

# Happenings



## 7 POSITIVE NEW YEAR'S RESOLUTIONS FOR TEACHERS IN 2024

With everything that teachers have on their plates is there room for a New Year's Resolution? Jeanne Sager believes yes but this year instead of doing something new she is asking you to be more aware of the great things you're already doing. Focus on the everyday things and in doing so become a better teacher. First, prioritize your own mental health by being okay with saying no! Regardless of gender, teachers do a lot but research supports women are likely to not say "no" at work. The work must be done but make work free time a priority and ask for help. You are the commander of your own classroom but turning to other teachers for help does not mean you're failing it means you want what is best for your students. Lastly and most important acknowledge you are doing an awesome job!

To read the article in full <https://www.teachstarter.com/us/blog/positive-new-years-resolutions-for-teachers-us/>.

## THE SEARCH IS ON!

The WV School-wide PBIS team is searching for this year's Tier 1 Model and Spotlight Schools! We are looking for schools implementing their PBIS framework with fidelity to highlight the great work happening throughout the state.

### What's inside?

New Years Resolutions for Teachers

Searching for Model Schools

Collaborative Problem Solving and Challenging Behavior

The Power of Professional Development

National Mental Wellness Month

Find Local Mental Health Resources

### FREQUENTLY ASKED QUESTIONS ABOUT MODEL SCHOOLS

Scan this QR code for more information on Model Schools



## UNLEASHING POTENTIAL: THE POWER OF PROFESSIONAL DEVELOPMENT FOR EDUCATORS

Professional development is the ongoing process of self-awareness, application, and reflection to effectively use one's strengths and skills. One course I would recommend is titled "Enhancing Resilience in Children and Youth" by Dr. Shanker and Dr. Hopkins from the MEHRIT Center in Toronto, Canada. This course provided insight into children who are unable to cope with failure, who are avoiding challenges altogether, seeking safety in withdrawal, and provided ways to identify and overcome what is holding back many children and teens. This course highlighted how we can spark their ability and desire to take on new learning, new challenges, and new opportunities for increased health and wellbeing. Check it out! <http://self-reg.ca>.

## THE SEARCH IS ON! CONTINUED

Want to know more? Check out the Frequently Asked Questions using the QR code on the front page! For additional questions or to obtain an application please contact Behavior Support Specialist Erin Day at [day137@marshall.edu](mailto:day137@marshall.edu) or visit [www.wvpbis.org/model-schools/](http://www.wvpbis.org/model-schools/) and check out the resources under "How do I get started?"



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## COLLABORATIVE PROBLEM SOLVING AND CHALLENGING BEHAVIOR

When challenging behavior feels like it is coming out nowhere, it can be difficult to even know where to begin to help our students. The truth is that behavior doesn't occur out of the blue. If we look closer, we find predictable problems that can be solved with our students. We can't "solve" behavior, but we can shift our focus to problem solving and building thinking skills together. Collaborative Problem Solving (CPS) is an evidence-based approach that embraces the truth that kids do well if they can---not if they want to. Our Early Childhood Team has been taking courses with Think:Kids to learn more about this to support kids in Tier 3. Reach out to your behavior support specialist to learn more!



# MENTAL WELLNESS MONTH



## NATIONAL MENTAL WELLNESS MONTH

January is Mental Wellness Awareness month. This is the time to recognize the importance of attending to our mental health. It is a time to increase awareness of the importance of mental health and wellness in our lives and celebrate recovery. Recent research from NAMI states 55% of adults with mental health challenges receive no treatment, 60% of youth with major depression also do not receive treatment. Christine Mullins, the DoHS Deputy Secretary of Mental Health and Substance Use Disorders reminds us mental wellness is crucial to being able to handle life's stresses and adapt to change in difficult times. It is for that reason WV offers many resources that are available if needed.



## FIND LOCAL RESOURCES

Helpful local resources for mental health services, addiction, thoughts of suicide or any other kind of emotion distress. call, text, or chat 1-844-HELP4WV, [www.help4wv.com](http://www.help4wv.com), call or text 988, chat 988life-line.org.

WV Department of Health And Human Resources <https://dhhr.wv.gov/Pages/default.aspx>

<https://montcova.com/2024/01/01/january-is-national-mental-wellness-month/>

## UPCOMING DATES

**January 16, 2024** — Early Childhood PBIS Academy post-survey due

**January 31, 2024** — Model Schools Applications due

**February 23**– TPOTS Due

**March 1**– Conference Registration Opens

**April 26**– SW Tier 2

**April**– TFI window opens

**June 11-12, 2024**– WVBMTAC Annual Conference

### 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.



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EDUCATION

