

De-escalation Training Resources

TDOE Point of Contact	Title of Training	Description	Target Audience	Link for Training/Resource
<p style="text-align: center;">Brian Yarbro, Senior Director of School Safety & Transportation Tennessee Department of Education Division of Coordinated School Health (629) 259-4952 brian.yarbro@tn.gov</p>	<p style="text-align: center;">Youth Mental Health First Aid Training</p>	<p>Youth Mental Health First Aid (YMHFA) training is available statewide. Youth Mental Health First Aid (YMHFA) introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent who is in crisis or experiencing a mental health challenge.</p>	<p style="text-align: center;">School Personnel</p>	<p style="text-align: center;">Training Link</p>
<p style="text-align: center;">Brian Yarbro, Senior Director of School Safety & Transportation Tennessee Department of Education Division of Coordinated School Health (629) 259-4952 brian.yarbro@tn.gov</p>	<p style="text-align: center;">Building Strong Brains (BSB)</p>	<p>Building Strong Brains: Tennessee ACEs Initiative is a major statewide effort to establish Tennessee as a national model for how a state can promote culture change in early childhood based on a philosophy that preventing and mitigating adverse childhood experiences, and their impact, is the most promising approach to helping Tennessee children lead productive, healthy lives and ensure the future prosperity of the state. Participants will learn:</p> <ul style="list-style-type: none"> -Brain architecture is established early in life and supports lifelong learning, behavior and health. -Toxic Stress in the early years of life can derail healthy development. 	<p style="text-align: center;">School Personnel</p>	

		<p>-Serve and return interactions and stable, caring relationships shape brain architecture.</p> <p>-Resilience can be built through serve and return relationships, improving self-regulation and executive functions.</p>		
<p>Brian Yarbro, Senior Director of School Safety & Transportation Tennessee Department of Education Division of Coordinated School Health (629) 259-4952 brian.yarbro@tn.gov</p>	<p>De-escalation & Self-Regulation</p>	<p>De-escalation techniques and strategies for all educators. Provides guidance on incorporating trauma-informed practice into classroom and throughout the school environment. Teaches social and personal competencies.</p>	<p>School Personnel</p>	<p>De-escalation & Self-Regulation</p>
<p>Brian Yarbro, Senior Director of School Safety & Transportation Tennessee Department of Education Division of Coordinated School Health (629) 259-4952 brian.yarbro@tn.gov</p>	<p>Six Pillars of a Trauma-Informed School</p>	<p>Six-hour training for schools containing steps and strategies for incorporating trauma-informed practices.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>5-Point Scales: Strategies for Self-Regulation</p>	<p>Cognitive Behavioral/Instructional Strategy (CBIS) interventions are evidence-based practices used to teach students self-awareness and self-management skills. This is an overview of a strategy for teaching self-regulation.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Teaching Behavioral Coping and Self-Regulated Skills to Learners</p>	<p>Cognitive Behavioral/Instructional Strategy (CBIS) interventions are evidence-based practices used to teach students self-awareness and self-management skills. This is an overview of self-regulation and behavioral coping strategies.</p>	<p>School Personnel</p>	<p>Link</p>

<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Overview of Cognitive Behavioral / Instructional Strategies (CBIS)</p>	<p>Cognitive Behavioral/Instructional Strategies are evidence-based practices used to teach students self-awareness and self-management skills (emotional awareness, self-regulation, behavioral and cognitive coping strategies).</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Teaching Cognitive Coping and Self-Regulation Skills to Leaders</p>	<p>Cognitive Behavioral/Instructional Strategy (CBIS) interventions are evidence-based practices used to teach students self-awareness and self-management skills. This is an overview of cognitive coping and self-regulation.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Teaching Emotion Awareness Skills to Learners</p>	<p>Cognitive Behavioral/Instructional Strategy (CBIS) interventions are evidence-based practices used to teach students self-awareness and self-management skills. This is an overview of how to teach emotion awareness to students.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Body Scanning Cards</p>	<p>These cards can be used when implementing body scanning as a coping strategy with students.</p>	<p>School Personnel</p>	<p>Link</p>

<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Breath Awareness Cards</p>	<p>These cards can be used when implementing breath awareness as a coping strategy with students.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Peer-Mediated Instruction and Intervention (PMII) - An Overview</p>	<p>This is an overview of an evidence-based strategy to use with students to implement peer-mediated instruction.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>De-escalation and Prevention Video</p>	<p>This is a 14-minute video includes an overview of why intervening early in the cycle of escalation to de-escalate challenging behavior is an ideal approach.</p>	<p>School Personnel</p>	<p>Link</p>
<p>April Ebbinger, Director of Psychological and Behavioral Supports Tennessee Department of Education Division of Special Education and Student Supports (615) 626-5102 april.ebbinger@tn.gov</p>	<p>Introduction To De-Escalation</p>	<p>This presentation is designed to give an overview of de-escalation practices related to effective student-specific crisis management.</p>	<p>School Personnel</p>	<p>Link</p>