



Strengthening Educators' Response to the Mental Health Needs of Teens

Recruiting Now for Orleans County – Application Due Dec. 15th!

Click Here to Register for an info session! [Nov 21st at 9:00](#) or [Dec 12th at 12:00](#)

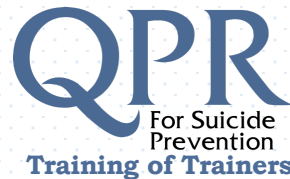


Expert Training & Case Consultation



www.MentalHealthFirstAid.org

FREE Mental Health Awareness training



Develop 2 District Suicide Prevention Trainers



School-Based Referrals to Urgent Intervention Services



Adolescent Mental Health Tools & Community Resources

Hosted by the Expanded School Mental Health Team at UR Medicine

For more information, visit www.URSOS.org



For questions, E-mail Leah Ward at Leah_Ward@URMC.Rochester.edu



**UR
MEDICINE**

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CHILDREN'S HOSPITAL**



UR Supporting Our Students: Strengthening High School Mental Health Staff's Response to the Mental Health needs of Teens – Orleans County

Visit www.ursos.org

Questions E-mail Leah Ward, Leah_Ward@URMC.rochester.edu



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Application Due: December 15th, 2023**

The goal of UR-SOS is to enhance the capacity of middle and high school educators within the NY Finger Lakes region to support adolescents with behavioral health needs, including those with serious emotional disturbances. The UR-SOS team will offer a series of **Project ECHO® [Extension for Community Healthcare Outcomes] trainings**, an interactive, web-based learning and mentoring program used to support case-based learning, education, and peer support. In this online learning opportunity, 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 will be encouraged to present issues, solutions, and specific problems during the sessions and learn from subject matter experts and peer school teams in a teach all, learn all model. Participating school teams will also be able to access a **School Mental Health Toolkit**, and a new **School-Based Referral Stream** to PBH&W for short-term acute BH intervention by licensed child & adolescent BH providers.

The UR-SOS Team will also develop 1 – 2 district-based **Suicide Prevention Trainers**. Selected participants will be trained to teach the **1-hour Question, Persuade, & Refer (QPR)** course to others within their school community, giving other adults who work with youth the skills they need to reach out and provide initial support, and help connect to appropriate care. To build community capacity, UR-SOS Team Members will also offer an optional **Youth Mental Health First Aid** course to your community's parents, families, or educators.

UR-SOS Participants

School-Based UR-SOS Teams

Each participating school district convenes a UR-SOS Team consisting of School Mental Health Staff, Nurses, Administrators, Teachers, and Parent partner (Max = 8).

**CEUs and CTLEs will be offered.*

UR-SOS Hub Team Leaders

Dr. Melissa Heatly, Ph.D., School Mental Health
Dr. Allison Stiles, Ph.D., Adolescent Mental Health
Jerard Johnson, Community Resource Management
Regional Partner from County Office of Mental Health

With Monthly Special Guests including...

Dr. Jim Wallace, MD – Supporting Teen MH in School
Dr. Linda Alpert-Gills, Ph.D. – De-Escalation
Dr. Mike Scharf, MD – Youth Crisis Intervention
Dr. Tony Pisani, Ph.D. – Safety Planning

And others, tailored to your region

Expert Training in Teen Mental Health*

ECHO® Offered Bi-Weekly on Tuesdays at 11 - 12

Feb: Recognizing and Approaching Youth in Distress

Mar: School-Based Safety Planning

April: Brief Crisis Intervention & De-Escalation

May: Referral to Treatment & Community Resources

June: Special issues in Teen Behavioral Health

OPTIONAL: One Youth Mental Health First Aid Course

***Free Continuing Education**

Developing District-Based Suicide Prevention Trainers

Develop 1-2 QPR Trainers, & Train Your Staff

Question, Persuade, & Refer (QPR) is a gold-standard 1-hour suicide prevention training proven to reduce suicidal behaviors and save lives with innovative & practical tools. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. Learn more at

<https://qprinstitute.com/>

What is Project ECHO®?

Project ECHO (extension for Community Healthcare Outcomes) is a Telementoring model. Virtual technology is used to support case-based learning and provide education. This will assist participants to care for more people, right where they live.

Benefits:

- Participants learn from experts
- Participants learn from each other
- Experts learn from participants as best practices emerge

Moving Knowledge, Not People



Hosted by the Expanded School Mental Health Team at UR Medicine





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Expected Responsibilities

- **Attend Bi-Weekly UR-SOS Teen Mental Health ECHO Trainings** for learning topics, case presentations, and peer learning opportunities (All will be held via Zoom). While everybody is invited, we request that *at least two members* of your team attend each meeting
- **Case Presentation:** Present at least one case for consultation at a UR-SOS Teen Mental Health ECHO Training
- **Identify 1-2 Suicide Prevention Trainers** for 1-day Question, Persuade, Refer (QPR) Training of Trainers; Trainer also attends one 30-minute QPR Implementation training session/month
- **Sponsor 3 QPR Trainings** in your local school and community in 2024.
- **Schedule a Youth Mental Health First Aid** training for your community in 2024 (*optional*)
- **Report on Impact** by sharing your experience, sharing your system's progress and outcomes, and completing pre- and post-surveys.

