

Region 14 PBIS Newsletter

February 2021

Vol 1 Issue 3

Region 14 PBIS Podcast: January/February 2021

This 15-minute podcast episode can be accessed from the link below or can be accessed from our website at

www.sst14.org

[Link to Podcast](#)

Region 14 PBIS Podcast Show Notes:

Do not listen to podcasts?? No worries!! The link below will take you directly to the show notes our team prepared for this episode.

[January Podcast Notes](#)



QUICK GUIDE

page 1 – January
Podcast
Information

page 2 - Book
Study - Better
Than Carrots or
Sticks

page 3 - Family
and PBIS

page 4 and 5 –
Mental Health
Resources

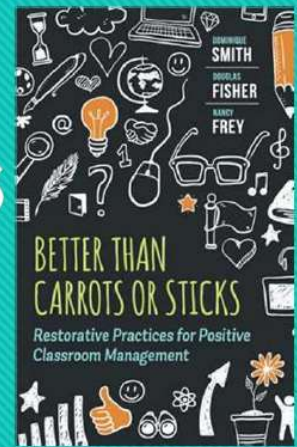
page 6 –
Upcoming
Professional
Development
Opportunities

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Better Than Carrots or Sticks Online Book Study



Presented by Region 14 State Support Team -
Sherri Helterbrand

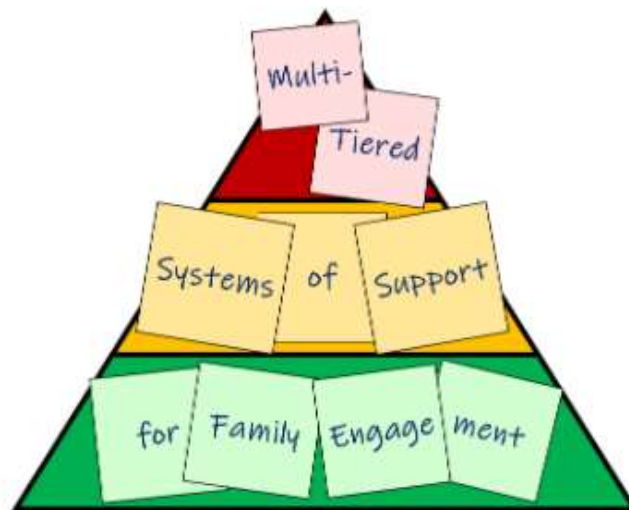
Wondering where to begin?

- ❑ 1. Register to participate. [Link to registration.](#)
- ❑ 2. Purchase your book. ISBN: 978-1-4166-2062-4 on Amazon for about \$15.00.
- ❑ 3. We will contact you following the registration deadline (2/23/2021)
- ❑ 4. We will be using Schoology as the Learning Management System.
- ❑ Questions? Contact Sherri Helterbrand –
Email – shelterbrand@sst14.org or phone 937.393.1904. ext 2100

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Ohio's Statewide Center for Family Engagement new resource [How Ohio Schools Can Use a Multi-Tiered System of Support for Family Engagement](#) (article) and [recorded training](#)



Panorama Education: [8 Strategies for Building Belonging With Students & Families Virtually](#)

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Resources available for mental health outreach

2/1/2021

In addition to the toll on physical health, the COVID-19 pandemic has had an impact on the mental health of many Ohioans. During this time of increased stressors, it's important to have access to resources that can help both children and adults cope, heal and grow. The Ohio Department of Education, in partnership with the Ohio Department of Mental Health and Addiction Services, has created a one-stop shop for the many mental health and wellness resources and campaigns available. Check out the [Youth & Adults Mental Health and Wellness Outreach webpage](#) for resources educators and students can use for themselves or share with others who might need them.

* This information was included in EdConnections from the Ohio Department of Education.

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TEXT 4HOPE TO 741-741 | FREE SUPPORT AT YOUR FINGERTIPS, 24/7.

OMHAS has also developed a Crisis Text Line. Text 4HOPE to 741-741 for free support at your fingertips. Ohio Department of Mental Health and Addiction Services (OMHAS).



Ohio's CareLine is available 24/7 and is staffed with licensed behavioral health professionals.

1-800-720-9616



Ohio | Department of Health

The Ohio CareLine is a toll-free, confidential emotional support call service created by the Ohio Department of Mental Health and Addiction Services (OMHAS). Trained, licensed clinicians will answer calls and offer emotional support and assistance 24 hours a day, 7 days a week. The CareLine exists to provide emotional support to Ohioans struggling with these challenging times at no cost. All calls will be confidential. Your mental health is just as important as your physical health. Ohio CareLine: 1-800-720-9616.

A descriptive, well-done 30-second Ohio CareLine video is here: [ODH Careline ForDelivery](#)

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Region 14 will be
sponsoring the 2021
Summer Learning
Academy in June
2021!

Stay tuned!!

