



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



## April 2020

# Northwest School Mental Health Newsletter

Greetings,

We hope you are faring well as we adjust to our "new normal". Our personal and professional routines have changed greatly over the last few weeks, but we continue to wish you well and hope you find small moments of joy and calm in your day-to-day.

As we all face new demands in every aspect of our lives, the Northwest School Mental Health Training and Technical Assistance (TA) Center has shifted our focus to meet the immediate, critical needs of the school mental health workforce in the **here and now**. We have teamed up with a group of organizations across the Northwest region to form an alliance and co-develop, co-deliver, co-sponsor, and co-brand content, resources, and other information related to mental wellness, suicide prevention, and overall supports and resources during the global pandemic.

The result of these efforts is **The Well-Being Series**, a variety of virtual learning opportunities for kids, families, and educators focusing on mental wellness and suicide prevention -- and a wealth of relevant information and access to school mental health experts in one spot.

We've focused this newsletter on the events we're offering as a part of this series. We hope these events and trainings provide a source of support when we all need it more than ever. Stay well.

Sincerely

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

## The Northwest Well-Being Series

### Connections During COVID-19: Mental Wellness Webinars For Families & Educators

#### Mental Wellness Is Critical During a Pandemic



In response to the critical need to keep us all connected and have access to student mental health experts, the School Mental Health supplement is partnering with Forefront Suicide Prevention Center, University of Washington SMART Center, DBT in Schools, Association for Washington School Principals, Northwest PBIS Network, Sound Supports LLC, and WellEducator, LLC, to bring you a series of webinars for kids, parents, and educators, focusing on mental wellness and suicide prevention.

*All sessions are FREE and are being recorded.*

Click here for more information and registration links

#### Building Protective Factors for Yourself and the School

##### Community: The School Leader Series

This webinar series is focused on the role of the school leader in creating and maintaining a positive climate and culture virtually during the global pandemic and in the building upon the return to school. We know these are challenging times and want to provide information you can use immediately and to use for the plans to return to school as part of your



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MTSS framework. The series is broken into three 90-minute sessions on three separate dates.

[Register Here](#)



## Student Life Skills to Survive & Thrive During COVID-19 & Beyond

### 16-Lesson DBT STEPS-A Online Lessons for Students and Families

Tuesday and Thursday mornings April 21, 2020 - June 16, 2020

Subscribe to the [DBT in Schools YouTube channel](#) and join live!

All live streams will take place from 10 - 11am (Pacific Time)

**Description:** Join Doctors Jim & Lizz Mazza & family in their living room as they teach kids the basics of emotional regulation and specific skills such as mindfulness, distress tolerance and interpersonal effectiveness—essential skills at any time, but even more critical during COVID-19. Our kids -- all of us -- are upended emotionally right now. Tune in with your kids to help you reduce conflict and to keep this pandemic in perspective. Miss a lesson? All sessions are recorded.

### Live Q&A Sessions with Drs. Jim and Lizz Mazza

\*Registration Required

May 19th, 2020 and June 16th, 2020 | 10 - 11am (Pacific Time)

**Description:** Have you been watching the Mazza's live or online videos as they support their kids and your kids in developing DBT, otherwise known as, critical life skills? Do you have any questions about their lessons might translate into your own home? A school setting? Have you read their book or attended their past training on DBT in schools? Don't miss the opportunity to ask whatever questions you may have of them when they do live Q&A sessions on May 19th and June 16th, 2020.

