” to 741 741.</p>		<p>at risk of becoming victims of abuse or neglect. ODJFS supervises the state’s child protective services programs, which are administered locally by 88 county public children services agencies (PCSAs). County agencies investigate all allegations of abuse, neglect and dependency and offer services for abused and/or neglected children and their birth, foster and/or adoptive families.</p>	<p>for Hope: Offers resources for youth suicide prevention though Kognito, a web-based training tool.</p> <p>Sandy Hook Promise: Provides free programming to schools to address mental health including Signs of Suicide.</p> <p>Life Act: Depression and suicide awareness and prevention program for students.</p> <p>National Resources</p> <p>Suicide Prevention Lifeline</p> <p>Suicide Prevention Resource Center - Schools</p>
Trauma Awareness	<p>Trauma Informed Schools: Explains what trauma is, impact of trauma on students and how districts and schools can respond. Links to additional resources.</p> <p>Trauma Informed Schools information brief: Short article</p>	<p>Trauma-Informed Care: Shares information about OMHAS initiatives to support trauma informed care. Includes link to trauma and children, and resource library with section on schools and trauma.</p>			

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	defines trauma, explains the impact, list possible signs of trauma and shares about specific intervention programs.				