



When Suspension Is the Default: Building a DIY MTSS for Substance Use in Schools

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course addresses the limitations of suspension-based responses to student substance use by introducing a DIY Multi-Tiered System of Supports (MTSS) framework. Participants will explore practical, harm-reduction informed strategies to move beyond disciplinary consequences, learning how to coordinate across administration and counseling teams. Attendees will gain tools for individual and small-group interventions, including the "build your own quit kit" model and communication techniques rooted in motivational interviewing. This session empowers practitioners to build sustainable, student-centered systems of support that prioritize engagement and ongoing connection over exclusion.

By the end of the workshop, participants will be able to:

- * Identify at least three components of a tiered, school-based response to student substance use within an MTSS framework.
- * Identify at least three strategies from a structured individual or small-group substance-use intervention that could be applied or adapted within their own school setting.
- * Demonstrate at least two motivational interviewing-informed communication strategies that elicit students' own reasons for change.

Upon completion of the course, you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please contact CEU@WellnessTogether.org

Instruction Provided by:

Alex Kunesh is a school-based mental health clinician and former classroom teacher with over 10 years of experience across urban and rural school communities. Her work focuses on adolescent mental health and substance use, with an emphasis on practical, relationship-based interventions, harm reduction, and student-centered systems of support.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Wellness Together, Inc., Provider #141369, is approved by the California Association of Marriage and Family Therapists to sponsor Continuing Education for LMFTs, LCSWs, LPCCs, and LEPs. Wellness Together maintains responsibility for this course and its content.

 **WellnessTogether.org™**