

# PROFESSIONAL LEARNING AND SUSTAINABILITY

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## Social Wellness Supports



# TRAININGS OFFERED

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- Neurosequential Model in Education
- Neurosequential Model in Therapeutics
- Youth Mental Health First Aid

# NEUROSEQUENTIAL MODEL IN EDUCATION (NME)

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The Neurosequential Model in Education (NME) draws upon the neurodevelopmentally-informed, biologically respectful perspective on human development and functioning to help educators understand student behavior and performance.

# NME CONTINUED

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The goals of NME are to educate faculty and students in basic concepts of neurosequential development and then teach them how to apply this knowledge to the teaching and learning process.

# NME CONTINUED

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It is a way to educate school staff about brain development and developmental trauma and then to further teach them how to apply that knowledge to their work with students in and outside the classroom, particularly those students with adverse childhood experiences.

# NME CONTINUED

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This training is for classroom teachers and is a trainer-of-trainers model, and participants are equipped to bring strategies back to their schools.

# NME TRAININGS

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- Held regionally
- 84 teachers trained
- 34 districts represented
  - Cartwright- pilot school with 27 teachers

# NEUROSEQUENTIAL MODEL IN THERAPEUTICS (NMT)

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The Neurosequential Model of Therapeutics is a developmentally-informed, biologically-respectful approach to working with at-risk children and is a way to organize a child's history and current functioning.



# NMT CONTINUED

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The goal of this approach is to structure assessment of a child, the articulation of the primary problems, identification of key strengths and the application of interventions (educational, enrichment and therapeutic) in a way that will help family, educators, therapists and related professionals best meet the needs of the child.

# NMT CONTINUED

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This training is for master's level school social workers, school counselors, or school psychologists.

# NMT TRAININGS

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- Held regionally
- 123 teachers trained
- 46 districts represented

# YOUTH MENTAL HEALTH FIRST AID (YMHFA)

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YMHFA is focused on youth 12 to 25 years, and is designed to teach neighbors, teachers, parents, peers, and caring citizens how to help a child or teen who is experiencing a mental health or substance use problem or is in crisis.

# YMHFA CONTINUED

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YMHFA curriculum spans mental health challenges for youth, review of normal adolescent development, and intensive guidance through the ALGEE action plan for both crisis and non-crisis situations.

# ALGEE

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- Approach, assess and assist with any crisis
- Listen non-judgmentally
- Give support and information
- Encourage appropriate professional help
- Encourage other supports

# YMHFA TRAININGS

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- Held regionally
- 70 participants
- 24 districts represented

# ADDITIONAL TRAININGS

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- Crisis Prevention Institute (CPI)
- Multi-Tier Behavior Supports (MTBS)



# TRAININGS PLANNED FOR 2020

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- Neurosequential Model in Education
- Neurosequential Model in Therapeutics
- Youth Mental Health First Aid
- Crisis Prevention Institute
- Multi-Tier Behavior Supports

# ADDITIONAL SOCIAL WELLNESS EFFORTS

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## Intra-agency

- ADE Social Wellness Committee

## Interagency

- Behavioral Health Planning Council
- ACES Consortium
- NME/NMT Leadership Committee
- PBISAz Advisory Council

# QUESTIONS

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