

# BHERO

TECHNICAL ASSISTANCE CENTER

## Opportunities Catalog

Updated February 2026

# Table of Contents

<u>INFORMATION</u>	<u>PAGE #</u>
About B-HERO .....	3
Behavioral Health Resource Coordinators (BHRCs) Information .....	4
Support for Student Success (3S) .....	5
Professional Development Opportunities & Trainings Introduction .....	6
Opportunity & Training Session Descriptions	
Crisis Prevention & Interventions .....	7
Suicide Prevention .....	8
School Data Collection & Analysis .....	9
Trauma-Focused Trainings & Interventions ....	10
Evidence-Based Practices.....	11
Evidence-Based Interventions.....	12



## About B-HERO

When the State of North Dakota made it a priority to provide educators, students and families with resources to support behavioral health, the B-HERO Technical Assistance Center was formed.

B-HERO communicates with school-based Behavioral Health Resource Coordinators (BHRCS) across the state to provide access to evidence-based resources and skill-building opportunities that support understanding of behavioral health risk factors, warning signs, and available resources within the community.

From support with relationship building strategies to collaboration with community agencies to provide direct behavioral health services, B-HERO shares stories of success and provides technical assistance to help address the behavioral health topics most important to today’s educators.

### Who we are.

A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.

### What we do

We provide access to:



Technical Assistance



Trainings



Opportunities

### Why we do it.



Stop the Stigma



Build Healthier Schools



Avoid Burnout

Learn more about our work with

Nd schools at [b-HERO.org](http://b-HERO.org).

The B-HERO Technical Assistance Center is a collaboration between Central Regional Education Association and the ND Department of Health & Human Services: Behavioral Health Division.



# Behavioral Health Resource Coordinators (BHRCs)

## What is a BHRC?

Each North Dakota school designates one individual to serve as the Behavioral Health Resource Coordinator (BHRC) in their building. This individual is reported in the STARS MiSO2 report that schools complete annually. The BHRC is the point of contact that B-HERO utilizes within each school building to disseminate information on evidence-based, best-practice resources and opportunities for schools to engage with.

## What is the role of a BHRC?

Behavioral Health Resource Coordinators are the single point of contact between B-HERO and their school community. Once they receive resources from B-HERO, we hope that they **READY – SET – SHARE!**

**READY.** Read and evaluate the resources provided by B-HERO.

**SET.** Decide who in the school community could benefit from these resources.

**SHARE.** Distribute content to accelerate the conversation around behavioral health in their communities.

BHRCs can support their school communities by ensuring others gain access to B-HERO resources - whether staff, students, or families. If you're curious about who to pass resources along to, please contact us!

## Who is the BHRC in my school?

To find out who the Behavioral Health Resource Coordinator is in your school,

Go to **NDDPI's Data Page** (<https://www.nd.gov/dpi/data>)

Scroll down & Select "**School Directory Contact Information**"

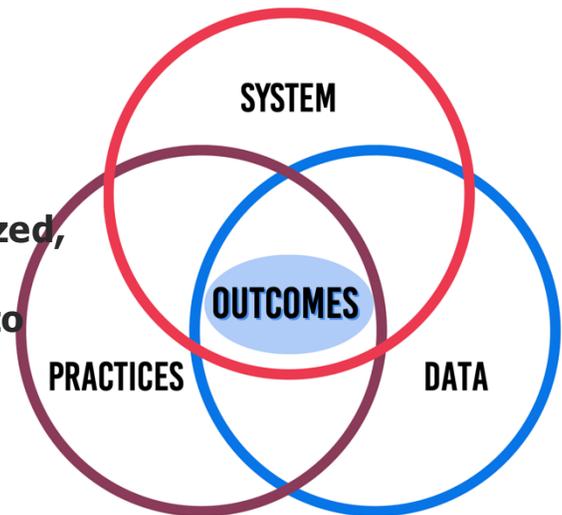
Download the Excel spreadsheet

Select the **Behavioral Health Resource tab** and scroll to locate your school

If you are a BHRC and not receiving our weekly emails, please contact us at [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us) so we can help you get connected.

# Support for Student Success (3S)

Support for Student Success is a customized, targeted approach to engaging with practical, intentional trainings and tools to increase positive behaviors within a school's system.



## Supporting:

- System building, starting at Tier 1
- Implementation of evidence-based practices
- Use of data collection & analysis processes to inform efforts & evaluate impact

## SYSTEM

Deliberate support for educators to ensure implementation of practices with fidelity.

