

## May is Mental Health Awareness Month

This is the **3rd of 4 messages** you will receive from us throughout the month of May related to mental health awareness and how to support the well-being of our children and adolescents. In this third message, we would like to share an Information Brief titled "*Fostering Resilience Within a Tiered Framework*". This resource provides readers with information on the meaning of resilience, why it is important for healthy development, risk and protective factors, and implications for schools. Readers will gain an understanding of how to foster resilience in students using interventions of increasing intensity within a tiered service delivery model. Finally, this brief provides additional resources to readers who may be interested in learning more about resilience.

### The Ohio Quality and Effective Practice (QEP) Registry

The *Quality and Effective Practice (QEP) Registry* of the Ohio Mental Health Network for School Success is a **listing of successful strategies and programs across Ohio that achieve positive outcomes related to academic and social-emotional needs of students.** This registry highlights schools and school-mental health partnerships that are demonstrating effective implementation of a program or strategy that is successfully addressing academic and/or social-emotional needs of students in their community. Information concerning the highlighted programs on the registry includes detailed information about the program, the resources necessary for successful implementation (financial resources, personnel resources, materials) and data to support the program's success. In addition, the registry highlights successes in partnership development. One important goal of the *QEP Registry* is to provide **examples of effective programs and practices in a local context.** The information provided by schools and agencies on the registry can help to inform others in the state of Ohio about how they are being effective within their local community. Rather than simply highlighting an "evidence-based program," this registry seeks to acknowledge success and inform others about "making the program work in context."

**Please consider applying to be a part of the *QEP Registry* if you implement a program or practice that is making a difference in the lives of young people (application attached to this email).**

For more information about how to apply for the QEP please contact **Kathy Oberlin**, director of the **Ohio Mental Health Network for School Success**, at [oberlink2@gmail.com](mailto:oberlink2@gmail.com) or (330) 697-3899.

Ohio's Project AWARE team includes partners in 3 county Educational Service Centers.

If you are from those local areas and want more information, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

### Additional Resources

SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP), a searchable online registry of over 340 substance abuse and mental health interventions:

<http://www.nrepp.samhsa.gov/>

Information on the 40 Developmental Assets:

<http://www.search-institute.org/research/developmental-assets>

