



MISSOURI SCHOOL  
BOARDS' ASSOCIATION

# CES



**MSBA's Center for Education Safety**

# Who we are...

- **Gerry Lee – Associate Executive Director**
  - Engineer, Current Board Member-Springfield School District
- **Paul Fennewald – Senior Policy Advisor**
- **Amy Kiso – Education Safety Coordinator**
  - Licensed Professional Counselor, Current Board Member
- **Bob Klausmeyer – Education Safety Coordinator**
  - Director of Campus Safety, Law Enforcement, USMC

# Who we are...

- **Cindy Klausner – Education Safety Coordinator**
  - Criminal Intelligence Analyst, Dispatch Supervisor, Legal Specialist
- **Gary Moore – Education Safety Coordinator**
  - Retired MSHP Captain, Governor's Security Detail Commander
- **Scott Summers – Attorney**
  - Attorney for Juvenile Office

# Who's Job is it Anyway?

- ✓ **School Board**
- ✓ **Legislature**
- ✓ **DESE & MSBA**
- ✓ **CES**
- ✓ **School Staff**
- ✓ **Community**  
All of the Above  
Let's NOT be the  
Opossum!



# Missouri Prevention of School Violence and Mental Health Crisis Response Training

- Missouri Model of Behavioral Risk Assessment Training
- Youth Mental Health First Aid

Both trainings are **LICENSED** and **EVIDENCE-BASED!**

# Missouri Prevention of School Violence and Mental Health Crisis Response Training

- **Missouri Model of Behavioral Risk Assessment Training**
- 8-hour training
- Multidisciplinary Teams (20-60 participants)
- POST Credit
- CEU's
- **Youth Mental Health First Aid**
- 8-hour training
- Individuals (20-30 per instructor team)
- 3-year Certification
- POST Credit
- CEU's

# Missouri Prevention of School Violence and Mental Health Crisis Response Training

- **Missouri Model of Behavioral Risk Assessment Training**
  - 1 or 2 hour training
  - Unlimited audience size
  - Customize by audience
    - All Staff/Faculty
    - Transportation
    - Others
- **Youth Mental Health First Aid**
  - Overview
  - Signs & Actions
  - 1,2, or 4 hour training (no certificate)
  - Unlimited audience size
  - Customize by audience

# Missouri Prevention of School Violence and Mental Health Crisis Response Training

## Combination Behavioral Risk & Mental Health

- Tips & Tools
- 1 or 2 hour training
- Customize by audience
  - All Staff/Faculty
  - Transportation
  - Others





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# Missouri's Behavioral Risk Assessment Training for Schools



# Missouri Behavioral Risk Assessment Training

**This project was supported by Grant No. 2018-YS-BX-0097 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office.**

**Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.**

# COURSE OBJECTIVES

- **Identify and define the four steps of the path to violence.**
- **List and define the four steps of the risk assessment process.**
- **Discuss the elements of an effective school risk assessment program.**
- **Demonstrate the ability to conduct a risk assessment inquiry and develop a case management plan by working through risk scenarios.**
- **Identify information of risk cases that may be shared regarding FERPA and HIPPA.**
- **Gain practice working through risk scenarios**

# Call to Action: Why do we need this?



[https://www.youtube.com/watch?v=dICf\\_R5Cfkl](https://www.youtube.com/watch?v=dICf_R5Cfkl)

