



## Student Checkup -Tier 2-

**Overview:** The Student Check-Up is a semi-structured school-based motivational interview designed to help adolescents adopt academic enabling behaviors (e.g., participation in class). School-Based Motivational Interviewing (S-BMI) is a specific type of MI used in the school setting to adopt academic enabling behaviors, decrease risky behaviors, and engage in health-promoting behaviors.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Single-session interview protocol with four structured phases.)	12 and up	Mental Health Clinicians, trainees, or school-based staff. Prior training and experience using Motivational Interviewing is recommended.	Assessment tools and normative scales, goal sheet/commitment poster, relative handouts and worksheets.  <i>*The National Center for School Mental Health will provide training manuals and materials to all trainees.</i>

### Target Outcomes

- Promote social-emotional skill development
- Encourage students to adopt healthy or productive behaviors
- Increase academic enabling behaviors (e.g. participation in class)
- Promote adoption of positive behavioral support strategies in teachers and parents

### Training Requirements and Important Considerations

**Type of Training:** Two-day virtual training during regular business hours (7 hours per day)

**Continuing Education Units:** Participants can receive 12 CEUs for attending the training.

**Expectations for full participation and certificate of attendance:** To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

#### Important Considerations:

- Prior training and experience using Motivational Interviewing is beneficial
- School-based mental health clinicians or practitioners need to complete the 2-day, virtual training, have relevant experience with youth, and ideally have a background in mental health or education to effectively facilitate the program.

## Ongoing Engagement and Expectations

### POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
  - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
  - Ensure that providers in your organization attend the selected Evidenced Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
  - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
  - Ensure staff complete all training, evaluation, and implementation tasks.

### Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

\*For more information or questions pertaining to the priority EBP training logistics and expectations, please contact the National Center for School Mental Health at [BlueprintEBP@som.umaryland.edu](mailto:BlueprintEBP@som.umaryland.edu). For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at [megan.brown@maryland.gov](mailto:megan.brown@maryland.gov). For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at [BlueprintEval@som.umaryland.edu](mailto:BlueprintEval@som.umaryland.edu).