



# Strengthening Educators' Response to the Mental Health Needs of Teens

Hosted by the Expanded School Mental Health Team at UR Medicine



YOUTH  
MENTAL  
HEALTH  
FIRST AID®

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

Expert Training &  
Case Consultation

Develop District  
YMHFA Trainers

School-Based Referrals to  
Urgent Intervention  
Services

Adolescent Mental Health  
Tools & Community  
Resources



**Rochester City Middle- and High School Team Applications Due 6/3/22**

For Applications and more information, visit [www.URSOS.org](http://www.URSOS.org)



E-mail Corey Nichols-Hadeed at  
[Corey.Nichols@URMC.Rochester.edu](mailto:Corey.Nichols@URMC.Rochester.edu)



## Rochester City Middle- & High School Teams: Apply to be a UR-SOS Site!

Visit [www.URSOS.org](http://www.URSOS.org) for more information or

E-mail **Corey Nichols-Hadeed (Project Management)** at [Corey\\_Nichols@URMC.Rochester.edu](mailto:Corey_Nichols@URMC.Rochester.edu)

Enhance your district's capacity to recognize, support, & refer teens with serious behavioral health challenges! The Expanded School Mental Health Team at UR Medicine has received federal funding from SAMHSA to offer a series of **Project ECHO® [Extension for Community Healthcare Outcomes] trainings**. UR-SOS will also partner with **Mental Health First Aid USA** to offer a **FREE 3-day Youth Mental Health First Aid Training of Trainers** for at least one of your ECHO Team Members. Participating teams will also be trained in how to access a **NEW PILOT Urgent Intervention Service** referral stream for school mental health professionals, and will receive access to the **UR-SOS School Mental Health Toolkit**, with best practice tools and community resources to support teens with serious behavioral health challenges.

### Participate in UR-SOS Project ECHO!

#### What is Project ECHO®?

Project ECHO is a tele-mentoring model used to support case-based learning and provide specialty training for professionals supporting teens with serious mental illness. Mental health, community experts, and school staff will discuss how to provide support and implement practices to address the mental health needs of students.

#### Bi-Weekly URMC SOS-ECHO® Topics

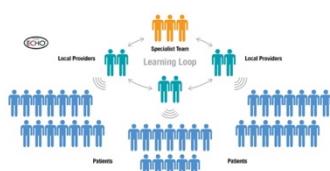
**Feb:** Recognizing and Approaching Youth in Distress  
**March:** School-Based Safety Planning  
**April:** Brief Crisis Intervention & De-Escalation  
**May:** Referral to Treatment & Community Resources  
**June:** Special issues in Serious Mental Illness  
*School-Based Case Consultation Offered Throughout*

#### URMC SOS-ECHO® Hub

Partner from County Office of Mental Health  
Dr. Melissa Heatly, Ph.D., School Mental Health  
Dr. Allison Stiles, Ph.D., Adolescent Mental Health  
Jerard Johnson, Community Resource Management  
*With Monthly Special Guests, tailored to your region.*

#### School-based SOS-ECHO® Teams

Can consist of School Mental Health Staff, Nurses, Administrators, Teachers, or anyone else interested in learning about adolescent mental health (Max = 8).



### Develop a Youth Mental Health First Aid Trainer!

#### What is YMHFA?

YMHFA teaches adults who work with youth the skills needed to **identify, understand, and respond to signs of mental illness and substance use disorders**. Adults learn how to reach out and provide initial support to youth (12-18 years old) who may have a mental health or substance use problem and connect them with appropriate care.

#### YMHFA Training of Trainers

Training of Trainers is a **3-day training** that certifies participants to conduct YMHFA trainings to adults working with youth in their community.  
UR-SOS will offer a **FREE YMHFA Training of Trainers classes** for at least 1 of your ECHO Team Members.

#### Maintaining Certification

Newly certified trainers will be required to provide at least 3 YMHFA trainings in the 1<sup>st</sup> year.  
To maintain YMHFA certification (*optional*), trainers should continue offering 3 YMHFA trainings/year.