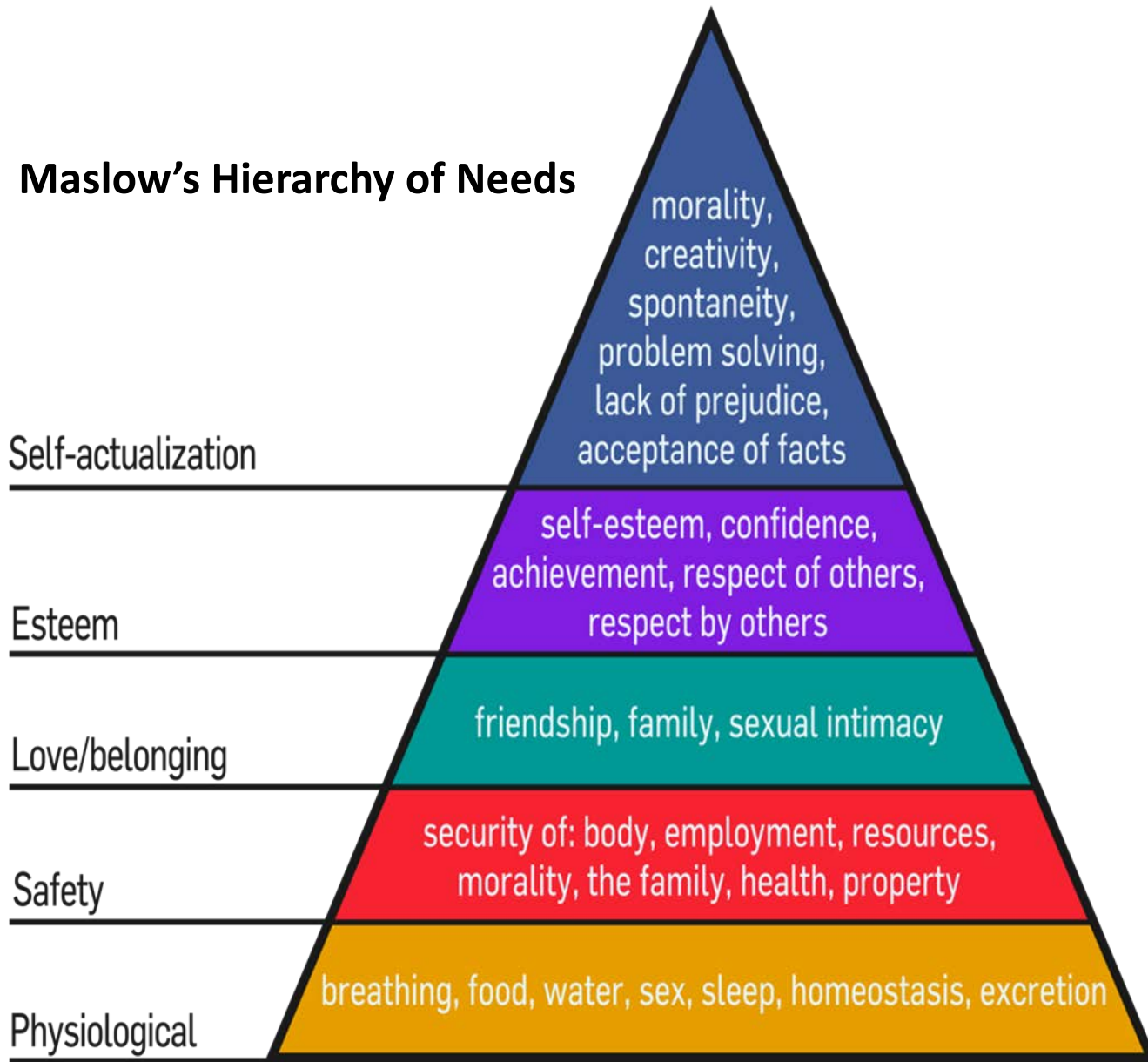
# Missouri Model

- MSBA, CES and the Governor's Task Force on School Safety (July 2019) recommend behavioral risk assessment teams for all schools
- Policies and procedures for team establishment and program incorporated into the district crisis plan

# Missouri Model

- The superintendent of the district creates a multidisciplinary team (for district and for each building)

## Maslow's Hierarchy of Needs



# What is Behavioral Risk Assessment?

A systematic process that is designed to:

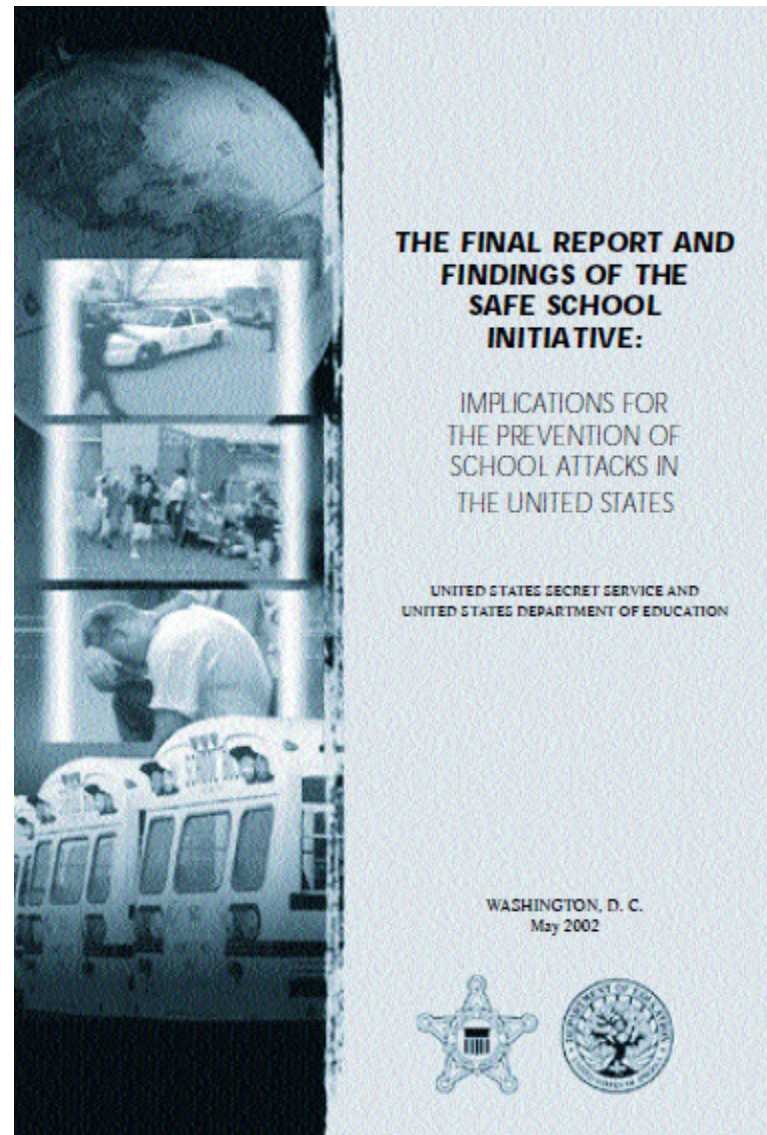




# Is the subject on a path to violence?

- A team approach is most effective for gathering and evaluating risk and situational information, and providing necessary interventions including community referrals.
- The process of risk assessment and case management is to mitigate or eliminate the risk level with a team approach.
- Engagement with a subject or person of concern can be critical to preventing harm or a violent act.

