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Through the MD-AWARE grant, two behavioral health consultants are available to provide classroom consultation to teachers using an evidence-based model called The Classroom Check-Up (CCU). In order to ensure sustainability of this model, the AWARE Team also trains identified BCPS staff in the use of the CCU.

Summary of the Classroom Check-Up (CCU):

- Focuses on teachers’ skills and capacities, rather than individual students.
- Evidenced-based classroom consultation model that utilizes motivational interviewing and includes personalized feedback to teachers on classroom behaviors.
- Encourages personal responsibility for decision making while offering direct advice if solicited.
- Utilizes a menu of options for interventions.
- Supports teacher self-efficacy by identifying existing strengths and times when teachers have successfully changed classroom behaviors in the past.
- Non-evaluative and confidential
- Not an additional intervention, but rather a framework for utilizing or deciding to modify existing resources

Resources:

The Classroom Check-up: A Classwide Teacher Consultation Model for Increasing Praise and Decreasing Disruptive Behavior

Motivational Interviewing for Effective Classroom Management

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