Behavioral health Integrated Resources for Children Project (BIRCh Project)

The mission of the **Behavioral health Integrated Resources for Children Project** (BIRCh Project) is to provide professional development and resources for schools and strengthen the coordination of behavioral health supports provided by school and community agencies.

The **BIRCh staff** is engaged in:
- mapping resources
- building a library of evidence-based models
- coordinating professional development
- disseminating general structures, such as policies and protocols (e.g., critical incidence protocols, confidentiality forms, standards of care), that enhance access to behavioral health services. These materials specifically target strategies that schools can implement to support early identification and intervention and culturally responsive, evidence-based practices. Resource materials target strategies that schools can implement for prevention, early identification, and intervention services and culturally adapted and responsive practices to meet the needs of diverse learners.

The BIRCh Project also coordinates stakeholders from a myriad of agencies to streamline access to resources and create a network of community-based supports.

Technical Assistance Center, Trainings and Resources

FAQs:

Can I receive Professional Development Points (PDPs) to put toward my Massachusetts Department of Elementary and Secondary Education license renewal?
Yes, you can receive a certificate of completion to put toward your license renewal after completing the modules. In order for us to monitor your completion of the modules, you must register to receive instructions for accessing the modules using the below form(s). You must complete all of the modules in a content area to receive a certificate (example, you must complete all of the 7 modules on universal screening to receive a certificate). If you are **not** interested in receiving a certificate of completion, you can access the modules using the links available on our website. **You will *NOT* receive a certificate of completion for viewing these modules on our YouTube channel that you can access in the descriptions below.**

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What other online learning is available from the BIRCh website?
The below screening modules and hospital to school transition modules are freely available to view and we encourage you to share with your school team and other educators. Additional online learning that is in development by the BIRCh project includes strategies for collaborating with mobile crisis intervention (MCI) teams and implementation of Tier 2 and Tier 3 systems.
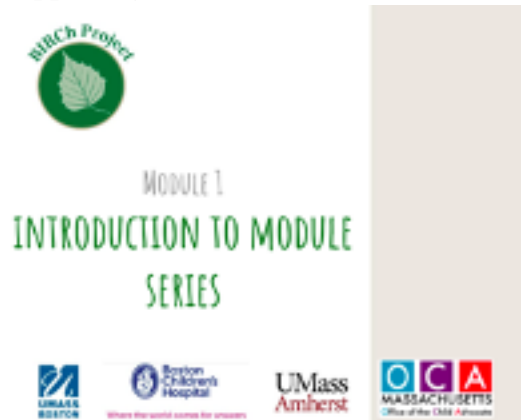**Table of Contents**
Trainings for Paraprofessionals and Mentors

Supporting Youth in Schools and in the Community: Trainings for Paraprofessionals and Mentors

The BIRCh Project at UMass and the **Office of the Child Advocate** have partnered to develop a *FREE 10 module training curriculum for the Paraprofessional and Mentor workforce*. The following training modules are based upon evidence-based practices, stakeholder interviews, and corresponding materials with the goal of improving social, emotional, and behavioral services for children across multiple settings. The modules focus on expanding the toolboxes of professionals related to culturally responsive and trauma-informed assessment, prevention, and intervention practices. Modules will address strategies for fostering well-being, behavior management, and skill building of youth. Additionally, modules will also address fostering well-being as staff and behavioral health career pathways to explore for those interested. Please email us at **birch.project@umb.edu** if you are interested in live training/coaching around these modules. We would greatly value hearing your feedback related to these modules. Please provide your feedback using **this form** after viewing.

Thank you to the Office of the Child Advocate for funding this project!

Trainings for Paraprofessionals and Mentors: Module 1
Introduction to Module Series

> **Length: 25 minutes**
> **Description of content:** This module will provide an overview of (1) the different roles, types of, duties and challenges paras and mentors face on a regular basis, (2) evidence-based public health approaches, and (3) considerations for more inclusive, culturally responsive and trauma-informed practices.
> **We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.**
> **Access Module 1 here**

Trainings for Paraprofessionals and Mentors: Module 2
Understanding behavior: The ABCs

> **Length: 34 minutes**
> **Description of content:** After viewing this module, participants will be able to (1) define and provide examples of the ABCs of behavior (antecedents, behaviors, and consequences),

(2) describe methods for de-escalating challenging behavior as well as prevention and intervention strategies, and (3) demonstrate understanding of trauma in a systemic context and tools to support children who are trauma survivors.