- Established Leadership Team with regular meeting routine, roles & structure
- Intentional planning for professional learning
- Development & documentation of school-wide behavior expectations

## PRACTICES

What we do to teach and reinforce expected behavior, including instruction and intervention at the schoolwide and classroom levels.

- Defining & teaching positive schoolwide behavior expectations
  - Alignment with procedures and routines
- Procedures for encouraging expected behavior and discouraging unwanted behavior

## DATA

Information used to identify existing needs, inform interventions, support change, and evaluate impact on goals.

- Ongoing monitoring of implementation and student response to universal practices
- Regular data collection and analysis to engage in data-based decision making
- Use of existing data to inform goals

**For a full overview and to learn more about Support for Student Services (3S), please reach out to [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us).**

# B-HERO Professional Development Opportunities & Trainings

## Crisis Prevention & Intervention

- PREPaRE Workshop 1 – School Crisis Prevention & Preparedness
- PREPaRE Workshop 2 – School Crisis Intervention & Recovery
- Comprehensive School Threat Assessment Guidelines (CSTAG)

## Suicide Prevention

- Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training
- Sources of Strength Trainings

## School data collection & analysis

- Relationship Mapping Facilitator Training
- School-Wide Information Systems (SWIS) Implementation Training

## Trauma-Focused Trainings & Interventions

- Trauma Sensitive Schools: Evolving Perspectives on Student Behavior & Learning Series & Trainer Cohort

## Evidence-Based Practices (EBPs)

- Behavior-Specific Praise
- Check-In/Check-Out
- Good Behavior Game
- Opportunities to Respond

## Evidence-based interventions

- Check & Connect

### Delivery Options

Delivery Options		
<p><b>Face-to-Face</b></p> <p>This opportunity is available in-person with a content facilitator at a specific location.</p>	<p><b>Virtual</b></p> <p>This opportunity is available through Zoom or another broadcasting platform.</p>	<p><b>School Request Available</b></p> <p>This opportunity is available by school request. B-HERO will work with a school contact to set a date/time that works best for a Face-to-Face or Virtual opportunity.</p>

### Continuing Education

Course Credit and/or CEUs are available for many of our opportunities. Please contact [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us) to learn more about information.

### Registration

Upcoming B-HERO Opportunities & Trainings are available on the NDREA Professional Learning website <https://members.ndrea.org/ndrea-events>



# Crisis Prevention & Intervention

## PREPaRE Workshop 1 – Crisis Prevention & Preparedness



During this workshop, participants gain knowledge and resources essential to establishing and sustaining comprehensive, ongoing school safety and crisis prevention, mitigation, and preparedness, while making use of existing resources and programs. PREPaRE can be adapted to a school's needs and size. \*PREPaRE is available to districts for an exclusive training.

**Audience:** School Leadership Teams (admin, counselors, psychologists, social workers, etc.)

**Length:** 2 Sessions – 3.5 hours each

## PREPaRE Workshop 2 – Crisis Prevention & Preparedness



During this workshop, participants gain the knowledge necessary to meet the mental health needs of students and staff following school-associated crisis events. \*PREPaRE is available to districts for an exclusive training.

**Audience:** School Mental Health Professionals (counselors, social workers, psychologists, etc.)

**Length:** 4 Sessions – 3.5 hours each

## Comprehensive School Threat Assessment Guidelines (CSTAG)



This interactive training introduces participants to the *Comprehensive School Threat Assessment Guidelines (CSTAG)*, a research-based approach developed by Dr. Dewey Cornell. Covering both Level 1 and Level 2 content, this session equips school-based teams with the knowledge and skills to implement an evidence-based threat assessment process that emphasizes early intervention, problem-solving, and violence prevention. \*CSTAG is available to districts for an exclusive training.

**Audience:** School Leadership Teams (administrators, school counselors, psychologists, social workers, resource officers, classroom educators, and special educators)

**Length:** 3 Sessions – 3.5 hours each

### Registration Links

PREPaRE Workshop 1 &  
2

CSTAG

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to  
Face



Virtual



School Request  
available

# Suicide Prevention

## Question, Persuade, Refer Suicide Prevention Gatekeeper Training



Question, Persuade, Refer (QPR) gatekeeper training is an evidence-based suicide prevention strategy that occurs when a trusted adult intervenes with a child on the brink of crisis. This training will aid school staff in learning the warning signs of those in crisis, how to offer hope to those in crisis, and how to get help & save a life.

