



UR Supporting Our Students: Strengthening High School Mental Health Staff's Response to the Mental Health needs of Teens – Seneca and Yates Counties

Visit www.ursos.org

Questions E-mail [Kristine DiBietto@URMC.Rochester.edu](mailto:Kristine_DiBietto@URMC.Rochester.edu)



Register for an info session!
May 7: 12-1pm or June 5: 2:30-3:30

Application Due: June 13, 2025

We invite Seneca and Yates County Schools to participate in UR-Supporting Our Students, a unique 5-month School Mental Health opportunity. 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. Participating school teams will also be able to access a **School Mental Health Toolkit**, and a new **School-Based Referral Stream** to short-term acute BH interventions by licensed child & adolescent BH providers at UR Medicine (telehealth available as needed).

The UR-SOS Team will also develop 1 – 2 district-based **Suicide Prevention Trainers**, who will be trained to teach the 1-hour **Question, Persuade, & Refer (QPR)** course. QPR offers 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 for 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

With Monthly Special Guests including. . .

Dr. Jim Wallace, MD – Supporting Teen MH in School
Dr. Linda Alpert-Gillis, Ph.D. – De-Escalation Strategies
Dr. Mike Scharf, MD – Emergency Crisis Interventions
Dr. Leah Ward, Ph.D. – School-Based Safety Planning
And others, tailored to your region

Expert Training in Teen Mental Health*

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

Sep: Recognizing and Approaching Youth in Distress

Oct: School-Based Safety Planning

Nov: Brief Crisis Intervention & De-Escalation

Dec: Referral to Treatment & Community Resources

Jan: Special issues in Teen Behavioral Health

OPTIONAL: One Youth Mental Health First Aid Course

****Free Continuing Education***

Developing District-Based Suicide Prevention

Develop Certified Suicide Prevention 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. <https://qprinstitute.com/>

What is Project ECHO®?

Project ECHO (extension for Community Healthcare Outcomes) is a Tele-mentoring 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





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Opportunities

- **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), and present at least one case for consultation at a UR-SOS Teen Mental Health ECHO Training
- **Develop 1-2 Suicide Prevention Trainers** who will be certified to teach Question, Persuade, Refer (QPR) in your community. Trainers must participate in full-day certification training course.
- **Learn how to refer to short-term Adolescent Mental Health therapeutic interventions**
- **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	1 hour every 2 weeks	At least 2 members of UR-SOS Team
Present case study for consultation		
<i>Optional:</i> Youth Mental Health First Aid	6.5 Hours	Anyone In Your Community

DEVELOP SUICIDE PREVENTION TRAINERS

QPR Trainer Certification <i>(Question, Persuade, Refer)</i>	1-Day Certification Class, Date TBD	1-2 UR-SOS Team Members
Teach THREE 1-hour QPR Classes	3 1-hour sessions (Complete By Sept 2026)	Teachers, Paraprofessionals, Bus Drivers, Community Members
Monthly QPR Implementation Support Sessions	½ hour/month	QPR Trainers

SCHOOL-BASED REFERRALS

Learn How to Make Referrals to School-Based MH Referral Stream	1 Webinar, 2025	1-2 UR-SOS Team Members
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TENTATIVE SCHEDULE OF MAIN PROGRAM EVENTS, FALL 2025

Sep 2025	Session 1: Recognizing Youth in Distress + Case Study Session 2: Approaching Youth in Distress + Case Study
Oct 2025	Session 3: School-Based Safety <i>Assessment</i> + Case Study Session 4: School-Based Safety <i>Planning</i> + Case Study
Nov 2025	Session 5: Brief Crisis Intervention + Case Study Session 6: Crisis De-Escalation + Case Study
Dec 2025	Session 7: Referral to Treatment + Case Study Session 8: Monroe County Community Resources + Case Study
Jan 2025	Session 9: Special Issues in Serious Mental Illness + Case Study Session 10: Special Issues in Serious Mental Illness + Case Study



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What are the Requirements for Submission?

Selection criteria: We encourage all districts in Seneca and Yates Counties to participate! Districts are also welcome to form more than one team.

We encourage your team to:

- 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 June 13th, 2025 to
Kristine_DiBietto@URMC.rochester.edu

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:

- The team's intention to participate in UR-Supporting Our Students, including. . .
 - Mental Health Trainings:** Team participation in twice-monthly UR-SOS Trainings in Fall 2025
 - Suicide Prevention Trainer:** Commitment to training 1 – 2 team members as QPR Trainers, and support for that trainer in implementing at least 3 QPR classes in 2025-2026
 - Interest in scheduling a FREE Youth Mental Health First Aid course** (optional)
- Strengths and experience that team members bring to the table
- 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? (Check one)
Administrator					
Mental Health Staff					
Teacher					
School Health Professional (e.g., nurse, health educator, community partner)					
Other					
Other					

Responses should be saved as a pdf file and submitted to
Kristine_DiBietto@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 2026, training of a district-based Trainer in Question, Persuade, Refer (QPR), and supporting that trainer in offering 3 QPR Trainings in AY 2025 - 2026. 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