



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



January 2020 Northwest School Mental Health Newsletter

Hello,

Welcome to 2020! The new decade is already off to a strong start here at our center. Just this month, we hosted our third (and final) Interconnected Systems Framework webinar in collaboration with the Pacific Southwest MHTTC and sponsored 5 sessions at the Alaska RTI/MTSS Effective Instruction conference with 49 of the state's 54 school districts, and over 1000 people, in attendance.

Looking ahead, the next several months are just as jam-packed with trainings, conferences, and events across the Northwest Region. Learn more about all these opportunities, as well as one of our key partners, in our newsletter below!

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



We are now on social media!

Connect with us on [Facebook](#) and [Twitter](#)!



Meet our Partners: *The Treatment and Services Adaptation Center for Resilience, Hope and Wellness in Schools*



Treatment and Services Adaptation Center for Resiliency, Hope, and Wellness in Schools

We're thrilled to feature [**The Treatment and Services Adaptation Center for Resilience, Hope and Wellness in Schools**](#) (TSA for Schools) as one of our key partners in this month's newsletter.

The Northwest MHTTC has been partnering with the TSA for Schools to deliver a series of webinars and in-person trainings to enhance the clinical and non-clinical workforce in schools. To date, the TSA for Schools has provided training to school mental health providers in the Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Support for Students Exposed to Trauma (SSET), and Bounce Back. We have also conducted two webinars covering the Trauma-Informed Schools for Educators (TISE) curriculum. Future webinars include: "Building a Trauma-Informed MTSS" and "Support for Teachers Affected by Trauma (STAT)".

About the Trauma-Informed Skills for Educators (TISE) Curriculum:

TSA for Schools aims to promote trauma-informed school systems that provide prevention and early intervention strategies to create supportive and nurturing school environments. Since 1997, our TSA for Schools has employed a community-partnered approach to develop and disseminate racially and multiculturally-sensitive effective school interventions and resources for trauma-exposed students. These include some of the most commonly used early intervention strategies for trauma, such as [**The Cognitive Behavioral Intervention for Trauma in Schools \(CBITS\)**](#), [**Support for Students Exposed to Trauma \(SSET\)**](#), and [**Bounce Back**](#).

More recently, the TSA for Schools has focused on creating resources to enhance the skills of the non-clinical staff in schools. This work has led to the development of the Trauma-Informed Skills for Educators (TISE) curriculum. The Trauma-Informed Skills for Educators is designed to enhance educators' ability to engage with youth who've been exposed to trauma. The training addresses the neurological impact of trauma on students and describes how trauma can manifest in the classroom and impact student learning. Most importantly, the curriculum provides concrete strategies to help educators support students in a more trauma-

responsive ways including:

- Fostering a trauma-sensitive classroom climate
- Communicating with students about trauma
- De-escalating disruptive incidents
- Fostering trauma-responsiveness throughout the school community.

In-person trainings are available to interested schools and districts and the curriculum will be available online in 2021.

Want to learn more about TSA for Schools? Contact Pamela Vona at pamelayo@usc.edu or (213) 821-4398.

Visit TSA for Schools Website

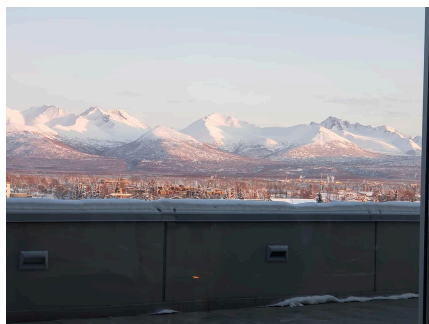
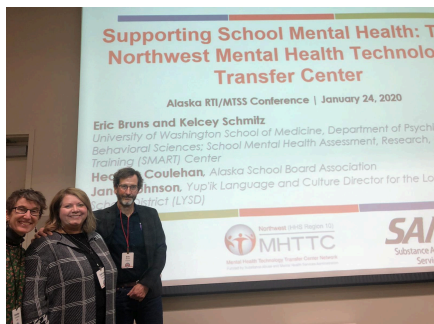
State Spotlight: Alaska



