

Lunch, Listen, and Learn: COVID-19 Back-to-Classroom THINK Toolbox and New Resources



Lunch • Listen • Learn
COVID-19 Back-to-Classroom THINK Toolbox
New Resources for School Mental Health
for the 2021-2022 School Year



September 10, 2021
12:00 pm - 1:30 pm (PDT) | 11:00 am - 12:30 pm (AKDT) | 1:00 pm

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

>>> Recording Now Available! <<<


What to expect from our time together:

1. Dr. Kira Mauseth, from the Washington DOH Behavioral Health Strike Team, will share current youth behavioral health symptoms and how those change across the phases of disaster, as well as, the newly released COVID-19 Back-to-Classroom THINK Toolbox.



**COVID-19
Back-to-Classroom
THINK Toolbox**

Teaching with
Healthcare
Informed
Neurological Strategies for
Kids


Washington State Department of
Health

Publication 821-148 August 2021
To request this document in another format,
call 1-800-525-0127. Deaf or hard of hearing
customers, please call 711 (Washington Relay)
or email info.rights@doh.wa.gov.

The COVID-19 Back-to-Classroom THINK Toolbox includes:

- Impact of Disasters on Children and Teens

- The Importance of Resilience
- Impact of COVID-19 on School Staff and Mentors: How to Effectively Practice Self-Care
- Tools for Teachers – Interventions for the Classroom
- Tools for Coaches, Mentors, and Other School Staff
- Tools for Parents and Caregivers

2. NW MHTTC School Mental Health Team members and partners will share other new resources including:

- **Korbett Mosesly** will tell you about a statewide mental health and wellbeing prevention campaign - ***A Mindful State***.
- **Katrice Thabet-Chapin** will be discussing a new series for BIPOC School Mental Health Providers - ***Anchored in Our Roots***.
- **Kelcey Schmitz** and **Rayann Silva** will be sharing new resources from the MHTTC Network and from our NW MHTTC team including ***Classroom WI*** literacy online course for teachers and school staff, the new ***Interconnected Systems Framework Series Resource***, the ***National School Mental Health Implementation Guidance Modules for States, Districts, and Schools*** and MORE!

3. Q&A with panelists

4. An opportunity for you to share helpful resources and let us know what School Mental Health and MTSS topics and formats you'd be interested

Learning Objectives:

- Participants will understand the mental health impact of COVID-19 on youth, the importance of resilience, and an awareness of what to expect as classroom.
- Participants will understand the value of and how to effectively practice self-care.
- Participants will receive tools and resources for teachers, school-wide staff, and families that mitigate the effects of trauma.

NOTE: *Washington Clock Hours & Certificates of Attendance available for attendees in the live session.*

Webinar Recording

[Access the Lunch, Listen, Learn Recording](#)

Webinar Materials

[Lunch, Listen, Learn Presentation PDF](#)

Resources

- **COVID-19 Back-to-Classroom THINK Toolbox**
- **Statewide High-Level Analysis of Forecasted Behavioral Health Impacts from COVID-19**
- **Coping with COVID-19: Behavioral Health Podcasts.**
- **Anchored In Our Roots: A Wellness Series for BIPOC School Mental Health Providers**
- **Announcing the Launch of 'A Mindful State'**
- **'A Mindful State' Website**
- **The ISF West Coast Party Webinars: Enhancing MTSS - Integrating Student Mental Health and Wellness through Systems, Data, and Practice Guide**
- **Behavioral Health Impacts During & After COVID-19: What to Expect and Ways to Prepare for the Return to In-Person Learning**
- **The Mental Health Impacts of Surviving COVID-19 and Implications for School Mental Health System Leaders and Providers**
- **Mental Health Literacy Library**
- **Classroom WISE: A 3-part training package on mental health literacy for teachers and school staff**
- **National School Mental Health Implementation Guidance Modules and Related Projects**

Panelists:



Clinical Psychologist @WA State Department of Health

Dr. Kira Mauseth is a practicing clinical psychologist who sees patients at Snohomish Psychology Associates, teaches as a Senior Instructor at Seattle U and co-lead for the Behavioral Health Strike Team for the WA State Department of Health. Her work and research interests focus on resilience, trauma and mental health. She has worked extensively in Haiti with earthquake survivors, in Jordan with Syrian refugees and with first responders and health care workers in the United States. Dr. Mauseth also conducts trainings with organizations and educational groups about disaster preparedness and resilience building with



Senior Associate Director @Pac Mountain Workforce Development Council

Korbett Mosesly has more than a decade of experience working in both the non-profit and government sectors on a broad range of issues including education and workforce development. He currently works as Senior Associate Director of Pac Mountain Workforce Development Council and consults on community impact. He has a Master's degree in Public Administration from Evergreen State College. Most recently, he led a community engagement team to help launch a campaign called A Mindful State that responds to the emotional and social needs of individuals through a people-powered experience. The campaign shares a rich set of stories and expert advice that shows each of us that we are not only not alone, but are connected in ways we never realized.



School Psychologist @Vancouver Public Schools, Washington

Katrice Thabet-Chapin, MEd, EdS, NCSP, is a multi-racial educator who has served in the non-profit sector for over 27 years. She comes from four generations who dedicated their life to educational social justice. Katrice has a strong theoretical background in child development and psychology; B.A. in Child Development, Elementary Education, and Ed.S. in School Psychology. She works diligently to ensure that everyone who wishes to have a seat at the table has one, feel heard, and voice their opinions without retribution. As a practicing school psychologist, she has a special interest in researching and applying best practices in consultation and assessment implementation when supporting students and families who are culturally and linguistically diverse. Katrice is an active member of Washington Association of School Psychologists, the National Association of School Psychologists, and is a member of OSPI's School-Based Behavioral Health and Suicide Prevention Subcommittee.



School Mental Health Director @Northwest MHTTC

Kelcey Schmitz, MEd, is the Assistant Director of Training and Technical Assistance at the University of Washington School Mental Health, Assessment (SMART) Center. Kelcey has been involved in many Positive Behavioral Interventions and Supports (PBIS) efforts providing training, coaching, and evaluation to families and community organizations to support the social, emotional, and behavioral strengths and needs of students within an MTSS framework. She has experience leading state-wide MTSS efforts. Kelcey has a master's degree in Special Education from the University of Kansas.



School Mental Health Training and TA Specialist @Northwest MHTTC

Rayann Silva, MEd, supports program development, and training and technical assistance for the SAMHSA-funded School Mental Health supplement to the Northwest Mental Health Technology Transfer Center covering the Region 10 states of Alaska, Idaho, Oregon and Washington. In addition, she supports the Core at the UW SMART Center providing systems-change training and technical assistance to state, local agencies, and districts across the Northwest. In her professional journey as an ABA Therapist for children with Autism, she eventually grew an interest in prevention and became a teacher. In her previous role as a district administrator in Tacoma Public Schools leading the development and implementation of district-wide social emotional learning for in and out of school, she supported district MTSS implementation through professional development, coaching, and program evaluation across many districts in Washington state.

Want more information and school mental health resources? Visit the Northwest MHTTC's **School Mental Health page** and **sign up for our newsletter** for events, trainings, and resources available to the Northwest region.

CONTACT US

networkoffice@mhttcnetwork.org

650-721-8692



Search ...

Search

ABOUT THE NETWORK

About the MHTTC Network
Technology Transfer and Dissemination and Implementation Science
Collaborators

COMMUNICATION

Recent News
MHTTC Pathways Newsletter

PROJECTS

MHTTC Areas of Focus
School Mental Health
Workforce Development

EDUCATION

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
SAMHSA's National Helpline: 1-800-662-HELP (4357)
SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS to 66746



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration