



STATE OF MARYLAND  
Community Health Resources Commission  
45 Calvert Street, Room 336 • Annapolis, Maryland 21401

Wes Moore, Governor – Aruna Miller, Lt. Governor  
Edward J. Kasemeyer, Chair – Mark Luckner, Executive Director



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



# Evidence-Based Practices (EBP) Training Package for Maryland School Staff

## Evidence-Based Practice Trainings for School Staff

The National Center for School Mental Health (NCSMH) is providing technical assistance to the Maryland Consortium on Coordinated Community Supports and the Community Health Resources Commission (CHRC) as they establish a statewide framework to expand access to comprehensive school behavioral health services for Maryland students.

The following trainings provided through the Coordinated Community Supports Partnerships are available to school staff across all 24 Maryland local school systems to elevate the quality of educational programs, enhance positive classroom environments, and support the continuous improvement of student outcomes while addressing achievement gaps.

This document provides training information and reminders about evidence-based practices (EBPs) offered to school service providers and educators that are coordinated through the National Center for School Mental Health.

Please note that at the end of each training, trainees will receive a link to a post-training survey. It is important that trainees complete this survey for each training attended. Responses will help us provide effective and meaningful EBP trainings, better support people implementing EBPs, and understand the impacts of school funding.

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## Training Reminders

- **How do I register for trainings?** The point of contact for your organization will receive a registration link to add individual names and email addresses. Those names will be forwarded to trainers for additional communication about training updates.
- **Are CEUs offered?** It depends! CEUs are offered for some trainings, depending on whether it is an established offering from the purveyor (please see more information on CEUs listed under each training). CEUs are not yet offered by the NCSMH/CHRC through the grant; however, a Certificate of Attendance is offered to those who attend the full training and complete the training evaluation. Certificates of Attendance confirm presence at a training and can be submitted to licensing boards; however, it is up to the board to approve.
- **What happens if I need to reschedule/cancel?** Please aim to show up for selected trainings. While we will do our best to accommodate rescheduling requests, there is no guarantee that your training will be rescheduled.
- **Are trainings virtual or in person?** Trainings are virtual!
- **What should I do if my team is already partnering with another organization for training in the priority EBPs?** Priority EBP trainings funded by the CHRC should be coordinated through the NCSMH. This aids training tracking and reporting as required by the grant.
- **Can my organization request additional training slots?** Requests for additional training slots will be reviewed on a case-by-case basis by the CHRC and the NCSMH. Written justification for any change in training is required and should be submitted to the CHRC.

***Please note: Training sessions and dates are subject to change based on trainer availability.***

## Training Expectations

A couple of notes to welcome you and keep training running as smoothly as possible:

- **Please arrive at each session on time.** Trainees from across the state will be joining training sessions, and your promptness ensures an on-time start and stop time and will reduce disruptions to the training process.
- **Please have your camera on and be present for the entirety of the training.** Your participation in the session, as well as in the group breakouts, is necessary to receive your certificate of completion and to be counted as trained in the intervention by the Consortium and your organization.
- **While implementation may occur at different levels, a wide range of providers including clinicians and supervisors may attend these training sessions.** All participants should remain fully engaged in their sessions in order to gain a comprehensive understanding of how the EBPs are being utilized with students and/or families and to enhance comfort with delivering the content.
- **Participants are requested to complete the post-training evaluation survey at the end of each session.** Completion of this survey is required to receive certificates of completion.
- **Trainees are encouraged to attend the post-training implementation support calls to help promote effective implementation.**

# EBP Trainings Available for School Educators

The following trainings are intended for school educators.

## Mental Health Essentials for Staff and Students

**Description of intervention:** *Aims to enhance mental health awareness, resilience, and coping skills among both educators and students, fostering a healthier and more supportive school environment*

**Intervention target audience:** Educators and students (grades 6-12)

**Who should attend this training?** Educators (grades 6-12)

### Training information:

This is a two-day virtual training.

Part I/Day 1, Mental Health Literacy for Teachers (3 hours)

Part II/Day 2, Student Curriculum Delivery Training (4 hours)

**Click the registration link below to view upcoming training dates and times.**

[https://docs.google.com/forms/d/17SXFTIYspwauMp0VHkYf86HodsLFtzEPOfqqGbBZDxE/viewform?ts=66e46690&exids=71471469,71471463&edit\\_requested=true](https://docs.google.com/forms/d/17SXFTIYspwauMp0VHkYf86HodsLFtzEPOfqqGbBZDxE/viewform?ts=66e46690&exids=71471469,71471463&edit_requested=true)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Mental Health Essentials for Coaches

**Description of intervention:** *Equips coaches and school staff with strategies and tools to support the mental well-being of their athletes/students, fostering a positive and resilient sports environment*

**Intervention target audience:** K-12 team members/students

**Who should attend this training?** Athletic coaches & PE/Health/Wellness teachers

### Training information:

This is a 75-minute virtual training.

