



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



November 2019 Northwest School Mental Health Newsletter

Greetings!

We've been busy in October and November hosting trainings and attending events across the region and we are excited to share some new resources with you. In particular, we have packed this newsletter full of information and resources you can use immediately.

We also have a couple updates to share with you from our partners. The first update highlights a school mental health initiative in Idaho and the second features a fact sheet that was created specifically for our region by the **National American Indian and Alaska Native Mental Health Technology Transfer Center (MHTTC)**. November is **National American Indian Heritage Month** and a great time to make sure you know about the school mental health resources you can access from the National American Indian and Alaska Native MHTTC.

Other items you will find in this newsletter:

- Interconnected Systems Framework Webinar Series - Upcoming Dates & ***NEW Webinar Recording***
- Creating Trauma-Responsive Schools Webinar Series - Upcoming Dates & ***NEW Webinar Recording***
- Upcoming Conferences
- New Implementation Guides and Behavior Modules

We are already working on our December newsletter and look forward to continuing to support your school mental health efforts!

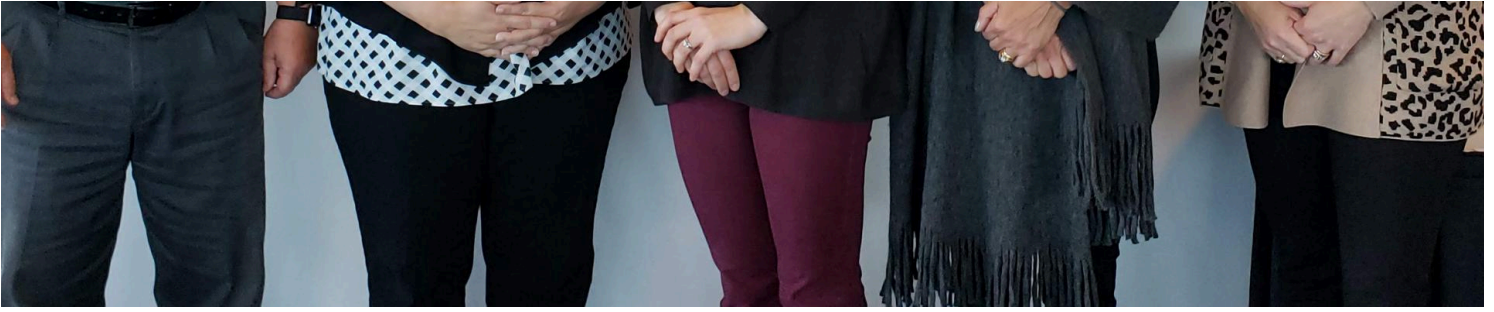
Sincerely,
Kelcey Schmitz, Eric Bruns, and Megan Lucy

Visit our websites:
Northwest MHTTC School Mental Health
University of Washington SMART Center

Sign up for the Northwest School Mental Health Mailing List

Idaho School Mental Health Initiative





On October 17-18, 2019, we sponsored two exciting events that engaged over 70 people from schools, districts, providers, and communities in Idaho with our partners at the [Idaho Positive Behavior Network](#) (IPBN) and [Optum Idaho](#).

The first event was a full day of hands-on training for elementary, middle, and high school teams on Positive Behavioral Interventions and Support (PBIS) and school mental health integration, also referred to as the Interconnected Systems Framework (ISF). The second event included community organizations and school district stakeholders with the goal of strengthening collaborative efforts to support mental health in schools across Idaho.

Dr. Katie Bubak-Azevedo, IPBN Director, shared that “school mental health is a topic of concern for every school district in Idaho. This partnership, between the UW SMART Center and the Idaho Positive Behavior Network, created the momentum needed to bring together the key stakeholders to begin the conversation of how best to support our students.”

A highlight from each day was the restorative circle, facilitated by Dr. Jessica Swain-Bradway, the Executive Director at [Northwest PBIS Network](#). The restorative circle modeled a way for attendees to promote mental health by fostering positive climates through relationship development in their school or work settings.

