



## President's Message -

### Take Time to Reflect... and Celebrate

Dear Colleagues,

As this school year comes to an end, you can certainly see the progress you have made and the impact that you have had on the lives of students. What do you suppose made the biggest difference? What brought you to where you are today? Over the next several weeks, I urge you to think back to the beginning of the year, and then reflect on where you are today. Without a doubt, there are some very intentional practices that made a difference in the lives of your students, just as there were unintentional ones.

Reflecting on what has worked and what has not worked will take your teaching career to a whole new level. Oftentimes in education, it becomes about surviving until fall break, surviving until Christmas break, surviving until spring break, and then finding that you survived to see summer vacation...or at least that is how it was for me when I began as an EBD teacher. It was challenging, yet each year I was able to equip my toolbox with new strategies and new knowledge that would help me be successful. I thank the many professionals involved in KY-CCBD for helping me to continue to equip my toolbox.

Working with students who have emotional and behavioral disabilities can be a draining and a daunting task....you know that better than anyone! However, you also know that it can be very rewarding and fulfilling. The key is learning to celebrate the small victories and learning to see each student for his or her strengths and focusing on those more than weaknesses. This will become easier each year, by equipping your personal toolbox with strategies and skills that work for you and your students.

Take time and focus on the strengths that you brought to the classroom this year. Reflect on the strategies and skills that worked for you and made a positive impact on your students. Above all, celebrate the victories and successes and reflect on how you can come back next year even more equipped to do it all again!

Have a safe and relaxing summer!

*Traci Sharpe*

KYCCBD President

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## Get Involved!

KYCCBD

Meetings

Join us at Central KY Special Education Cooperative from 10am-2pm on the 2nd Saturday of each month

CKSEC is located at 2331 Fortune Drive, Suite 110, Lexington KY 40509

## Inside this issue:

Mental Health First Aid	2
Teen Suicide	3
Behavior Home Page	3
Internet Safety	4
Resource Round-Up	4-5

## Mental Health First Aid: Identifying and Intervening Early

Due largely to horrific tragedies, such as Newtown and Tucson, our country is becoming increasingly aware of the importance of early identification and intervention for mental illness. Mental Health First Aid is a unique and powerful vehicle for community education by training participants to identify, understand, and respond to signs of mental illness on a “first aid” basis. Mental Health First Aid teaches participants to implement a five-step action plan, ALGEE, to support someone developing signs and symptoms of mental illness or in an emotional crisis:

**Assess for risk of suicide or harm**

**Listen nonjudgmentally**

**Give reassurance and information**

**Encourage appropriate professional help**

**Encourage self-help and other support strategies**



The youth version of Mental Health First Aid is an evidence-based training program to help individuals identify mental health problems in young people, connect youth with care, and safely de-escalate crisis situations. The program, focusing on youth ages 12 to 25, provides an ideal forum to engage communities in discussing the signs and symptoms of mental illness, the prevalence of mental health disorders, the effectiveness of treatment and how to engage troubled young people in services. Youth Mental Health First Aid is primarily designed for adults — family members, caregivers, school staff, health and human services workers, etc. — who work with young people 12-25, but is also appropriate for older adolescents.

If you are interested in learning more about Youth Mental Health First Aid, please contact Carmilla Ratliff with Kentucky Partnership for Families and Children at (502) 875-1320 or via email at [carmilla@kypartnership.org](mailto:carmilla@kypartnership.org). Carmilla is a certified Youth Mental Health First Aid Instructor and is available upon request.

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*Learn more about Mental Health First Aid at:*

*Web: [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)*

*Facebook: [Mental Health First Aid USA](https://www.facebook.com/MentalHealthFirstAidUSA)*

*Twitter: [@MentalFirstAid](https://twitter.com/MentalFirstAid)*



## National Suicide Prevention Lifeline... Add the Number to Your Phone Contacts

Suicide is the 2nd leading cause of death for youth ages 15-24 years of age and the 3rd leading cause of death for youth ages 10-14 in Kentucky. Among Kentucky high school students, the national Youth Risk Behavior Survey (2011) found:

	Kentucky	Nation
Reported attempting suicide one or more times in last 12 months	10.9%	7.8%
Reported making a suicide attempt that led to being treated by a doctor or nurse in last 12 months	4.6%	2.4%
Reported having made a plan for a suicide attempt in last 12 months	13.7%	12.8%



The National Suicide Prevention Lifeline is a free, 24-hour hotline available to anyone in suicide crisis or distress. Please take a moment to add 1-800-273-TALK (8255) to your phone contacts and encourage others to do the same. It could save a life!

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## Looking for a few good behavior resources? Check out the re-designed Behavior Home Page

Looking for a few good behavior resources? Well, look no further. The Behavior Home Page has recently been re-designed and features links to new online resources designed to address challenging behaviors. The Behavior Home Page has been a collaborative effort between the Kentucky Department of Education and the Department of Special Education and Rehabilitation Counseling at the University of Kentucky. The purpose of the website is to provide information and resources to school personnel, parents, and others who work with or on behalf of children and youth with challenging behaviors. In addition to Behavioral Response to Intervention, visitors to the site will see links to social skills instructional resources, data tools, and state and federal special education legal information. The website is maintained by KYCCBD Publications Co-Chair, Donna Meers, and can be accessed at <http://www.state.ky.us/agencies/behave/homepage.html>. Be sure to check it out and drop Donna an email if you have suggestions for additional behavior resources.