# Overview of Targeted School Violence and Prevention





# Safe School Initiative

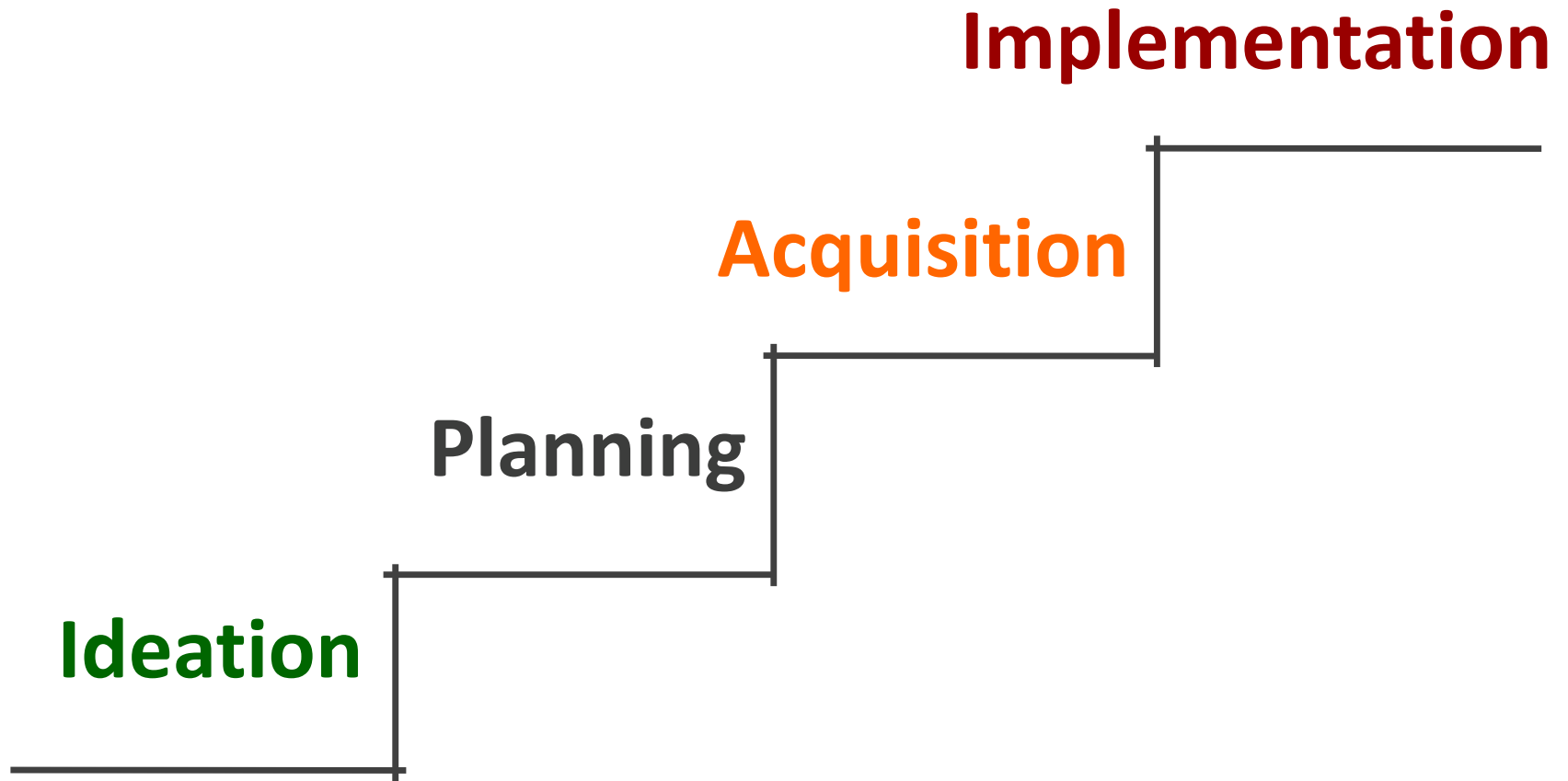
## Background:

- Largest federal study of school shootings in the US.
- Collaboration between US Secret Service and US Department of Education.
- 37 incidents, 41 attackers
- Focus was on operational information – what could be detectable and usable

# Major research question

**Can we prevent these attacks from happening?**

# Pathway to Violence



# Suicide Continuum



<http://www.asklistenrefer.org/nw/suicide-continuum>



# Encourage Reporting

- Bystanders can play a critical role in prevention
- Role of risk assessment team is not punitive
- Goal is to maintain safety and connect subject with necessary help
- Earlier reporting allows greater range of options

*“If you see something, say something” or*

*“If you see something, say something,  
so an appropriately trained adult can  
DO something!”*

Source: NYC Metropolitan Transportation Authority - revised



# Guidance on Reporting

## What can be reported:

- Any concerns about potential violence
- Any concerns about potential suicide or self-harm
- Behavior that disrupts the learning or living environment
- Behavior that seems troubling
- Anyone unknown to the school
- Anything out of the ordinary

