PBIS Improves Student & Adult Mental Health and Wellbeing

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based multi-tiered system of support (MTSS) framework. PBIS organizes practices supporting students, systems supporting staff, and data supporting decision making to achieve valued and equitable outcomes.

Why Invest in PBIS?

PBIS improves outcomes for students and educators. Research shows that implementing PBIS:

- Improves achievement, attendance, emotional regulation, school climate, and student-teacher relationships
- Decreases disruptive behavior, bullying and peer exclusion, and substance misuse
- Decreases educator stress and burnout, and improves teacher efficacy and collegiality

PBIS saves money according to multiple analyses. In one study, for every $1 spent on PBIS implementation, there were $105 savings from reducing school dropout.

How Does PBIS Improve Mental Health Outcomes?

When schools integrate school mental health within a PBIS framework, students experience:

- **Greater Access to Targeted and Intensive Support**
- **Less Exclusionary Discipline**
- **Improved Social, Emotional, and Behavioral Skills and Wellness**


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