May 19th: [Register here](#)

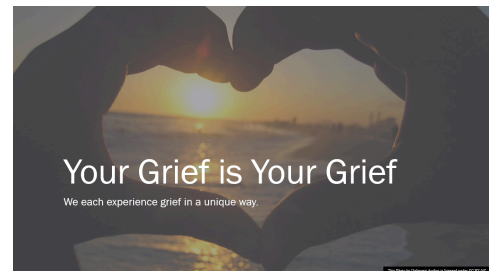
June 16th: [Register here](#)

Learn more about Student Life Skills to Survive & Thrive During COVID-19 & Beyond

## **Ambiguous Loss: Grieving in the Time of COVID-19**

### **Followed by Live Q&A Session**

Life, as we knew it just a few weeks ago, has been completely turned upside down. That feeling you are feeling but can't seem to describe in words may be grief. People are experiencing the loss of jobs, school, hugs, social connections, sports, graduations, weddings, funerals, it seems that every area of our life has been touched. We can't even go to the grocery store without worry and stress. And if we were already grieving a loss, coping can be complicated. What do we do with this surreal feeling of disorientation? How do we recognize the signs and symptoms of grief and how do we cope? This webinar will give you an overview of what grief looks like at any time but especially during a time of ambiguous loss. We will talk about how to care for yourself and others in a time of uncertainty.



[Register Here](#)

## **Educator Wellness Series**



We designed this 4 Session Series to support you in tapping into your resiliency skills, increasing your self-compassion, creating self-care routines, building a practice of gratitude and appreciation and celebrating - even those small successes - to support your well-being. We know you are showing up for your students, that's what you do! It's time to take a time out just for you!



Learn more and register for the Educator Wellness Series here

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## Virtual MTSS Fest



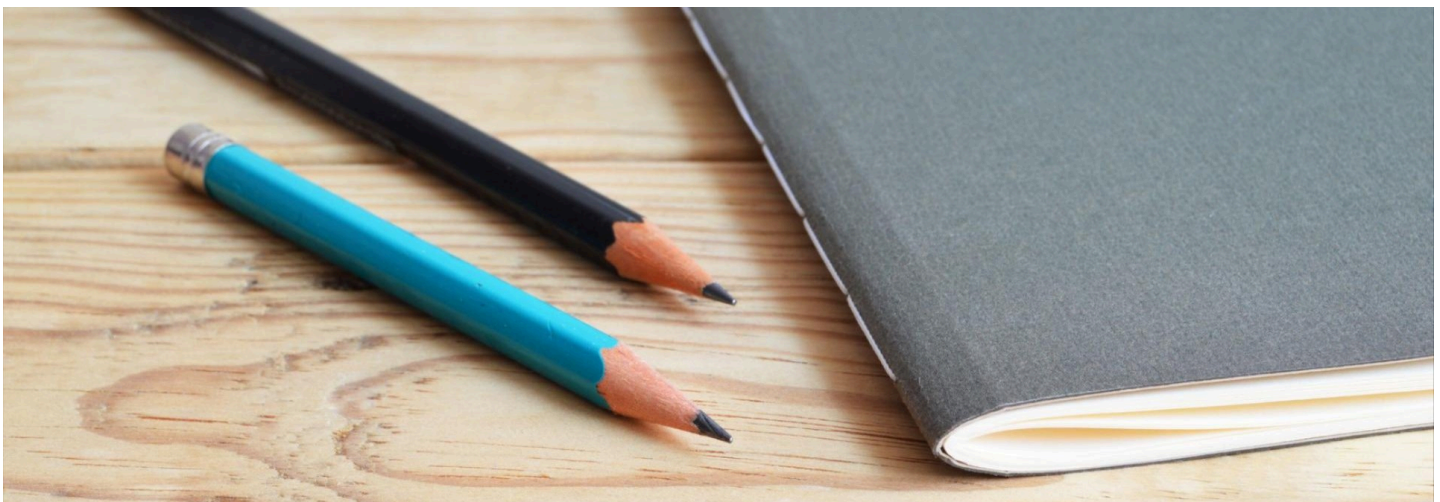
### MTSS Fest 2020

The Washington Office of Superintendent of Public Instruction's (OSPI) MTSS Fest was held virtually on April 22, 2020. The Welcome and Keynote can be viewed below. Materials from the breakout sessions can be found [here](#). Sessions were recorded and will be posted on the [OSPI MTSS Fest page](#) soon.



