

# Supporting Student Mental Health Within MTSS & Social and Personal Competencies

**T I E R**

**T**iered **I**nterventions Using  
**E**vidence-Based **R**esearch

This TEA - T.I.E.R. Training establishes the need for student mental health support and introduces four components for promoting mental health and well-being that can be integrated within MTSS. Participants learn the current context of student mental health, the relationship between student mental health and successful student outcomes, and important elements for supporting mental health for all students, staff members, and caregivers.

“Social and Personal Competencies” refers to the ways that students and adults learn to manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. In this pathway, participants gain a better understanding of how teaching and developing social and personal competencies can improve the learning environment in schools and improve outcomes for all students. Participants also examine how to implement social and personal competencies within MTSS.

**Dec. 2,  
2025**  
Session #  
220725

**May 1,  
2026**  
Session #  
220721

**TIME:**  
**8:30  
4:00**

**AUDIENCE:**  
**Admin  
Teachers  
Counselors**

**FEE:**  
**\$50  
per person**

**LOCATION:**  
**6611  
Boeing Dr.**