



West Virginia
Behavior/Mental Health
Technical Assistance Center

Happenings

SELF-REGULATION AT HOMETOWN ELEMENTARY

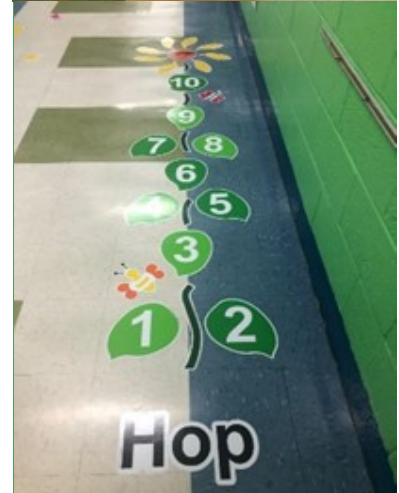
The 2020-2021 school year has certainly been unique and unprecedented, but educators are recognizing that the needs of some students remain unchanged. One way to address these needs is to teach self-regulation—the ability to manage one’s physical activity, attention, and emotions in order to function successfully within one’s environment. We would like to highlight Barbara Black, principal of Hometown Elementary (Putnam County), and her staff for adding interactive elements to their hallways to promote self-regulation skills during re-entry and thereafter.

Pictured top-right: A student practices a Calming Tree pose.

Pictured bottom-right: Students can hop, skip, and jump to self-regulate.

2020 PBIS VIRTUAL ACADEMY

The school-wide PBIS team has kicked off their fall PBIS Virtual Academy. PBIS school teams across the state have shown their dedication and hard work to participate in the virtual training platform through the month of November. Each team has engaged in activities to help build their PBIS program within their buildings and see how PBIS can fit into their own culture and climate. If your school was unable to participate virtually, it’s not too late! Schools can work with their regional behavior support specialist to begin the readiness process that will help prepare you for the PBIS Academy. If you would like more information, please [click here](#) to get in touch with your behavior support specialist.



PBIS AT HOME

Recognizing positive behavior and teaching expectations at home empowers parents to create and maintain a safe, structured, and consistent home environment where adult-to-child relationships are strengthened. For those interested in learning more about how PBIS can be implemented at home, check out [Ten Positive Behavior Support Strategies to Support Families at Home](#).



WRAPPING UP ECPBIS FALL ACADEMIES

Here we are again—fall is upon us and we have just concluded another year of ECPBIS Academies. Participants from all across the state attended academies a little differently this year: virtually. Like everything else in 2020, this was not what we had planned. However, given the circumstances, we could not have been happier with the outcome. Great participation, great enthusiasm, and great examples were shared across the virtual platform. We are so grateful for all the participants and for all of the counties and agencies who stuck with us and helped us get through our Fall Academy sessions. Each of these professionals is truly inspiring and making children’s lives better in these unprecedented times.

Thanks to everyone involved!

Great participation, great enthusiasm, and great examples were shared across the virtual platform.

VISUAL SUPPORTS AT HOME

The National Center for Pyramid Model Innovations recently released [Visual Supports for Routines, Schedules, and Transitions](#) for use at home. This resource gives parents ideas for incorporating visual schedules and first/then boards with their children. Pre-made cards that can be printed are included along with blank cards that can be personalized for each family.

Consider preparing these materials for parents and talking them through how to use visual supports at home.

INTERESTED IN HOSTING A BOOK STUDY? WE CAN HELP!

The days are getting shorter and the weather is getting cooler. Fall is the perfect time to curl up with a warm blanket and good book! The Early Childhood team has a few recommendations for some good reads! Visit our [For Educators](#) page and scroll down to “Resources Developed by Staff.”

In the Videos section, you will find a collection of book reviews created by Dr. Amy Carlson and EC Behavior Support Specialists Jess George and Sara Smouse. These books cover topics such as trauma, self-regulation, and challenging behavior.

If you would like to take it a step further, we have assembled Book Studies for these texts with questions and related resources to guide and supplement your reading. You can use these to facilitate your own book study at school or within your team.

Worried about maintaining social distancing while conducting a book study? An online book study could be a possibility for your team. You could utilize online meeting platforms such as Zoom, Microsoft Teams, or Skype to facilitate this group. You can create a group (on Teams or Facebook, for example) and members can post answers to the weekly discussion questions.

If you would like more information about setting up and conducting a virtual book study with your team members, please contact Sara Smouse at strother3@marshall.edu.



The Mental Health First Aid courses address prevalent disorders and include an action plan.

VIRTUAL MENTAL HEALTH FIRST AID

In response to the pandemic, the West Virginia Behavior/Mental Health Technical Assistance Center has been able to provide certification for more than twenty-five Virtual Mental Health First Aid instructors.

We are currently offering the Adult and Youth Mental Health First Aid courses virtually.

The courses are free and require two hours of online independent coursework followed by four hours of online instruction with a trainer.

If you are interested in receiving your certification in Adult or Youth Mental Health First Aid, please [click here](#).

MENTAL HEALTH FIRST AID RESOURCES

For more information on Mental Health First Aid, like us on [Facebook](#).

Need help with a behavioral health issue?

Check out these resources:

Websites

[Help4WV](#)

[Help4WV Facebook](#)

Hotline

(844) 435-7489

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

Teryl Jones, South Region Behavior Support Specialist
joneste@marshall.edu

Jen Fletcher, Mountain Region Behavior Support Specialist
everhartj@marshall.edu

Dr. Amy Carlson, ECPBIS Coordinator
amy.carlson@marshall.edu

Sara Smouse, Northern Early Childhood Behavior Support Specialist
strother3@marshall.edu

Jess George, Southern Early Childhood Behavior Support Specialist
george31@marshall.edu

Dianna Bailey-Miller, Mental Health First Aid Coordinator
baileymiller@marshall.edu

WVBMH TAC

Marshall University
1 John Marshall Drive
Huntington, WV 25755

304-696-2332

www.marshall.edu/bmhtac

Director: Amy Kelly

OUR PROJECTS AND PARTNERSHIPS

Click the logos to learn more!



YOUTH
MENTAL
HEALTH
FIRST AID



WEST VIRGINIA
AUTISM TRAINING CENTER
AT MARSHALL UNIVERSITY



West Virginia DEPARTMENT OF
EDUCATION