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## 2019 - 2020 Northwest MHTTC Trauma-Responsive Schools Webinar Series



**Join us for the *last* Trauma-Responsive Schools Webinar**

**May 13, 2020**

**Time: 9:30 - 11:00 a.m. PT / 8:30 - 10:00 a.m. AK / 10:30 - 12:00 pm MT**

**Webinar #6: Psychological First Aid – Listen, Protect, Connect/Model, and Teach**

*Note: This webinar was originally focused on the topic of evidenced-based approaches to trauma in schools. As a result of the global pandemic, we are now offering a more timely training on psychological first aid. This webinar is now available for up to 500 registrants. We will reschedule the original webinar for a later date.*

Register for this Webinar

**The following webinars have been recorded and posted >>>**

[Webinar #1: Trauma-Informed Skills for Educators \(TISE\) - Part 1](#)

[Webinar #2: Trauma-Informed Skills for Educators \(TISE\) - Part 2](#)

[Webinar #3: Creating a Trauma-Responsive MTSS Framework](#)

[Webinar #4: Trauma-Responsive Schools Implementation Assessment Tool](#)

[Webinar #5: Supports for Teachers Affected by Trauma \(STAT\)](#)

View ALL Recordings

Interconnected Systems Framework Discussion Hours

**West Coast Interconnected Systems Framework Discussion Hours:  
Dates and Facilitators**

**February 20, 2020:** Kelcey Schmitz, Northwest MHTTC & Susan Barrett, National TA Center on PBIS

**March 5, 2020:** Leora Wolf-Prusan, Pacific Southwest MHTTC & Jennifer Kubista, Superintendent at Central School District 13J (Oregon)

**April 7, 2020:** Leora Wolf-Prusan, Pacific Southwest MHTTC & Kaci Fleetwood, State Coordinator for Nevada's School Climate Transformation Project (Nevada)

**May 7, 2020:** Kelcey Schmitz, Northwest MHTTC Tawni Barlow, Student Services Director for the Medical Lake School District (Washington)

**June 2, 2020:** Leora Wolf-Prusan, Pacific Southwest MHTTC & Natalie Sedano, Prevention and Intervention Lead Specialist at Desert/Mountain SELPA (California)

**August 11, 2020:** Kelcey Schmitz, Northwest MHTTC & Susan Barrett, National TA Center on PBIS

Sponsored by:



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Additional ISF Discussion Hours have been added for school mental health practitioners from Regions 9 and 10 who want to talk about their experiences, share resources, and ask and answer questions. Each ISF Discussion Hour will be hosted by an MHTTC School Mental Health Lead and supported by an ISF Field Leader.

*It is strongly encouraged that you review the ISF Fact Sheets and/or listen to the ISF Webinar Series prior to joining ISF Discussion Hours. Check out the [ISF event page](#) for fact sheets, webinars, and other materials.*

Sign up for ISF Discussion Hours

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## Resources

[Northwest MHTTC's Resources on COVID-19 for the Behavioral Health Workforce](#)

[National MHTTC's Responding to COVID-19 | School Mental Health Resources](#)

[Resources for School Settings - Before and During an Outbreak](#) (CDC)

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) (SAMHSA)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#) (SAMHSA)

[Coping with Stress During Infectious Disease Outbreaks](#) (SAMHSA)

[Disaster Distress Helpline 1-800-985-5990](#) (SAMHSA) Call for 24/7, 365-day-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters

[Contact us!](#) Our center remains **open and available** to support the needs you may have during the global pandemic. If you are looking for a resource, please reach out.

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Did you miss a newsletter? Catch up by looking through the archives!

### [February/March 2020](#)

[January 2020](#)

[December 2019](#)

[November 2019](#)

[October 2019](#)

[August 2019](#)



**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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