



# **Wisconsin Safe & Healthy Schools Center Professional Development Options 2016-2017**



**EXCITING, CUTTING EDGE TRAININGS ARE AVAILABLE TO YOUR SCHOOL FOR MENTAL HEALTH, SCHOOL SAFETY, AND OTHER STUDENT SERVICES TOPICS**

**TRAININGS ARE:**

- Evidence-Based
- Provided by Experienced, Certified Trainers
- Customizable to Your School Needs

Contact your local Regional Coordinator or the WISH Center Director for additional information: <http://www.wishschools.org/coordinators/>

**Purchased Services Available to Schools and Communities  
Through the Wisconsin Safe & Healthy Schools Center**

[www.wishschools.org](http://www.wishschools.org)

<b>Training</b>	<b>Description-Details Listed on Following Pages</b>	<b>Time</b>	<b>Cost</b>
Question-Persuade-Refer (QPR)	QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. As a QPR-trained Gatekeeper participants will learn to: recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life.	1 hour	\$325 +travel expenses
PREPaRE Crisis Prevention & Preparedness: Comprehensive School Safety Planning	PREPaRE is the only comprehensive curriculum developed by school-based professionals with firsthand experience and formal training. The curriculum builds on existing personnel, resources, and programs; provides for sustainability; and can be adapted to individual school needs and size. <ul style="list-style-type: none"> <li>• Workshop 1: Focuses on Crisis Planning</li> <li>• Workshop 2: Focuses on Crisis Intervention/Recovery</li> </ul> <i>Fee Applies After 3/31/2017</i>	Workshop 1: 8 hours; Workshop 2: 16 hours	W1: \$1,300 +travel expenses W2: \$2,600 + travel expenses
Screening, Brief Intervention, Referral to Treatment (SBIRT)	SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents (e.g., alcohol/other drug involvement). SBIRT is readily adapted for delivery in middle and high school settings by existing student services staff as a selected (Tier 2) or indicated (Tier 3) intervention.	Two 7 hour trainings spaced about a month apart	\$3,000 +travel expenses
Youth Mental Health First Aid (YMHFA)	Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.	8 hours (not negotiable)	\$1,300 +travel expenses +\$8 per person for the book
Restorative Practices	Working through Restorative Practices, misbehaving students deal with the harm they have caused to individuals and to the school community. An understanding of the harm done and a restoring of safety or relationships starts to happen and the emphasis of learning in a caring environment can resume.	Two 7 hour trainings	\$2,600 + travel expenses
Second Step Implementation Training	The research-based Second Step program helps schools teach and model essential communication, coping, and decision-making skills that help adolescents navigate around common pitfalls such as peer pressure, substance abuse, and bullying	6 hours	\$1,300 +travel expenses
Resilience Strategies for Educators	Resilience Strategies for Educators: Techniques for Self-Care and Peer Support covers the impact of stress, burnout, and compassion fatigue on the comprehensive education/academic environment and facilitates the creation of a practical action plan.	4-6 hours	\$1,300 +travel expenses

ADDITIONAL TOPICS ARE AVAILABLE ON PAGE 10

## Question-Persuade-Refer (QPR)

### DESCRIPTION

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. As a QPR-trained Gatekeeper you will learn to: recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life. Adults or Middle and High School Youth can be trained. *Adults-no minimum or maximum number of participants. Middle and High School Youth-limited to 30 per session.*

### TIME

1 hour-Appropriate for Staff In-services

### COST

\$325/training plus the cost of travel. Includes QPR booklet for each participant.

### LIST OF TRAINERS

- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- Jackie Schoening, Central Regional Coordinator, CESAs #2, #3, #6
- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

### FOR MORE INFORMATION

QPR Institute: [www.qprinstitute.com](http://www.qprinstitute.com)

## PREPaRE

### Crisis Prevention and Preparedness: Comprehensive School Safety Planning

#### DESCRIPTION

Schools play a critical role in meeting the needs of students, staff, families and often the local community during times of crisis. PREPaRE is the only comprehensive curriculum developed by school-based professionals with firsthand experience and formal training. The curriculum builds on existing personnel, resources, and programs; provides for sustainability; and can be adapted to individual school needs and size. The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP).

#### Workshop 1: Focuses on Crisis Planning

- Provides a broad overview of the school safety and crisis team's roles and responsibilities, with a special emphasis on crisis prevention and preparedness
- Demonstrates an overall checklist of needs for environmental and psychological safety

*Target audience:* any school professional or community provider/agency who serves on crisis team and/or is involved in establishing/promoting school safety.