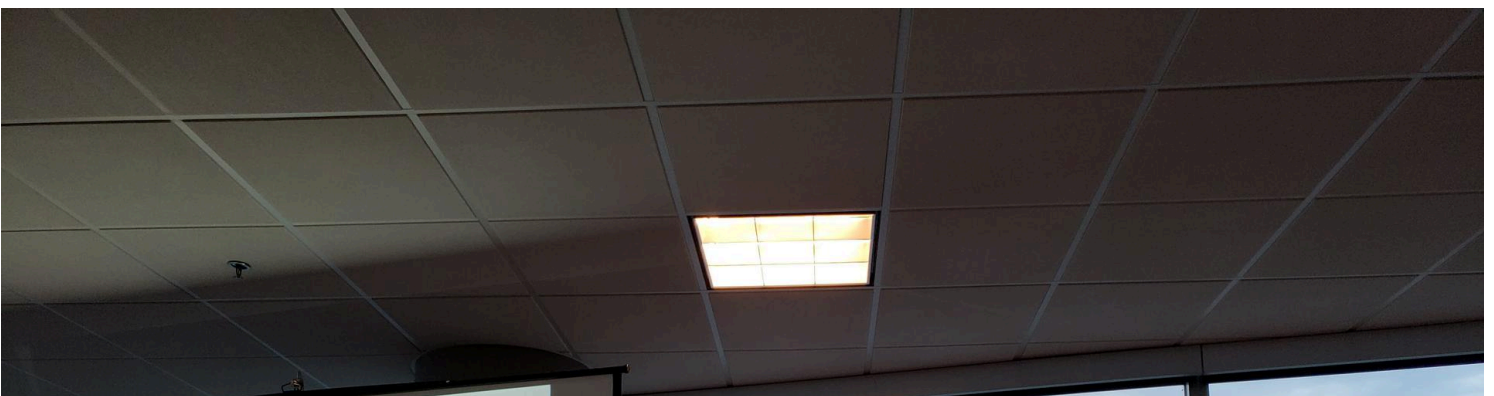
Both groups will come back together again in February 2020 during the [5th Annual Idaho Positive Behavior Network Conference](#) and Pre-Conference.

