

by Cricket Meehan, PhD

This month is a good opportunity to refresh our shared commitment to preventing bullying, to raise awareness, and to equip students, families, and schools with tools to act. Below are some key strategies and resources especially relevant for Ohio K-12 schools. Let's work together to build kinder, more inclusive school communities.

- Repeated behaviors meant to hurt, humiliate, or intimidate
- Can be verbal, physical, written, or online (cyberbullying)
- Creates a hostile or unsafe school environment

- Teach kindness & prosocial skills through classroom lessons
- Empower students to be “upstanders,” not bystanders
- Provide safe, anonymous ways to report concerns
- Support both the student targeted and those who engage in bullying
- Use restorative approaches to rebuild trust and community

- Speak up when you see bullying
- Offer support to someone being targeted
- Report concerns to a trusted adult
- Choose kindness—small actions make a big difference

Ohio School Safety Center – Anti-Bullying Resources:
<https://ohioschoolsafetycenter.ohio.gov/home>

<https://education.ohio.gov/Topics/Student-Supports/Safe-and-Supportive-Schools/Anti-Harassment-Intimidation-and-Bullying-Resource>

No Wrong Door Resource Library: [Bully Prevention materials](#)

Dr. Meehan is the SBCOE Executive Director and the author of the book *The Right to Be Safe: Putting an End to Bullying Behavior*

by Jessica Muhlenkamp, OCPS

The Behavioral Health & Wellness Coordinators spent the summer finalizing their plans for the school year and are now fully integrated back into their schools. With the continued goals for implementing Student Assistance Programs, strengthening tiered services and implementing staff wellness they have full plates and every day looks a bit different. Several schools have already hit the ground running with Sources of Strength and Suicide Prevention events in September and implementing universal screenings! Want to learn more about how a BHCW would fit into your school? Let us know! Email: muhlenj@miamioh.edu

The Ohio Healthy Youth Environments Survey (OHYES!) is a valuable statewide initiative that supports the goal of reducing mental and behavioral health barriers to learning.

- Managed by the Ohio Department of Behavioral Health (ODBH), OHYES! is a free, anonymous, online survey for students in grades 7–12 that supports school and community prevention planning.

- Tracks youth behavioral health and well-being trends
- Informs PBIS and intervention supports
- Supports collaboration with local health agencies
- Strengthens grant applications and reporting

The 2025 OHYES! is now available in Spanish, helping schools reach more students and families. Other updates include:

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Ohio Youth Surveys

(continued on next page)

(Continued) **Supporting Youth Wellness Through Data: OHYES! Now Available in Spanish**

Register Here: <https://bit.ly/OHYES2025-Registration>
You will need: ODEW IRN, school contact and coordinator info, selected grades and survey version (Standard or Optional).

- Resources for Schools:
Find materials at <https://youthsurveys.ohio.gov/our-surveys/ohyes>
- Sample surveys (English & Spanish)
 - Parent letters and opt-out forms
 - Updated School Administration Manual



Questions? Email: info@ohyes.ohio.gov

At the School-Based Center of Excellence, we are proud to highlight tools like OHYES! that empower schools and communities to better understand and support the health of Ohio’s youth. OHYES! is led by ODBH, and our mission aligns closely with their efforts to build healthier learning environments through data-informed practices. If you have questions about the survey, please contact:

Ohio Healthy Youth Environments Survey (OHYES!)
Ohio Department of Behavioral Health, Office of Quality, Planning, and Research
Lara.Belliston@mha.ohio.gov | info@ohyes.ohio.gov | youthsurveys.ohio.gov

Training Opportunities

Sharpening Our Trauma Lens

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10 Trauma Myths

Two Part Series

Date & Time

October 14th & 28th
10:00-11:30 am

Location: [Register](#)

Course Description:

This session is foundational when working to adopt a trauma informed lens that will translate into trauma responsive practices. This training will unpack ten myths and misperceptions about trauma and trauma recovery.

- Training Objectives:
- Participants will learn how to create a brave space for gatherings.
 - Participants will learn the connection between understanding trauma and tuning in to our felt experience.
 - Participants will understand common myths about trauma and learn new concepts that can lead to powerful supports, interventions, and recovery.

Trainer: Sarah Buffie, MSW, LSW, Founding Director of Soul Bird Consulting

Social Work and Counselor CEUs available

Healing Hearts

Grief Recovery and Harm Reduction for Children

This free training equips professionals with strategies to recognize grief in children, support healthy coping, and guide them through loss in developmentally appropriate ways. Participants will also gain tools to foster resilience and self-worth while accessing a curated list of support resources.

Matilda “Tillie” Woods

Guest Trainer

2 CEU's Offered

Date
October 15, 2025

Time
1:00PM - 3:00PM

Location
Zoom (Virtual)

REGISTER NOW!

bit.ly/4molW3M

www.maccinc.net/educate

COLLEGE OF EDUCATION, HEALTH, AND SOCIETY
Department of Family Science and Social Work

SUBMITTING YOUR SOCIAL WORK APPROVED CERTIFICATE TO CE BROKER FOR PREVENTION RENEWAL

Report CE

- Sign into your CE Broker account.
- You can only create a CE Broker account if you have an OCPSA, OCPS, or OCPC. For those with an RA, hold on to the certificate to include in your grid.

ce broker
By Propelus

To determine categories, use the [content area definition sheet](#).

Course Detail

- Continue to add the requested information, including the CE provider's name (such as Social Work), the organization that put on the training, and uploading the certificate.

BEGIN

- Click the **Begin** button by the statement to enter “continuing education approved by an organization other than the Ohio Chemical Dependency Professionals Board.”

For help, reach out to:
Jennifer Benson, MEd., OCPC, ICPS
jenniferdbenson@gmail.com

These organization's approved certificates can be used to submit to CE Broker this way

- NAADAC
- NASW
- ASWB
- NBCC
- Other Ohio Behavioral Health Licensing Boards (ex. CSWMFT Board)
- College/University

We ♥ to hear from you!

Click the poll question below:

How are you promoting prevention this month?



Share MyOhioWellness.com with students and young adults. Each short video is built on the 8 Dimensions of Wellness. 77% of users say they feel less alone after watching the videos. 83% say they have been motivated to seek help!

Please stay in touch! Follow the School-Based Center of Excellence on [Facebook](#), [LinkedIn](#), and [Instagram](#).