



SCHOOL *of* EDUCATION
and HUMAN DEVELOPMENT

Reestablishing Conditions for Teaching and Learning

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National Center for
Rural School Mental Health



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Understanding the Impact of the Pandemic

- Significant impacts on academics, as well as social-emotional, behavioral, and mental health outcomes (National Academies of Science, Engineering, & Medicine, 2023)
- Unprecedented burden on teachers and administrators and numerous challenges *still* faced throughout this “peri-pandemic” period (Bradshaw et al., 2023).
- Even without the challenge of a pandemic, stress is a major concern among educators, with high rates of burnout and work-related stress pre-pandemic (Herman et al., 2018).



Need for Mental and Behavioral Health Supports in Schools



- **20% of school-age youth experience a serious mental health issue, yet few receive services**
 - And those who do, are most likely to do so in schools
- **Situation is significantly exacerbated by COVID-19 pandemic**
 - 40% increase in youth mental health concerns since the onset of the pandemic (Murthy, 2021; Racine, 2021)
 - 20% of adolescence are reporting depression symptoms
 - 25% of adolescence are reporting anxiety symptoms
 - 50% increase in suicide attempts (Yard et al., 2021)

Early Identification System

(Reinke et al., 2021; 2023)

A brief, universal tool to assess overall social-emotional well-being of all students