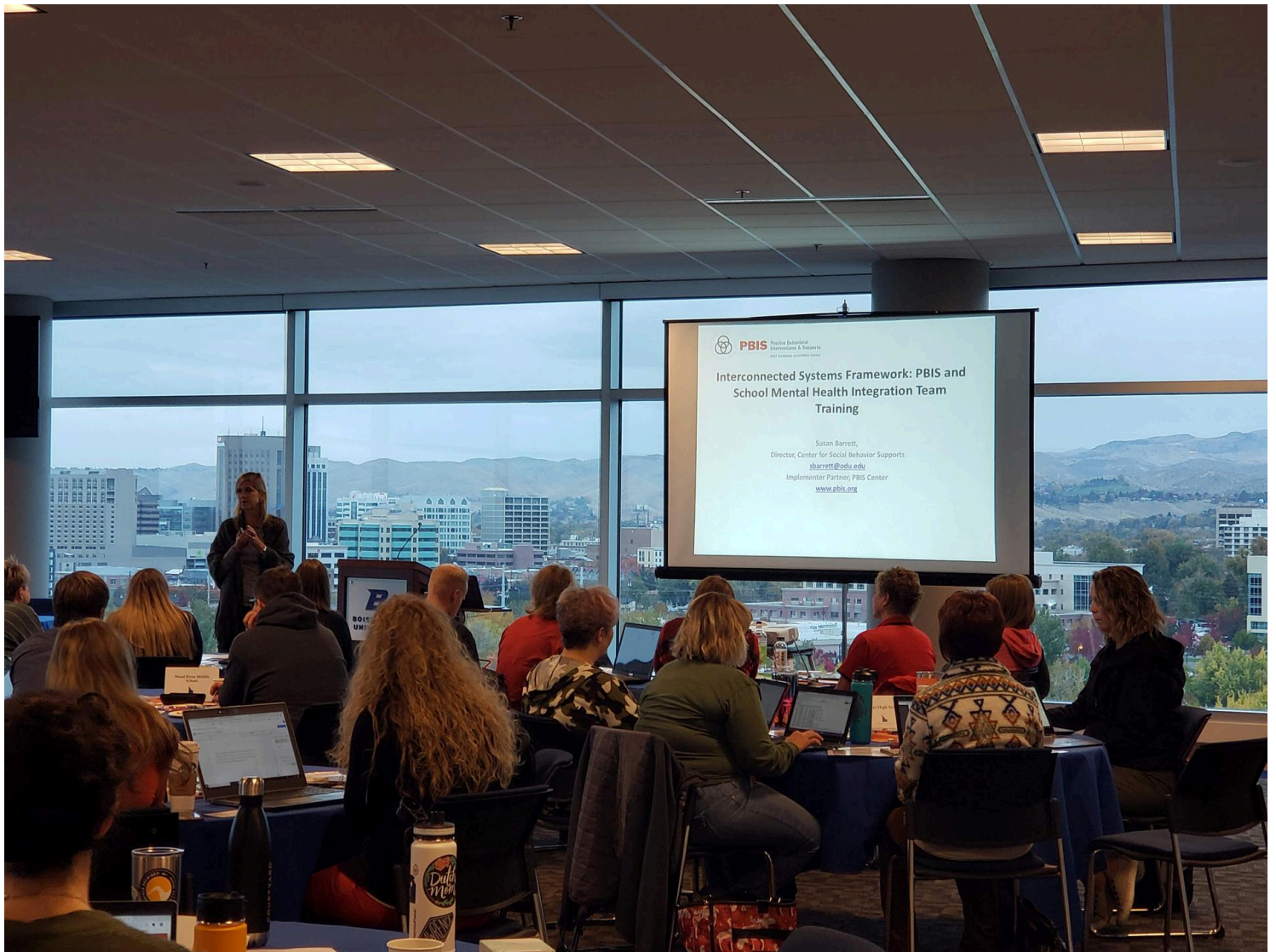
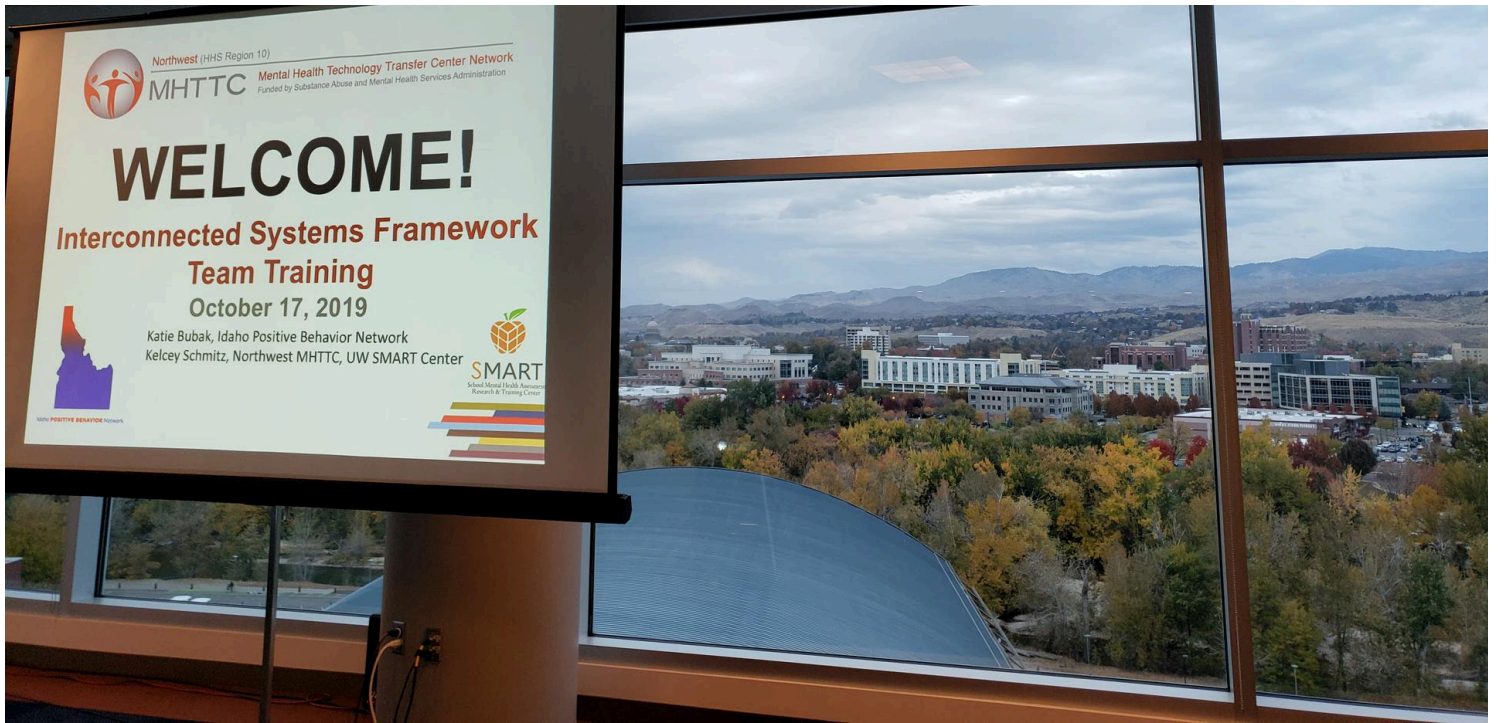
You can find some tools and resources from these events below:

Resource: [PBIS Tiered Fidelity Inventory \(TFI\)](#)