**Audience:** Any educator looking to learn more about how to prevent suicide.

**Length:** 1.5 hours

## Sources of Strength Adult Advisor Training



Adult Advisors are made up of a diverse group of connected, caring, and positive local adults with the goal of supporting, mentoring, and assisting peer leaders in spreading hope, help, and strength-based messages across their friendship networks. During this training, adult advisors will discover how to access comprehensive resources and information pertaining to Adult Advisor and Administrative implementation of the Sources of Strength program. Resources include the basic step-by-step process for recruitment, training, and support of peer leaders and will assist teams in implementing the program with the highest degree of fidelity and prevention impact.

**Audience:** Educators looking to get involved in Sources of Strength programming

**Contact B-HERO for more information on Sources of Strength implementation.**

## Sources of Strength Peer Leader Training



Sources of Strength Peer Leaders are a diverse group of individuals who leverage their personal and collective leadership qualities as well as their social influence. During this training, caring adult advisors work together with selected peer leaders in leading the charge in norming and culture change campaigns using strength-based messages to impact multiple issues including suicide.

**Audience:** Students selected to become Peer Leaders for Sources of Strength

**Length:** 5-hour In-Person training  
**Contact B-HERO for more information on Sources of Strength implementation.**

### [Registration Link](#)

[QPR Registration](#)

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to Face



Virtual



School Request available

# School data collection & analysis

## Relationship Mapping Facilitator Training



Relationship mapping is a data collection protocol intended to inventory the number of students within a school building that has positive connections with staff members and/or may be considered at-risk. Adapted from the Harvard Graduate School of Education's protocol, this training will support future facilitators of the Relationship Mapping Protocol through learning the four step process of mapping, data compilation & analysis, response planning, and progress monitoring.

**Audience:** School leaders, those with the capacity to facilitate training and then support progress monitoring and follow-up

**Length:** 3 Sessions – 1 hour each

## SWIS Implementation Training



The School-Wide Information System (SWIS) is a web-based decision system used to improve behavior support in schools and other educational facilities by providing school personnel and stakeholders with accurate, timely, and practical information for making decisions about school environments. The purpose of this training is to introduce SWIS as a decisions system for social climate and discipline data along with the benefits, features, and impact on staff procedures.

**Audience:** School Leadership Teams (administrators, counselors, psychologists, classroom educators, special educators)

**Length:** 3 hours

### Registration Links

Relationship Mapping  
Facilitator Training

SWIS Implementation  
Training

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to  
Face



Virtual



School Request  
available

# Trauma-Focused Trainings & Interventions

## Trauma Sensitive Schools: Evolving Perspectives on Student Behavior & Learning – 5-Module Series



More than two out of three children report exposure to a traumatic event before the age of 16. This has the potential to have a lasting impact on the well-being and functioning of students and their families. By understanding how trauma impacts students and opting for a trauma-informed approach, educators can play a crucial role in mitigating both the short- and long-term effects of trauma. This interactive workshop will leave educators with a renewed commitment to reach some of the most vulnerable students and their families.

**Audience:** Any educator looking to learn more about how trauma impacts student behavior and learning in the classroom

**Length:** 15 hours  
*Training held during the summer over 3 days*

## Trauma Sensitive Schools Trainer Cohort



Trauma Sensitive Schools: An Evolving Perspective on Student Behavior and Learning professional learning curriculum equips educators with an understanding of childhood trauma, how trauma impacts the developing brain, and how to support students exposed to trauma in the classroom while supporting themselves. Participation in the Trainer Cohort is an opportunity to earn a lifetime credential to deliver the Trauma Sensitive Schools professional learning curriculum with fidelity in local context, and to become part of a statewide network of trainers that includes ongoing technical assistance and support.

**Audience:** Educators who have completed the TSS Learning Series

**Length:** 15 hours  
*Training held during the summer over 5 days*

### Registration Link

TSS: Learning Series + Cohort

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to Face



Virtual



School Request available

# Evidence-Based Practices (EBPs)

## Behavior Specific Praise



This session focuses on the key components to deliver behavior-specific praise, an evidence-based method of providing student feedback. By using examples of existing classroom management practices to support this type of feedback, and by considering the difference between BSP and general praise or corrective feedback, educators will leave this session with examples in their pocket to implement behavior-specific praise practices tomorrow.

