

Behavior & Emotional Issues

Texas Education Agency and Statewide Leadership Projects related to Behavior & Emotional or Mental Health Issues:

- **Texas Behavior Support Network** (Region 4 ESC) - The goal of the Texas Behavior Support (TBS) Network is to create a system of Positive Behavioral Interventions and Support (PBIS) for students with disabilities and all students attending Texas public schools. Here you can find [PBIS resources and training materials](#) (including good information on Functional Behavior Assessments) and information about their annual Texas Behavior Support Conference.
- **Texas Behavior Support Initiative** (Region 4 ESC) - The Texas Behavior Support Initiative (TBSI) is a state-level training mandated by Senate Bill 1196 and the Texas Administrative Code §89.1053. The TBSI training is designed to provide foundational knowledge for the use of positive behavior interventions and supports for all students, including those with disabilities. This web page links to online training and handouts on interventions, restraints and time-out.
- **TBIS and Mental Health** (Region 4 ESC) - Advancing Education Effectiveness: Interconnecting School Mental Health and School-Wide Positive Behavior Support (pdf)
- **Texas Statewide Leadership for Autism Training** (Region 13 ESC) - This website has free online [training](#) related to Emotional and Behavioral Evaluations, as well as fact sheets in the [TARGET Manual](#) related to Functional Behavior Assessment and Positive Behavior Supports.

- **Texas Education Agency School Health - Students with Special Health Needs** - In accordance with HB 1322 passed by the 81st Legislative Session in 2009, TEA added fact sheets to its website on specific disabilities. Fact sheets (in pdf format) offer an overview of the disorder, symptoms or behaviors associated with the disorder, educational implications, and instructional strategies and classrooms accommodations that might be provided.
- **The Legal Framework for the Child Centered Special Education Process** (Region 18 ESC) - [Emotional Disturbance](#)
- **Texas Collaborative for Emotional Development in Schools** (Region 4 ESC) - TXCEDS was created to develop guiding policy that promotes the well-being and mental health of children in Texas schools through the development of integrated and comprehensive support programs and services. The site offers video and a toolkit with a step by step process to develop a successful model of delivery of social, emotional and behavioral interventions and supports.
- **TEA** - Guidance on [Restraint and Time-Out](#)
- **U.S. Dept. of Education, Office for Civil Rights** - [Dear Colleague Letter: Restraint & Seclusion of Students with Disabilities](#)
- **U.S. Dept. of Education** - [Restraint and Seclusion Resource Document](#)

Association for Positive Behavior Support - Links to Positive Behavior Support resources for families, including examples of PBS plans, PBS Practices fact sheets, research-based case study summaries, and articles about parenting and behavior.

Behavior Analyst Certification Board - Find out what is involved in becoming a board certified behavior analyst (BCBA) and locate a certified provider.

Center for Effective Collaboration and Practice - The website of the Center for Effective Collaboration and Practice (“Improving Services to Children and Youth with Emotional and Behavioral Problems”). The site includes numerous web links and resources, as well as examples of programs using promising practices. They have videos and a guide to [Functional Behavior Assessment and Behavior Intervention Plans](#).

Center for Parent Information and Resources - See [Behavior Assessments, Plans and Positive Supports](#) and [Behavior at School](#).

Center for Social and Emotional Foundations for Early Learning - This website is focused on promoting the social emotional development and school readiness of young children birth to age 5. There are FREE training modules for parents, tip sheets, scripted stories for social situations, videos and tools for developing behavior support plans. They also have short training packages based on the What Works Briefs topics that include PowerPoints, notes pages, activities and handouts.

Children’s Mental Health Network - [A Framework for Safe and Successful Schools](#) (pdf)

Collaborative for Academic and Social Emotional Learning

- CASEL was founded in 1994 by Daniel Goleman, the author of *Emotional Intelligence*, to advance the science and evidence-based practice of social and emotional learning.

Depression and Bipolar Support Alliance - DBSA offers information about mood disorders, support groups and their various chapters. The site also offers advocacy advice and confidential screenings as well as a way to join the DBSA e-mail list. Also available in Spanish.

Disability Rights Texas – Has a resource titled “*Your Rights, Your Voice: A Guide to Mental Health Concerns Transitioning to Adulthood*” to help transition age youth learn about their rights and provide tools to help them transition successfully to adult life. Also one of their priority areas focuses on ensuring students with disabilities are not wrongly disciplined, and that students in alternate settings receive a free appropriate public education.