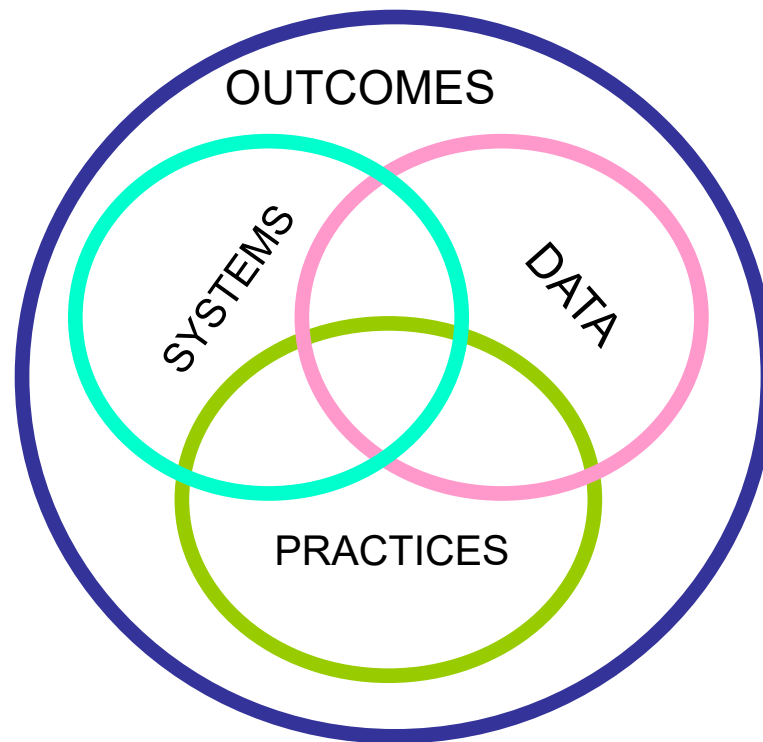
Teacher Checklist

- 10-15 minutes per classroom
- Teachers document concerns they observe

Student Checklist

- Students in grades 3 to 12 self-report
- 5-10 minutes to complete

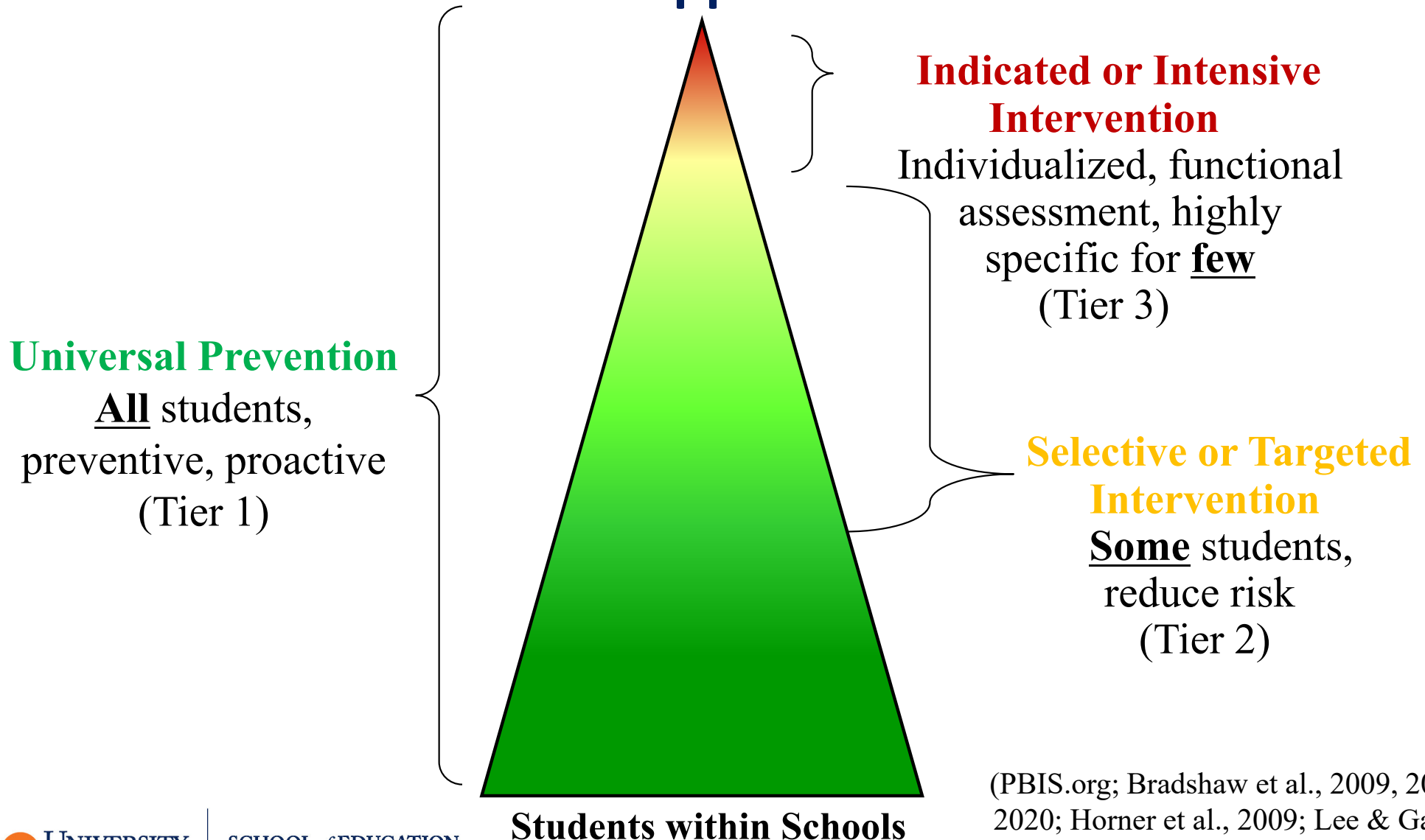
(Reestablishing) Conditions for Teaching and Learning



Positive Behavioral Interventions and Supports (PBIS):
Whole-school Approach to Prevention and Promotion

There is nothing political about prevention...

A Multi-tiered System of Supports: A Public Health Approach to Prevention



(PBIS.org; Bradshaw et al., 2009, 2021, 2020; Horner et al., 2009; Lee & Gage, 2020; IES, 2022; IOM, 2009)

Impacts of Multi-tiered System of Supports for Behavior

• Student Outcomes

- Reduces bullying, suspensions, aggressive behavior, unnecessary referrals to special education, & discipline problems, *particularly among higher-risk students*
- Improves emotion regulation, concentration, prosocial behavior, classroom management, & academic achievement

• Staff Outcomes

- Improves school climate, principal leadership, collegial relationships, & academic emphasis