**Audience:** K-12 educators, administrators, counselors, paraprofessionals

**Length:** 1 hour

## Check In, Check Out



Check-in/Check-out (CICO) is a Tier 2 behavioral intervention designed to support students who need additional structure, accountability, and adult feedback throughout the school day to improve positive behaviors. It involves daily check-ins with a mentor, regular monitoring of behavior goals, and consistent feedback from teachers. These sessions focused on CICO will support implementation of the intervention at either a school-wide or more individualized level for classroom educators.

**Audience:** K-12 educators, administrators, counselors, paraprofessionals

**Length:** 1 hour Overview followed by 1 hour Implementation Planning

## Good Behavior Game



The Good Behavior Game (GBG) is a Tier 1 classroom management strategy designed to improve student behavior, increase positive reinforcement for behavior, and decrease problem behaviors. These sessions will explore the Good Behavior Game, including considerations for implementation and background information on positive reinforcement. An optional Game Planning session to follow will support educators in creating the conditions to play the game.

**Audience:** K-12 educators, administrators, counselors, paraprofessionals

**Length:** 1 hour followed by optional 1-hour Game Planning session

## Opportunities to Respond



Research shows that increasing student engagement has positive outcomes on student behavior and learning. This session on Opportunities to Respond (OTRs) will provide some background on implementation science, strategies for increasing opportunities to respond, and planning resources for increasing OTRs.

**Audience:** K-12 educators, administrators, counselors, paraprofessionals

**Length:** 1 hour

[Find Registration INfo HERE!](#)

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to Face



Virtual



School Request available

# Evidence-based Interventions

## Check & Connect

Check & Connect is an evidence-based prevention program to support students at-risk of dropping out through creation of a supportive mentor relationship focused around 4 key cornerstones:

1. The **Mentor** with a 2-year commitment to this intervention,
2. A “**Check**” component wherein the Mentor accumulates & analyzes attendance, behavior, and course performance data to inform the
3. “**Connect**”— a weekly meeting between student and Mentor focused on goal-setting, review of data, and relationship-building, and
4. The **Family engagement** between mentor and student families to gather resources and continue wraparound support to increase student engagement.

Implementation of Check & Connect requires two training components and an initial consultation to assess fit, readiness, and need for implementation.

- **Preparation & Implementation Training** for School Leadership Teams supports preparation of the school site for program implementation, including a deeper dive into core components of the program, and the conditions needed to support mentors in their role.
- **Mentor Training** for Check & Connect prepares Mentors to support students at-risk and dives deeper into the model’s structured approach to monitoring student data and building trusting relationships with both students and families.

Contact Us at [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us) to learn more about this program.

Questions? Reach out [bhero.crea@k12.nd.us](mailto:bhero.crea@k12.nd.us)



Face to  
Face



Virtual



School Request  
available

# Endorsed Partners

## Parentslead.org



ParentsLead is a North Dakota initiative intended to support parents, caregivers & professionals in their interactions with youth. Their motto – Look, Listen, Love – is embedded into each of their carefully curated resources, designed with accessibility in mind. For more information on ParentsLead, please visit their website.

## Parentguidance.org



ParentGuidance.org is a free, anonymous tool for parents & caregivers that contains over 50 online course modules related to child growth and development, particularly related to mental and behavioral health. Developed by the Cook Center for Human Connection in partnership with licensed child and family therapists, this resource also features an “Ask a Therapist” feature for families to gain access to professional perspective. For more information on ParentGuidance.org, please visit their website.

## ND HOPES project



A partnership between the University of North Dakota and NORC at the University of Chicago, ND HOPES provides programs, resources, and supports for all residents and tailored programming for rural communities, veterans, and youth. Taking a strengths-based approach grounded in positivity, hope, and resilience, ND HOPES aims to reduce suicide morbidity and mortality across the region. For more information on ND HOPES, visit their website [ndhopes.com](http://ndhopes.com).

## ND THRIVES project



The ND THRIVES Project for Rural & Tribal Youth Suicide Prevention desires to ensure that every young person feels safe, valued, and heard if experiencing mental health struggles. By partnering with families, schools, and local organizations, they work to create caring environments where youth can thrive. For more information on the ND THRIVES Project, visit their website [ndthrives.com](http://ndthrives.com).

