

Resources related to MTSS-Behavior/Mental Health in Schools

Problem Solving Models

Collaborative Problem Solving Model (CPS)

“Lost At School” Book by Ross Greene

<https://livesinthebalance.org/> (Lots of free resources)

TX Center for Student Supports

<https://www.texascss.net>

TX School Safety Center

<https://www.txssc.txstate.edu>

Texas Institute for Excellence in Mental Health at UT, Austin

<https://www.txinstitute4mh@austin.utexas.edu>

Texas Behavioral Science & Policy Institute at UT, Austin

<https://txbspilprc.utexas.edu>

National Center on Intensive Intervention

<https://intensiveintervention.org>

Ci3T: Comprehensive, Integrated, Three-Tiered Model of Prevention

<https://ci3t.org>

Center on Multi-Tiered Systems of Support

<https://Mtss4success.org>

Yale Center for Emotional Intelligence

<https://medicine.yale.edu>

Practical Evidence-Based Intervention Ideas for Tiers 2 & 3

<https://www.PBISworld.com>

Behavior Doctor – Under resources tab on homepage, tons of free resources to download

<https://behaviordoctor.org/>

Interventioncentral.org – Academic & Behavioral Interventions – all is free on this site

<https://www.interventioncentral.org/>

National Pyramid Center of Interventions (EC - 2). Tons of free resources

<https://challengingbehavior.org/>

PBIS World Interventions

<https://pbisworld.com>

Gives lots of Tier 2 & 3 interventions for different types of behavior

Free SEL Lessons & Activities

Overcoming Obstacles SEL Curriculum

<https://overcomingobstacles.org>

Award winning K-12 life skills curriculum available free to educators worldwide

Centervention SEL Activities

<https://www.centervention.com>

95 free SEL activities, worksheets, & lessons for students in grade K-8

Digital Empowerment Journals

<https://www.varsitybrands.com>

Free access to all empowerment program & leadership resources (the Believe In You Empowerment Program)

Emotional ABCs Curriculum

<https://www.emotionalabcs.com>

A free award winning evidence-based SEL Curriculum developed with Psychologists, Therapists & Educators based on the CASEL model

Therapist Aid – Counseling Worksheets/Interventions

<https://www.therapistaid.com>

Free worksheets, treatment guides & videos for mental health professionals. Topics include CBT, anger management, self-esteem, relaxation & more

Erika's Lighthouse Classroom Programs

<https://erikaslighthouse.org>

A nonprofit organization that is on a mission to provide free mental health programs for any school anywhere. Educational lessons for grades 4-12 about mental health, depression & suicide

Counselor1Stop – High School Lessons

<https://counselor1stop.org>

A to Z compendium of resources made by school counselors for school counselors including guidance lessons for K-12; lesson plans for HS etc.

Books

Boy Who Was Raised As a Dog by Dr. Bruce Perry

Excellent book on childhood trauma from famed Child Psychiatrist

What Happened to You : Conversations on Trauma, Resilience & Healing

(by Bruce Perry & Oprah Winfrey)

Tough Kid Toolbox Series by William Jenson & Ginger Rhodes

Permission to Feel : Unlocking the Power of Emotions to Help Our Kids, Ourselves & Our

Society Thrive by Marc Brackett

The Soul, Science & Culture of Hope by Rick Miller

<https://www.kidsathope.org>

Youth Development from the Trenches: A Practitioner's Guide by Ricki Miller

Emotional Poverty by Ruby Payne