UR-SOS APPROXIMATE TIME COMMITMENT

START-UP ACTIVITIES		
Topic	Projected Time	Who
UR-SOS Pre-Assessment	August, 15 Minutes	Full UR-SOS Team
UR-SOS TEEN MENAL HEALTH TRAININGS		
Attend Bi-Weekly ECHO Meetings	60 minutes every 2 weeks, February – June 2022	At least 2 members of UR-SOS Team
Present at least one case study for consultation at ECHO meeting		
<i>Optional:</i> Youth Mental Health First Aid Class for Your Community	8-hour Youth Mental Health First Aid Class	Offered by UR-SOS Team to parents, families, or educators
SUICIDE PREVENTION TRAINING		
Training of District QPR Trainers <i>(Question, Persuade, Refer)</i>	1-Day Class, Self-Guided <i>(Complete By September)</i>	1-2 School-Based UR-SOS Team Members
Teach THREE 1-hour QPR Classes to Educators, Paraprofessionals, and/or Parents/Families	3 1-hour sessions <i>(Complete By September 2024)</i>	30 Participants/Class <i>(All Materials Provided)</i>
Attend Monthly Implementation Training Sessions	30-minute meeting /month	QPR Trainers
SCHOOL-BASED REFERRALS		
Learn about new School-Based Referral Stream, and How to Make Referrals	2 Webinars, 2024	1-2 UR-SOS Team Members

TENTATIVE SCHEDULE OF MAIN PROGRAM EVENTS, SPRING 2024

By March 2024	Training of Trainers: 1-day QPR Training of Trainers (1-2 participants)
Feb. 2024	Session 1: Recognizing Youth in Distress + Case Study Session 2: Approaching Youth in Distress + Case Study
Mar. 2024	Session 3: School-Based Safety <i>Assessment</i> + Case Study Session 4: School-Based Safety <i>Planning</i> + Case Study
April 2024	Session 5: Brief Crisis Intervention + Case Study Session 6: Crisis De-Escalation + Case Study
May 2024	Session 7: Referral to Treatment + Case Study Session 8: Monroe County Community Resources + Case Study
June 2024	Session 9: Special Issues in Serious Mental Illness + Case Study Session 10: Special Issues in Serious Mental Illness + Case Study
By January 2025	Youth Mental Health First Aid Course scheduled for your community (<i>Optional</i>)



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What are the Requirements for Submission?

Selection criteria: Approximately 6-7 districts will be selected. Prioritization will be given to applicants that:

- Indicate readiness to engage and ability to commit to participation
- Designate a multi-disciplinary team (with school and districts roles, multiple racial/ethnic perspectives, and structures for youth and family voice) to support participation
- Indicate central office support for participation in Project ECHO and implementation of QPR
- 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.

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To Participate, Please Submit the Following Materials by Dec 15th, 2023

1. Contact Information

District/School Name	District/School Name
Contact Name	First Name Last Name
Contact Role/Title	Role/Title
Email	Email
Phone	000-000-0000

2. Please submit a one-page letter of intent from the Team Leader describing:

- a. The team’s intention to participate in UR-Supporting Our Students, including. . .
 - i. **Mental Health Trainings:** Team participation in twice-monthly UR-SOS Trainings in spring 2024
 - ii. **Suicide Prevention Trainer:** Commitment to training 1 – 2 team members as QPR Trainers, and resources available to support that trainer in implementing at least 3 QPR classes in 2024
 - iii. **Interest in scheduling a FREE Youth Mental Health First Aid course** in 2024 for parents, families, or educators in your community
- b. Strengths and experience that team members bring to the table
- c. What you see as the top challenges and opportunities in your district around supporting teens with serious mental illness

3. 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

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

- Middle School
- High School
- Other: Write In
- Not sure yet

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

	Name	Role	Phone	E-mail	Team Lead? <i>(Check one)</i>
Administrator					
Mental Health Staff					
Teacher					
School Health Professional <i>(e.g., nurse, health educator, community partner)</i>					
Other					
Other					

Responses should be saved as a pdf file and submitted to Leah_Ward@URMC.rochester.edu

Statement of Commitment

Must be completed and signed by District Superintendent and Team Leader

Our team from _____ commits to full and active participation in
School District

UR-Supporting Our Students (UR-SOS), including participation in twice-monthly UR-SOS Trainings in Spring of 2024, training of a district-based Trainer in Question, Persuade, Refer (QPR), and supporting that trainer in offering 3 QPR Trainings in 2024. 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.

Team Lead

Signature

Date

District Superintendent Or Executive Director

Signature

Date