



STATE OF MARYLAND  
Community Health Resources Commission  
45 Calvert Street, Room 336 • Annapolis, Maryland 21401

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UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



# Evidence-Based Practices (EBP) Training Package for MD Grantees

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The National Center for School Mental Health (NCSMH) is providing technical assistance to the Maryland Consortium on Coordinated Community Supports and the Community Health Resources Commission (CHRC) as they establish a statewide framework to expand access to comprehensive school behavioral health services for Maryland students.

The following trainings provided through the Coordinated Community Supports Partnerships are intended for community service providers to help expand access to high-quality behavioral health and related services for students and families.

This document includes training information and reminders about the 15 priority EBPs that are coordinated through the National Center for School Mental Health. Please review the training information for the EBPs your organization selected and is funded to participate in this year.

Please note that at the end of each training, trainees will receive a link to a post-training survey. It is important that trainees complete this survey for each training attended. Responses will help us provide effective and meaningful EBP trainings, better support people implementing EBPs, and understand the impacts of behavioral health funding. Upon completion of the post-training survey, a training certificate will be available.

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## Training Reminders

**How do I register for trainings?** The point of contact for your organization will receive a registration link to add individual names and email addresses. Those names will be forwarded to trainers for additional communication about training updates.

**Are CEUs offered?** It depends! CEUs are offered for some trainings, depending on whether it is an established offering from the purveyor. CEUs are not yet offered by the NCSMH/CHRC through the grant. More information on CEUs is listed under each training.

**What happens if I need to reschedule/cancel?** Please aim to show up for selected trainings. While we will do our best to accommodate rescheduling requests, there is no guarantee that your training will be rescheduled.

**Are trainings virtual or in person?** Trainings are virtual!

**What should I do if my team is already partnering with another organization for training in the priority EBPs?** Priority EBP trainings funded by the CHRC should be coordinated through the NCSMH. This aids training tracking and reporting as required by the grant.

**Can my organization request additional training slots?** Requests for additional training slots will be reviewed on a case-by-case basis by the CHRC and the NCSMH. Written justification for any change in training is required and should be submitted to the CHRC.

***Please note: Training sessions and dates are subject to change based on trainer availability.***

## Training Expectations

A couple of notes to welcome you and keep training running as smoothly as possible:

- **Please arrive at each session on time.** Trainees from across the state will be joining training sessions, and your promptness ensures an on-time start and stop time and will reduce disruptions to the training process.
- **Please have your camera on and be present for the entirety of the training.** Your participation in the session, as well as in the group breakouts, is necessary to receive your certificate of completion and to be counted as trained in the intervention by the Consortium and your organization.
- **While implementation may occur at different levels, a wide range of providers including clinicians and supervisors may attend these training sessions.** All participants should remain fully engaged in their sessions in order to gain a comprehensive understanding of how the EBPs are being utilized with students and/or families and to enhance comfort with delivering the content.
- **Participants are requested to complete the post-training evaluation survey at the end of each session.** Completion of this survey is required to receive certificates of completion.
- **Trainees are encouraged to attend the post-training implementation support calls to help promote effective implementation.**

## Adolescent Community Reinforcement Approach (A-CRA)

**Description of intervention:** *Cognitive-behavioral therapy (CBT) to reinforce substance-free lifestyles in adolescents*

**Intervention target audience:** 12 to 24 years old

**Who should attend this training?** Master-level clinicians

**Training information:**

**September 12-13, 2024**

**9:00am - 3:30pm**

This training is a two-day session.

