





# Mental Health Module Quick Reference Guide



## Purpose

The TIER Mental Health module comprises four pathways, or trainings. These pathways aid educators in implementing evidence-based practices for mental health within a multi-tiered system of supports (MTSS) framework.

Pathway	Objectives
 <b>Supporting Student Mental Health Within MTSS</b>	This pathway establishes the need for student mental health supports and introduces key 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.
 <b>Social and Personal Competencies</b>	“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.
 <b>Restorative Practices</b>	This pathway builds awareness of restorative practices as a tool to develop student-centered schools and classrooms. Participants also explore the relationship between restorative practices and MTSS.
 <b>Trauma-Sensitive Schools</b>	In this pathway, participants gain a better understanding of how a trauma-informed approach can improve the learning environment and improve outcomes for all students. Participants explore the research on adverse childhood experiences, the definition of childhood trauma, stress and fear responses, attributes of a trauma-sensitive school, and trauma-informed care within MTSS.

## Note

We encourage you to engage with the Behavior module, which is closely related to the Mental Health module.



## Training and Support

To engage in any of the Mental Health module pathways or to receive support for implementation, contact a Certified TIER Trainer in your region by visiting [sped.support/mtss-trainers](https://sped.support/mtss-trainers).