



**Northwest** (HHS Region 10)

**MHTTC**

**Mental Health Technology Transfer Center Network**

Funded by Substance Abuse and Mental Health Services Administration



## December 2019 Northwest School Mental Health Newsletter

Greetings & Happy Holidays!

As the year (and decade) comes to a close, we've been reflecting on what we've accomplished this past year and how important our partnerships are to our success. Just as we hope you all are spending this time of year with your friends, families, and communities of choice, we want to take a moment with all of you and express deep gratitude for your support and the work you do to support the well-being of students, families, communities and staff everyday.

In our first year of funding at the Northwest School Mental Health Training and Technical Assistance (TA) Center, we reached over 1000 individuals across the Northwest region through regional trainings, conference presentations, and professional learning communities. We couldn't have done this without the help of our partners!

With 2020 right around the corner, we're excited to continue to build on these partnerships and have an even greater impact in the year ahead. We look forward to seeing you all in 2020!

Sincerely,  
Kelcey Schmitz, Eric Bruns, and Megan Lucy

Visit our websites:  
[Northwest MHTTC School Mental Health](#)  
[University of Washington SMART Center](#)

Sign up for the Northwest School Mental Health Mailing List

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## Meet our Partners: Northwest PBIS Network



We're thrilled to feature [Northwest PBIS Network \(NWPBIS\)](#) as one of our key partners in this month's newsletter. Their team was integral in the first year of our funding and we're excited to continue working together to enhance and expand workforce development opportunities for educators and community providers across the Northwest Region in our second year of the school mental health supplement.

In February 2020, we will be once again partnering to bring you the latest in mental health research and practices for the school setting at the Annual NWPBIS Network Conference, the largest gathering of educators, researchers, thought leaders, community partners, and practitioners in the field of School-wide Positive Behavioral Interventions and Supports (SWPBIS) in the Pacific Northwest. The conference will be held in Tacoma, Washington on February 26-28th and will include school mental health sessions sponsored by the Northwest MHTTC during both the pre-conference and main conference. Our colleague, Eric Bruns, will provide a keynote address.

NWPBIS also serves on the Northwest MHTTC advisory board and is a part of our regional school mental health collaboration to build capacity in our region for training, coaching, and technical assistance for the Interconnected Systems Framework.

### About Northwest PBIS Network

Northwest PBIS Network's mission is to help establish and sustain safe, positive and inclusive learning environments for all students. NWPBIS is working toward this mission by collaborating with regional groups to provide district, state, regional, and national training and technical assistance to support capacity building in School-Wide Positive Behavior Interventions and Supports (SWPBIS).

Dr. Jessica Swain-Bradway, the executive director of NWPBIS Network, is a national expert in SWPBIS and multi-tiered systems of support (MTSS). Her work focuses on equipping teachers with high leverage strategies for instruction to create maximally effective learning environments. Dr. Swain-Bradway also has expertise in alignment across initiatives including academic Response to Intervention (RTI), within SWPBIS, and mental health integration.

Visit the Northwest PBIS Network's Website

**NWPBIS Network Events and Training Opportunities**

**18th Annual Northwest PBIS Conference**

The Annual NWPBIS Network Conference is the largest gathering of educators, researchers, thought leaders, community partners, and practitioners in the field of Schoolwide Positive Behavior Interventions and Supports (SWPBIS) in the Pacific Northwest.

*February 26-28, 2020*

Conference Registration

**PBIS Coaching Network**

Join the Pacific NW Community of PBIS Coaches for networking, resource sharing and addressing problems of practice. Any district or school-based PBIS/MTSS coach or team leads are welcome.

*Next Meeting: March 19, 2020*

Coaching Network Sign Up

**Early Childhood PBIS- With Teacher Wellness Strategies!**

In collaboration with WellEducator, LLC, featuring Mackenzie Weintraub as our Early Childhood Expert and Dr. Renee VanNorman as our Wellness Ambassador, bringing the research of Teacher Wellness to the Early Childhood learning Series.

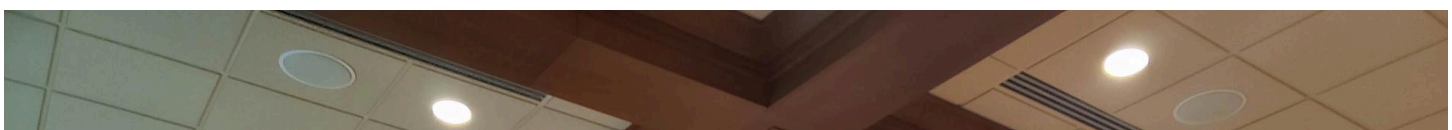
*Upcoming dates: January 31, 2020 & March 13, 2020*

