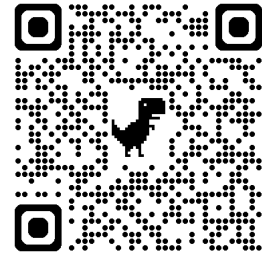


Multi-Tiered Framework: Mental and Behavioral Health Services



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

Multi-Tiered Framework: Mental and Behavioral Health Services

Tier 1: Universal Strategies

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.
- [Behavioral Health, Education, Access, and Management for South Dakota ECHO Series](#): The BEAM-SD ECHO training series highlights information and resources for professionals supporting behavioral and mental health care for children and adolescents (0-21) and their families. Outcomes include an increase in knowledge, skills, and strategies which can be implemented within primary care, school, and other settings through learning and sharing of best practices, mentorship through case-based learning, and professional discussions to support knowledge in practice. Covered topics include depression, anxiety, ADHD, autism, developmental assessments, substance use disorders, eating disorders, medication management, referral resources, and more.
- [Behavioral Health Print & Swag Materials](#): By using free resources from SD Behavioral Health, you can encourage empathy and start the conversation around mental health in your organization, school, or workplace.
- [Behavioral Health School & Educator Toolkit Materials](#): Help support the resilience and mental health of all kids in South Dakota. Toolkits are tailored for elementary, middle, and high schools and include free downloads, digital content, videos, and more.
- [Child and Adult Advocacy Studies \(CAAST\) K-12 training](#): This free, 5-hr training addresses mandatory reporting, suicide prevention, multidisciplinary approaches, and trauma-informed interventions. Approved as a suicide prevention training to meet the statutory requirement for educators.
- [Child and Adult Advocacy Studies \(CAAST\) Graduate Certificate](#): A 12-credit CAASt graduate certificate is available through the University of South Dakota. Classes begin each January and students graduate by the end of the year.
- [CPCM Training Library](#): Free, online trainings, several of which would be of interest to educators and school administrators.
- [End Online Child Abuse](#): Resources for educators, caregivers, and parents about preventing online child abuse. Presentations are available upon request to CPCM.
- [HealthySD School Health Page](#): HealthySD provides school-specific comprehensive health promotion resources tailored for educators, school nurses, PE teachers, counselors, and other education professionals. From resources wellness guides to use in lesson plans to mental health tools and physical activity programs, this website looks to connect professionals to school health resources to support student success and well-being. Discover practical, easy-to-use materials designed to create a healthier, more vibrant learning environment in South Dakota.
- [Helpline Center University](#): Free on-demand training on how to use Helpline more effectively to access resources and/or build individualized resource guides for others.
- [Hope Squads For Schools and Educators - Helpline Center](#): Hope Squad is a school-based peer support team with squad members trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults. The program reduces the risk of youth suicide through education, training, and peer intervention.

- [“I Love U Guys” Foundation](#): Programs for crisis response and post-crisis reunification used in more than 50,000 schools, districts, departments, agencies, organizations, and communities around the world. They are created through the research-based best practices of school administrators, psychologists, public space safety experts, families, and first responders.
- [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.
- [Mental Health Poster Campaign](#): Posters containing mental health information and resources for students, adults, and educators. Schools may print posters and display them in areas where stakeholders may see them and utilize the information and resources.
- [Natural Helpers](#): Schools can utilize an already existing network of “helpers” to disseminate accurate information and serve as many students as possible.
- [PREPaRE Workshop 1- Comprehensive School Safety Planning](#): Prevention Through Recovery: In this 1-day workshop, participants will learn how to establish and sustain comprehensive school safety efforts that attend to both physical and psychological safety. The workshop addresses critical components needed to develop, exercise, and evaluate school safety teams and crisis plans. The model also integrates school personnel and community provider roles in providing school-based crisis preparedness and response activities. Additional topics addressed also include media/social media, communication, reunification, students with special needs, culture, and memorials. After this workshop, participants will be better prepared to improve their school’s climate, student resilience, and the crisis response capabilities of school personnel.
- [Recognizing and Reporting Child Maltreatment training](#): This free 1-hr training supplements the state’s mandatory reporting training and focuses specifically on child maltreatment. Participants receive a certificate of completion.
- [Say It Out Loud](#): Hour-long discussion-focused session geared toward normalizing mental health conversations.
- [School-Based Mental Health Providers in South Dakota](#): A breakdown of the scope of work and niches of school counselors, school psychologists, school social workers, and community-based clinical mental health counselors and social workers.
- **School Security**
 - [SD School Safety Resources](#): The South Dakota School Safety Center provides evidence-based/best practices resources and training opportunities to help schools prevent, prepare, respond to, and recover from incidents that impact the safety and security of students, educators, and staff.
 - [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.
- [SD Multi-tiered Systems 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](#)
 - [Universal Bullying Prevention in a PBIS Model](#)

- [SD Prevention Network Prevention Services](#): Tailored 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](#): Provides an evidence-based technical framework and assistance to support community coalitions to prevent child maltreatment and increase child well-being.
- [SD QuitLine](#): Every South Dakota QuitLine service is free to any SD residents ages 13 or older who are ready to commit to quitting smoking, vaping, or chewing tobacco,

Parent-friendly resources:

- [COR Health + Well-being](#): Cōr Health + Wellbeing is a social media initiative from the South Dakota Department of Health designed to connect teens, young adults, and parents with reliable, relatable health information. With a presence on Instagram, Facebook, and Snapchat, Cōr shares quick, judgment-free content on mental health, relationships, body changes, and overall well-being.
- [Family Resources Search Engine - Helpline Center](#): A searchable page of South Dakota resources most commonly requested or needed by families. Build and print local resource guides for individual families.
- [Internet safety training](#): For school staff, students, and parents.
- [Youth Suicide Infographic](#): One-Pager with education and resources.

