

Evidence-Based Practice Training Menu for Maryland School Staff

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



Trainings are offered virtually to district and school providers across the state to enhance the quality of Maryland's school behavioral health supports and services.

Available Now for School Clinicians / Providers

The Student Check-Up (Motivational Interviewing)

Helps adolescents adopt academic enabling behaviors

Target audience: Ages 12 and up

Training requirement(s): Two-day virtual training (7 hours per day)

Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Bounce Back (BB) and CBITS/BB Combo

Provides games and activities that teach skills for healing from traumatic events, as well as cognitive-behavioral therapy (CBT) to address trauma symptoms

Target audience: 6th-12th grade (CBITS); K-5th grade (BB)

Training requirement(s):

- CBITS - Two-day virtual training (7 hours per day)
- BB - Two-day virtual training (7 hours per day)
- CBITS/BB combo - Three-day virtual training (7 hours per day)

Counseling on Access to Lethal Means (CALM)

Provides counseling on reducing access to means of self-harm

Target audience: Ages 6 and up

Training requirement(s): Half-day virtual training (3.5 hours)

Safety Planning Intervention (Stanley and Brown)

Helps at-risk adolescents develop a list of coping strategies and sources of support

Target audience: Ages 6 and up

Training requirement(s): One-day virtual training (7 hours)

Available Soon for Classroom Educators

Mental Health Essentials for Coaches

Equips coaches and school staff with strategies and tools to support the mental well-being of their athletes/students, fostering a positive and resilient sports environment

Target audience: K-12 team members/students

Training requirement(s): 75-minute virtual training

Mental Health Essentials for Teachers & Students

Enhances mental health literacy of educators and students

Target audience: Educators and students (grades 6-12)

Training requirement(s):

- Part I/Day 1 (mental health literacy for teachers): One-day virtual training (3 hours)
- Part II/Day 2 (student curriculum delivery training): One-day virtual training (4 hours)

Pyramid Model / Positive Solutions for Families

Promotes the social, emotional, and behavioral outcomes of children from birth to age five, reducing the use of inappropriate discipline practices, promoting family engagement, using data for decision-making, integrating early childhood and infant mental health consultation and fostering inclusion

Target audience: Pre-K classrooms

Training requirement(s):

- Preschool: Three-day virtual training (7 hours per day)
- TPOT Classroom Fidelity Observations: 2.5 hours, 2x a school year

Good Behavior Game

Offers behavioral classroom management strategies to help students develop teamwork and self-regulation skills

Target audience: K-5 classrooms

Training requirement(s): One-day virtual training (7 hours)

Interested in attending a training or need more information?
Please contact Karah Palmer at Karah.Palmer@som.umaryland.edu.