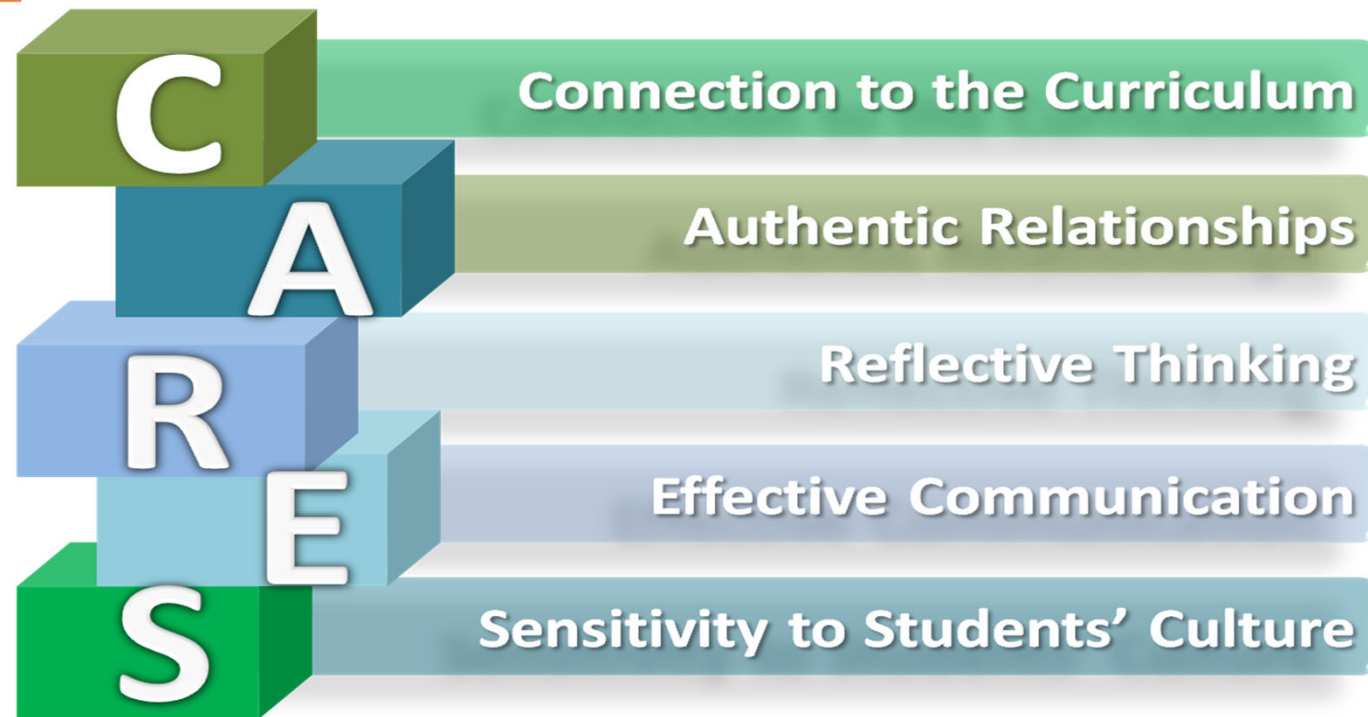
• Lessons Learned from Leading 4 Randomized Controlled Trials

- Effects strongest at elementary level
- Get a lot of benefit from the universal (Tier 1) supports, particularly among *higher-risk students*
- Synergistic effect when combined with SEL programming
- Need coaching and to focus on implementation to reach high fidelity and optimize outcomes
- Requires district and state support

• Significant Return on Investment of Tier 1 Supports

- Net total present-day cost savings value of **\$450,000 per 100 elementary students** and **\$86,000 for every 100 secondary students** (taking in consideration outcomes like academics, bullying, aggressive behavior, suspensions, mental health) (Bradshaw et al., 2020; 2021)

Closing the Discipline Gap through Coaching and Professional Development for Teachers



<https://www.doublecheckcoaching.org>

Essential Role of Research/Practice Partnerships

Evaluating Maryland State Policies to Improve School Climate (IES R305H150027: Bradshaw PI)

- Well-positioned to leverage longitudinal data systems
- Important to look beyond just “academic outcomes for students”, and examine impact on context for teaching and learning – including workforce issues
- Conduct research on meaningful topics that are timely and address local needs
- Build the essential infrastructure to scale-up and sustain evidence-based practices



National Center for
Rural School Mental Health



Focus on Scaling-up Evidence-based Programs

Enhancing the Capacity of Rural Schools to
Identify, Prevent, and Intervene in Youth
Mental Health Concerns

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<https://www.ruralsmh.com>

Additional Resources

- [*Student Mental Health And Well-being: A Review Of Evidence And Emerging Solutions*](#) (Center on Reinventing Public Education, 2022)
- [*Addressing the Long-Term Effects of the COVID-19 Pandemic on Children and Families*](#) |The National Academies Press (2023)
- www.PBIS.org
- [National Center on Safe Supportive Learning Environments \(NCSSLE\)](#) (ed.gov)
- [Preventive Interventions Team: Collaborative Research on Engagement and Wellbeing](#)