**CEU(s) Offered:** Yes, CEU(s) are offered for this training and a Certificate of Attendance is available.

## Counseling on Access to Lethal Means (CALM)

**Description of intervention:** *Counseling on reducing access to means of self-harm as a key component of suicide prevention*

**Intervention target audience:** All ages

**Who should attend this training?** Clinically-oriented individuals; relevant to direct services providers

### Training information:

**September 19 or 27, 2024 (morning sessions only)**

**Morning Sessions: 8:30am-12:00pm**

**Afternoon Sessions: 1:00pm-4:30pm**

This training is an approximately 3.5-hour session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)

**Description of intervention:** *Cognitive-behavioral therapy (CBT) for anxiety, post-traumatic stress, depression, and behavioral parent training for disruptive behaviors*

**Intervention target audience:** For children/adolescents: ages 5 – 15  
For parents/caregivers of children ages 5 – 15

**Who should attend this training?** Clinicians

### Training information:

September 17-18, 2024: Tues. and Wed. from 8:00am to 4:00pm  
October 2-3, 2024: Wed. and Thurs. from 8:00am to 4:00pm

This training is a two-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.



## Safety Planning Intervention (Stanley and Brown)

**Description of intervention:** *Assists at-risk adolescents in creating a list of coping strategies and sources of support to reduce the risk of suicide*

**Intervention target audience:** Students ages 6 and up

**Who should attend this training?** All school-based staff (e.g., school counselors, peer supporters, prevention workers in the school)

### Training information:

August 21, 2024

September 19 & 27, 2024

October 28 & 29, 2024 - 4:00pm-7:30pm

This training is a one-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/UP-A)

**Description of intervention:** *Cognitive-behavioral therapy (CBT) for anxiety disorders, depression, and related emotional disorders in children and adolescents*

**Intervention target audience:** Students ages 6 and up

**Who should attend this training?** Licensed mental health clinicians

**Training information:**

**October 14-15, 2024**

**December 9-10, 2024**

**9:00am-4:00pm**

This training is a two-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Bounce Back (BB)

**Description of intervention:** *A group intervention with games and activities that teach skills for healing from traumatic events, along with cognitive-behavioral therapy (CBT) to address trauma symptoms*

**Intervention target audience:** K-5th grade

**Who should attend this training?** Master-level clinicians

### Training information:

**August 29-30, 2024**

**September 12-13, 2024**

**9:00am-4:00pm on both days**

This training is a two-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

**Description of intervention:** *A group intervention with games and activities that teach skills for healing from traumatic events, along with cognitive-behavioral therapy (CBT) to address trauma symptoms*

**Intervention target audience:** 6th-12th grade

**Who should attend this training?** Master-level clinicians

### Training information:

August 19-20, 2024  
September 12-13, 2024

9:00am-4:00pm on both days

This training is a two-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Screening, Brief Intervention, and Referral to Treatment (SBIRT)

**Description of intervention:** *Screening, brief intervention, and referral to treatment for substance use disorders*

**Intervention target audience:** Students 9 and up

**Who should attend this training?** Individuals working in a clinical setting

### Training information:

**Adolescents: September 19, 2024**

**9:30am – 3:00pm**

This training is a one-day session.

**CEU(s) Offered:** Yes, CEU(s) are offered for this training and a Certificate of Attendance is available.

## Student Check Up (Motivational Interviewing)

**Description of intervention:** *A semi-structured, school-based motivational interview designed to help adolescents adopt academic enabling behaviors*

**Intervention target audience:** Students 12 and up

**Who should attend this training?** Mental health clinicians or trainees

### Training information:

September 19, 2024 and September 27, 2024

October 18, 2024 and October 25, 2024

9:30am-4:30pm on both days

This training is a two-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Therapeutic Mentoring

**Description of intervention:** *Develops mentor competencies in mental health theory and practice to promote high-quality, strengths-based, and culturally responsive mentoring*

**Intervention target audience:** Mentors/paraprofessionals who work directly with youth up to the age of 21

**Who should attend this training?** Any adult who mentors youth

### Training information:

You may choose from either of the formats as both will contain the same content:

#### 1. One-day training + six ~weekly 1-hour follow-up sessions

The one-day training option was held on **August 9, 2024, 9:00am-4:00pm**. Weekly follow-up sessions will occur every Tuesday, **September 10, 2024 - October 15, 2024, 3:00pm-4:00pm**