# Have a concern?

**Be wise.**

**Speak up.**

**Save lives.®**

# There's an App for that....

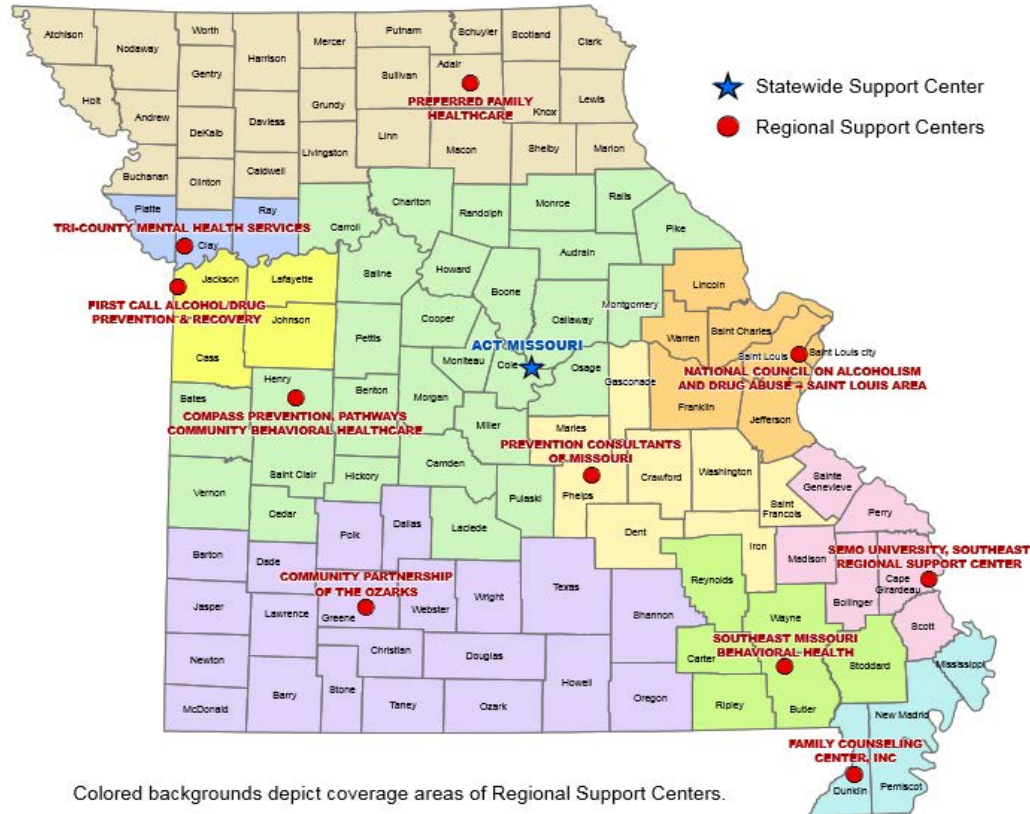


Courage 2 Report - MO

# DMH Regional Prevention Resource Centers



## MISSOURI DEPARTMENT OF MENTAL HEALTH DIVISION OF BEHAVIORAL HEALTH PREVENTION RESOURCE NETWORK

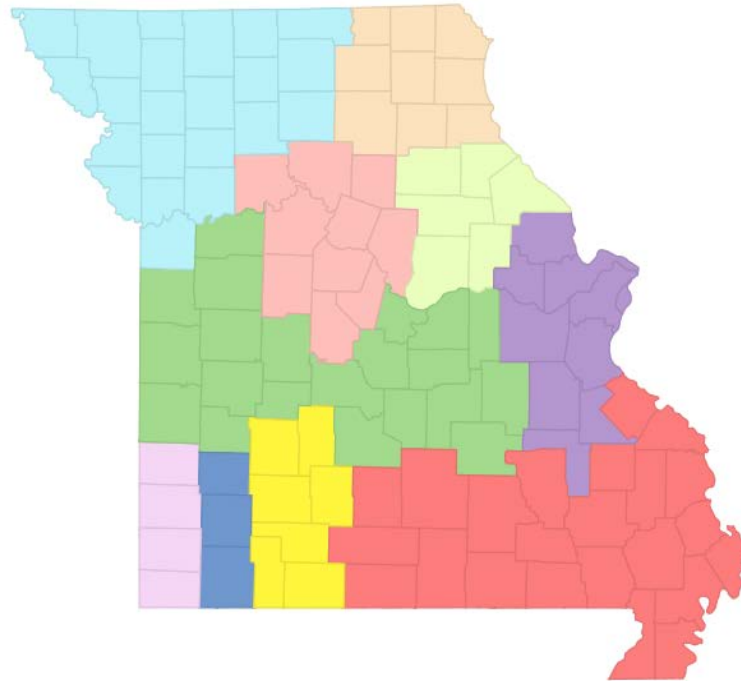


Colored backgrounds depict coverage areas of Regional Support Centers.

<http://dmh.mo.gov/docs/ada/preventionresourcenetworkcontacts.pdf>

# DMH ACI Map (Access Crisis Intervention)

Behavioral Health Crisis Hotlines are available statewide.



