

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Region 8 Demonstration Program Profile

Region 8 Overview

Region 8 includes the counties of Kern, San Luis Obispo, Santa Barbara and Ventura, with approximately 2.4 million residents representing urban, suburban, rural and frontier areas. There are 100 districts in the region serving approximately 418,644 K-12 students. The Region 8 demonstration programs focus on positive school climate and culture and suicide prevention.

Contact Information

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Mental Health Region: Southern

Positive Behavioral Interventions and Supports

Program Topic

School Climate and Culture

Target Population

K-12 and Alternative Education Students and Staff

Location

Kern and Ventura Counties

Implementation Strategies

PBIS is a decision-making framework designed to ensure all students have access to the most effective and fully implemented instructional and behavioral practices and interventions. Through trained *PBIS* teams of school staff and parents, participating schools:

- Develop a continuum of scientifically-based behavior and academic interventions and supports
- Use data to make decisions and solve problems
- Arrange the environment to prevent the development and occurrence of problem behavior
- Teach and encourage pro-social skills and behaviors
- Implement evidence-based behavioral practices with fidelity and accountability
- Screen universally and monitor student performance and progress continuously
- Improve school climate, parent involvement, and student attendance

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safeTALK

Program Topic

Suicide Prevention

Target Population

9-12 Students, Administrators, School Staff, Parents and Community Members

Location

Ventura County

Implementation Strategies

safeTALK, approximately three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Participants learn how to use invitations for help to:

- Move beyond common tendencies to miss, dismiss or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with suicide thoughts to local suicide first aid, interventions and caregivers

www.regionalk12smhi.org



WELLNESS • RECOVERY • RESILIENCE

The California County Superintendents Educational Services Association's Regional K-12 Student Mental Health Initiative is administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.