Our Northwest Mental Health Technology Transfer Center's school mental health team and partners attended and presented at the **2020 Alaska RTI/MTSS Conference** last week in Anchorage, Alaska. Over 1000 individuals from 49 out of 54 Alaska school districts attended the conference. We sponsored five school mental health sessions including a session at the Rural Schools Conference with co-presenters from the [Association of Alaska School Boards](#) and [Lower Yukon School District](#). Other session topics included Positive Behavioral Interventions and Supports, School Mental Health Integration, Establishing a Culture of Wellness, and Interventions to Support Student Behavior: How to Select and Implement Function-Based Supports.

We met with many educators who shared with us the very unique mental health needs across the state as well as the type of training and TA that would be beneficial to the workforce. We were grateful for the opportunity to visit Alaska educators and learn more about the strengths and needs of their schools and communities and look forward to being a resource as they continue to support students, staff, families and communities.

The conference was hosted by the [Alaska Staff Development Network](#).

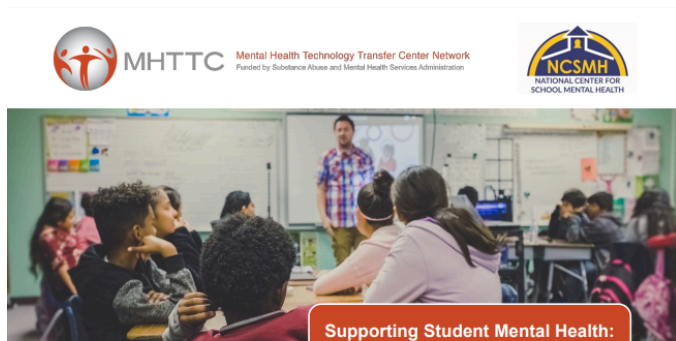


Conference Speakers, Materials, and Resources

New Resource!

Supporting Student Mental Health: Resources to Prepare Educators

Just Released >>>



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)

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

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

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.

February 12, 2020

[Trauma-Informed Schools and the MTSS Framework](#)

March 18, 2020

[Trauma-Responsive Implementation Assessment Tool \(TRS-IA\)](#)

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 and Materials >>>

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

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

Interconnected Systems Framework Webinars Materials and Recordings

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 key messages of 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. Soon, all recordings and materials will be posted. If you missed any of the ISF webinars, you can access the materials and recordings [here](#).

[ISF Webinar Materials and Recordings](#)

What's New?



Updated Version of the SHAPE System

[The SHAPE System](#), developed by the National Center for School Mental Health (NCSMH) team at the University of Maryland School of Medicine, is a free, private, web-based portal that offers a virtual workspace for school mental health teams at school, district, and state levels to document, track, and advance quality and sustainability improvement goals as well as assess trauma responsiveness. SHAPE provides reports and resources for school and district teams to

improve the quality of school mental health system in 7 domains: **Learning, Needs Assessment & Resource Mapping, Screening, Mental Health Promotion Services & Supports, Early Intervention & Treatment Services & Supports, Funding & Sustainability, and Impact.**

In the last year, the MHTTC Network Coordinating Office collaborated with the NCSMH to refine current and develop new resources, tools, and curricula for the SHAPE System that address unique regional and state considerations, including the recently released School Mental Health Quality Assessment and robust Resource Center, in addition to the Screening and Assessment Library with free or low-cost measures for student mental health, school climate, and much more!

You can join SHAPE as an individual or as a member of a school, district and/or state team. Also, district and state leaders can access a dashboard of school and district data unless data sharing is disabled.