Register Here

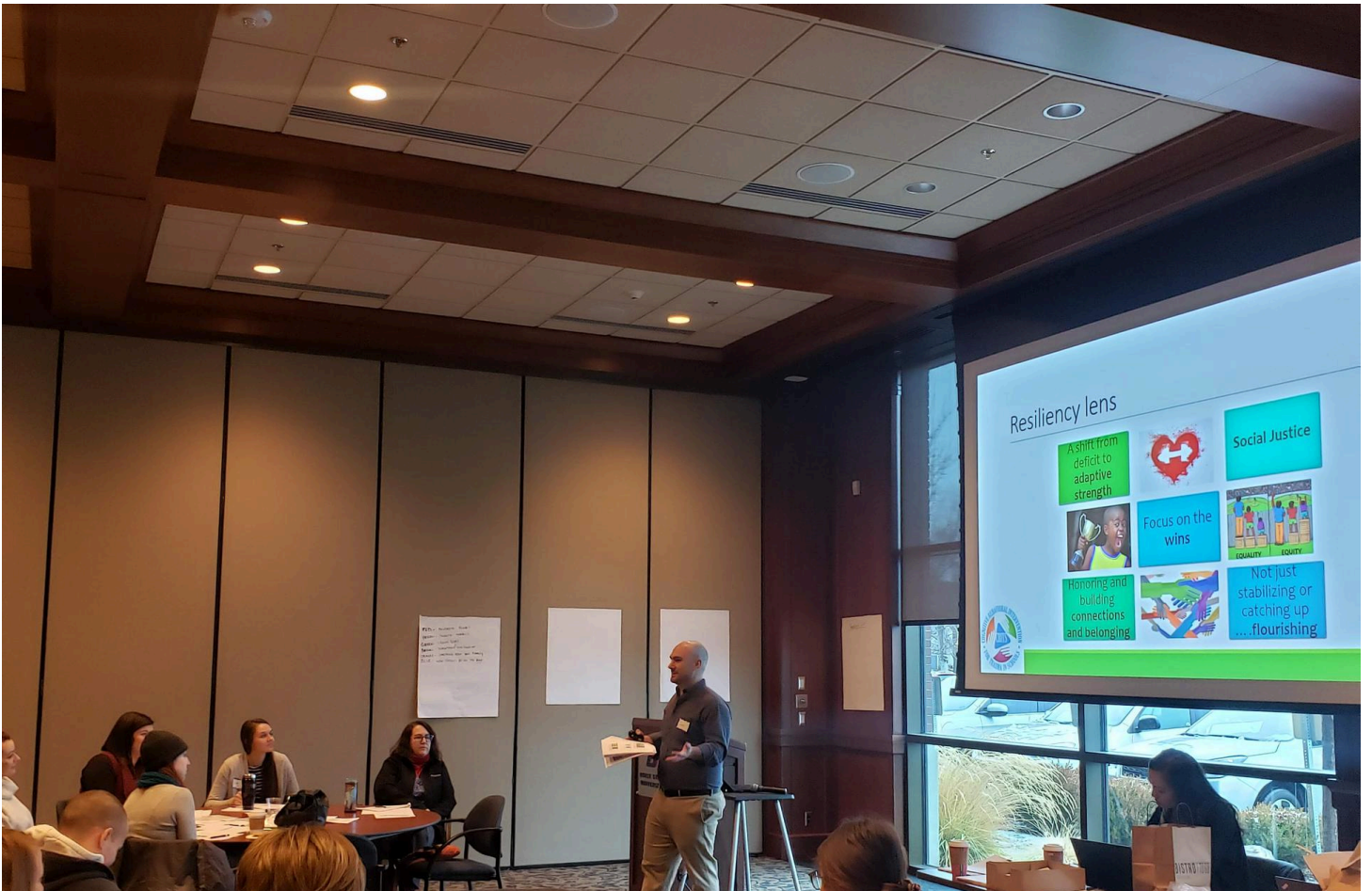
**Contact NWPBIS Network**

Email : [Info@pbisnetwork.org](mailto:Info@pbisnetwork.org)  
Website: [www.pbisnetwork.org](http://www.pbisnetwork.org)  
Phone Number: 503-726-5952

**State Spotlight: Idaho**  
Effective Programs to Address Trauma in Schools Training











We co-sponsored a training on evidence-based practices for trauma in schools in Boise, Idaho on the Boise State University Campus with our partners at the Idaho Positive Behavior Network in early December. About 40 educators attended the day and a half training for Support for Students Effected by Trauma (SSET) and nearly 20 school clinicians attended Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back (BB) training. The Treatment and Services Adaptation Center for Resiliency, Hope, and Wellness in Schools at the University of Southern California provided trainers for these events.

*"This was the most relevant and useful training I have been to in a long time. As a school social worker I found the training practical, user friendly, clear and comprehensive. It was so refreshing to participate in a training that finally addressed specific ways to help children who have experienced trauma. I am incredibly excited to bring this to our district!" - Sara Lawson, District Social Worker, Kuna School District*

If you'd like to learn more about CBITS, BB, and SSET check out [this practice brief](#).

We are looking forward to returning to Boise **February 6-7, 2020** for the

we are looking forward to returning to Boise February 6-7, 2020 for the [5th Annual Idaho Positive Behavior Network Conference.](#)

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## FINAL WEBINAR JANUARY 21, 2020 Interconnected Systems Framework (ISF) Webinar Series

**What is ISF?** The Interconnected System Framework (ISF) is an emerging approach for building a single system of social, emotional, and behavioral supports in schools. Integrating Positive Behavioral Interventions and Supports (PBIS) and school mental health, the ISF also brings community partners and families into one multi-tiered structure. Learn more about ISF from the newly released fact sheets below.

**Part 3 Webinar:** This webinar will be led by Susan Barrett, Old Dominion University and National PBIS TA Center and contributing author for the ISF Fact Sheet series. She will be joined by school district and system-based ISF practitioners from the Northwest and Pacific Southwest regions, Jennifer Kubista, Superintendent, Central School District 13J (Oregon), and Kaci Fleetwood, State Coordinator for Nevada's School Climate Transformation Center. Presenters will share their ISF implementation challenges, celebrations, and lessons learned or learning.



**Susan Barrett**



**Dr. Jennifer Kubista**



**Kaci Fleetwood**

### Learning Objectives:

Participants will:

1. Define the appropriate roles, functions, and mission of a District/Community Leadership Team
  2. Learn strategies needed to conduct a robust assessment of existing mental health and MTSS resources
  3. Understand the process through which the DCLT selects interventions and monitors outcomes
  4. Discuss installation challenges, solutions, and innovations with ISF
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# Fact Sheet

## INTERCONNECTED SYSTEMS FRAMEWORK 101: AN INTRODUCTION

BY SUSAN BARRETT, LUCILLE EBER, KELLY PERALES AND KATIE POHLMAN

OSEP TECHNICAL ASSISTANCE CENTER ON PBIS

In the United States, over 40% of students will have experienced a mental health problem, such as anxiety or depression, by the time they reach seventh grade (SAMHSA, 2016). Suicide is the second leading cause of death among 10-34 year olds (NIMH, 2018) and according to the National Survey of Children's Health (2018), 46% of children have experienced at least one Adverse Childhood Experience (ACE). The newest statistics on suicide from the Centers for Disease Control (CDC), along with current rates of substance use, opioid abuse, and electronic aggression are alarming. This public health crisis requires a whole population response. Education and mental health leaders are keenly aware of the need to align structures and establish one comprehensive system of social/emotional/behavioral (SEB) supports in schools.

The Interconnected System Framework (ISF) is an emerging approach for building a single system of SEB supports in schools. Integrating Positive Behavioral Interventions and Supports (PBIS) and school mental health, the ISF also brings community partners and families into one multi-tiered structure.

The Pacific Southwest Mental Health Technology Transfer Center (MHTTC), in collaboration with the OSEP Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS), has developed a three-part series of fact sheets to deepen knowledge and understanding of the ISF. All three documents provide case examples that highlight the local context in which data-based decision making occurs and reflect the diversity of school communities in the region.

- **Interconnected Systems Framework 101** provides an introduction to Interconnected Systems Framework, including a definition and a review of the benefits.
- **Interconnected Systems Framework 201** describes what will be different for educators and mental health providers when school mental health is integrated into a Multi-Tiered System of Support. (MTSS)
- **Interconnected Systems Framework 301** describes how to use school and community data to determine what interventions to select and implement to meet the diverse needs of all students.



PBIS

Positive Behavioral  
Interventions & Supports

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[pacificsouthwest@mhttnetwork.org](mailto:pacificsouthwest@mhttnetwork.org) | (844) 856-1749 | [www.MHTTCnetwork.org](http://www.MHTTCnetwork.org)

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# Fact Sheet

## INTERCONNECTED SYSTEMS FRAMEWORK 201: WHEN SCHOOL MENTAL HEALTH IS INTEGRATED WITHIN A MULTI-TIERED SYSTEM OF SUPPORT: WHAT'S DIFFERENT