*Minimum of 15 participants and maximum of 60 participants.*

#### Workshop 2: Focuses on Crisis Intervention/Recovery

- Provides a specific examination of the school-based mental health professionals' roles and responsibilities, with a special emphasis on crisis intervention/recovery
- Teach participants how to prevent, prepare, and respond to psychological trauma

*Target audience:* Pupil services staff, school-based mental health professionals, community providers who will provide crisis intervention and recovery services.

*Minimum of 15 participants and maximum of 60 participants.*

#### TIME

Workshop 1: 8 hours; Workshop 2: 16 hours

#### COST-AFTER MARCH 31, 2017

- Workshop 1: \$1,300 plus the cost of travel and hotel
- Workshop 2: \$2,600 plus the cost of travel and hotel

For 2016-2017, Wisconsin DPI will cover the cost of workbooks (\$35 for Workshop 1 and \$45 for Workshop 2).

#### LIST OF TRAINERS

- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- Jackie Schoening, Central Regional Coordinator, CESAs #2, #3, #6
- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

#### FOR MORE INFORMATION

<http://www.nasponline.org/prepare/index.aspx>

## Screening, Brief Intervention, Referral to Treatment (SBIRT)

### DESCRIPTION

SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. Originally developed for delivery in busy health care settings, SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents (e.g., alcohol/other drug involvement). Although originally designed as a universal prevention approach (Tier 1), SBIRT is readily adapted for delivery in middle and high school settings by existing student services staff as a selected (Tier 2) or indicated (Tier 3) intervention.

The service begins with administering a standardized Screening instrument. For students who show moderate or high risk results, a Brief Intervention (BI) is conducted. The BI is delivered with motivational interviewing and is protocol-guided. For those students who show high risk concerns and who do not respond to the BI, a Referral to Treatment may be initiated. SBIRT is evidence-based for addressing student alcohol or drug involvement and evidence –informed for addressing a range of other behavioral concerns, including attendance and classroom behavior. It is a requirement to complete a pre-training reading assignment and initial implementation plan. *Minimum of 10 participants and maximum of 40 participants.*

### TIME

Two 7 hour trainings spaced about a month apart

### COST

\$3,000 plus the cost of travel and hotel (includes audio review and feedback for each participant)

### LIST OF TRAINERS

- Tracy Herlitzke, Director, WISH Center
- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- Jackie Schoening, Central Regional Coordinator, CESAs #2, #3, #6
- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

### FOR MORE INFORMATION

Wisconsin Safe & Healthy Schools Center: <http://www.wishschools.org/resources/schoolsbirt.cfm>

## Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

*Minimum of 10 participants and maximum of 30 participants.* School and community participants are invited to participate.

### TIME

8 hours (not negotiable)

### COST

\$1,300 plus the cost of travel and hotel, plus the cost of books \$8/person

### LIST OF TRAINERS

- Jackie Schoening, Central Regional Coordinator, CESAs #2, #3, #6
- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

### FOR MORE INFORMATION

Wisconsin Safe & Healthy Schools Center: <http://www.wishschools.org/resources/YMHFA.cfm>

Mental Health First Aid USA is managed, operated, and disseminated by the National Council for Behavioral Health: <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

## Restorative Practices

### DESCRIPTION

In today's schools, care for the person/s harmed through misbehavior is rarely addressed in intentional ways. Misbehavior is punished leaving the student to feel disconnected from school and at times also feeling like a victim. When misbehavior is not addressed in a restorative manner the focus of academic learning is broken. Working through Restorative Practices, misbehaving students deal with the harm they have caused to individuals and to the school community. An understanding of the harm done and a restoring of safety or relationships starts to happen and the emphasis of learning in a caring environment can resume. The goals of Restorative Practices apply not only to those involved in or affected by misbehavior, but to the larger educational community as well.

*Minimum of 12 participants and maximum of 30 participants.*

### Key Goals of Restorative Practice:

- To understand the harm and develop empathy for both the harmed and the harmer
- To listen and respond to the needs of the person harmed and the person who harmed
- To encourage accountability and responsibility through personal reflection within a collaborative planning process
- To reintegrate the harmer (and, if necessary, the harmed) into the community as valuable, contributing members
- To create caring climates to support healthy communities
- To change the system and why it contributes to the harm

**Day 1**—Participants will have an understanding of: Restorative Practices—where its roots are from and how it is being used today. Punishment vs. Restoration—Where are you on the discipline continuum? The four paned window of conduct. Values and Concepts of a Restorative School Environment—How does your school check out?

