March 2024 School Newsletter

## The MHRSB in Local Schools

The Mental Health & Recovery Services Board of Allen, Auglaize, and Hardin Counties (MHRSB) has developed and provided funding for services currently in 33 school districts. Our partnership with local schools and behavioral health agencies helps connect children and teens to the services they need. The Board also funds many prevention efforts available to these districts.

The MHRSB might be more involved with your child's school than you realize. The Board funds programs used in classes like health or life skills. We help schools host small groups, specific trainings on special topics like "how to regulate your emotions," and fund mental health education. We also provide teachers and administrators with the necessary tools to support their students' well-being.

One of the Board's most extensive school services is School Navigation. We've grown that service over the years and brought it to many local schools.

**School Navigation** is a service with behavioral health professionals in the school buildings who follow the evidence-based Screening, Brief Intervention and Referral to Treatment (SBIRT) model. This means they can efficiently and effectively address behavioral health problems that a student may show. The Board uses the term “navigator” because these professionals help a student, school administration, and the families navigate the many resources available to them.

**The PAX Good Behavior Game** is a proven prevention and protection tool used to improve the lifetime outcomes for children. It uses evidence-based practices and trauma-informed prevention strategies.

PAX helps teachers and schools achieve their most important objectives in the classroom. It reduces teachers' stress and student problem behaviors while developing skills in students to help them be attentive and engaged in learning. The MHRSB funds and hosts PAX training for local teachers. Learn more about PAX at [wecarepeople.org/pax](http://wecarepeople.org/pax).

**Critical Incident Stress Management (CISM)** is a volunteer team of public safety and affiliate professionals serving fire, EMS, law enforcement, industry, educations and other organizations involved in any type of critical incident. This team provides crisis responses to our schools in times of tragedy.

The CISM Response Team works closely with schools to respond to a significant event such as the death of a student or teacher, a high-profile event or one which receives extreme attention by news or social media, or another event that stresses a large number of students and/or staff. The team is specifically trained in responding to a school crisis at the request of the Superintendent. The goal is to lessen the impact of the event and support the recovery process. Learn more at [wecarepeople.org/cism](http://wecarepeople.org/cism).

**I-Mind** is a voluntary one-day, 4-hour program that gives adolescents tools to avoid substance use. It can also help students return to school or after-school programs as quickly as possible after discipline measures. Youth need prevention programming to turn from potential substance use disorders.

The school makes referrals to I-Mind, but parents can also refer their child to the program if they suspect their child is using substances. Classes are available for grades 7-8 and 9-12 in all three counties. Find the current class schedule and registration forms at [wecarepeople.org/imindprogram](http://wecarepeople.org/imindprogram).

The **Gatekeepers** are a student-led, prevention-based group in many schools. The groups are facilitated by Prevention Awareness Support Services (PASS) alongside school staff members. The student group is focused on raising mental health awareness and suicide prevention.

The students host mental health discussions and events, participate in suicide prevention strategies, training, develop leadership skills, participate in fun team building actives, have a direct voice on prevention efforts in their school, and hold educational workshops. You can follow what local Gatekeepers are doing on Facebook @[Gatekeepers of AAH](https://www.facebook.com/profile.php?id=61552742832364).

The Mental Health & Recovery Services Board is committed to serving our youth in and out of their school through these services and more. Check with your school on what is offered in your district. You can also find local youth services for your child by calling 211 or visiting allen211.org.

If you or your child are in crisis or need to talk to someone, call the local 24/7 Hopeline at ***1-800-567-HOPE (4673)*** or call the national helpline at ***988***.