

# The Back-to-School Series

## *Supports for Staff, Students & Families During COVID-19*



The rapid shift to distance learning in the wake of COVID-19 presented its own challenges, *but so does the return to schools during the 2020 - 2021 school year.*

Staff, students, and families could be experiencing higher levels of stress, trauma, anxiety, depression, and even grief. Plus, health concerns, economic instability, and racial violence are more present than ever. No one has been untouched by the pandemic.

As schools face the realities of reopening in-person, remotely, or a hybrid, one thing remains constant: **it is more important now than ever to prioritize the mental health and wellness of our school communities. We know that the most common response to disaster is resilience, not disorder, and there is so much educators can do to promote resilience and well-being.**

Join our Back-to-School Series for concrete strategies to strengthen connections, promote mental wellness and resilience, and support everyone in the return to schools during a global pandemic.

**See below for more information about all events in the series.**

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## **The ISF West Coast Party: Systems (Structures & Leadership) and Practices (Services & Supports) For This Moment**

**October 20th, 22nd, 27th, November 5th, 17th, December 1st, 3rd, January 12th, 19th, 21st, 26th**

**>> [Webinar Details Available Here](#)**

**>> [Access The Full Series Resource Guide](#)**

The **Northwest MHTTC** and the **Pacific Southwest MHTTC** continued partnership to provide and extend deeper technical assistance on the Interconnected Systems Framework (ISF) and contextualize ISF to this moment of COVID-19 and beyond.

Our offering is made up of four modules and ends with a town hall where participants ask faculty questions and resource one another. Each module includes teaching from Susan Barrett and field leaders on ISF systems, and USC faculty on ISF practices

Led by Susan Barrett, MA, and University of Southern California trauma informed specialists Steve Hydon, Pamela Vona, and Vivien Villaverde, we invite you to explore the ISF framework by examining systems change (structures and leadership) and the practices (services and supports) needed to ensure student support equity.

We recommend watching the systems sessions (in blue) before the practices sessions (in green).

### **Module 1: ISF in Virtual Conditions**

- **10/20/20 - ISF Systems in Virtual Conditions w/Susan Barrett - \*Recording & Session Materials Available Here\***
- **10/22/20 - Secondary Traumatic Stress and Educator Well Being w/Steve Hydon - \*Recording & Session Materials Available Here\***

### **Module 2: ISF + Trauma Informed Approaches**

- **10/27/20 - ISF Systems & Trauma-Informed Approaches w/Susan Barrett - \*Recording & Session Materials Available Here\***

- **11/5/20 - Virtual Adaptations of Psychological First Aid w/Pamela Vona - \*Recording & Session Materials Available Here\***
- **11/17/20 - Virtual Adaptations of Trauma Informed Skills for Educators w/Vivien Villaverde - \*Recording & Session Materials Available Here\***

### Module 3: ISF + Tiers 2 & 3

- **12/1/20 - ISF Systems and Tiers 2 & 3 w/Susan Barrett - \*Recording & Session Materials Available Here\***
- **12/3/20 - Virtual adaptations of SSET/Bounce Back w/Beth Cooney - \*Recording & Session Materials Available Here\***

### Module 4: ISF & Equity


- **1/19/21 - Leadership, ISF & Equity: Do our Systems Harm or Help? with Susan Barrett, Kurt Hatch, and Jessica Swain-Bradway - \*Recording & Session Materials Available Here\***
- **1/21/21 - Understanding Racial Stress and Trauma and Schools: Responding by Addressing and Affirming Race with Farzana Saleem - \*Recording & Session Materials Available Here\***
- **2/25/21 - RESCHEDULED: Secondary Traumatic Stress & BIPOC Educator Well Being with Steve Hydon, Oriana Ides, Candice Valenzuela, Katrina Traylor Rice, and Alan Green - \*Recording & Session Materials Available Here\***

### ISF West Coast Town Hall

- **1/26/21 - Enhancing MTSS Series Townhall: ISF Systems & Practices in this Moment - \*Recording & Session Materials Available Here\***

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## Anxiety & Return to School Webinar Series



The graphic features a central blackboard with the text "Managing Anxiety & the Return to School" and "A WEBINAR SERIES" below it. To the right, the schedule for three parts is listed: Part 1 (Sept 9, 2020) on "Identifying Anxiety and What to Do About it", Part 2 (Oct 7, 2020) on "Managing Anxiety During COVID-19", and Part 3 (Dec 9, 2020) on "Answering Your Questions". All parts are held from 1:00 - 2:30 pm Pacific Time. The bottom of the graphic includes the Northwest (HHS Region 10) MHTTC logo and text: "MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration".

