



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Northwest School Mental Health Newsletter August 2019

Greetings,

We are excited to bring you our first Northwest School Mental Health newsletter!

The **University of Washington Department of Psychiatry and Behavioral Sciences** hosts the new Northwest Mental Health Technology Transfer Center (MHTTC) which is now providing services to the four-state region of Alaska, Idaho, Oregon and Washington. As part of the Northwest MHTTC, the **UW SMART Center** hosts the Northwest School Mental Health Training and Technical Assistance (TA) Center. Originally a one year supplement to the core Northwest MHTTC, we were recently notified of a second year of funding. This funding will allow us to offer additional training and consultation opportunities for educators and community providers that deliver mental health services in schools. We will be sending monthly newsletters to alert you to training opportunities and regional events, share new resources, spotlight school mental health efforts in the four-state region, introduce you to our partners and let you know how you can get involved.

Meet our key staff!

Eric Bruns, PhD, is a Professor of Psychiatry and Behavioral Sciences in the University of Washington School of Medicine. Dr. Bruns's research focuses on public child-serving systems, and

how to maximize their positive effects on youth with behavioral health needs and their families. As Associate Director of the UW SMART Center, he leads the Center's Technical Assistance Core and directs its Institute for Education Sciences (IES)-funded Post-doctoral Research Training Program.

Kelcey Schmitz, MEd, is our Multi-tiered System of Supports (MTSS) and School Mental Health Training and TA Specialist. She has experience providing training, coaching, and evaluation to schools, districts, and other community agencies to meet the social, emotional and behavioral needs of students within an MTSS Framework. Kelcey has a Master's Degree in Special Education from the University of Kansas and brings our initiative extensive experience leading state-wide MTSS efforts.

The Center goals are to:

- o Provide training and technical assistance on implementation of mental health services in schools and school systems
- o Build infrastructure and create learning communities
- o Support educational leaders to promote mental health for ALL

Please take a moment to visit the **[Northwest MHTTC School Based Mental Health Center Website](#)**.

We encourage you to share this newsletter with your contacts and ask them to join the mailing list. We look forward to supporting your school mental health efforts!

Best,
Eric & Kelcey

Sign up for the School Mental Health mailing list!

The Northwest Mental Health Technology Transfer Center is funded by SAMHSA and provides FREE support to you, our colleagues and partners.

The main MHTTC grant focuses on providing training and technical assistance to Region 10 on topics like:

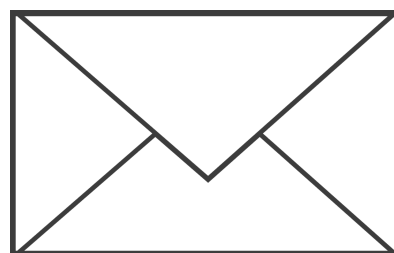
- o Evidence-based Practices
- o Serious Mental Illness approaches
- o Peer & Recovery supports
- o Suicide Prevention

Click on our links for more ways to communicate and connect with us!

- Get your training ideas and provide input for our Needs Assessment
- Access free training resources,



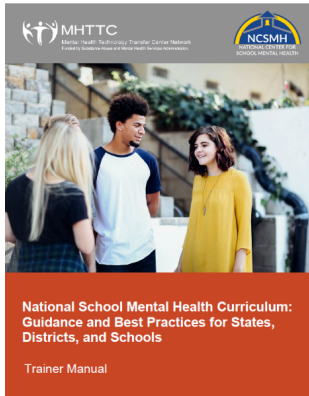
Northwest MHTTC Website



products and announcements

Northwest MHTTC mailing list

Thank you,
The Northwest MHTTC Team



NOW AVAILABLE! National School Mental Health Curriculum

To help states, districts, and schools across the United States understand the core components of comprehensive school mental health, as well as engage in a planning process, the Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office and National Center for School Mental Health (NCSMH) developed a national school mental health curriculum focused on the core features of effective school mental health initiatives.

Click [here](#) for access to the curriculum.
Download [a flyer](#) to learn more and share information about the curriculum.

If you have questions about the curriculum or need additional support in the Northwest Region, please contact [Kelcey Schmitz](#).