#### 2. Twelve ~weekly 1-hour training sessions

**August 12, 19, & 26, 2024 - 3:00pm-4:00pm**  
**September 16, 23, & 30, 2024 - 3:00pm-4:00pm**  
**October 7, 21, & 28, 2024 - 3:00pm-4:00pm**  
**November 4, 18, & 25, 2024 - 3:00pm-4:00pm**

This training is a two-hour, synchronous, virtual training for clinicians and a one-day, asynchronous, virtual training for mentors/paraprofessionals.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Botvin Life Skills

**Description of intervention:** *A classroom intervention to help adolescents develop confidence and skills to effectively handle challenging situations*

**Intervention target audience:** 3rd to 12th grade

**Who should attend this training?** Teachers, health educators, counselors, nurses, mental health professionals

**Training information:**

**TBD**

This training is a one-day virtual session.

**CEU(s) Offered:** Yes, CEU(s) are offered for this training and a Certificate of Attendance is available.



## Chicago Parent Program

**Description of intervention:** *A 12-session parent group program to strengthen parenting and reduce behavior problems in young children*

**Intervention target audience:** Parents/caregivers of children ages 2-8

**Who should attend this training?** Individuals working with families

### Training information:

December 2-5, 2024

12:00pm -3:30pm

This training is a four-day virtual session.

**CEU(s) Offered:** Yes, CEU(s) are offered for this training and a Certificate of Attendance is available.

## Circle of Security

**Description of intervention:** *A structured, video-guided program with eight sessions that helps facilitators support parents and caregivers of children from birth to age 6, focusing on fostering secure attachment during these crucial early years*

**Intervention target audience:** Parents/caregivers and educators of children ages 0-5

**Who should attend this training?** Open to all - individuals must implement in a professional setting

### Training information:

#### One-week format:

August 22-29, 2024 - 6:00pm-8:00pm

#### Two-week format:

September 5-19, 2024 - 1:00pm-3:00pm

This training is a one- or two-week online format including five required online live sessions as well as self-directed learning. The time commitment is 25-35 hours and it is suggested to spread the training over half of your work schedule across two-weeks or complete it in a full workweek if choosing the one-week option.

**CEU(s) Offered:** Yes, CEU(s) are offered for this training and a Certificate of Attendance is available.

## Family Check Up

**Description of intervention:** *A brief, strengths-based intervention designed to reduce children's problem behaviors by improving parenting and family management practices*

**Intervention target audience:** Families with children ages 2 through 17

**Who should attend this training?** Anyone working with families

### Training information:

**August 22-23, 2024**

**September 9-10, 2024 / September 25-26, 2024**

This training includes 15-20 hours of self-paced, e-learning, 12 hours of implementation training (four, 3-hour virtual sessions scheduled by the trainer), and 20-25 hours of implementation support sessions scheduled with the trainer post training.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Strengthening Families Program

**Description of intervention:** *Skills training program for families at high risk for behavioral problems; parents and youth attend weekly classes to learn parenting skills and youth life and refusal skills, followed by joint family practice sessions*

**Intervention target audience:** All families, including those with youth using substances

**Who should attend this training?** Anyone working with families

### Training information:

**August 19, 21, & 22, 2024**

**9:30am – 3:30pm on all days**

This training is a three-day session.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.

## Youth Aware of Mental Health (YAM)

**Description of intervention:** *A 5-session interactive classroom intervention for students that educates them about mental health, promotes peer support, and aims to reduce depression and suicidal behavior*

**Intervention target audience:** Students ages 13-17

**Who should attend this training?** Clinicians

### Training information:

**Training dates to be determined soon; tentatively scheduled for January 2025**

**Pre-implementation meetings will be held August 27 & 28, 2024  
9:00am-10:00am**

This training involves up to a 5-days, in-person instructor course.

**CEU(s) Offered:** No, CEU(s) are not offered for this training; however, a Certificate of Attendance is available.