



OKLAHOMA Mental Health & Substance Abuse

School-Based Prevention Services

The Oklahoma Department of Mental Health and Substance Abuse Services is invested in partnering with schools to implement behavioral health strategies by using a Multi-Tiered System of Support model to ensure school environments are nurturing, promotes positive behavior and academic achievement along with the social and emotional development of young people.

Prevention Consultation

No cost training and technical assistance is available for school administrators, teachers, counselors and parent-teacher organizations on how to select and implement proven school-based prevention programs and practices. The ODMHSAS can advise schools in designing prevention services that are most likely to deliver positive outcomes.

Contact: Brandi Gaither, Brandi.Gaither@odmhsas.org or (405) 248-9287

Oklahoma Prevention Needs Assessment (OPNA) Survey

The Oklahoma Prevention Needs Assessment (OPNA) is a voluntary student survey for students in 6th, 8th, 10th and 12th grades. The survey is administered by ODMHSAS and offered in even-numbered years. There is no cost to the school for participation in the OPNA. The survey is designed to measure psychological distress and health behaviors, including substance use, as well as their underlying causes. Results are used to develop appropriate strategies tailored to the needs of the school, collect school-level data needed for grant program eligibility and reporting, and to monitor program successes.

Contact: Carrie Daniels, Carrie.Daniels@odmhsas.org or (405) 248-9281

PAX Good Behavior Game®

The Good Behavior Game® (GBG) is a classroom approach to teaching positive student behavior at the elementary school level. GBG is designed to decrease classroom disruption and off-task and withdrawn behaviors by increasing child emotional and behavioral self-regulation. GBG has demonstrated positive outcomes related to alcohol, tobacco, and other drug use; suicide attempts; mental health problems; violence; and academic performance. The ODMHSAS has partnered with Oklahoma State University Center for Family Resilience to provide GBG training and classroom support.

Contact: Brooke Tuttle, Brooke.Tuttle@okstate.edu or (918) 594-8506

AlcoholEdu for High School®

AlcoholEdu for High School® is an online alcohol prevention course that engages teens using the internet, videos, and project-based learning. AlcoholEdu has demonstrated outcomes including increased student knowledge about alcohol, improved student attitudes and behaviors, and reduced negative consequences associated with underage drinking such as riding in a car with a drinking driver. AlcoholEdu delivers a personalized experience to every student and includes a parental component.

Contact: Brandi Gaither, Brandi.Gaither@odmhsas.org or (405) 248-9287

Botvin LifeSkills® Training

Botvin LifeSkills® Training (LST) is an evidence-based substance use and violence prevention program that has been proven to reduce the risk of alcohol, tobacco, drug use, and violence among children and teens. The LST provides skills in drug resistance, personal self-management, healthy alternatives to risky behaviors, and general social interactions. This program can be taught in schools, community agencies, faith-based organizations, and after-school settings.

Contact: Brandi Gaither, Brandi.Gaither@odmhsas.org or (405) 248-9287

Behavioral Intervention Services and Supports (BISS)

BISS is implemented in school settings for children and youth with complex emotional and behavioral needs. BISS focuses on setting clear expectations for behavior, identifying students at risk for behavioral problems, and providing teachers and schools with the practices and interventions necessary to promote positive behavior. BISS provides early identification of behavioral health issues; assessment and referral for treatment; professional learning; and embedded Behavioral Health Aides in schools.

Contact: Brittany Couch, Brittany.Couch@odmhsas.org or (405) 521-2106

SHARE and Trauma Informed Care

Strengthening Hope and Resilience Everyday (SHARE) is a trauma-informed service that offers stories of hope, shares ideas and resources for improving resilience, and provides information and tools necessary to create a safe community while reducing the stigma of trauma and mental health. Professional development training is available: Trauma Is Just the Beginning; Self-Care; and Child Trauma Screening.

Contact: Lauren Garder, Lauren.Garder@odmhsas.org or (405) 552-1055

Suicide Prevention Services

The ODMHSAS offers training and support to Oklahoma schools in a number of evidence-based suicide prevention practices, including training to identify and assist students in distress with appropriate referral, suicide intervention training for those interacting with high risk populations, and postvention training and support to foster healing after a suicide loss and ensure a supportive reintegration for students following a suicide crisis.

Contact: Julie Geddes, JGeddes@odmhsas.org or (405) 248-9275

Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach school personnel and parents a 5-step action plan to reach out to a young person experiencing a mental health crisis and connect them to community resources. Youth Mental Health First Aid trains adults to recognize the signs and symptoms of common mental illnesses and substance use disorders; how to de-escalate crisis situations safely; and how to initiate timely referral to treatment resources.

Contact: Elicia Berryhill, Eberrhill@odmhsas.org or (405) 248-9272

2Much2Lose (2M2L)

2M2L is Oklahoma's underage drinking prevention initiative. Under this program, the ODMHSAS can support 2M2L Chapters in local schools and community-based programs. 2M2L Chapters are youth-led coalitions that work to prevent underage drinking and other problems in the community. As the ODMHSAS is the Oklahoma coordinator for the organization, Students Against Destructive Decisions (SADD), all 2M2L Chapters also enjoy the benefits of affiliation with SADD National.

Contact: Jeanette Cosby, Jeanette.Cosby@odmhsas.org or (405) 248-9328

The ODMHSAS provides a range of additional direct and indirect prevention services to prevent mental, emotional, and behavioral problems among youth, including organized efforts to build prevention-oriented schools and neighborhoods.

Learn more by contacting the Prevention Services Division at 405.248.9271