**Part 1: September 9, 2020**  
*Anxiety & School - Identifying Anxiety and What to Do About it*

**Part 2: October 7, 2020**  
*Anxiety & School - Managing Anxiety During COVID-19*

**Part 3: December 9, 2020**  
*Anxiety & School - Answering Your Questions*

1:00 - 2:30 pm Pacific Time

Northwest (HHS Region 10)  
**MHTTC** Mental Health Technology Transfer Center Network  
 Funded by Substance Abuse and Mental Health Services Administration

## **September 9th, October 7th & December 9th**

*\*All webinars from 1 - 2:30pm (PST)*

**>> [Learn more about all 4 webinars here.](#)**

As we continue to navigate life during a pandemic, it is no surprise that anxiety and uncertainty are rising. This is true for youth, their families, and educators.

This series is designed to highlight what anxiety looks like and walk through evidence-based interventions for anxiety in educational setting.

### **PRESENTATION MATERIALS:**

#### **September 9, 2020:**

- **Presentation PDF**
- **Recording**

#### **October 7, 2020:**

- **Presentation PDF**
- **Recording**

#### **December 9, 2020:**

- **Presentation PDF**
  - **Recording**
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## Self Care and Compassion for the Educator Webinar Series



**October 9th, November 12th, December 11th**

*\*All webinars from 3 - 4pm (PST)*

**>> Learn more about all 3 webinars here.**

NWPBIS is partnering with **Dr. Renee VanNorman** of **WellEducator, LLC** to bring you the most up to date research, suggestions, and exemplars on how to build wellness, and respond to life's challenging moments (in and out of the classroom) with self-compassion.

During these workshops participants will practice skills to decrease stressors on mind/body systems to stay connected to the wonders and curiosities of teaching using evidence-based mindfulness practices, radical acceptance and values-driven goal setting. **\*Clock hours are provided!\***

### **PRESENTATION MATERIALS:**

**October 9, 2020:**

- **Reflective Notes**
- **Recording**
- **Committed Action Plan**
- **NWPBIS Additional Resources**

**November 12, 2020:**

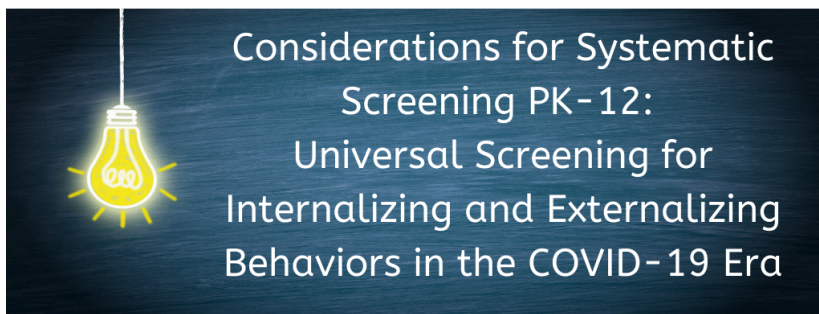
- **Additional Resources**
- **Reflective Notes**
- **Recording**

**December 11, 2020:**

- **Committed Action Plan**
- **Reflective Notes**
- Recording - COMING SOON!

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## **Considerations for Systematic Screening PK-12: Universal Screening for Internalizing and Externalizing Behaviors in the COVID-19 Era**



**Wednesday August 12th**

*9am - 10:30am (PST)*

In the wake of the COVID-19 pandemic, PK-12 schools across the United States closed and educators quickly pivoted to remote and continuous learning opportunities to protect students and society as a whole from the deadly coronavirus – COVID-19.

As educational leaders across the country navigate the complexities for providing instruction during the 2020-2021 academic year, questions have arisen regarding systematic screening practices.

**In this presentation, we offer considerations by Lane and Oakes (2020) for conducting systematic screenings for internalizing and externalizing behaviors in the COVID-19 era.** We recommend educators continue to screen, use multiple sources of data to inform programming, and screen responsibly.

## PRESENTATION MATERIALS:

- [Presentation PDF](#)
- [Recording](#)

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**Want more information and school mental health resources?** Visit the Northwest MHTTC's [School Mental Health page](#) and [sign up for our monthly newsletter](#) for regular updates about events, trainings, and resources available to the Northwest region.

### CONTACT US

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Workforce Development

## EDUCATION

[healthknowledge.org](http://healthknowledge.org)

Training and Events Calendar

## RESOURCES

Products & Resources Catalog

Spotlight on SAMHSA Resources

## GET HELP

988 Suicide and Crisis Lifeline

Early Serious Mental Illness Treatment Locator

[findtreatment.gov](http://findtreatment.gov)

SAMHSA's National Helpline: 1-800-662-HELP (4357)

SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS to 66746



**MHTTC**

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