

# BEHRO

TECHNICAL ASSISTANCE CENTER

**SUPPORTING STUDENTS AND FAMILIES THROUGH  
BEHAVIORAL HEALTH RESOURCE COORDINATION**

# Outcomes for today:

1. To connect our social, emotional, and behavioral well-being with our abilities to be successful – as students AND educators alike
2. To share what the B-HERO Technical Assistance Center is and how it is supporting the behavioral health needs of your school community
3. To identify ways you, as a school board member, can use this information within your own school community to further the conversation

# Outcome 1: The impacts of social, emotional, & behavioral well-being within education

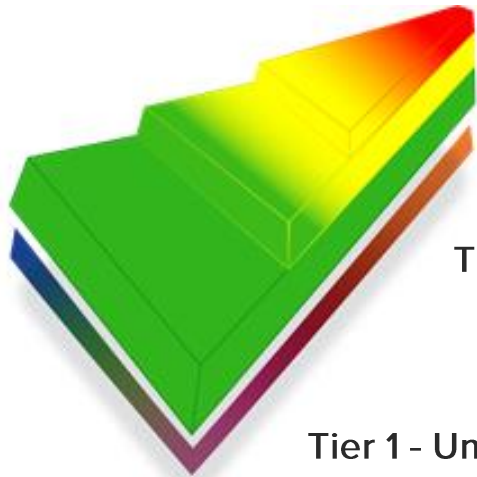
- How behavioral health challenges present themselves in classrooms:
  - ✓ Discipline
  - ✓ Attendance
  - ✓ Engagement
- How unmet needs contribute to and impact schools and entire communities:
  - ✓ Burnout
  - ✓ Recruitment
  - ✓ Retention

# Impacts of Behavioral Health within Education

Education

**NDMTSS**

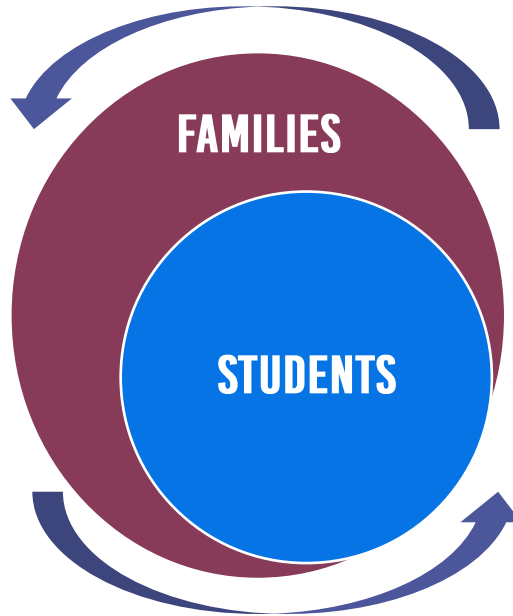
Multi-Tier Systems of Support:  
Academic, Behavior, Social/Emotional