Student-friendly resources:

- [QuitTobaccoSD](#): 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.

Universal Strategies

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

Tier 2: Targeted Strategies

For educators/schools:

- [Jobs for America's Graduates \(JAG\)](#): Program proven to help students persist through graduation. State-based national nonprofit organization dedicated to empowering young people with the skills and support to succeed in education, employment, and life.
- [PREPaRE Workshop 2 - Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools](#): This 2-day workshop develops 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. The knowledge and skills developed within this workshop also help to build a bridge to the psychotherapeutic and trauma informed mental health supports that are sometimes required to address challenges associated with trauma exposure. This workshop is appropriate for all educational professionals who provide mental health crisis intervention services.
- [Positive Behavior Interventions and Supports \(PBIS\) Tier 2](#): Targeted support for students who are not successful in 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.
- [Postvention For Schools and Educators - Helpline Center](#): A comprehensive Suicide Loss Toolkit to help school districts respond to a death by suicide.
- [SD Department of Health - Educational Materials Catalog](#) - The South Dakota Department of Health offers a free online catalog where South Dakota residents can order printed health education materials. These resources are evidence-based, culturally appropriate, and support public health efforts across the state. Materials include brochures, posters, and flyers, and are available for use by healthcare providers, educators, and community organizations. Many items are also available in multiple languages.

Parent-friendly resources:

- [Suicide Among Youth](#): It's vital for parents to recognize behaviors that indicate something is wrong with their children. Learn about risk and protective factors here.

Targeted Strategies

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

Tier 3: Intensive Interventions

For educators/schools:

- [988 FAQ - Helpline Center](#): 988 is a direct connection through call, text, or chat to compassionate, accessible care and support for anyone experiencing mental health related distress, suicide crisis, or substance use.
- [After a Suicide: A Toolkit for Schools](#): Designed to assist schools in the aftermath of a suicide (or other death) in the school community.
- [Check and Connect](#): Dropout prevention intervention.
- [Comprehensive School Threat Assessment Guideline training](#): Evidence-based school behavioral threat assessment model.
- [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. DSS has partnered to identify and implement community-based treatment services for justice involved and at-risk youth. Referrals of at-risk youth can be made by parents, guardians, and/or schools to a local contracted provider.



Intensive Interventions

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

Participating South Dakota Entities

Center for the Prevention of Child Maltreatment (CPCM)

The Center for the Prevention of Child Maltreatment (CPCM) is committed to ending child maltreatment in South Dakota by empowering professionals, communities, and the public to know about, respond to, and prevent child abuse and neglect in South Dakota. To learn more, visit sdcpcm.com.

Helpline Center

Helpline Center connects individuals to resources and support through the 211 Helpline and 988 Suicide and Crisis Lifeline, links people with volunteer opportunities, and offers hope to individuals during times of crisis 24 hours a day, 365 days a year. Visit helplinecenter.org to access help or for more information.

South Dakota Center for Disabilities

The mission of The South Dakota Center for Disabilities is to improve the lives of individuals with disabilities and their families across the state of South Dakota, the region and nationally. The Center for Disabilities carries out its diverse capacity-building efforts through community education, clinical services, interdisciplinary training, technical assistance, research, information dissemination and policy/advocacy work. The Center is the hub for [Behavioral Health, Education, Access and Management for South Dakota \(BEAM-SD\)](#).

South Dakota Department of Health

The South Dakota Department of Health (SD DOH) is dedicated to protecting and enhancing the health and wellbeing of all South Dakotans. The SD DOH works collaboratively with healthcare providers, communities, and agencies to promote [public health](#), wellness, prevent injury and disease, and ensure access to quality care. The [SD DOH website](#) serves as a central hub for reliable health information, guiding every South Dakotan on their journey to better health.

South Dakota Department of Education

The South Dakota Department of Education is dedicated to enhancing learning through leadership and service so that all students will leave the K-12 education system college, career, and life ready. For additional information related to mental health resources for schools, visit doe.sd.gov/mentalhealth.

South Dakota Division of Behavioral Health

The Division of Behavioral Health (DBH) provides oversight of the publicly funded behavioral health system and supports individuals of all ages with behavioral health needs. Within this system there are 11 community mental health centers, 42 substance use disorder treatment providers and 22 prevention agencies. [Services available in your area can be found here](#). Additionally, DBH provides [behavioral health education and resources on a comprehensive public website](#). For additional information and resources, visit [Let's Be Clear](#) or [SD Suicide Prevention](#).

South Dakota School Crisis Prevention and Response Hub

The SD School Crisis Prevention and Response Hub exists to help schools navigate the world of crisis prevention and response. We provide professional development and consultation to school districts across South Dakota that are responding to crisis situations or are working to actively prevent them. We promote physical and psychological safety for students in a variety of crisis situations that impact schools, including: suicide, natural disaster, community and/or targeted violence, and unexpected death. For additional information and current offerings, visit: sites.google.com/usd.edu/south-dakota-school-crisis/home?authuser=0.

South Dakota School Safety Center

The South Dakota School Safety Center, under the direction of the Department of Public Safety, Office of Homeland Security, was created to promote a safe learning environment for South Dakota schools. The Center serves as the core for information, training, technical support, and resources on school safety for school faculty and staff, students, parents/guardians, law enforcement, and mental health professionals. For more information, visit safe2say.sd.gov.