 BY SUSAN BARRETT, LUCILLE EBER, KELLY PERALES AND KATIE POHLMAN  
 OSEP TECHNICAL ASSISTANCE CENTER ON PBIS

This is the second of a series of three Fact Sheets on the Interconnected Systems Framework (ISF) developed through a collaboration between the Pacific Southwest Mental Health Technology Transfer Center (MHTTC) and the OSEP Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS). The Interconnected Systems Framework (ISF) is an implementation framework developed by national leaders in the fields of PBIS and School Mental Health to advance a more effective and efficient system of social emotional and behavioral health in schools. Recognizing the shared contributions and value of both PBIS and SMH, the interconnected approach is a process guided by key stakeholders with authority to develop a unified response that specifically addresses the needs of the population they serve. Leaders engaged in this integrated process are guided by the core features of a multi-tiered system of support. The purpose of this series to deepen knowledge and understanding of the ISF by highlighting key features illustrated by case examples that reflect the diversity of school communities in the region and demonstrate how data-based decision making occurs in a local context. This fact sheet will focus on the core features of an ISF approach.

### ISF Applies the Core Features of MTSS

The ISF enhances the multi-tiered system of support (MTSS) core features to intentionally

include and integrate mental health and wellness. This is accomplished through the inclusion of a broader range of partners, a wider scope of data, and the expansion of interventions to address internalizing mental health issues such as anxiety, depression and trauma. Applying the MTSS features systematically to the expanded continuum of interventions is a deliberate and defining aspect of the ISF process. The following brief provides a short description of how each MTSS feature is enhanced and positioned within the ISF and considerations for getting started:

#### 1. An Integrated Team Process

Leadership teams are key to implementation of evidence-based practices (EBPs) in school systems. But too many teams can decrease the system's ability to work efficiently. Since social/emotional health is a critical part of reaching academic outcomes, one of the key elements of effective implementation is to establish one set of integrated teams.

Within an integrated approach, the District and Community Leadership Team makes funding and personnel decisions and explicitly describes the roles and function of teams in a Memorandum of Understanding or service agreement. This allows financial support and district commitment for school and community providers to operate as one team.


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# Fact Sheet

## INTERCONNECTED SYSTEMS FRAMEWORK 301: INSTALLING AN INTEGRATED APPROACH

BY SUSAN BARRETT, LUCILLE EBER, KELLY PERALES AND KATIE POHLMAN  
OSEP TECHNICAL ASSISTANCE CENTER ON PBIS

This is the third of a series of three Fact Sheets on the Interconnected Systems Framework (ISF) developed through a collaboration between the Pacific Southwest Mental Health Technology Transfer Center (MHTTC) and the OSEP Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS). The ISF is offered as an option to address the inefficiencies of co-located systems and social, emotional, behavioral programs working in isolation. Building on the success of PBIS, the ISF applies the core features of MTSS to deliberately integrate mental health, community, school, and family partners through a single system of support. The purpose of this series to deepen knowledge and understanding of the ISF by highlighting key features illustrated by case examples that reflect the diversity of school communities in the region and demonstrate how data-based decision making occurs in a local context. This fact sheet will focus on the steps to installing an integrated approach at the District Community Level.

### Installation Process: District and Community Leadership

Adopting and installing an interconnected system ideally involves layered implementation from the state to the local level. This layered implementation happens simultaneously across both state and districts, with school staff providing feedback to district level staff and districts providing input and guidance to state level staff.

- State systems model and support district level alignment efforts
- Districts organize the partnerships and administrative components needed to guide effective integration at each school building

Many states also use regional or county structures for providing support to districts engaged in the integration of PBIS and mental health. State, district, and school teams benefit from this symmetry across organizational levels as consistent policy, funding, systems alignment, and workforce structures support a solid foundation for sustainable change. Because the unit of implementation of an ISF is most transformative at the local level, we will detail the installation process at the district/community and school levels. Implementers who have a role at the regional or state level can extrapolate the concepts presented for district/community leaders and apply the logic and the tools within their systems.

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The purpose of the installation phase is to allocate or reallocate resources to initiate innovation. People who have the authority to allocate resources are identified; awareness activities are taking place; and roles, functions, and overall organizational structure are carefully analyzed.

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[Fact Sheet](#)  
[ISF 101: An Introduction](#)

[Fact Sheet](#)  
[ISF 201: School Mental Health and MTSS](#)

[Fact Sheet](#)

[ISF 301: Installing an Integrated Approach](#)

**ISF Webinar Dates and Topics**

**Each webinar is 3:00 pm - 4:00 pm Pacific Time**

**October 22, 2019 ISF 101: An Introduction - Click [here](#) for this recorded webinar *NEW RESOURCE!***

**December 10, 2019 ISF 201: School Mental Health and MTSS *Recording coming soon!***

**January 21, 2020 ISF 301: Installing an Integrated Approach *Featuring Central School District (OR)***

Register here for the final ISF Webinar on January 21, 2020

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**2019 - 2020 Northwest MHTTC**