



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Recommendations for De-escalation Interventions and Training Resources 2/10/24

1. MHTTC Products and Resources

[De-escalation: How to Approach Volatile Behavior in a Clinical Setting | Recorded Webinar](#)

Publication Date: June 20, 2023

Developed By: Northwest MHTTC

[Mental Health Crisis and De-Escalation](#) – free online course module

Publication Date: September 13, 2022

Developed By: Mid-America MHTTC

[Conflict Resolution for School Communities](#)

Publication Date: November 16, 2021

Developed By: New England MHTTC

2. Recommendations from MHTTC Regional Centers

From the Central East MHTTC:

Two resources created with Advocates for Human Potential – contact: Tara Fischer, MSW, LICSW, Senior Program Manager II, C. 617.913.0971

- Housing and Reentry: Briefing on Rehousing and Second Chances (April 2023 webinar)
[Recording and slides](#)
- A Briefing: Reentry, Fair Housing, and Second Chances (October 2022)
<https://mhttcnetwork.org/centers/central-east-mhttc/product/briefing-reentry-fair-housing-and-second-chances>

Also:

- One of the Community Services Board Psychiatric Rehabilitation Learning Collaborative sessions (from August 2023) was titled "Housing and Employment Through a Psychiatric Rehabilitation Lens". [Recording](#)
Central East ATTC Co-Director, Andrew Wilson is a certified trainer in **The Mandt System**, which is an evidence-based training to reduce workplace violence. <https://www.mandtsystem.com/>.
- [Crisis Prevention Institute](#) – de-escalation training for different types of organizations
- [Mental Health First Aid \(MHFA\)](#) – “is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.”

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From the Northwest MHTTC:

For students:

- Kansas Technical Assistance System Network: These ten modules provide practitioners with a strong foundation to develop their understanding and professional skills in the area of de-escalation.
[Module 1 An Introduction to the Cycle of Escalation](#)
[Module 2 Signs of Escalation](#)
[Module 3 Early Intervention](#)
[Module 4 Escalation Reaction](#)
[Module 5 Crisis Intervention](#)
[Module 6 Dealing With Student Non-Compliance](#)
[Module 7 Dealing With Student Disruption](#)
[Module 8 Dealing With Student Disrespect](#)
[Module 9 Dealing with Provocative Student Behavior](#)
[Module 10 Dealing With Aggressive and Fighting Behavior](#)
- IRIS Modules - Understanding the Acting-Out Cycle:
<https://iris.peabody.vanderbilt.edu/module/bi1-elem/>
- Individualized De-escalation Support Plan TEMPLATE: [PDF](#) or [MS-Word](#)
- Individualized De-escalation Support Plan SAMPLE: [PDF](#) or [MS-Word](#)
- The Escalation Cycle <https://kcts9.pbslearningmedia.org/resource/ket-pd-deescalation4/the-escalation-cycle/>
- Book: Managing the Cycle of Acting-Out Behavior in the classroom:
<https://www.amazon.com/Managing-Cycle-Acting-Out-Behavior-Classroom/dp/148337436X>

From the Mid-America MHTTC

Drs. Alli Morton, Lynda Hayes, and Kaitlyn Young, Department of Psychology at the Munroe-Meyer Institute, have developed training on *Responding to Mental Health: Supporting Individuals and Families in Crisis*

From the Mountain Plains MHTTC

QBS Safety-Care Crisis Prevention Training (<https://qbs.com/>) is a great training with a focus on prevention and de-escalation as well as physical holds (as a last option if prevention and de-escalation strategies don't work). The Hawaii DOE has implemented this training for all of their schools. I used to be a trainer, and really appreciated the emphasis on prevention. Organizations can either have their staff attend Training of the Trainers so that they can train their staff, or organizations can elect to have their staff attend trainings hosted by their organization.

From the Great Lakes MHTTC

I recommend Mat Roosa matroosa@gmail.com - this training is relevant to people with mental health or substance use disorders - [Creating Calm: Effective Engagement With People Who Are](#)

[Distressed \(June 2023\) | Addiction Technology Transfer Center \(ATTC\) Network \(attcnetwork.org\)](#)

Other Resources

SAMHSA's Disaster TA Center - [Creating Safe Scenes Training Course](#)

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