[Click here for the SHAPE System](#)

New! Review of Year 1 of the Northwest School Mental Health Supplement



School Mental Health Supplement: Year 1 Review November 2018 - August 2019

The University of Washington SMART Center hosts the school mental health supplement to the Northwest Mental Health Technology Transfer Center

Our Goals:

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

19 EVENTS	652 PROFESSIONALS TRAINED	84% POST EVENT SURVEY RESPONSE RATE	92% SATISFIED OR VERY SATISFIED	90% WOULD RECOMMEND THE TRAINING	524 MAILING LIST SIGN UPS
---------------------	-------------------------------------	---	---	--	-------------------------------------

Training and Technical Assistance Topics from Year 1:

- National School Mental Health Curriculum
- Interconnected Systems Framework
- Multi-tiered System of Supports
- Individualized Supports in the Classroom
- Brief Intervention for School Clinicians
- Positive Behavioral Supports and Interventions
- School Safety
- Deescalation
- Wraparound
- Restorative Practices
- Psychological First Aid
- Motivational Interviewing
- Helping Education Leaders Mobilize Evidence
- Reducing Disproportionality in Discipline
- Cognitive Behavioral Interventions for Trauma in Schools (CBITS)
- Comprehensive, Integrated Three-Tiered Models of Prevention (C13T)

Visit our Website! <https://mhttcnetwork.org/centers/northwest-mhttc/school-based-mental-health>

Northwest MHTTC: School Mental Health Supplement Year 1 Review

Check out the review of our school mental health supplement in this newly created document.

This document includes information highlighting our efforts in Year 1 that ended in August 2019.

The first year of the school mental health supplement to the Northwest MHTTC was incredibly successful. We sponsored many activities, engaged with individuals across the four state region, created new products and established partnerships.

A huge thanks to all our Year 1 partners and participants!

[Year 1 Review](#)



Northwest MHTTC School Based Mental Health Website

Find all of our events, newsletters, webinars, resources and more in one spot!



Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
 Funded by Substance Abuse and Mental Health Services Administration

YOUR MHTTC ▾ TRAINING AND EVENTS ▾ RESOURCES ▾ PROJECTS ▾ COMMUNICATION ▾ ABOUT ▾

☰ NORTHWEST MHTTC NAVIGATION (Select to expand / collapse menu) Go to Center 🏠

School Based Mental Health

Join our mailing list!

In addition to regular training activities and special areas of focus, the Northwest Mental Health Technology Transfer Center (Northwest) has received funding to support increased training and technical assistance for school mental health in Alaska, Idaho, Oregon, and Washington. To operationalize this support Northwest has partnered with the University of Washington **School Mental Health Assessment, Research, and Training (SMART)** Center, a national leader in developing and supporting implementation of evidence-based practices (EBPs) in schools, including prevention, early intervention, and intensive supports.

The Northwest School Mental Health (SMH) and Multi-tiered System of Supports (MTSS) Training and Technical Assistance (TA) Center, within the UW SMART Center, supports youth and young adults of school age who have been exposed to violence, are experiencing a mental health disorder, or at risk of developing such a disorder.



Visit our Website!

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.



Idaho Positive Behavior Support Conference

February 6-7, 2020

Boise, Idaho

[Registration Link](#)



Northwest PBIS Network Conference
February 26-28, 2020
Tacoma, Washington
[Registration Link](#)



Association for Positive Behavior Support
March 11-14, 2020
Miami, Florida
[Registration Link](#)



[Oregon RTI Conference](#) Portland, OR: April 8-10, 2020

[Washington MTSS Fest](#) Seattle, WA: May 4-5, 2020 **SOLD OUT!**

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

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

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

February 2020 Newsletter **Preview**



- o State/District Spotlight
- o Upcoming Events
- o New Resources and Training Alerts
- o And More!



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
Research & Training Center

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.

University of Washington SMART Center | UW Medicine, School of Medicine
6200 NE 74th Street, Suite 110, Seattle, WA 98115-6560

uwsmart@uw.edu

Twitter: [@NorthwestMHTTC](https://twitter.com/NorthwestMHTTC) and [@SMARTCtr](https://twitter.com/SMARTCtr)

Facebook: [Northwest MHTTC](https://www.facebook.com/NorthwestMHTTC)