Tier 3 - Intensive: < 5%

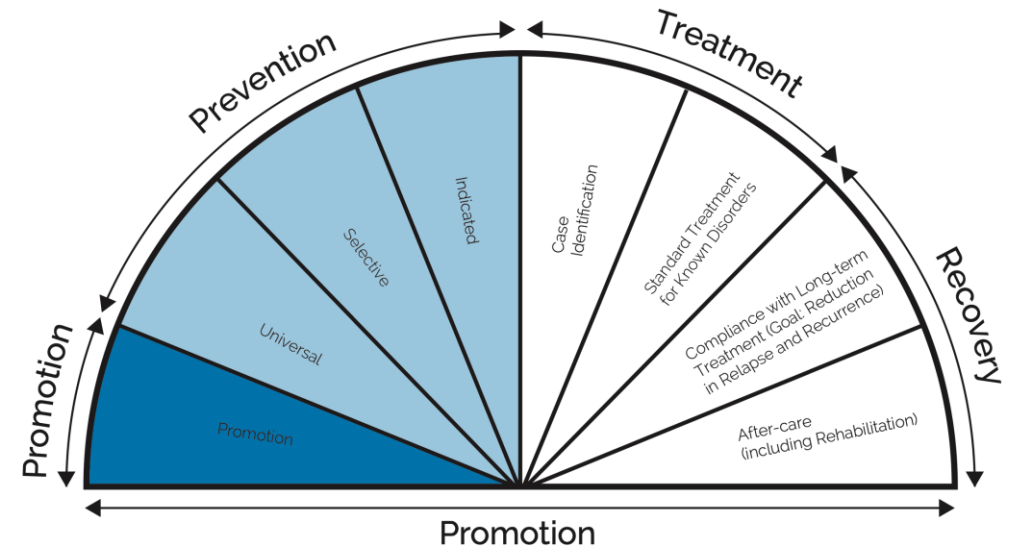
Tier 2 - Targeted: < 15%

Tier 1 - Universal: > 80%



Human Services

Behavioral Health Continuum of Care





TECHNICAL ASSISTANCE CENTER

# Who we are.

A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.

TECHNICAL ASSISTANCE CENTER

# What we do.



Training.



Technical  
Assistance.



Opportunities.



**BEHAVIORAL HEALTH  
RESOURCE COORDINATORS**



**SCHOOL PERSONNEL**



**STUDENTS**



**FAMILIES & SCHOOL  
COMMUNITIES**



# Why we do it.



Stop the  
Stigma.



Build Healthier  
Schools &  
Communities.



Avoid  
Burnout.

## BEHAVIORAL HEALTH RESOURCE COORDINATOR SUPPORT

## TRAINING TOOLS TO SUPPORT SCHOOLS

\* Highlights training opportunities that meet behavioral health professional development requirements.

# How we do it.

## B-HERO'S JUST IN TIME!

\* Provides resources relevant to the time of the school year— Parent/Teacher Conferences, Winter Break, etc.

## TELL US SOMETHING GOOD

\* Highlights case studies of programs and services that work in North Dakota schools— across the state.



# TRAINING TOOLS TO SUPPORT SCHOOLS

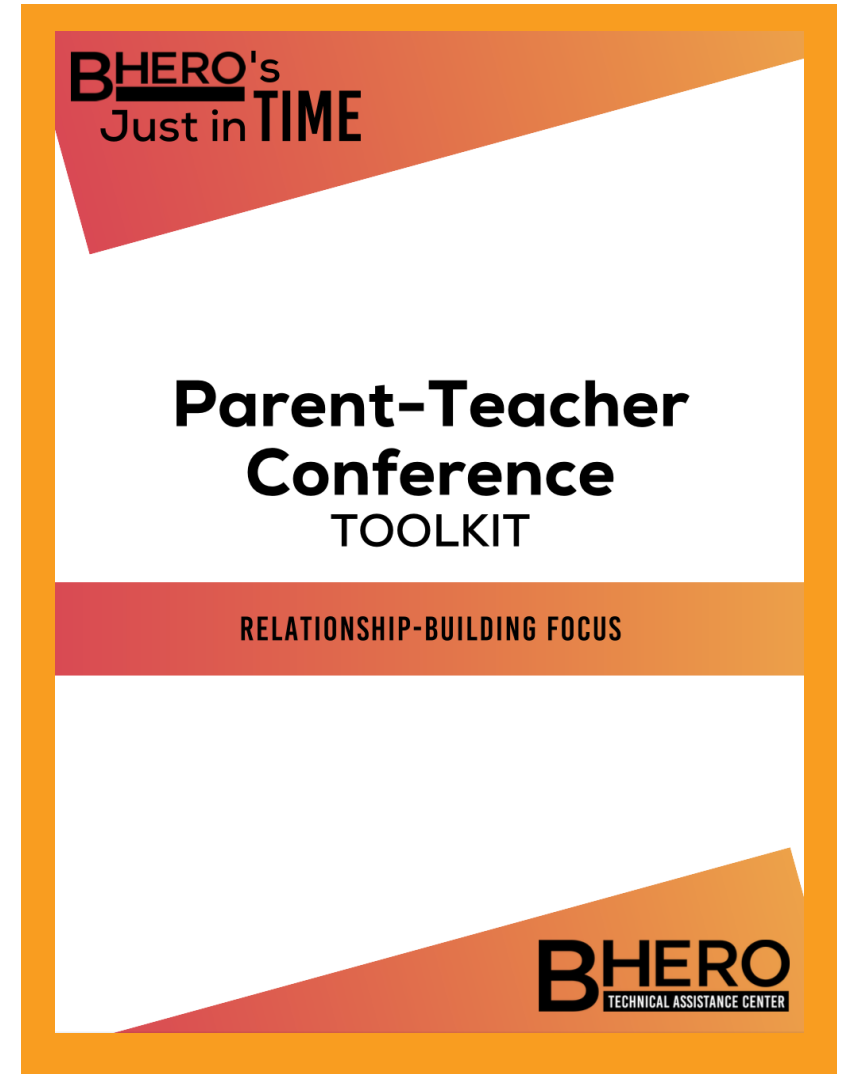
Professional learning resources aligned to behavioral health professional development requirements.