County:

- Select County -

<http://dmh.mo.gov/mentalillness/progs/acimap.html>

# Remember:

- Prevention is possible.
- Risk assessment teams can identify and help address a broad array of problematic behavior.
- A multi-disciplinary team, liaison relationships, and a positive climate can facilitate the overall process.
- Periodic training and/or process review are critical to effective risk assessment.
- Always consult- you are not in this alone.



**“Kids don’t care  
how much you  
know, until they  
know how much  
you care.”**

**- Dr. Madeline Hunter  
UCLA**



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# Youth Mental Health First Aid Missouri's Training for all Schools







YOUTH  
MENTAL  
HEALTH  
FIRST AID™

# Youth Mental Health First Aid USA

FOR ADULTS ASSISTING YOUNG PEOPLE



NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH



# Youth Mental Health First Aid\*

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**\*Mental Health Training is also recommended by the 2019 Governor's Task Force on School Safety**

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# COURSE OBJECTIVES

- **Identify and define the five steps of the action plan.**
- **List and define the four risk and four protective factors.**
- **Assess for risk of suicide or harm.**
- **Demonstrate the ability to conduct a risk of suicide or harm assessment inquiry.**
- **Identify ethical, legal and professional requirements/restrictions in the relationship with youth.**
- **Gain practice working through various exercises and scenarios.**

# What Is Mental Health First Aid?

**Youth Mental Health First Aid** is the help offered to a young person experiencing a mental health challenge, mental disorder, or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

*Mental Health First Aid does not teach people to diagnose or to provide treatment.*

# Why Mental Health First Aid for Those who Work With Youth?

Mental health problems:

- are common
- often develop during adolescence
- youth experiences may differ from adults

The sooner an individual gets help, the more likely they are to have a positive outcome

# Who Can Do This YMHFA?

- Teacher/Administrator
- Coach/Club Sponsor
- Transportation Staff
- Nutrition Staff
- Custodial/Maintenance Staff
- Parent/Guardian/Grandparent
- Clergy
- Professional
- Friend or Neighbor



# What is a Mental Disorder?

**A mental disorder or mental illness is a diagnosable illness that:**

- Affects a person's thinking, emotional state and behavior
- Disrupts the person's ability to:
  - work or attend school
  - carry out daily activities
  - engage in satisfying relationships

# What are Some of the Disorders We Might Hear About?

- ADD/ADHD/ODD
- Anxiety Disorders
- Bipolar Disorder
- Depression
- Eating Disorders
- Psychosis
- Substance Use Disorders



# There's a Plan for That!

## Mental Health First Aid



# The Action Plan

- **Assess for Risk of Suicide or Harm**
- **Listen Nonjudgmentally**
- **Give Reassurance and Information**
- **Encourage Appropriate Professional Help**
- **Encourage Self-Help and Other Support Strategies**

# Risk Factors

- Exposure to stressful life events/abuse/trauma
- Difficult or abusive childhood
- Medical conditions and hormonal changes
- Side effects of medication
- Family history/genetics

# Typical Adolescent Development

- **Physical Changes**



- **Mental Changes**



- **Emotional Changes**



- **Social Changes**



# Protective Factors

- **Regular school attendance**
- High self-esteem
- Good problem solving skills
- Avoiding alcohol, tobacco and other drugs
- Consistent home/family routine
- **Feeling close to at least one adult**

# Assess for Risk of Suicide or Harm

Youth may be at risk for a variety of **crisis situations:**

- Suicide or suicidal thoughts
- Non-suicidal self-injury/other personal safety issues
- Medical emergencies
- Aggression

# Taking Care of the First Aider

- Have I decided what I will do for self care?
- Who can I debrief with now?
- If I feel upset or distressed later, who can I call?
- Do I or my family need a break?

# Questions?



**Unless someone like you  
cares a whole awful lot,  
nothing is going to get  
better.  
It's not.**

**– Dr. Seuss**



**Contact Amy to set up  
your trainings:**

**Amy [Kiso@mosba.org](mailto:Kiso@mosba.org)  
573-638-7501, ext. 413**

# Have a concern?

Be wise.

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