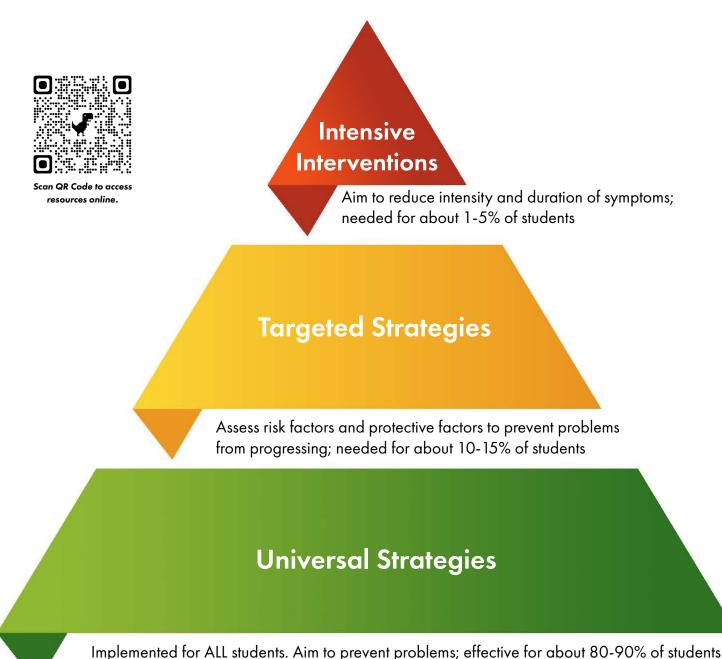# Multi-Tiered Framework: Mental and Behavioral Health Services

The growing need for school-based mental and behavioral health services requires schools to engage in systematic prevention and responses. To effectively do so, schools must engage in multi-tiered frameworks that implement strategies for all students at a universal level, strategies for some students at a strategic level of intervention, and intensive strategies for a few students.

*Scan QR Code to access resources online.*

**Intensive Interventions**

Aim to reduce intensity and duration of symptoms; needed for about 1-5% of students

**Targeted Strategies**

Assess risk factors and protective factors to prevent problems from progressing; needed for about 10-15% of students

**Universal Strategies**

Implemented for ALL students. Aim to prevent problems; effective for about 80-90% of students

**For educators/schools**

[After a Suicide: A Toolkit for Schools](#): Designed to assist schools in the aftermath of a suicide (or other death) in the school community.
[Behavioral Health Voucher Program](#): Offers funding assistance and support for mental health services.
[Check and Connect](#): Dropout prevention intervention.
[Cognitive Behavioral Intervention for Trauma in Schools (CBITS)](#): School-based, group and individual intervention that uses cognitive-behavioral techniques.
[Comprehensive School Threat Assessment Guideline training](#): Evidence-based school behavioral threat assessment model.

[Positive Behavior Interventions and Supports (PBIS) Tier 3](#): Students receive more intensive, individualized support to improve their behavioral and academic outcomes.
[SD Community Mental Health Centers](#): Provide services to adults and youth, including screenings and assessments, case management, individual therapy, group therapy, crisis intervention, psychiatric evaluation, and medication management.
[Systems of Care](#): Part of the SD Juvenile Justice Reinvestment Initiative.

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**For educators/schools**

[Global Appraisal of Individual Needs (GAIN)](#): For justice involved youth/youth at risk of justice involvement.
[Jobs for America's Graduates](#): Program proven to help students persist through graduation. State-based national nonprofit organization dedicated to supporting young people of great promise.
[Positive Behavior Interventions and Supports (PBIS) Tier 2](#): Targeted support for students who are not successful with Tier 1 supports alone. Focus is on supporting students who are at risk for developing more serious problem behaviors before they start.
  • [Check IN Check OUT](#): A targeted intervention in a PBIS model.
[PREPaRE Workshop 2 - Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools](#): 2-day workshop to develop the knowledge and skill required to provide immediate mental health crisis interventions to students, staff, and school community members who have been simultaneously exposed to an acute traumatic stressor.

[Second Step](#): A holistic approach to building supportive communities for every child by teaching them skills to help them gain confidence, set goals, make better decisions, and collaborate with others.
[Sources of Strength (SOS)](#): Youth suicide prevention project.
[Universal Trauma Screening in Schools](#): Effective screening for traumatic events requires that school-based professionals consider this framework to determine best practices in assessment and intervention.

**Parent-friendly resources**
[Child and adolescent mental health videos](#): (under Parent/Caregiver Resources heading): Strategies for practicing positive parenting.

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**For educators/schools**

[Adverse Childhood Experiences (ACEs) training](#): ACEs are stressful or traumatic events that happen in childhood. Training curriculum includes information across three domains: Neuroscience, the ACEs Study, and Resilience.
[Child and Adult Advocacy Studies (CAASt) K-12 training series](#): Addresses mandatory reporting, suicide prevention, multidisciplinary approaches, and trauma-informed interventions.
[Mental Health First Aid training](#): 8-hour course that teaches the general public how to help someone who is developing a mental health problem or experiencing a mental health crisis.
[PREPaRE Workshop 1 - Comprehensive School Safety Planning: Prevention Through Recovery](#): 1-day workshop. Participants learn how to establish and sustain comprehensive school safety efforts that attend to physical and psychological safety.
[Say It Out Loud](#): Hour-long discussion-focused session geared toward normalizing mental health conversations.
*School Security*
  • [SD School Safety Resources](#)
  • [Safe2SaySD](#): Statewide tip line that allows SD students, school staff, and community members to safely and anonymously report sensitive information that concerns their safety, or the safety of others, including mental health concerns.
  • [Internet safety training](#): For school staff, students, and parents.
[Social, Academic, and Emotional Behavior Risk Screener (SAEBRS)](#): Suitable for teacher use in evaluating and rating all students on common behavioral criteria.
[SD Multi-tiered System of Supports](#): Continuous-improvement framework in which data-based problem solving and decision making are practiced across all levels of the educational system for supporting students.
  • [Positive Behavior Interventions and Supports (PBIS) Tier 1](#)
    o [Universal Bullying Prevention in a PBIS model](#)
  • Response to Intervention (RtI)

[SD Prevention Network: Substance Use Prevention Services](#): Tailor prevention efforts around the needs of their communities, using effective community-based, school-based, and/or individual evidence-based programs.
[Youth Mental Health First Aid](#): 8-hour course that emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge.

**Community resources**
[Resilient Communities](#): Initiative intended to provide a technical framework to support community coalitions to prepare, know, prevent, respond to, and sustain multi-sector efforts to address childhood maltreatment and its impacts across the lifespan.

**Parent-friendly resources**
[Child and adolescent development videos](#): (under Parent/Caregiver Resources heading): Strategies for practicing positive parenting.

**Student-friendly resources**
[Be the 1 SD](#): Suicide awareness and prevention campaign.
[Cör Health + Wellbeing](#): Information and resources related to healthy relationships, mental health, physical health, and overall well-being.
[Ending the Silence training](#): Trained presenters give teens the tools to help themselves and their friends and let them know they're not alone when it comes to mental illness.
[ReThink Tobacco](#): Tobacco use awareness and prevention campaign.
[Teen Mental Health First Aid](#): Training program for teens to help them learn the skills they need to have supportive conversations with friends and how to get help from a responsible, trusted adult.