

November Prevention Newsletter



Contact Us

The prevention specialists at the Utah State Board of Education are now working together on all prevention-related matters. Please send any prevention related requests to prevention@schools.utah.gov

For all training requests, please complete the [Student Services Training Request Portal survey \(TRP\)](#)

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Utah State
Board of
Education

Prevention



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NEW Crisis Response Support Team Line



WHAT: *The new Crisis Response Support Team Line is available to assist local education agencies (LEAs) respond to events that could have a negative impact on the mental wellness of students, staff, and/or the school community.*

Our team is available to help you prepare for, respond to, and recover from school crises. We provide guidance, technical support, and professional learning. Our goal is to offer support and ensure that best practices, rules, and laws are implemented during and after a crisis, as opposed to replacing your existing response plan.

WHO: *LEA Administrators*

ACTION: *If your school faces a crisis and needs help, contact us at **801-538-7650** for immediate assistance.*

For resources, consultation, or non-urgent needs, email us: usbecrisissupport@schools.utah.gov or schedule a training through the [Training Request Portal \(TRP\)](#).

INFORMATION: We are NOT emergency responders or social workers. We can provide on-site support during a crisis, assist with tasks, conduct debriefs, and provide professional learning, as requested.

SURVEY DBT In Schools 3-day Training



DBT in Schools Training: Teaching the STEPS-A Curriculum Skills

DBT STEPS-A, Emotional Problem Solving for Adolescents is a universal social emotional learning (SEL) curriculum designed for middle and high school students. The DBT STEPS-A curriculum is designed to help adolescents develop life skills that include emotion regulation and decision-making strategies. DBT STEPS-A is based on the skills of Dialectical Behavior Therapy (DBT) that have been shown to be effective with decreasing life threatening behaviors in adolescents and adults. This 3-day training will provide school personnel with an understanding of implementation procedures and the ability to teach the 30 lesson curriculum.

Please help us plan for this training by completing the following survey:

[DBT in Schools 3-day training survey](#)

TRAINING Opportunities



2024-2025 Prevention and Protective Factors Training

Wednesday, November 20, 2024

Concrete Supports

[Concrete Supports Webinar Registration Link](#)

What?

Concrete Supports in Times of Need means to ensure students have access to resources to have their basic needs met in order to achieve academic success. This includes, but is not limited to: nutrition, clothing, shelter, healthcare, sleep, transportation, and a safe school environment. Students also have the skills to identify their needs, ask for help when needed, and advocate for themselves.

Why?

When students' basic needs, such as physiological, safety, love, and sense of belonging are consistently met, *they are more likely to feel safe and regulated at school and are less likely to have behavioral challenges. Having their basic needs met also enables them to focus on learning, build social-emotional skills, have self-confidence, and be creative.*



Five Protective Factors

Restorative Practices Training



Restorative practices are approaches to proactively build positive school culture and relationships while holding students accountable for disruptive behaviors and providing students an opportunity to repair harm and restore positive relationships.

Register in MIDAS for upcoming [trainings](#).

Do the Write Thing



What: USBE is announcing the 2024-2025 Do the Write Thing Challenge, which offers middle school students the opportunity to examine the impact of youth violence on their lives and communicate in writing what they think should be done to change the culture of violence.

Who: The Challenge is open to middle school students. Please share this information with your middle schools/middle school students.

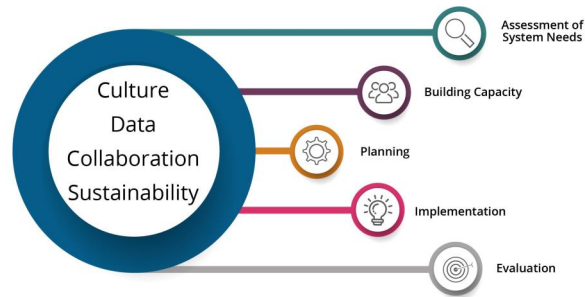
When: The entry submission deadline is Friday, January 10, 2025.

Action: Please share the attached informational handout with leadership in your middle schools so they can encourage participation from any interested students.

Information: For more information, including an instructions package on how to participate, classroom planning lessons, and work from previous years, visit the [USBE DtWT link](#), or contact Cuong Nguyen at Cuong.Nguyen@schools.utah.gov, or Tina Moranday at Tina.Moranday@schools.utah.gov.

Thank you!

USBE's Prevention Team Announces In-Person Prevention Workshops



WHAT: *The USBE Prevention Team invites LEAs to attend an in-person prevention workshop.*

WHO: *School administrators, prevention staff, behavior specialists, school counselors, social workers, teachers, school mentors, and staff who work directly with students.*

WHEN: *All workshops will be held in April from 9 a.m.-3 p.m. Please see the attached schedule for details.*

WHERE: *Six locations throughout the state. Please see the attached schedule for details.*

ACTION: *Please refer to the attached flier for workshop details, and register using the links provided.*

INFORMATION: *prevention@schools.utah.gov or [Prevention and Student Services Webpage](#)*