#### Who Might Trainers Train in their Community?

- Teachers
- Coaches
- School staff
- Parents
- Youth group leaders
- Camp counselors



## ANTICIPATED BENEFITS

- **Enhance your district's capacity to recognize, support, & refer youth with MH challenges**  
*Via Project ECHO didactics and case consultation support from experts in adolescent mental health, serious mental illness, and community resources available locally & regionally*
- **Disseminate Youth Mental Health First Aid throughout your district and community**  
*Via training of a district-based YMHFA Trainer who can offer YMHFA trainings to your home district, school, families, and community*
- **Access to Expert & Peer Tele-Mentoring in Supporting Teens with complex MH challenges**  
*Mental health, community experts, and school staff will discuss how to provide support and implement practices to address the mental health needs of students. Participants learn from experts and each other & Experts learn from participants in a teach-all-learn-all model.*
- **Access to a NEW PILOT Urgent Intervention Service referral stream**  
*Available through UR Medicine's Crisis Intervention Service – a short-term, evidence-based outpatient intervention (telehealth modalities available).*
- **Access to UR-SOS School Mental Health Toolkit with Best Practice Tools & Resources**  
*Access to a centralized aggregation of local and regional adolescent behavioral health services, agencies, and resources, including tools, screeners, checklists & additional resources*

## EXPECTED RESPONSIBILITIES

UR-SOS ECHO Responsibilities	
<b>Attend 1-hour Bi-Weekly UR-SOS Meetings</b>	For learning topics, case presentations, and peer learning opportunities (All will be held via Zoom). <i>While everybody is invited, we request that at least two members of your team attend each meeting</i>
<b>Present Cases, Share Knowledge</b>	Present 1 – 2 cases for expert & peer consultation during the 6-month UR-SOS Project ECHO Cycle

UR-SOS Youth Mental Health First Aid Responsibilities	
<b>Identify a District YMHFA Trainer</b>	UR-SOS will offer a <b>FREE</b> YMHFA Training of Trainers class for at least 1 of your ECHO Team Members. The YMHFA ToT class is a 3-day training that certifies participants to conduct YMHFA trainings for adults working with youth in their community.
<b>Conduct YMHFA Trainings</b>	Newly certified trainers will be required to provide at least 3 YMHFA trainings in their school and community over the 1st year. To maintain YMHFA certification ( <i>optional</i> ), trainers should continue offering 3 YMHFA trainings/year.

*Teams are also expected to Report on Impact by sharing your experience, sharing your system's progress and outcomes, and completing pre- and post-surveys.*

## UR-SOS TIME COMMITMENT & TIMELINE

UR-SOS APPROXIMATE TIME COMMITMENT		
START-UP ACTIVITIES		
<b>Topic</b>	<b>Projected Time</b>	<b>Who</b>
Welcome & Orientation Webinar	1 hour (recorded)	School SOS Team
UR-SOS Pre-Assessment	15 Minutes	School SOS Team
School Team Meeting with Project Leads	1 hour	School SOS Team Lead
PROJECT ECHO		
Attend Bi-Weekly UR-SOS Meetings	60 minutes every 2 weeks <i>Tentative: Tuesdays at 11:00</i>	School SOS Team
Present at least one case study for consultation at ECHO meeting		
YOUTH MENTAL HEALTH FIRST AID		
YMHFA Training of Trainer Class	3-Day Class, June 2022	ONE School SOS Team Member
Monthly YMHFA Trainer Support Mtg	1 hour/month (OPTIONAL)	ONE School SOS Team Member
Teach 3 YMHFA Classes	6.5 hours/class June 2022 – June 2023	YMHFA Trainer + Trainees

TENTATIVE SCHEDULE OF MAIN PROGRAM EVENTS, Fall 2022*+	
June '22	<b>Preliminary Work:</b> Welcome & Orientation Webinar – <i>30-minute Pre-recorded self-study</i>
September '22	<b>Session 1:</b> Recognizing Youth in Distress + Case Study <b>Session 2:</b> Approaching Youth in Distress + Case Study
October '22	<b>Session 3:</b> School-Based Safety Assessment + Case Study <b>Session 4:</b> School-Based Safety Planning + Case Study
November '22	<b>Session 5:</b> Brief Crisis Intervention + Case Study <b>Session 6:</b> Crisis De-Escalation + Case Study
December '22	<b>Session 7:</b> Referral to Treatment + Case Study <b>Session 8:</b> Monroe County Community Resources + Case Study
January '23	<b>Session 9:</b> Special Issues in Serious Mental Illness + Case Study <b>Session 10:</b> Special Issues in Serious Mental Illness + Case Study
Fall/Winter '22	<b>ToT:</b> 3-Day Youth Mental Health First Aid Training of Trainer Session
2023	<b>YMHFA:</b> Trainer offers 3 Youth Mental Health First Aid Sessions

