

# HELM Project

University of Washington School Mental Health Assessment, Research & Training Center  
Principal Investigators (PIs): Aaron Lyon, PhD; Jill Locke, PhD; Clay Cook, PhD

## You are invited...

*To take part in a project being conducted by the University of Washington's School Mental Health Assessment, Research, & Training (SMART) Center*



The purpose of this project is to develop an implementation intervention, Helping Educational Leaders Mobilize Evidence (HELM), to support the adoption and delivery **universal social, emotional, and behavioral (SEB) programs in elementary schools**. HELM is intended to improve principals' abilities to **support their staff to use new programs effectively**. Although HELM will focus primarily on principals, it is also designed to be inclusive of the distributed leadership models that are common in many school buildings.

## Overall Benefits of Participation

- **CONTRIBUTE TO LARGER BODY OF KNOWLEDGE RELATED TO THE FIELD OF SOCIAL, EMOTIONAL, AND BEHAVIORAL PROGRAM IMPLEMENTATION**
- **ENHANCE OVERALL UNDERSTANDING ON HOW TO SUCCESSFULLY IMPLEMENT EVIDENCE-BASED PRACTICES**
- **IMPROVE ACADEMIC AND EMOTIONAL OUTCOMES FOR ALL STUDENTS**

### Participation in Study 1 of the HELM study:

- **Who can participate?** At this time we are recruiting principals, teachers and district stakeholders.
- **When?** Wednesday, November 18<sup>th</sup> @ 4-5:30 pm PST
- **What will I have to do?**
  - Materials Review: two weeks prior to the focus group, we will ask you to review materials about the intervention we are adapting for the school setting (approximately 20 minutes)
  - Focus Group: this will include a review of the intervention components by group facilitators and discussion in stakeholder-specific groups (approximately 90 minutes)
  - Survey: will include questions about your background and experience (approximately 10 minutes).
- **\$120 gift card** as a thank you for your participation
- **Other opportunities**: you may be invited to participate in a subsequent phase of the HELM study or other related-studies at the UW SMART Center.

**We will enroll participants on a first-come first-served basis to fill the limited spots we have available for participation.**

**If interested, please contact Jessica Coifman at [helm@uw.edu](mailto:helm@uw.edu) and indicate that you'd like to participate in the HELM project.**