



# Tier 1 Promotion

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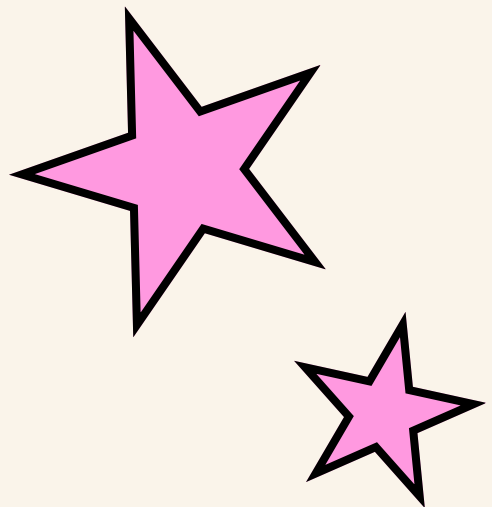
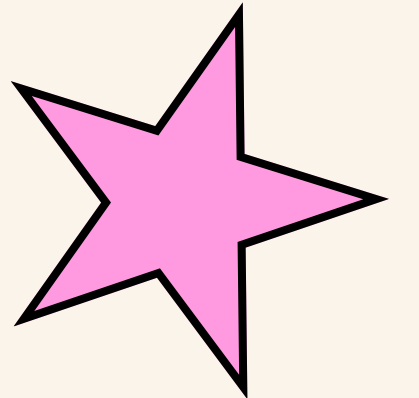
# Defintions

What is Tier 1 mental health promotion?

Tier 1 includes **universal, evidence-based, high-quality instruction and support** for all students.

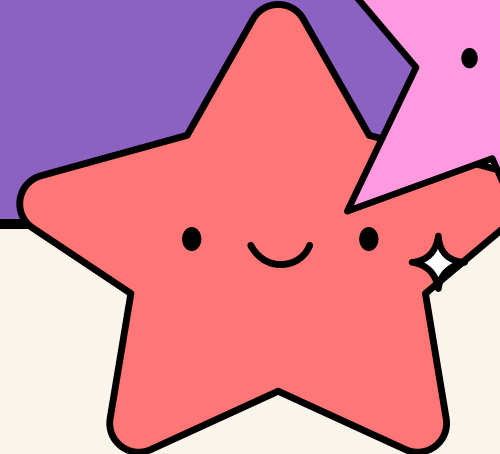
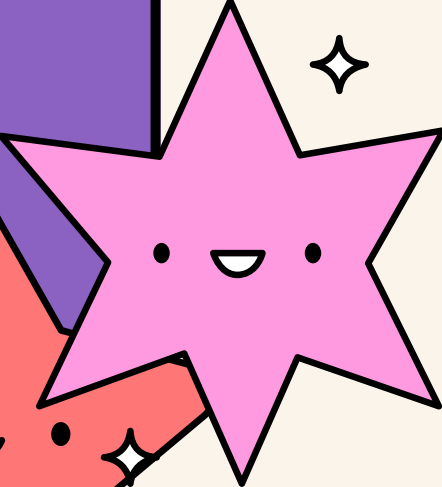
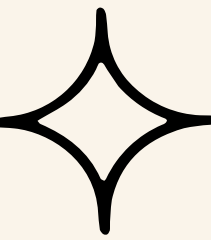
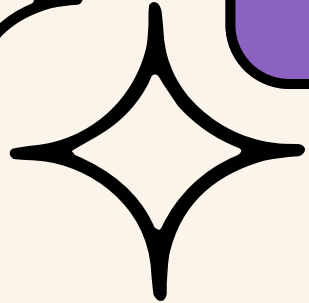
Tier 1 is designed to **prevent** skill gaps and challenges from developing, and to catch them early when they do.

Keywords: **UNIVERSAL. PREVENTION.**





# What Does it Look Like?

- Effectively teach appropriate SEB (social, emotional, behavioral) skills to all students
  - Intervene early before unwanted behaviors escalate
  - Use research-based, scientifically validated interventions when possible
  - Monitor student progress
  - Use data to make Informed decisions
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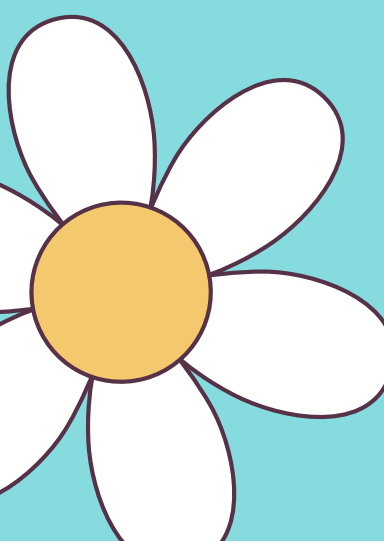


# What Does it Look Like?



- **Tier 1 mental health promotion** refers to **mental health-related activities**. These activities are designed to meet the needs of all students, regardless of whether or not they are at risk for mental health problems.
  - These services can be delivered by both school and community based professionals working within schools.
  - Tier 1 strategies focus on mental health promotion for **all students**.
  - This could look like evidenced/researched based classroom guidance lessons delivered to all grade levels/classes.
  - School-Wide Initiatives such as: <https://www.noplaceforhate.org/>
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# What does successful implementation of TIER 1 Mental Health Support look like?