Add the Behavior Home Page to your Favorites:  
<http://www.state.ky.us/agencies/behave/homepage.html>

## Resource Round-Up

### **ADAPT:**

### **Advancing Decision Making and Problem Solving for Teens**

By Jason Burrow-Sanchez, PH.D.

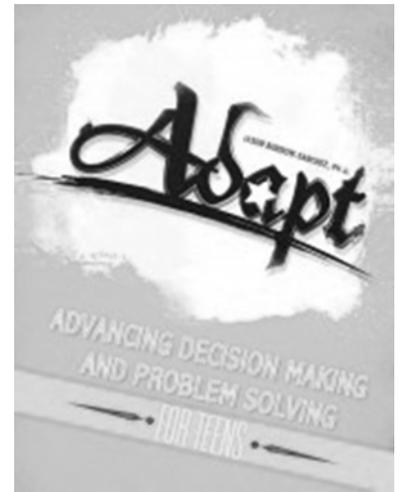
Working with middle and high school students who are at risk for substance use, aggression, truancy, poor school performance, and depressive moods can be challenging. The author proposes that many of these students also lack effective problem-solving and decision making skills.

*ADAPT: Advancing Decision Making and Problem Solving for Teens* is a new resource educators can use to teach effective problem solving, decision making, refusing drugs, effective communication and anger management.

Once students are identified to participate in this Tier II or small group intervention, a school professional facilitates sessions to teach strategies in 45 to 60 minutes sessions. Students practice using strategies in the context of issues they are experiencing. In- and out-of-school practice opportunities are provided using strategies such as behavior mapping, identifying triggers, and role-playing.

*ADAPT* includes a CD with in-session worksheets, homework assignments, and other tools for group facilitators. Where appropriate, forms can be modified with school- or community-specific information. Field-testing showed reductions in depressive symptoms, increases in self-esteem, and good rates of abstinence for substance use.

For more information, visit Pacific Northwest Publishing, <http://bit.ly/YEFHIm>



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### FREE Internet Safety Tool Kit

While the internet offers tremendous opportunities for children and youth, there are also risks involved. Because teens spend an average of 5 hours per day online, it is critical that adults become knowledgeable about internet safety. Educate yourself about the latest technology and learn how to avoid risks by accessing Prevent Child Abuse Kentucky's 2013 Internet Safety Tool Kit. The free Tool Kit is available for download at <http://www.pcaky.org/internetsafety.html>

Get involved!

KYCCBD

needs you!

Add us to your Favorites:

[http://kycec.org/ccbd\\_about.htm](http://kycec.org/ccbd_about.htm)

## Resource Round-Up

### Connections

By Mickey Garrison

*Connections* was developed in 1992 by Mickey Garrison and staff when she was a principal of a large elementary school in southern Oregon. This Tier II and III intervention strategy was developed and implemented with students who were struggling to follow directions, control their anger, complete their assignments, and various other behaviors that interfered with their learning.

Each day and in every class, students in the *Connections* program practice desired behaviors to replace those that have been identified as troublesome. Students carry a card, the Daily Monitor. Teachers and other staff members use the Daily Monitor to monitor the specified behaviors, awarding points that reflect performance. These points, and the comments that teachers may make on the Daily Monitor or verbally to the student, provide immediate and meaningful feedback that helps the student adjust his or her behavior.

The Web-based portion of *Connections* allows the coordinator to create and customize the Daily Monitor to match the behavior and schedule for each student. The Daily Monitor is printed each day with a graphic display of the percentage of points received for the previous 14 days. This creates an opportunity for the coordinator to provide constructive feedback with regard to progress toward the target goal each morning. Once the Daily Monitor is completed, the coordinator may scan the card and upload into *Connections*. The program will read the scanned Daily Monitor and automatically enter points into the student's area of the system. Progress charts are automatically generated for each replacement behavior, schedule, day of week, location and work and homework completion.

For more information, visit Pacific Northwest Publishing, <https://pacificnwpublish.com/trends/connections.html> or request a demo with Donna Meers, [dmeers@pacificnwpublish.com](mailto:dmeers@pacificnwpublish.com), 866-542-1490 (Office)



### GETTING INVOLVED

KYCCBD is most effective when our membership is actively involved. If you are a member, please consider how you can renew or increase your involvement in KYCCBD activities. There are many needs presenting diverse opportunities from Behavior Institute planning to advocacy to coordinating activities for members in your region. If you would like to get involved, please contact a Board Member or Regional Representative at [http://kycec.org/ccbd\\_board.htm](http://kycec.org/ccbd_board.htm)

Know someone that wants to become a member of KYCCBD? Send them to the membership information website at [http://kycec.org/ccbd\\_join.htm](http://kycec.org/ccbd_join.htm)