**Day 2**—Participants will have an understanding of the “practices” in Restorative Practice and how they fit into a continuum (think triangle in PBIS) —Types of Restorative Practice addressed: Reintegration following suspensions, Class meetings, Circles, Conferencing, Truancy mediation, Bullying.

### TIME

Two 7 hour trainings

### COST

\$2,600 plus the cost of travel and hotel

### LIST OF TRAINERS

- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- More Coming in 2017

### FOR MORE INFORMATION

Wisconsin Safe & Healthy Schools Center:

<http://www.wishschools.org/resources/restorativepractices.cfm>

## Second Step Implementation Training

### DESCRIPTION

Transitioning to middle school can be tough. The research-based Second Step program helps schools teach and model essential communication, coping, and decision-making skills that help adolescents navigate around common pitfalls such as peer pressure, substance abuse, and bullying (both in-person and online). The outcomes include reduced aggression and support for a more inclusive environment that helps students stay in school, make good choices, and experience social and academic success. Students enjoy the interactive activities, video vignettes, and guided discussions of real-world scenarios. Teachers appreciate the media-rich lessons that are easy to teach and integrate into everyday class time. Principals like that the program includes training and support for staff, reduces problem behaviors, and improves school climate. *Minimum of 10 participants and maximum of 40 participants.*

### Participants will:

- Have hands-on experience and practice with the curriculum
- Learn how to effectively teach the Second Step lessons
- Have opportunities to discuss implementation challenges with colleagues

### Two Options:

Second Step Middle School (Grades 6-8) Implementation Workshop

Second Step Elementary School (Kindergarten-Grade 5) Implementation Workshop

### TIME

6 hours

### COST

\$1,300 plus travel and hotel, must purchase curriculum ahead of time

### LIST OF TRAINERS

- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

### FOR MORE INFORMATION

Committee for Children: <http://www.cfchildren.org/second-step>

## Resilience Strategies for Educators

Resilience Strategies for Educators: Techniques for Self-Care and Peer Support covers modules developed by the Readiness and Emergency Management for Schools (REMS) Technical Assistance Center. The training is designed to assist caregivers in schools and school districts to better understand resilience strategies following natural disasters and other emergency events.

### Training Goals:

- To increase awareness and understand the impact of stress, burnout, and compassion fatigue on the comprehensive education/academic environment.
- To identify signs and symptoms of compassion fatigue, both professionally and personally.
- To create a professional self-care plan to support and improve effectiveness of current and future work with students impacted by stress, loss, and trauma.
- To outline action steps to implement Psychological First Aid- Listen, Protect, Connect (PFA-LPC) and go over how implementing this intervention technique can be of benefit to you and your school community.
- To facilitate the creation of a practical action plan to be implemented within 60 days of training.

*Minimum of 10 participants and maximum of 60 participants.*

### TIME

4-6 hours

### COST

\$1,300 plus travel and hotel

### LIST OF TRAINERS

- Tracy Herlitzke, Director, WISH Center
- Christine Kleiman, Eastern Regional Coordinator, CESAs #1, #7, #8
- Jackie Schoening, Central Regional Coordinator, CESAs #2, #3, #6
- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12
- Carol Zabel, Western Regional Coordinator, CESAs #4, #10, #11

### FOR MORE INFORMATION

Readiness and Emergency Management for Schools (REMS) Technical Assistance Center:

<http://rems.ed.gov/default.aspx>

## Other Topics Available

### SOME OTHER TOPICS AVAILABLE:

- High Quality Emergency Operation Planning-4 hours
- Other Tobacco Products-1 hour
- Marijuana Prevention-2 hour
- Wisconsin School Mental Health Framework-1 to 3 hours
- School Mental Health Coaching purchased on a daily basis

### HOST SITE IS RESPONSIBLE FOR:

- Providing refreshments and lunch, facility set up, technology and any AV needs.
- Host Site will notify trainer(s) of participant list at least 10 days prior to training date.
- Paying for cost of training. The school or agency will be billed by the WISH Center after the training is provided.
- Paying for travel expenses which may include: mileage, meals, and hotel room expenses if more than an hour away from trainer's home base of employment.

### CONTACT INFORMATION:

Contact your local Regional Coordinator or the WISH Center Director for additional topics or training information.

- Tracy Herlitzke, Director, WISH Center  
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- Lynn Verage, Northern Regional Coordinator, CESAs #5, #9, #12  
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