



West Virginia
Behavior/Mental Health
Technical Assistance Center

Happenings

“PAW” DAYS AT COALTON ELEMENTARY

“PAW” stands for Practice at Work. As the Coalton Bearcats, we adopted a paw print as the symbol to remind us of our expectations and procedures. At the beginning of the year, we do PAW days after long weekends and breaks. Later, we only schedule them after longer breaks, multiple snow days, or if we feel the need to rejuvenate our program.

On a PAW Day, the students are greeted by paw prints at strategic reminder points throughout the school. Adults provide students with opportunities to practice and review expectations and procedures all day. Regular instruction does not stop on these days. Each class has a 20-minute celebration of their hard work at the end of the day. To fit with the phrase “Practice at Work,” we utilize a construction theme with cones, and our staff work in vests!

Pictured right: Coalton Elementary students participate in a PAW Day.

TIER 2 IS COMING TO WV!

“Implementing Tier 2: A Continuum of Interventions” is a training based on current national Tier 2 models. It is meant to guide Tier 2 teams in building infrastructure, examining data for decision rules, organizing Check-In/Check-Out, and planning the interventions that may need to follow Check-In/Check-Out. See the right panel for more information.



TIER 2 (CONT'D)

As we know, Tier 2 needs the foundation of a strong Tier 1 for it to be most effective. For this reason, those attending this training will need to meet established pre-requisites.

Please be on the lookout for these pre-requisites and the application process to open on January 10, 2020. There will be limited seating, so apply early!

Contact Alicia Ziman
(holt64@marshall.edu) for
more information.



EARLY CHILDHOOD PILOT UPDATE

For the first time, we are happy to report that we have fidelity data for the WV Pyramid Model in early childhood! It would not have happened without the work of early childhood professionals in Wayne, Lincoln, Kanawha, Nicholas, Morgan, Jefferson, and Berkeley Counties. Without the commitment from these counties, we would not have been able to launch this pilot. More information is to come, but for now, thank you to these counties and all the people involved!

TUCKER THE TURTLE—NEW AND IMPROVED

Tucker the Turtle has been recently updated!

A brightly-colored Tucker scripted story is available [here](#).

Also, a Tucker song and finger play are available [here](#).

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SAVE THE DATE



IMPORTANT DATES

Mark your calendar for the annual WV PBIS Conference!

Dates: June 16-17, 2020

Location: Charleston Coliseum & Convention Center



Daily acts of kindness displayed on “The Gift of Kindness” bulletin board.

KINDNESS COUNTS AT DINGESS ELEMENTARY

Kindness Counts is a school-wide reward system that uses “Kindness Coins” to encourage students to make positive choices throughout the day and in all settings. All staff members use the SWPBIS matrix to distribute coins to any student in the building exhibiting appropriate behaviors. Teachers are encouraged to give out a total of 15 coins weekly.

Coins are counted at the end of the week with class totals displayed on the “Kindness Counts” bulletin board. At the end of the month, the weekly totals are calculated, and the class with the most coins gets a prize out of the counselor’s treasure box. We also recognize individual students who have received the most coins out of each class for the month.

During evening announcements, students are recognized, presented with certificates, and get their pictures posted on the school website. Kindness Counts is a pilot program this year that we, as a staff, will continue to modify as necessary. To promote the program and kindness throughout the building, we have several bulletin boards displaying growth mindset and positive choices. “The Gift of Kindness” bulletin board has been rolled out during the holiday season with presents displaying daily acts of kindness.

CLASS	WEEKS				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1st Mrs. [Name]	10	15	15	15	15
2nd Mrs. [Name]	15	15	15	15	15
3rd Mrs. [Name]	15	15	15	15	15
4th Mrs. [Name]	15	15	15	15	15
5th Mrs. [Name]	15	15	15	15	15
6th Mrs. [Name]	15	15	15	15	15
7th Mrs. [Name]	15	15	15	15	15
8th Mrs. [Name]	15	15	15	15	15
9th Mrs. [Name]	15	15	15	15	15
10th Mrs. [Name]	15	15	15	15	15

Running totals of Kindness Coins displayed on the “Kindness Counts” bulletin board.

MANAGING DEPRESSION DURING WINTER

The national Mental Health First Aid website recently published an article entitled “[Three Ways to Manage Depression During Winter.](#)” With the shortened hours of daylight, this can be a difficult time of year for many people.

Seasonal affective disorder—also known as SAD—affects around 5% of adults in the United States, usually during fall and winter.

The following self-care strategies from the MHFA curriculum can promote mental health during the dreary winter months.

1. Exercise—find ways to add cardiovascular and weight training exercises to your routine.
2. Light therapy—the shortened daylight hours can be mediated with bright light similar to that of sunlight.
3. Relaxation training—tensing and relaxing targeted muscle groups can combat depression.



WVBMH TAC

The goal of the WVBMH TAC is to assist teachers, students, families, and communities that are faced with challenging behaviors and mental health issues through training, resources, and promotion of evidence-based strategies and interventions.



CONTRIBUTORS FOR THIS ISSUE

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OUR PROJECTS AND PARTNERSHIPS



YOUTH
MENTAL
HEALTH
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WEST VIRGINIA
AUTISM TRAINING CENTER
AT MARSHALL UNIVERSITY



West Virginia DEPARTMENT OF
EDUCATION