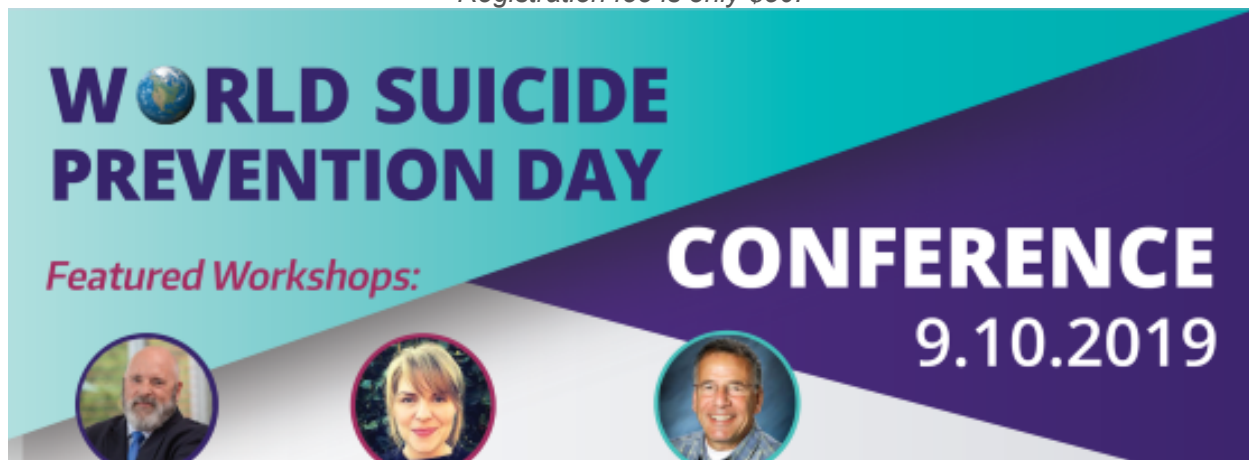
NEW Guidance to States and School Systems on Addressing Mental Health and Substance Use Issues in Schools

[This Joint SAMHSA-CMS informational Bulletin](#) provides guidance to states and school systems about addressing mental health and substance use issues in schools. It provides examples of approaches for services in schools and describes some Medicaid authorities that states may use to cover services.



Conference Corner

[Register today for the World Suicide Prevention Day Conference in Seattle!](#)
Registration fee is only \$50!



Safety Planning Intervention
Gregory K. Brown, Ph.D.

Caring Contacts
Amanda Kerbrat, MSW, LICSW

Advanced LEARN® SAVES LIVES for
School Mental Health Professionals
Harry Brown, M.A., LMFT



Alaska School Safety & Well-Being Summit
September 18 - 20, 2019
Anchorage, Alaska
[Registration Link](#)

PBIS: Supporting Our Most Vulnerable Children & Youth

October 3 - 4, 2019 | Hilton Chicago, Chicago, IL

National PBIS Leadership Forum
October 3 - 4, 2019
Chicago, Illinois
[Registration Link](#)

The 2019 Annual Conference on Advancing School Mental Health



November 7-9, 2019
Austin, TX:
Hilton Austin

Safe and Supportive
Schools for All Students!



Advancing School Mental Health
November 7 - 9, 2019
Austin, Texas
[Registration Link](#)

Recommended Resources Row

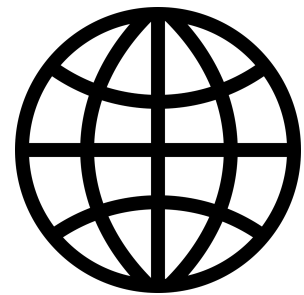
[Systematic Screening: Screening Tools and Protocols for Schools](#)

[Survey on School Readiness for Interconnecting PBIS and School Mental Health](#)

[Responding to Trauma through Policies that Create Supportive Learning Environments](#)

[Mental Health Agency Implementation Checklist](#)

[National Federation of Families for Children's Mental Health](#)



September 2019 Newsletter **Preview**



- 2019-2020 School Mental Health Webinar Series
- New School Mental Health Practice Brief
- School Mental Health Spotlight
- Meet our Partners
- Upcoming Events
- Resources and Training Alerts
- And MORE!

Sign up for the School Mental Health mailing list!



SMART
School Mental Health Assessment
Research & Training Center

The overarching mission of the School Mental Health Assessment, Research, and Training (SMART) Center is to promote high-quality, culturally-responsive programs, practices, and policies to meet the full range of social, emotional, and behavioral (SEB) needs of students in both general and special education contexts.

The [UW SMART Center](#) is a national leader in developing and supporting implementation of evidence-based practices (EBPs) in schools, including prevention, early intervention, and intensive supports.

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