



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



February/March 2020 Northwest School Mental Health Newsletter

Greetings,

As the current pandemic has unfolded across our region and the world, we want to reach out to wish you all health, safety, and well-being. These are trying times for everyone and it is more important than ever that we take care of each other and ourselves.

As the Northwest School Mental Health Training and Technical Assistance (TA) Center, we want to be a source of hope, resiliency, and consistency for each and every one of you - despite the disruptions to our daily lives. We are committed to continuing to provide you resources and support. In addition to the usual news and updates, we are also including resources for supporting schools, yourself, and others in this edition of our newsletter as we continue to navigate these uncertain times.

Something exciting we would like to share with you is that our funder, SAMHSA, will continue to fund the school mental health supplements to the Mental Health Technology Transfer Centers for a third year. This means our work will continue through August 2021. If you haven't checked out our **Year 1 summary**, we invite you to do so.

We are beyond thrilled to continue engaging with you all and helping you support mental health of your students, staff, and families - now and into our third year.

Sincerely,
Kelcey Schmitz, Eric Bruns, and Megan Lucy

Visit our websites:
Northwest MHTTC School Mental Health

Due to being out and about in Region 10 so much in the month of February, we are combining the February and March newsletter.

Sign up for the Northwest School Mental Health Mailing List

Resources During a Pandemic

[National MHTTC's Website for Responding to Public Health Emergencies](#)

[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)

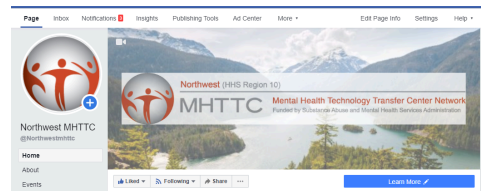
[Coping with Stress During Infectious Disease Outbreaks](#) (SAMHSA)

[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.



We are now on social media!
Connect with us on [Facebook](#) and [Twitter!](#)



Out and About in Region 10!

Idaho Positive Behavior Network Conference

In early February, we attended the Idaho Positive Behavior Network's 5th Annual Conference at

Boise State University. The theme was **School Mental Health for ALL**. Participants from over half of the school districts in Idaho attended, along with nearly 20 other community organizations. The Northwest MHTTC sponsored a full day preconference with schools teams as well as the keynote and three additional break out sessions during the main conference. *Photo credit: Pete Grady*



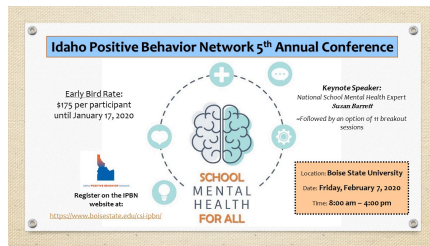
Northwest PBIS Conference

The Northwest PBIS Conference was held the last week of February in Tacoma, Washington. Nearly 1400 people attended the conference. Our Northwest MHTTC sponsored 22 sessions. Two of our school mental health team members were spotlighted at the conference. Dr. Eric Bruns provided the closing keynote and Kelcey Schmitz received the 2020 PBIS Champion Award. Click [here](#) to read more.





Miss a conference? Check out the conference materials!



Alaska RTI/MTSS
Conference Materials

Idaho Positive Behavior
Conference Materials

Northwest PBIS
Conference Materials

Supporting the Mental Health of Black Students



Articles and Resources to Support the Mental Health of Black Students

In honor of Black History Month in February, and the importance of *always* promoting equity in our schools, we wanted to share several resources related to supporting the mental health

needs of Black students.

[Mental Health in Schools: Black and Hispanic Students Say They Have Less Support](#)

[Black Minds Matter: Interrupting school practices that disregard the mental health of black youth](#)

[Sounding the Alarm on Black Youth Suicide](#)

[Black Boys and Men: Changing the Narrative podcast series](#)

[National Directory of Black Psychiatrists of America: Black Mental Health Alliance](#)

[“Widening the Lens”: Exploring the Role of Social Justice in Suicide Prevention: A Racial Equity Toolkit](#)

[Northwest Mental Health Technology Transfer Center's Black History Month Resource Page](#)

Meet our Partner: Susan Barrett



Susan Barrett, MA, is the Director of the Center for Social Behavior Supports at Old Dominion University. She has a Masters in Counseling Psychology and certification in Special Education, having served as a teacher, administrator and coordinator with Sheppard Pratt Health System since 1993.

Mrs. Barrett serves as an Implementer Partner with the United States Office of Special Education Programs (OSEP)'s [National Technical Assistance Center on Positive Behavioral Interventions and Supports \(PBIS\)](#). In her role with the center, she assists with large-scale implementation of PBIS by providing training and technical assistance to states and districts across the country.

She co-leads the development of the [Interconnected Systems Framework](#), a mental health and PBIS expansion effort, as well as serving on a National Coaching workgroup to develop systems coaching materials, tools and curriculum. Susan has been published in the areas of large-scale adoption of PBIS, mental health, cost-benefit analysis, advanced tier system development, and adoption of evidence-based practices in schools.

Susan is a key subject matter expert for the Northwest MHTTC. She has presented webinars, keynotes, conference sessions, as well as provided technical assistance to districts across our region.

When Susan isn't working she enjoys renovating her mid-Century fixer-upper, while taming the blackberries of Sonoma Mountain. She is an avid wine lover, spending time visiting the various wine and food destinations of Napa and Sonoma. Susan has had the opportunity to travel abroad for both work and pleasure and relishes any chance to learn about the people and culture of an area. Recently, she has found health, mindfulness, and solace through yoga.

Recently, Susan sat down with Kurt Hatch, Associate Director at the Association of Washington School Principals, to discuss PBIS and school mental health. Watch the interview below.



New Resource!

Supporting Student Mental Health: Resources to Prepare Educators

Just Released >>>



The **MHTTC Network** and the **National Center for School Mental Health** collaborated on an environmental scan and needs assessment of available educator mental health literacy training and resources.

This new resource:

- Describes the role of educators in supporting student mental health
- Explains the core components of mental health literacy
- Provides an annotated list of existing resources and trainings that instruct educators on mental health literacy

Background

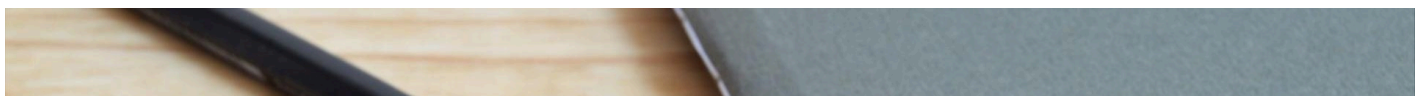
Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom. The MHTTC Network and the National Center for School Mental Health collaborated on an environmental scan and needs assessment of available educator mental health literacy training and resources. This document describes the role of educators in supporting student mental health, explains the core components of mental health literacy, and provides an annotated list of existing resources and trainings that instruct educators on mental health literacy.

Student Mental Health Facts			
Committed relationships with supportive adults can act as a protective factor for children (NSCDC, 2015)	1 in 5 U.S. children meet criteria for a diagnosable mental health disorder (Child Mind Institute, 2015)	Students who participate in social emotional learning programs improve academic performance by 11–17 percentile points (Durlak et al., 2011)	50% of mental disorders begin before age 14, 70% before age 18 (WHO, 2019)
Students with good emotion regulation skills perform better in school and are at less risk of mental health symptoms (Project CoVitality, 2020)	The average delay between onset of mental illness symptoms and treatment is 11 years (NAMI, 2019)	17.2% of students nationwide reported seriously considering attempting suicide (CDC, 2017)	Early identification and intervention of mental health concerns can vastly improve school and life outcomes for students (Mental Health America, 2016)

COMING SOON: Per SAMHSA's request and to fill gaps identified in the current review, in Spring 2020, the MHTTC Network, in partnership with the National Center for School Mental Health at the University of Maryland School of Medicine, will release a free, practical, and engaging online course and website focused on educator mental health literacy. Stay tuned for more updates!

[Download Here](#)

2019 - 2020 Northwest MHTTC Trauma-Responsive Schools Webinar Series





Webinar Topics, Dates, Registration Links, and Recorded Webinar Links

All webinars are 11:00 am - 12:30 pm Pacific Time

Click on the webinar titles to register or click [here](#) for the entire list of descriptions and links to all webinars in the series as well as recordings and handouts of previous webinars.

April 15, 2020

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

May 13, 2020

[TSA Center for Schools Evidence-Based & Evidence-Informed Practices](#)

The first 100 registrants will be able to attend the live webinar. Links to recorded webinars will be sent out through the mailing list and posted on our website.

[Read more about this Webinar Series](#)

View Recorded Webinars >>>

[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](#)

Interconnected Systems Framework (ISF) Webinars

All Materials and Recordings Now Posted!

We just wrapped up the **ISF Webinar Series** with our partners at the [Pacific Southwest MHTTC](#). This series provided information and examples related to mental health integration in schools highlighting the following key messages: we need a single system of delivery - access is not enough; we must be monitoring fidelity and outcomes of mental health services; mental health is everyone's job; and MTSS is essential to install school mental health. We enjoyed hearing from national experts as well as state district and school staff

ISF Webinar Materials and Recordings

BONUS! ISF 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:



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

What's New?

[Ditch the Clip: Why clip charts aren't a PBIS practice and what to do instead](#)

[The Science of Social Emotional Learning](#)

[Five Questions Every Team Should ask about Racial Disproportionality](#)

[Leading Equity Podcast: How to meet the social emotional needs of all students](#)

[LISTEN: Fighting to add mental health education to Alaska's high school curriculum](#)

[Students tell Alaska lawmakers their struggles with anxiety, depression and suicide](#)



Northwest PBIS Virtual Coaches Network



Topic: Taking care of Yourself and Others
TODAY!! Thursday, March 19, 2020, 1:00 PM

[Zoom Link](#)

Meeting ID: 742 187 410

Password: 472749

Additional Coaches Virtual Meeting dates:

May 12th, 1:00-2:30 pm PT

June 9th, 1:00 - 2:30 pm PT

Register for May and June [HERE](#)

Questions? info@pbisnetwork.org

Coaches Network Meetings are designed to share resources, examples, timely reminders for evaluation, SWIS /PBIS Assessments updates, and hear more about PBIS, MTSS, and RtI events in our region. Each meeting will focus heavily on examples, you are invited to bring problems of practice and share feedback.

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

[January 2020](#)
[December 2019](#)
[November 2019](#)
[October 2019](#)
[August 2019](#)

Conference Corner

We will be presenting and/or tabling at many of these conferences. Stop by and say "hello" and let us show you how to access resources, training, and other materials to support your school mental health efforts. **Due to the pandemic, some conferences may be canceled. Check each site for current information.*



Washington MTSS Fest - SOLD OUT

May 4-5, 2020

Seattle, Washington

[Presentation Materials](#)



Washington Office of Superintendent of
PUBLIC INSTRUCTION



Washington Student Support Conference
May 14, 2020
Wenatchee, Washington
[Registration Link](#)

Alaska School Leadership Conference
May 27-29, 2020
Anchorage, Alaska
[Registration Link](#)



Association of Washington School Principals
June 28 - 30, 2020
Spokane, Washington
[Registration Link](#)

[46th Annual Conference: Beyond Treatment: Tackling Social Determinants to Improve Rural Mental Health](#) Portland, Oregon: August 17-20, 2020

[2020 Training Institutes](#) Orlando, Florida: June 29-July 3, 2020

[National PBIS Leadership Forum](#) Chicago, Illinois: October 21-23, 2020

[Advancing School Mental Health Conference](#) Baltimore, Maryland: October 29-31, 2020



[Email us if you know of a conference to add to the list.](#)



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.

SMART
School Mental Health Assessment

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.

Research & Training Center

intensive supports.

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