Positive  
school  
climate




Positive  
relationships





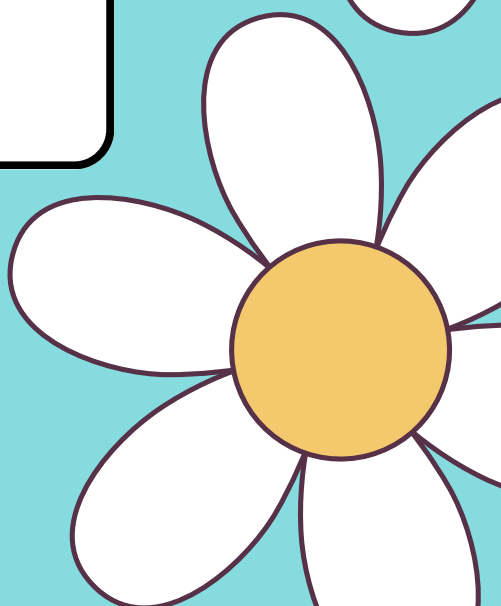
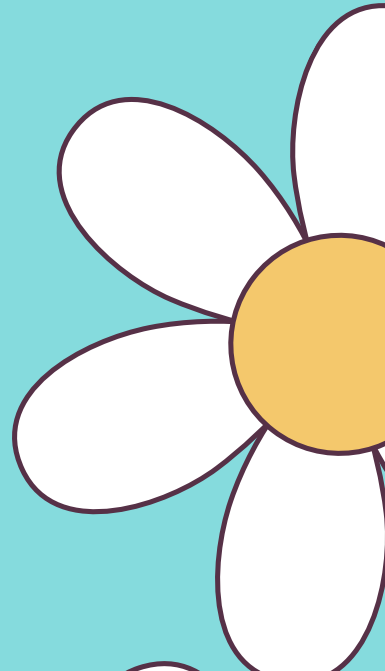
Clear  
behavior  
expectations  
and routines



Professional  
development  
and staff  
well-being



School-wide  
mental  
health  
education





# What Roles Do Campus Staff Play in Promoting Mental Health?

**Admin** – leadership in school climate, organizing/sticking to regular meetings, consistency, policies & procedures, modeling supportive mental health practices. Take charge of needs assessments and review data with MTSS team

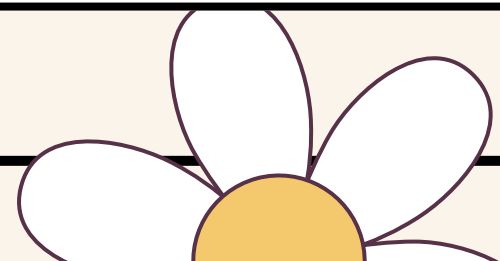
**Teachers** – create a positive classroom climate, identify students who need to be referred to MH or outside supports

**Behavior Staff** – Trained in trauma-informed behavior support. Emphasize restorative practices and positive reinforcement over over punitive responses.

**SROs** – consider having SROs trained in restorative practices – the same implemented across departments in your school/district

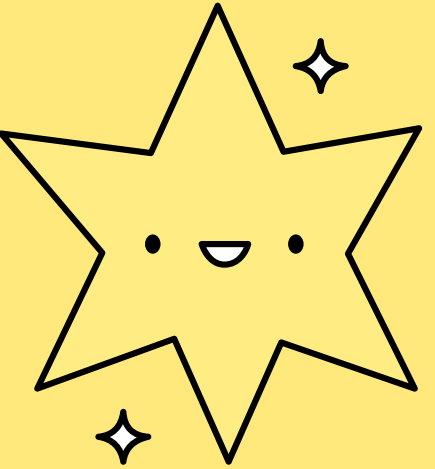
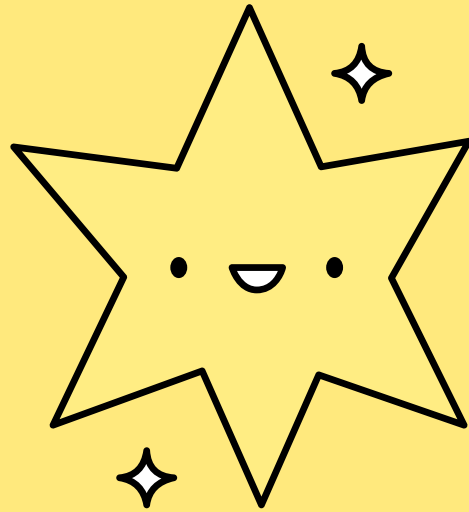
**Social Workers/Counselors** – See students for therapy/counseling, assess and refer as needed. Ensure you have a crisis response team and that all staff know how crisis protocols work.

