MTSS-B Key Messages for Families

MTSS-B ensures students are ready to learn

Up to 20% of youth are distressed (about fitting in socially, grades, and more serious concerns) – but less than half get the support they need.

Youth who feel unsupported tend to take more risks and engage in unhealthy behaviors like substance use, risky sexual behavior, violence, etc. which raise the risk of school dropout.
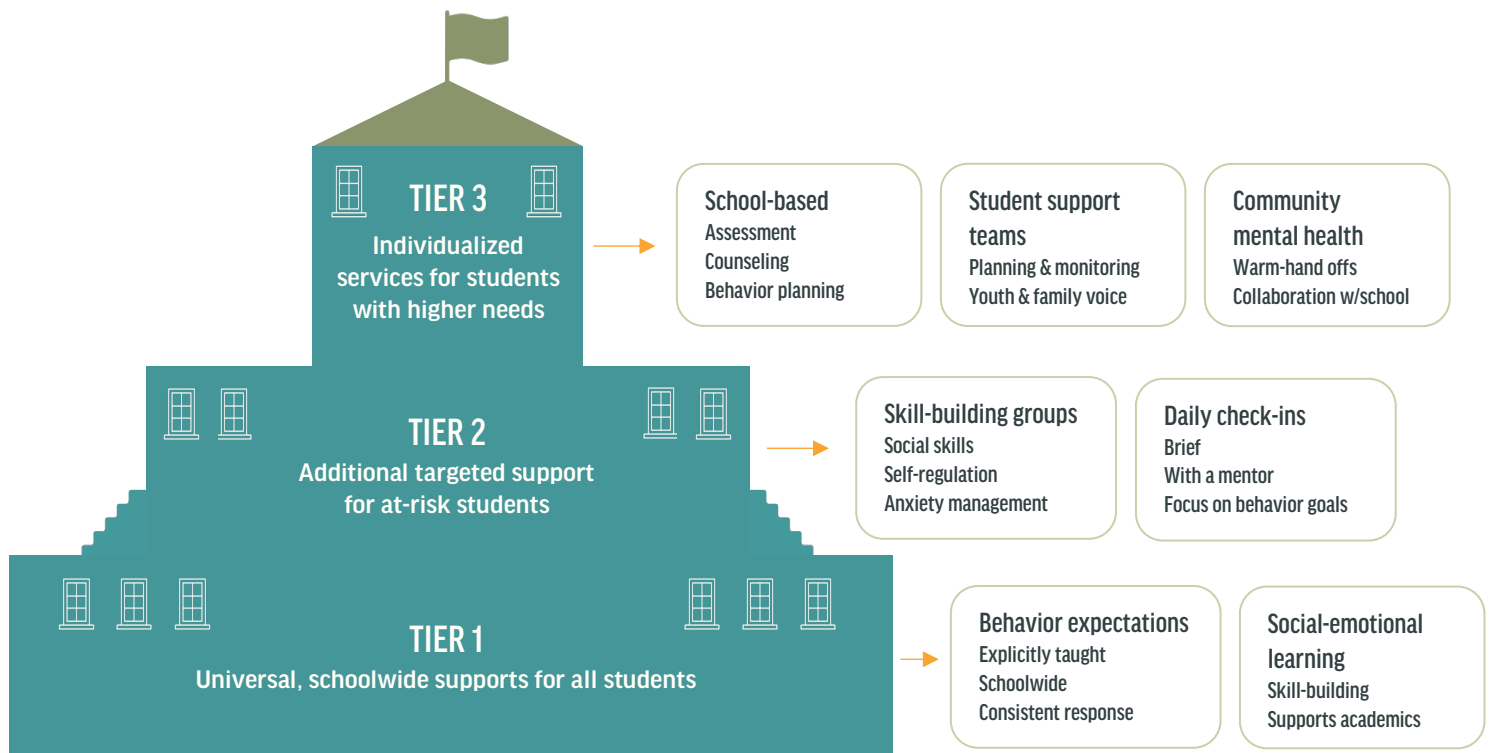
Supporting **all** students' social, emotional, and behavioral skills early on helps them develop positive attitudes about school and feel prepared to learn.*
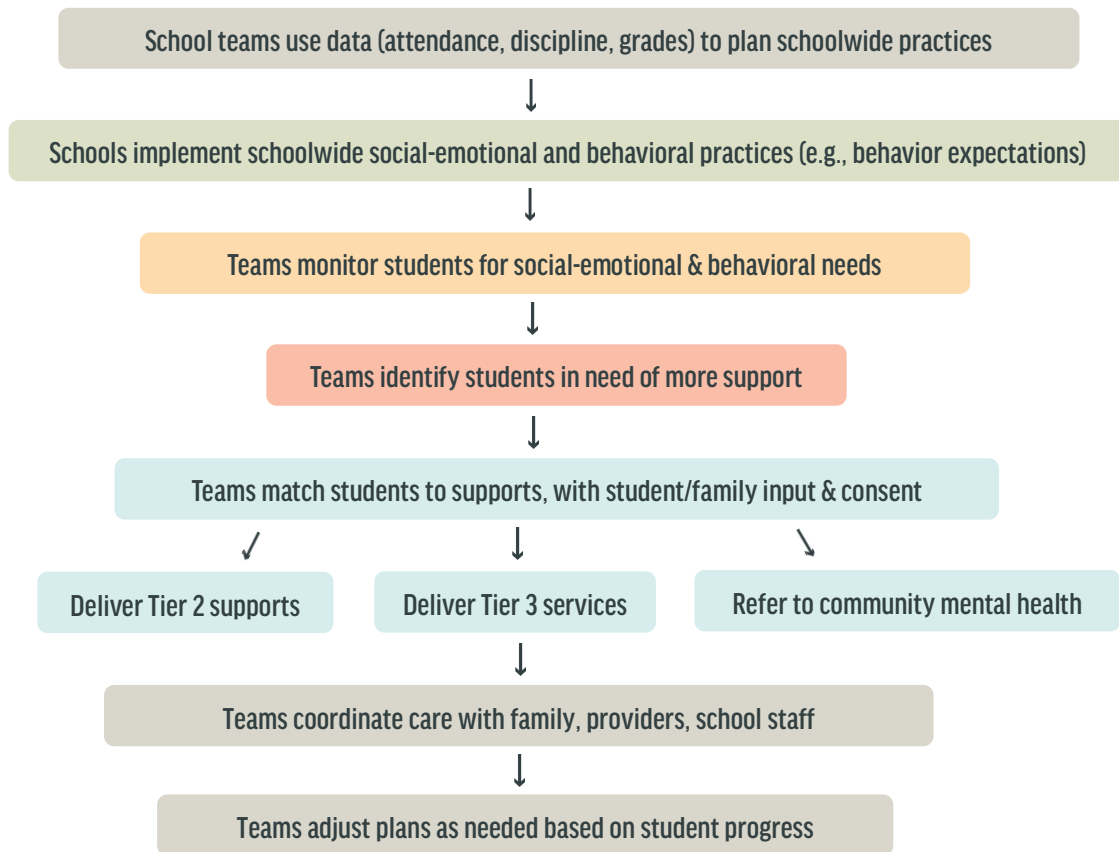
Social-emotional skills supported by MTSS-B