We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

Access Module 2 here

Trainings for Paraprofessionals and Mentors: Module 3
Engagement Strategies at Tier 1

    Length: 37 minutes

    Description of content: After viewing this module, participants will (1) learn more about universal prevention, (2) gain an understanding of the Prevent, Teach, Reinforce framework and strategies to utilize in each domain of the framework, and (3) learn steps to use in delivering effective directions to youth.

    We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

    Access Module 3 here

Trainings for Paraprofessionals and Mentors: Module 4
Skill Building at Tiers 2 and 3: Setting the Stage for Intervention Implementation

    Length: 25 minutes

    Description of content: After viewing this module, participants will be able to (1) name 1-2 strategies for collaborating with a youth's team to develop interventions and monitor the effectiveness of these interventions, (2) increase understanding related to group dynamics to apply to small and large group settings, (3) practice effective goal setting strategies, and (4) learn more about documentation to foster positive youth outcomes and improve collaboration.

    We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

    Access Module 4 here

Trainings for Paraprofessionals and Mentors: Module 5
Skill Building at Tiers 2 and 3: Adding to Your Intervention Toolbox

    Length: 38 minutes

    Description of content: After viewing this module, participants will be able to (1) name 1-2 Tier 2 and 3 more intensive intervention strategies to add to their toolboxes, (2) learn more how to monitor to see if these interventions are helping youth through progress monitoring, and (3) understand more about applying a culturally responsive and trauma-informed lenses to our work.

    We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

    Access Module 5 here

Trainings for Paraprofessionals and Mentors: Module 6
Fostering Wellbeing of Staff and Students
> **Length: 30 minutes**
> **Description of content:** Participants will work on (1) defining what well-being means to them, (2) understanding the concept of self-care in context including fostering well-being at work, (3) fostering the wellbeing of youth in practice, and (4) building the coping toolboxes of youth and staff with tools that work for them.
> **We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.**
> **Access Module 6 here**

Trainings for Paraprofessionals and Mentors: Module 7
Responding to Challenging Behavior
> **Length: 40 minutes**
> **Description of content:** After viewing this module, participants will become familiar with (1) the four common functions of behavior, (2) four steps to use in responding to challenging behavior, and (3) strategies for reinforcing prosocial behaviors in order to decrease the occurrence of challenging behaviors.
> **We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.**
> **Access Module 7 here**

Trainings for Paraprofessionals and Mentors: Module 8
Assessment: School and Community Settings
> **Length: 17 minutes**
> **Description of content:** After viewing this module, participants will (1) become familiar with assessment processes and tools that can be utilized in community settings, (2) develop a general understanding of the special education evaluation process in educational settings, and (3) understand processes for collaborating with team members and collaborating across systems.
> **We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.**
> **Access Module 8 here**

Trainings for Paraprofessionals and Mentors: Module 9
Career Paths and Certifications
> **Length: 22 minutes**
> **Description of content**: After viewing this module, participants will (1) learn more about additional behavioral health professions that paraprofessionals and mentors can explore that build

off of their current skill set, (2) gain an understanding of some of the barriers to retaining paraprofessionals and mentors, and (3) consider some factors when exploring a career path in behavioral health.

We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

Access Module 9 here

Trainings for Paraprofessionals and Mentors: Module 10

Mental Health Diagnoses: Community and School Settings

Length: 22 minutes

Description of content: After viewing this module, participants will learn more about (1) some common mental health symptoms and diagnoses, (2) the overlap between trauma and ADHD symptoms, and (3) the differences between DSM-V diagnoses and DESE educational categories.

We would greatly value hearing your feedback related to these modules. Please provide your feedback using this form after viewing.

Access Module 10 here