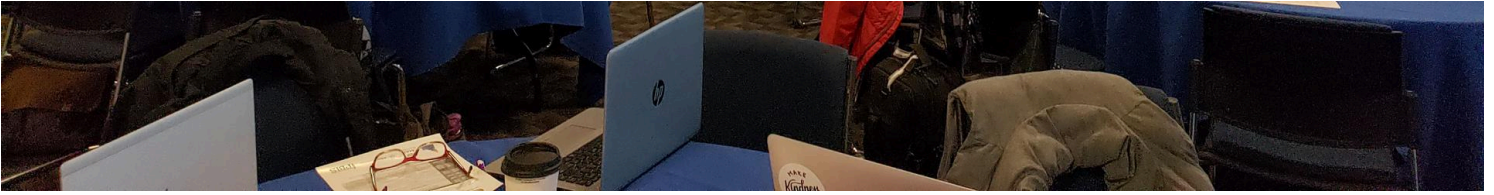
Resource: [ISF Action Planning Companion Guide to SWPBIS-TFI](#)

[Click here to read more about both days!](#)









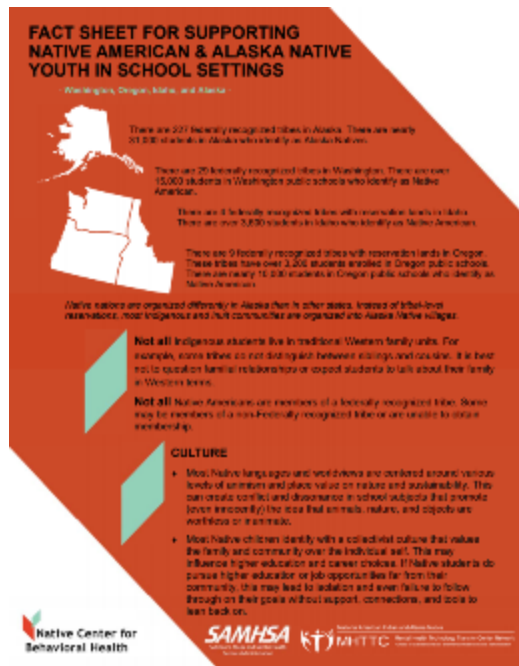
Meet our Partners: The National American Indian and Alaska Native Mental Health Technology Transfer Center

The [National American Indian and Alaska Native MHTTC](#) works with organizations and treatment practitioners involved in the delivery of mental health services to AI/AN individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based practices and experience-based practices to individuals, including the full continuum of services spanning mental illness prevention, treatment, and recovery support.



New Fact Sheet: Supporting American Indian & Alaska Native Youth in School Settings

This fact sheet was recently created for the Northwest MHTTC by the National American Indian & Alaska Native MHTTC. It shares data on the number of Native youth and recognized tribes in Alaska, Idaho, Oregon, and Washington and outlines **cultural**, **communication**, and **classroom-based tips** for supporting Native youth.



[Click here for the Fact Sheet](#)

Mental Health Evidence-Based Practices for American Indian and Alaska Native (AI/AN) Schools and Communities

Another new resource from the AI/AN MHTTC is this environmental scan that is a repository of evidence-based mental health programs and practices (EBPs) found to be effective with American Indian and Alaska Native school-aged children and youth who experience adverse childhood experiences, including violence and trauma, that contribute to the mental health problems. It was created in an effort to provide a repository that could be used by communities who serve Native School-age children.





Mental Health Evidence-Based Practices for American Indian and Alaska Native (AI/AN) Schools and Communities

AN ENVIRONMENTAL SCAN REPOSITORY

November 2019

[Click here for the Environment Scan of EBPs for AI/AN Schools and Communities](#)

Contact Information:

National American Indian and Alaska Native MHTTC

145 North Riverside Dr N410, Iowa City IA 52242

Phone: 319-335-5564

Fax: 319-335-6068

Email: native@mhttcnetwork.org

Join the Native Center for Behavioral Health's Mailing List

Interconnected Systems Framework (ISF) Fact Sheets and 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.

ISF Webinar Series: The Northwest MHTTC and Pacific Southwest MHTTC are excited to partner on an upcoming "West Coast ISF Party"! Our three-part distance learning series will focus on the three topics of the newly released Interconnected Systems Framework (ISF) Fact Sheet Series created by the Pacific Southwest MHTTC.

Read more about the ISF three-part distance learning series and register [here](#).



Pacific Southwest (HHS Region 9)
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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

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)

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.

• **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.



pacificsouthwest@mhttnetwork.org | (844) 856-1749 | www.MHTTCnetwork.org



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