



## May is Mental Health Awareness Month: Project AWARE Strength-Based Resources

In honor of Mental Health Awareness Month, Project AWARE Ohio would like to share the following positive resources:

### **Positive Behavioral Interventions and Supports (PBIS):**

In schools, the PBIS framework involves directly teaching students expected behaviors in the building. Expected behaviors are worded in a positive way, focusing on how students should behave, rather than what they shouldn't do. Parental involvement with PBIS can take many forms, including providing a safe and supportive environment for students, modeling positive behaviors and values in the home, providing educational opportunities and help to students, or participating in school events and activities. To learn more about PBIS, please access our *PBIS for Parents: A Primer* information brief: <http://resources.oberlinkconsulting.com/uploads/infobriefs/PBIS-for-Parents-Info-Brief-FINAL.pdf>

### **School Climate:**

The National School Climate Center defines school climate as the “quality” and “character” of school life. More specifically, this multidimensional construct encompasses the values and beliefs that are shared within the school. These shared ideas subsequently influence the interactions between students and school personnel and establish the norms and behaviors that are expected within the school. Research suggests school climate significantly affects students’ mental and physical health, as well as academic engagement and success. To learn more, please see our *School Climate* information brief: [http://resources.oberlinkconsulting.com/uploads/infobriefs/School-Climate-Brief\\_final.pdf](http://resources.oberlinkconsulting.com/uploads/infobriefs/School-Climate-Brief_final.pdf)

### **Resilience:**

Resilience is a term that describes positive functioning in the midst of adversity that threatens a normal developmental trajectory. Because children bring a wide variety of adverse experiences into school, and resilience has many social influences, the school setting is an optimal place to foster resilience in children. To learn more about how to support resilience among students, please read our *Fostering Resilience within a Tiered Framework* information brief: [http://resources.oberlinkconsulting.com/uploads/infobriefs/Final\\_Resilience\\_Brief\\_No\\_2.pdf](http://resources.oberlinkconsulting.com/uploads/infobriefs/Final_Resilience_Brief_No_2.pdf)

### **Mindfulness:**

Mindfulness is defined as the practice of “paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”. Youth-focused contemplative practices that have been shown to be effective include yoga, meditation, Tai Chi, breathing exercises, and body scan. Two of the more commonly recognized interventions include mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT). To learn more about mindfulness practices among youth, please access our *School-Based Mindfulness Interventions* information brief: [http://resources.oberlinkconsulting.com/uploads/infobriefs/Final\\_Mindfulness\\_Brief\\_No\\_3.pdf](http://resources.oberlinkconsulting.com/uploads/infobriefs/Final_Mindfulness_Brief_No_3.pdf)

### **Family Engagement:**

We have learned from several decades of research that systematic collaboration with families based on strong personal relationships are the most impactful. By systematic, we mean intentional strategies that are sustained over time and are aligned with the learning and developmental needs of children. To learn more about best practices in family engagement, please access our *Family-School Partnerships* information brief: [http://resources.oberlinkconsulting.com/uploads/infobriefs/Family\\_Engagement\\_Brief\\_Project\\_AWARE.pdf](http://resources.oberlinkconsulting.com/uploads/infobriefs/Family_Engagement_Brief_Project_AWARE.pdf)

### **Coping Strategies:**

Coping strategies are the behaviors, thoughts and emotions that individuals use to adjust to the changes that occur in their lives. Effectively dealing with stress is an important component of wellness. People who respond better to everyday stress are less likely to suffer from depression and anxiety and have more positive outcomes in stressful situations. To learn more, please access our *Promoting Coping Strategies in Youth* information brief: [http://resources.oberlinkconsulting.com/uploads/infobriefs/Youth\\_Coping\\_Strategies\\_Info\\_Brief.pdf](http://resources.oberlinkconsulting.com/uploads/infobriefs/Youth_Coping_Strategies_Info_Brief.pdf)

All of our Project AWARE Ohio resources can be found at: <http://resources.oberlinkconsulting.com/>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

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For information about Project AWARE in other regions of the state, please contact:

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