- ✓ **Self-awareness**
- ✓ **Managing emotions, thoughts, behavior**
- ✓ **Empathy & understanding others**
- ✓ **Healthy relationship skills**
- ✓ **Caring & constructive choices**

MTSS-B supports student needs

NH's Multi-Tiered System of Supports for Behavioral Health and Wellness (MTSS-B) is a research-based framework that works just like tiered academic frameworks: core instruction for all students, targeted support for those who need additional skill-building, and matching of students to more intensive services as needed.

TIER 3
Individualized services for students with higher needs

School-based
Assessment
Counseling
Behavior planning

Student support teams
Planning & monitoring
Youth & family voice

Community mental health
Warm-hand offs
Collaboration w/school

TIER 2
Additional targeted support for at-risk students

Skill-building groups
Social skills
Self-regulation
Anxiety management

Daily check-ins
Brief
With a mentor
Focus on behavior goals

TIER 1
Universal, schoolwide supports for all students

Behavior expectations
Explicitly taught
Schoolwide
Consistent response

Social-emotional learning
Skill-building
Supports academics

How MTSS-B works

School teams use data (attendance, discipline, grades) to plan schoolwide practices

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Schools implement schoolwide social-emotional and behavioral practices (e.g., behavior expectations)

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Teams monitor students for social-emotional & behavioral needs

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Teams identify students in need of more support

↓

Teams match students to supports, with student/family input & consent

↓ (Deliver Tier 2 supports) ↓ (Deliver Tier 3 services) ↘ (Refer to community mental health)

Deliver Tier 2 supports	Deliver Tier 3 services	Refer to community mental health

↓

Teams coordinate care with family, providers, school staff

↓

Teams adjust plans as needed based on student progress

How MTSS-B helps

- ✓ Students develop skills that improve relationships, problem-solving, and engagement in learning

- ✓ School staff know how to proactively respond to the needs underlying student behavior

- ✓ Academic outcomes improve as students are sent to the office and suspended less frequently

- ✓ School climate improves and more learning happens

- ✓ Students have improved attendance and academic achievement

How can I learn more?

Learn more about NH MTSS-B at **nhmtssb.org** and visit the comprehensive **MTSS-B Toolkit**.

*See MTSS-B Supporting Literature in the NH MTSS-B Toolkit for citations and additional research.