		<p>"As educators, we are always looking for training to improve our skillset. Kognito offers ND educators an excellent opportunity to gain real-life experience through simulations during a time where accessing training may not be safe or financially viable. It also gives our rural teachers the opportunity to gain new skills without leaving their communities."</p> <p>—Bret Dockter, North Dakota's 2022 Teacher of the Year, Harvey Elementary School</p>
<p><b>PROGRAMMING FEATURE:</b></p> <h2>KOGNITO</h2> <p>HEALTH SIMULATIONS</p>	<p><b>DEVELOPED BY:</b></p> <p>Co-Founders Ron Goldman and Glenn Albright &amp; Ascend Learning, a leading provider of health education software, content, and analytics</p>	<p><b>INCEPTION:</b></p> <p>2004</p>
<p><b>REACH:</b> 1+ million individuals (educators, healthcare professionals, students) have utilized Kognito, including over 500,000 K-12 educators.</p>	<p><b>BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY: KNOWLEDGE OF BEHAVIORAL HEALTH SYMPTOMS AND RISKS:</b> Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.</p>	
<p><b>COST:</b> All public, private and tribal school personnel in North Dakota have access to Kognito's At-Risk Series for Mental Health Promotion, Early Identification, and Suicide Prevention <b>at no cost.</b></p>	<p><b>DESCRIPTION OF SERVICE:</b> Kognito is a health simulation company that comprises learning experts, designers, technologists and implementation professionals to provide evidence-based simulations that build a variety of competencies and shape attitudes through role-play conversations with virtual people.</p> <p>Kognito's At-Risk simulation experience allows users to interact with fully animated at-risk students or their parents in robust conversation surrounding observable behaviors, indicators of risk, and referral procedures. Participants take on the role of a trusted adult or school personnel and can select dialogue options, utilize feedback from a virtual coach, and receive personalized performance summaries upon completion of the simulations.</p> <p>Learning objectives for the <i>At-Risk Series for Mental Health Promotion, Early Identification, and Suicide Prevention</i> include:</p> <ol style="list-style-type: none"><li>1. <b>Recognize</b> warning signs that a student may be suffering from psychological stress, including anxiety, depression, substance abuse and suicidal ideation</li><li>2. <b>Initiate</b> a conversation with a student to build resiliency and help the student identify sources of support</li><li>3. <b>Connect</b> the student to appropriate support services</li><li>4. <b>Learn</b> motivational interviewing techniques and how to avoid common pitfalls, such as attempting to diagnose the problem or giving unwarranted advice</li></ol>	
<p><b>WHO WE ARE.</b></p> <p>A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.</p> <p><b>WHAT WE DO.</b> We provide:</p> <p>Training Technical Assistance Opportunities</p> <p>B-HERO Technical Assistance Center is a collaborative effort between Central Regional Education Association and the Department of Human Services, Behavioral Health Division.</p> <p>B-HERO's mission is to engage K-12 Behavioral Health Resource Coordinators in training, technical assistance, and opportunities to facilitate connections.</p>		<p><b>TO GET STARTED WITH KOGNITO:</b></p> <p>Visit North Dakota's landing page at <a href="http://northdakota.kognito.com">northdakota.kognito.com</a></p>

# JUST IN TIME

Designed to provide resources relevant to:

- Milestones throughout the school year
- Needs perceived by BHRCs, as suggested



# TELL US SOMETHING GOOD

## Series Features:

- First-hand examples of successful collaboration between ND schools & community/national organizations
- Evidence-based programs, services, and/or strategies across the BH Continuum of Care that impact student & family outcomes

**Tell Us Something GOOD**

"Our goal [with TCM] is to meet the needs of the whole child and their family in a way that traditional school supports just aren't designed to do. As a community, we have to tie people together through cross-sector collaboration and partnership so that our schools can do the very important work that they're meant to do."  
—Heather Simonich, Operations Director, Nexus-PATH

<b>PROGRAM</b> <b>TARGETED CASE MANAGEMENT (TCM)</b>	<b>PROVIDER</b> Nexus-PATH Family Healing	<b>INCEPTION</b> April 2019
<p><b>SCHOOLS SERVED</b> Equivalent of 12 FTE staff serving 9 school districts and 19 different school buildings.*</p>  <p style="font-size: x-small;">*4 of those schools are served through North Dakota Full-Service Community Schools</p>	<p><b>DESCRIPTION OF SERVICE:</b> Targeted Case Management supports students, families, and school staff by placing a licensed social worker within a district building to deliver case management services for referred students. These social workers aid schools in meeting the whole child's needs by making home visits, meeting with the students and their family to gain greater understanding of their context and needs, and helping those families access essential supports and services.</p>	
<p style="background-color: #92d050; color: white; padding: 5px;"><b>IMPLEMENTATION JOURNEY— ALL ABOUT WILTON</b></p>	<p><b>COST:</b> Schools fund 25% of the total program cost, typically through general fund dollars, Title funds, grants (e.g. North Dakota Full-Service Community Schools initiative), and/or a solicitation of private philanthropic dollars; remaining costs are funded through Medicaid reimbursement.</p>	
<b>DISTRICT ENROLLMENT (AS OF MAY 2021)</b> <b>262</b>	<p>Like many small, rural districts across the state, Wilton Public Schools recognized their limitations in supporting students with complex needs outside of the classroom—especially when it came to helping their families navigate the complicated web of community supports and resources.</p> <p>"We have had families that we just cannot do enough for," said Wilton Elementary Principal Macy Wood. "We know what would be beneficial for them, but we don't have the resources, the staff, or the time to really be able to best help them."</p>	
<b>PROGRAM PARTNERS SINCE</b> <b>January 2021</b>	<p>Simply put, Wilton Public Schools needed someone to help bridge the gap between homes, schools, and communities. Wilton connected with Nexus-PATH through their existing partnership with the North Dakota Full-Service Community Schools Consortium, and in January 2021, they began offering Targeted Case Management services in their district.</p>	
<b>STUDENTS SERVED (SO FAR!)</b> <b>8</b>	<p>Their journey has not been without challenges. Because they could not justify bringing on a full-time social worker for their small district, Wilton and Nexus-PATH posted an opening for a half-time position. Despite interviewing two candidates with the right qualifications, District Superintendent Andrew Jordan knew neither of them were the right fit for Wilton.</p> <p>"We didn't want to rush anything," Jordan said. "We knew that finding the right person was vital to make this work."</p>	
	<p>Then, Wilton found who they were looking for: a passionate and compassionate social worker who immediately "clicked" with the district and has since formed incredible bonds with students and their families. By remaining patient and maintaining consistent and honest communication with their case manager and the entire Nexus-PATH team, Wilton has found great success with this program in a short period of time.</p> <p style="text-align: right; font-size: x-small;"><a href="#">READ THE SUCCESS STORY &gt;</a></p>	

# BEHAVIORAL HEALTH RESOURCE COORDINATOR SUPPORT

- **BHRC Community of Practice**  
Monthly meeting times – available to All BHRCs
- **Behavioral Health Resource  
Coordination 101**



