

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.



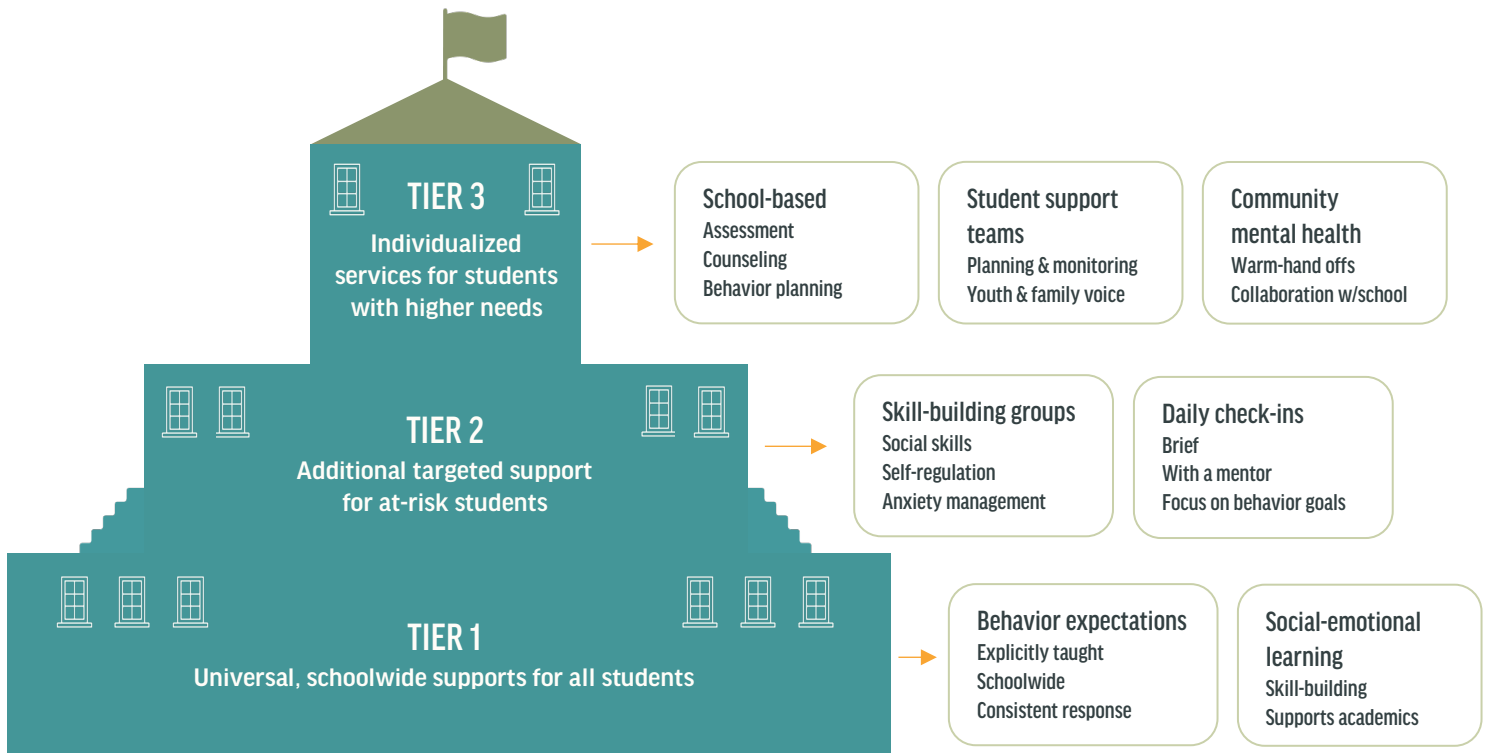
Supporting **all** students' social, emotional, and behavioral skills early on helps them develop positive attitudes about school and feel prepared to learn.*

Social-emotional skills supported by MTSS-B

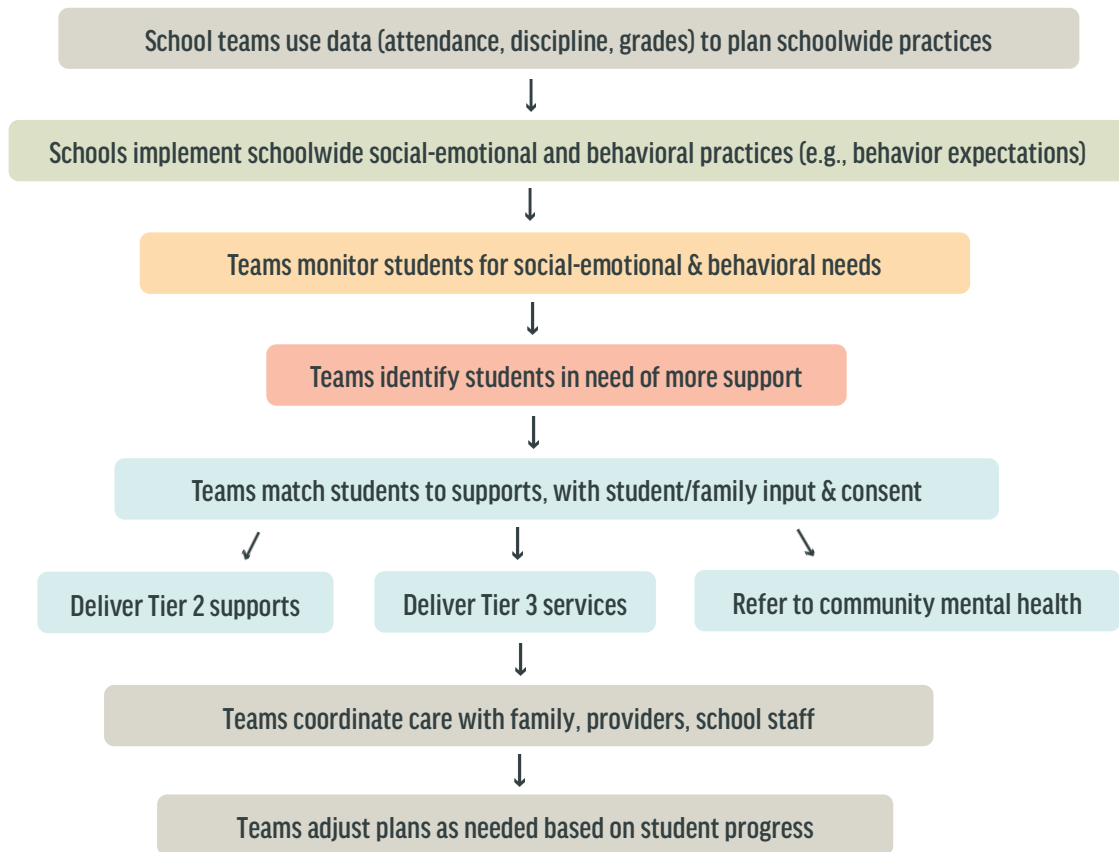
- ✓ Self-awareness
- ✓ Managing emotions, thoughts, behavior
- ✓ Empathy & understanding others
- ✓ Healthy relationship skills
- ✓ Caring & constructive choices

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.



How MTSS-B works



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.