**Click the registration link below to view upcoming training dates and times.**

[https://docs.google.com/forms/d/1C3r4oi9QRvXz4RN9f2Bx2ldENpbFXhDyuNP6rbE8H60/viewform?  
ts=66e466cf&exids=71471469,71471463&edit\\_requested=true](https://docs.google.com/forms/d/1C3r4oi9QRvXz4RN9f2Bx2ldENpbFXhDyuNP6rbE8H60/viewform?ts=66e466cf&exids=71471469,71471463&edit_requested=true)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.



## PAX Good Behavior Game

**Description of intervention:** *A classroom management program used to teach self-regulation skills while collaborating to make classrooms peaceful and productive learning environments.*

**Intervention target audience:** K-5 classrooms

**Who should attend this training?** Educators (grades K-5)

### Training information:

October 30, 2024

9:00am-4:00pm

Registration: <https://events.paxis.org/8Zu56a6/4a1eRhjyXt>

November 20 & 21, 2024

4:00pm-7:30pm (each day)

Registration: <https://events.paxis.org/8Zu56a6/4a1eRhjyZV>

December 16 & 17, 2024

9:00am-12:30pm (each day)

Registration: <https://events.paxis.org/8Zu56a6/4a1eRhjyeL>

This is a one-day virtual training (7 hours) unless otherwise noted.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Pyramid Model / Positive Solutions for Families (PSE)

**Description of intervention:** *Promotes the social, emotional, and behavioral skills of children from birth to five, incorporating universal classroom practices to foster social-emotional learning and prevent challenging behavior, targeted instructional practices for skill development, and specific interventions to support children with more significant social, emotional, and behavioral needs.*

**Intervention target audience:** Pre-K classrooms

**Who should attend this training?** Pre-K educators

### **Training information:**

This is a two-day virtual training (7 hours) unless otherwise noted.  
Training dates to be determined soon; tentatively scheduled for 2025

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

# EBP Trainings Available for School Providers

The following trainings are intended for school providers.

## Bounce Back (BB)

**Description of intervention:** *A group intervention with games and activities that teach skills for healing from traumatic events, along with cognitive-behavioral therapy (CBT) to address trauma symptoms*

**Intervention target audience:** K-5th grade

**Who should attend this training?** Master-level clinicians

### Training information:

This is a two-day virtual training (7 hours per day) for BB only.

This is a three-day virtual training (7 hours per day) for CBITS & BB combo.

**Click the registration links below to view upcoming training dates and times.**  
**(BB only):**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_9ZHrw3B3KkOFyDk](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_9ZHrw3B3KkOFyDk)

**(CBITS & BB combo):**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_8xkybfVzAFhIjoW](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_8xkybfVzAFhIjoW)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

**Description of intervention:** *A group intervention with games and activities that teach skills for healing from traumatic events, along with cognitive-behavioral therapy (CBT) to address trauma symptoms*

**Intervention target audience:** 6th-12th grade

**Who should attend this training?** Master-level clinicians

### Training information:

This is a two-day virtual training (7 hours per day) for CBITS only.

This is a three-day virtual training (7 hours per day) for CBITS & BB combo.

**Click the registration links below to view upcoming training dates and times.  
(CBITS only):**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_0xigmuXVHQvyb2u](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_0xigmuXVHQvyb2u)

**(CBITS & BB combo):**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_8xkybfVzAFhIjoW](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_8xkybfVzAFhIjoW)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Counseling on Access to Lethal Means (CALM)

**Description of intervention:** *Counseling on reducing access to means of self-harm as a key component of suicide prevention*

**Intervention target audience:** All ages

**Who should attend this training?** Clinically-oriented individuals; relevant to direct services providers

### Training information:

This is a half-day virtual training (3.5 hours).

**Click the registration link below to view upcoming training dates and times.**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_3VPx0bzbrDjrl5A](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_3VPx0bzbrDjrl5A)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Safety Planning Intervention (Stanley and Brown)

**Description of intervention:** *Assists at-risk adolescents in creating a list of coping strategies and sources of support to reduce the risk of suicide*

**Intervention target audience:** Students ages 6 and up

**Who should attend this training?** All school staff (e.g., school counselors, peer supporters, prevention workers in the school)

### Training information:

This is a one-day virtual training (7 hours) unless otherwise noted.

**Click the registration link below to view upcoming training dates and times.**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_bqOY4zeGk3FZXG6](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_bqOY4zeGk3FZXG6)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Student Check Up (Motivational Interviewing)

**Description of intervention:** *A semi-structured, school-based motivational interview designed to help adolescents adopt academic enabling behaviors*

**Intervention target audience:** Students 12 and up

**Who should attend this training?** Mental health clinicians or trainees

### Training information:

This is a two-day virtual training (7 hours per day).

**Click the registration link below to view upcoming training dates and times.**

[https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV\\_0cDyE3dtfNkXers](https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_0cDyE3dtfNkXers)

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.