\*Tentative UR-SOS ECHO Dates: 1st & 3rd Tuesday of Each Month, September through January  
+Tentative Youth Mental Health First Aid Training of Trainer Session: Fall/Winter 2022

## UR-SOS Application Information

### **What are the Requirements for Submission?**

**UR-Supporting Our Students (UR-SOS)** includes participation in bi-weekly UR-SOS Project ECHO Team Meetings from September through January '22 - 23, selection and training of a district-based Youth Mental Health First Aid Trainer, and supporting that trainer in offering 3 Youth Mental Health First Aid Trainings in the following year.

**Selection criteria:** Approximately **7 Rochester City Middle- and High-School teams** will be selected, with consideration of the attached application. *(Note that any interested district can also sign up for our listserv or visit our website at [www.ursos.org](http://www.ursos.org) to learn about additional learning opportunities as they become available related to strengthening school mental health systems.)*

**Who is Eligible to Participate?** Any staff person in the school setting who has concerns about adolescent mental health is welcome to participate in Project ECHO® clinics. These may include school administrators, nurses, psychologists, counselors, social workers, teachers, coaches, athletic trainers, and others.

### **Prioritization will be given to applicants that:**

- Indicate readiness to engage and ability to commit to participation
- Designate a multi-disciplinary team of enthusiastic participants
- Indicate central office support for participation in Project ECHO and implementation of YMHFA
- Indicate challenges related to access to clinically, culturally, linguistically, and developmentally appropriate mental and behavioral health services; especially difficult challenges related to equity in access to adolescent behavioral health services; and financial and geographic resources.

**Application Due June 3<sup>rd</sup>, 2022**

**Participating Teams Notified by June 17<sup>th</sup>, 2022**

**Join us for an Info Session on 3/29/22 at 11:00 or 5/17/22 at 11:00**

**Visit our Website at [www.URSOS.org](http://www.URSOS.org)**

*Please save applications in a single PDF file, and send to  
Corey Nichols-Hadeed, Project Manager, at [Corey\\_Nichols@URMC.rochester.edu](mailto:Corey_Nichols@URMC.rochester.edu)*

To Participate, Please Submit the Following Materials in a single PDF file to Corey Nichols-Hadeed, Project Manager, at [Corey.Nichols@URMC.rochester.edu](mailto:Corey.Nichols@URMC.rochester.edu)

## Contact Information

District Name	
Team Lead Name	
Contact Role/Title	
Email	
Phone	

**Please attach a letter of intent from the Team Leader answering the following questions:**

1. Please indicate your team's intention to participate in UR-SOS and identify strengths and experience that your team members bring to the table.
2. In what ways does UR-SOS align with district efforts to support youth with mental and behavioral health needs? How will Project ECHO and YMHFA address need within your district?
3. What barriers do you anticipate for implementing the 3 YMHFA trainings within your school or community? How might these challenges be overcome?

**Please confirm that the superintendent is aware of and supports this application.**

YES (Please attached signed Letter of Commitment; Template attached).

**Superintendent Name:** First Name Last Name

**Superintendent E-mail:** Email

**Grade levels of school(s) you would likely focus on for this effort. Check all that apply.**

Middle School  High School  District MS/HS  Other: Write In  Not sure yet

**List the Potential Members of your UR-SOS team, including name, title, and E-mail address.**

Name	Role	Phone	E-mail

**Which member of your UR-SOS Team is most likely to be trained as a YMHFA instructor?**

Name: First Name Last Name

E-mail: Email

## **Statement of Commitment**

*Must be completed and signed by Team Lead and District Superintendent or their Proxy*

Our team from \_\_\_\_\_ commits to full and active participation in UR-Supporting Our Students (UR-SOS), including participation in bi-weekly UR-SOS Project ECHO Team Meetings from September 2022 through January 2023, selection and training of a district-based Youth Mental Health First Aid Trainer, and supporting that trainer in offering 3 Youth Mental Health First Aid Trainings in AY 2022 – 2023. We have reviewed the expected responsibilities, and there are no foreseeable barriers to our active engagement in this project. Team members have been notified of their involvement, have agreed to participate in project activities, and will help fulfill team responsibilities.

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*Team Lead*

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*Signature*

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*Date*

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*District Superintendent Or Executive Director*

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*Signature*

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*Date*