**Other staff** – Ensure all staff are trained in some form of MH support framework, whether YMHFA or another trauma-informed training. All staff should be aligned on how to respond to student needs.





# Tips for Promoting Tier 1 MH Supports



Professional development for teachers and staff

Youth Mental Health First Aid

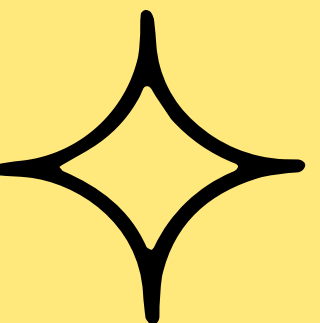
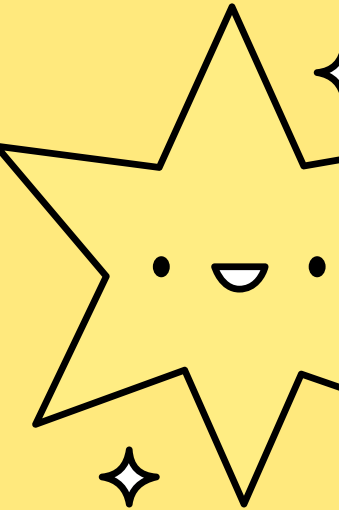
Connect to LMHAs

Recognize, process, and work our own mental wellness.

Collect, analyze and share data regularly

Increase mental health literacy for all students and staff (increase skills & reduce stigma)

Create, implement and promote school-wide initiatives



# Tips for Promoting Tier 1 MH Supports

Consistent positive reinforcement system

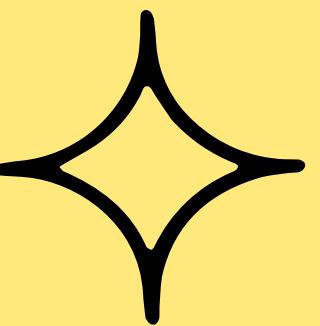
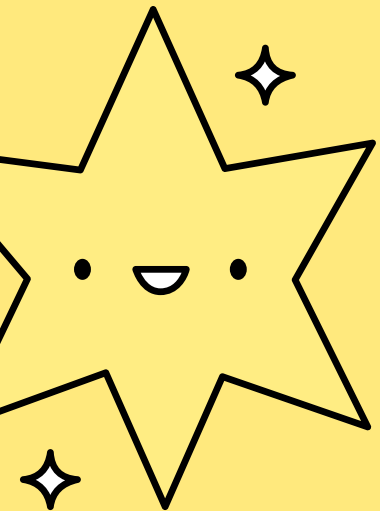
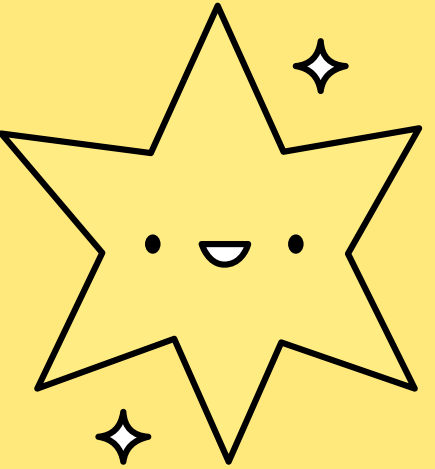
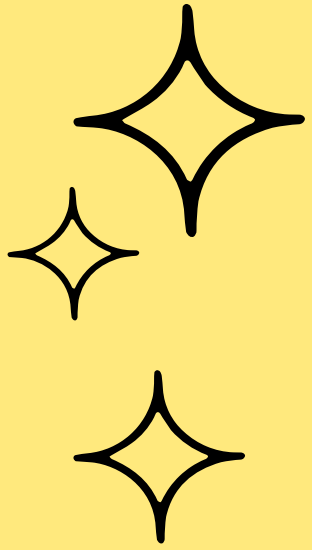
Have regular team meetings  
(SST/MTSS/Staffing)

Promote staff wellbeing - make time!

Assessment of all students for accommodation  
needs. (SPED/climate surveys/screeners)

Involve families/the community

Restorative practices mindset





# Resources

National Council for School Mental Health

TEA MTSS guidelines

Center on PBIS

Restorative Practices in Schools - Learning Policy Institute

<https://theshapesystem.com/>

<https://schoolmentalhealthtx.org/>

thank  
you