



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 (please see more information on CEUs listed under each training). CEUs are not yet offered by the NCSMH/CHRC through the grant; however, a Certificate of Attendance is offered to those who attend the full training and complete the training evaluation. Certificates of Attendance confirm presence at a training and can be submitted to licensing boards; however, it is up to the board to approve.
- **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, with the exception of YAM.
- **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:

This is a two-day virtual training (6.5 hours per day).

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_3KwswKg9wYNRLYV

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:

This is a half-day virtual training (3.5 hours).

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_3VPx0bzbrDjrl5A

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:

This training is a two-day virtual training (8 hours per day)
unless otherwise noted.

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_2o6MR8y3Xcrl8Sy

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:

This is a one-day virtual training (7 hours) unless otherwise noted.

Click the registration link below to view upcoming training dates and times.
https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_bqOY4zeGk3FZXG6

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:

This is a two-day virtual training (7 hours per day).

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_5mRCDcL1lrwTKJw

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:

This is a two-day virtual training (7 hours per day) for BB only.

This is a three-day virtual training (7 hours per day) for CBITS & BB combo.

**Click the registration links below to view upcoming training dates and times.
(BB only):**

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_9ZHrw3B3KkOFyDk

(CBITS & BB combo):

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_8xkybfVzAFhIjoW

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:

This is a two-day virtual training (7 hours per day) for CBITS only.

This is a three-day virtual training (7 hours per day) for CBITS & BB combo.

**Click the registration links below to view upcoming training dates and times.
(CBITS only):**

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_0xigmuXVHQvyb2u

(CBITS & BB combo):

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_8xkybfVzAFhIjoW

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:

This is a one-day virtual training (5.5 hours).

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_em6WgYieytXavBP

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:

This is a two-day virtual training (7 hours per day).

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_0cDyE3dtfNkXers

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 virtual training (7 hours) + six ~weekly 1-hour follow-up sessions
2. Twelve ~weekly 1-hour training sessions

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_eYgvV0mTFNaDQeG

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:

This is a one-day virtual training (6 hours).

Click the registration link below to view upcoming training dates and times.
https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_56008GduHG77mzr

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:

This training is a four-day virtual training (3.5 hours each day).

To register for this training, please contact Karah Palmer:

Karah.Palmer@som.umaryland.edu

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:

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.

To register for this training, please contact Karah Palmer:

Karah.Palmer@som.umaryland.edu

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:

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

Registration Link: Trainees will receive the link from the trainer.

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:

This is a three-day virtual training (6 hours per day).

To register for this training, please contact Karah Palmer:

Karah.Palmer@som.umaryland.edu

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:

9:00 - 5:00pm on Monday - Thursday; Friday (9:00am - 1:00pm)

This is a five-day, in-person training.
(8 hours per day; 5th day will be 4 hours)

Click the registration link below to view upcoming training dates and times.

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_0PU6m3GBiPfxoHA

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