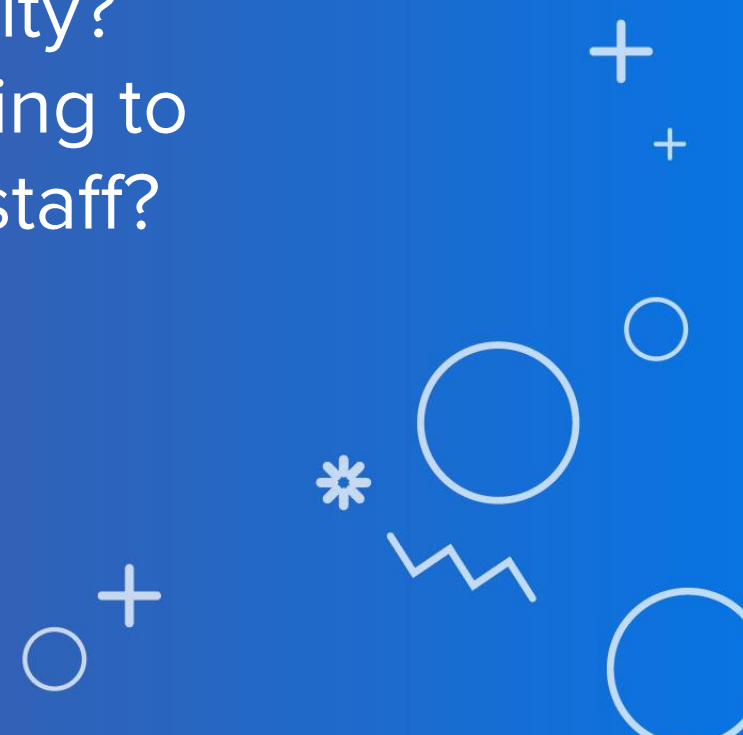
**What YOU can do.**

**READY. SET. SHARE.**






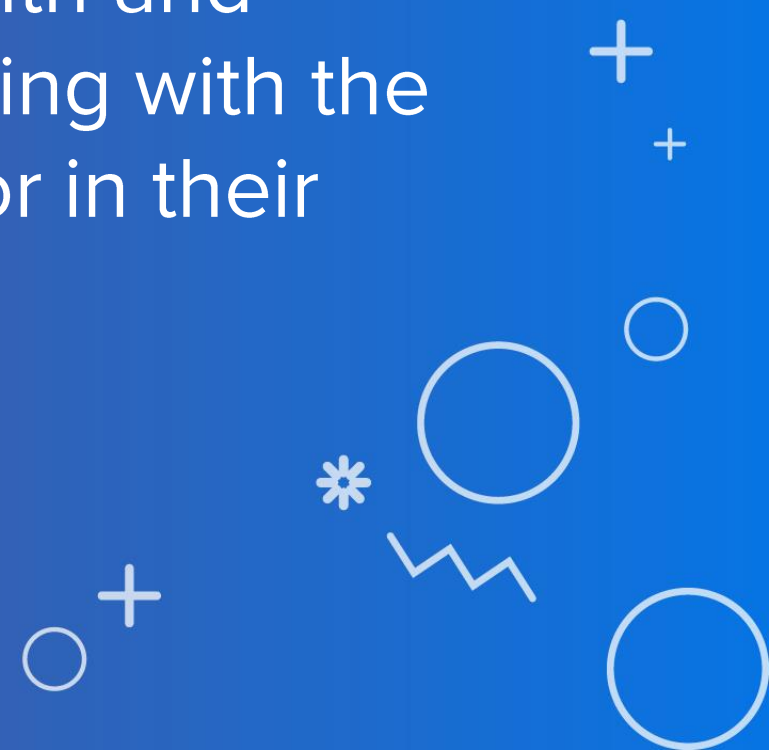

**READY:** Establish a connection with your fellow board members and school superintendent to discuss:

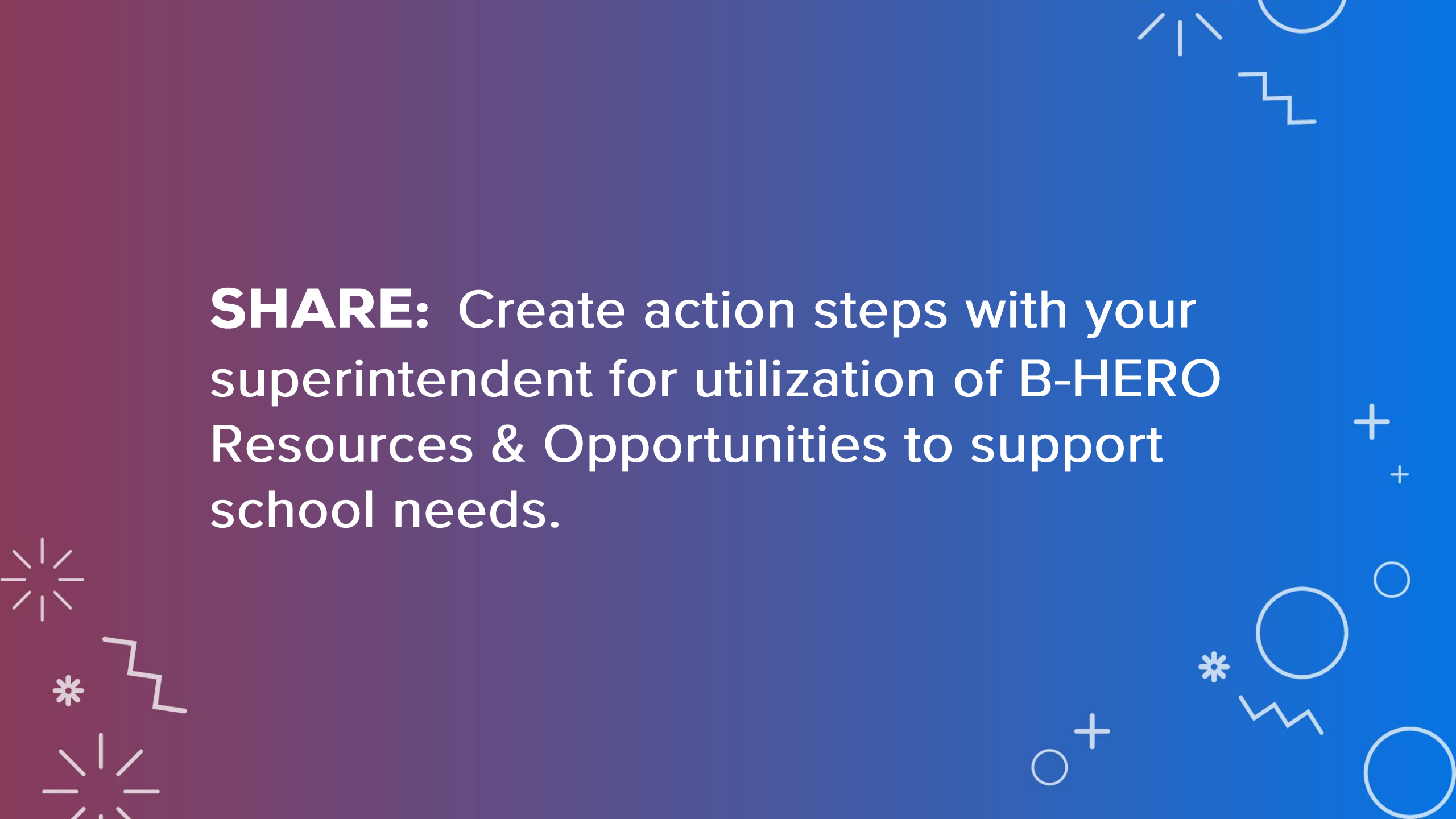
1. What do you already know about the behavioral health needs of your school community?
  2. What are school leaders currently doing to address the needs of students AND staff?
- 





**SET:** What knowledge and understanding do your school board and your school leaders have of the B-HERO Technical Assistance Center? How are your school building leaders teaming with and utilizing the information B-HERO is sharing with the Behavioral Health Resource Coordinator in their school?





**SHARE:** Create action steps with your superintendent for utilization of B-HERO Resources & Opportunities to support school needs.



**STAY CONNECTED WITH US!**

**[BHERO.CREA@K12.ND.US](mailto:BHERO.CREA@K12.ND.US)**

**WEB PRESENCE COMING SOON:**

**[B-HERO.ORG](http://B-HERO.ORG)**