Finding Help When You’re in Trouble with the Law - A Handbook for persons with Mental Illness and their Families by Texas Appleseed and Hogg Foundation for Mental Health.

Florida Mental Health Institute - Recognized as Florida's premier research and training center for behavioral health services and a recognized national leader dedicated to improve the lives of people with mental, addictive, and developmental disorders through research, training, and education.

Gentle Teaching - This site discusses the “Gentle Teaching” instructional strategy – “a non-violent approach for helping people with special needs and sometimes challenging

behaviors...” It includes a web link to the Gentle Teaching International home page.

HelpforDepression.com - This website provides an overview of the various approaches and treatments for depression. Topics include Drugs & Medications, Psychotherapy, Alternative Methods, Lifestyle Changes, Medical Procedures and Combination Therapy.

Mental Health America - This website includes mental health information, news releases, advocacy information, free publications and more. Many articles are also available in [Spanish](#).

Mental Health America of Texas - This statewide mental health organization offers a wide range of programs and resources for mental health services, information and education.

National Alliance on Mental Illness (NAMI) - This grassroots mental health organization is dedicated to improving the lives of persons living with serious mental illness and their families. Their site includes advocacy information, support groups, mental health information and resources.

National Alliance on Mental Illness of Texas (NAMI Texas) - This statewide mental health organization works to improve the lives of people affected by mental illness through education, support, and advocacy. It has 27 local [support groups](#) throughout Texas.

National Association of School Psychologists - The website of the National Association of School Psychologists. It includes

their position papers on a number of educational, behavioral, and assessment issues.

National Institutes of Mental Health - This booklet put out by the National Institutes of Mental Health "is designed to help mental health patients and their families understand how and why medications can be used as part of the treatment of mental health problems."

OSEP Technical Assistance Center on Positive Behavioral Intervention and Support (PBIS) - This is the home page for the OSEP Technical Assistance Center on Positive Behavioral Intervention and Support (PBIS). The purpose of PBIS is to give schools information and technical assistance to identify, adapt, and sustain positive behavioral interventions and supports school-wide. Also available in Spanish.

Project IDEAL - A website devoted to providing teacher preparation, but a good resource for families. They have specific online training modules on Managing Behavior. This project also offers a definition & characteristics of those with [Emotional Disturbance](#).

RehabInfo.net - This website is "a comprehensive guide for the entire treatment process - from spotting issues to finding and enrolling into rehabilitation." It includes a directory of treatment programs and a Family Help Guide.

Substance Abuse and Mental Health Services Administration (SAMHSA) - This National Mental Health Information Center site includes resources such as mental health FAQs, a mental health dictionary, free booklets on children's mental health and anxiety management, [grant projects](#), and

a [Behavioral Health Treatment Facility Locator](#). Also available in Spanish.

School Mental Health.org - This site offers school mental health resources not only for clinicians, but also for educators, administrators, parents/caregivers, families, and students.

Search Institute - Website offers research based information on what kids need to succeed. Their listing of Developmental Assets offers the basic building blocks of positive development to help children grow up to become caring, responsible adults.

Technical Assistance Center on Social Emotional Intervention of Young Children - TACSEI takes the research that shows which practices improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates FREE products and resources to help decision-makers, caregivers, and service providers apply these best practices in the work they do every day.

Texas Behavioral Health Clearinghouse - The Clearinghouse is a resource designed to assist behavioral health providers, consumers, family members and interested stakeholders in finding up-to-date, relevant information about prevention, treatment, advocacy, and evidence-based practices.

Texas Dept. of State Health Services, Mental Health and Substance Abuse Div. (MHSA) - For information on how to get help in Texas, see [how to get help for mental health concerns](#) or [how to get help for substance abuse problems](#). They

also have assistance through the [Youth Empowerment Services Waiver](#) (YES) which provides comprehensive services to youth age 3-18 who have a serious emotional disturbance.

UCLA - Center for Mental Health in Schools - Offers online training and presentation resources for mental health in schools. Click on the "First Time" link and scroll down.

Wrightslaw - [When Schools Have Children Arrested for School-Related Behavior Problems](#) by Pete Wright, Esq.

Zero to Three (Early Childhood Resources) - The National Center for Infants, Toddlers, and Families that informs, trains, and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers. They have a resource on infant and early childhood mental health.

Please submit any Links you feel would be appropriate using the [SHARE YOUR SITES](#) link.