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Introducing the University of Pittsburgh School-based Behavioral Health Web site

The University of Pittsburgh School Of Education has launched a School-based Behavioral Health (SBBH) Web site, www.sbbh.pitt.edu, to promote the behavioral health of children and adolescents by providing **free** resources for children and teens who face emotional and behavioral challenges, their families, and the professionals who work with them.

The effort is a collaboration of faculty and students from the School of Education's Applied Developmental Psychology Program and its institutional partners. STAR-Center staff, Mary Margaret Kerr, and Kim Poling, teach in this program.

Resources on the SBBH Web Site

For Professionals

The site provides administrators and teachers with various free professional development resources,

including slide presentations and accompanying study guides, handbooks, forms, newsletters, and pod casts for your use. Topics include anxiety, bullying, conduct disorder, good behavior game, keeping your classroom safe, truancy, and many more.

Example: A professional development resource found on the Web site is a PowerPoint on student noncompliance in the classroom. Administrators and teachers can learn about what defines student noncompliance, possible reasons for noncompliance, and how to intervene with the behavior.

In addition to this presentation, an accompanying study guide asks questions about information in the presentation. Each study guide features a case study for discussion.

For Families

Family members will find information on this page to help them understand mental health disorders such as depression, anxiety, conduct disorders, and autism. The site features reader-friendly brochures about different disorders. There are pod casts (radio

shows) for adults to learn about emotional and behavioral disorders.

For Youth

Youth can learn about emotional and behavioral disorders that they, friends, or family members may face. There are podcasts to download and listen to, along with guides and handouts about the disorders.

Featured Resources on the SBBH Web Site

Each month, the School-based Behavioral Health Web site

highlights a resource. This month, the featured resource is the *How Teachers Can Help Me* student self-advocacy booklet. In this booklet, students with mental and behavioral health disorders are able to choose strategies and accommodations they feel will benefit them in school. Teachers may use this booklet to pinpoint a particularly troublesome time of day and to identify strategies for making that time more successful.