

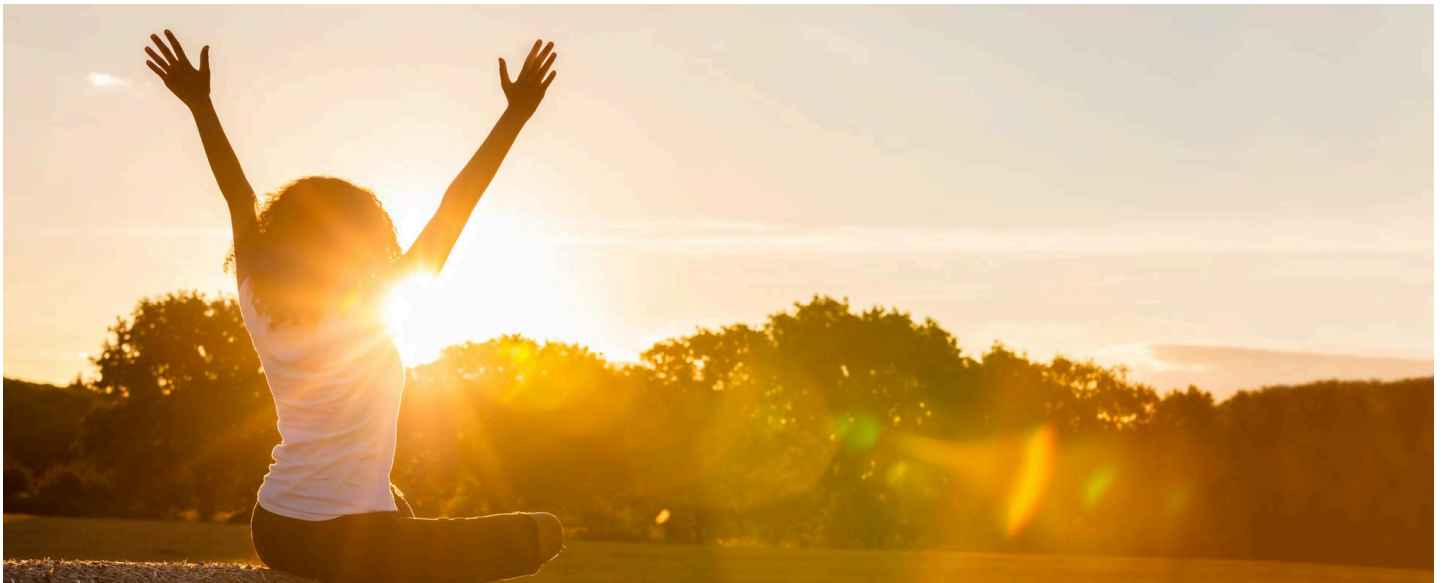


Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



## July 2020 Northwest School Mental Health Newsletter

Greetings,

**The dog days of summer are here!** We hope you are all staying cool and enjoying the summer sun.

As schools start to gear up for reopening (remotely, in-person, or a hybrid model), we are here to provide resources and support for school staff, students, and families. We are finalizing our line up of Fall 2020 events and trainings, but are excited to announce **two upcoming events**. The first is a two-part learning forum on Supporting School Mental Health in the Context of Racial Violence with some outstanding advocates, leaders, and school mental health workforce members. The second event is a webinar presented by Dr. Kathleen Lynne Lane on Universal Screening for Internalized and Externalizing Behaviors in the COVID-19 Era. Read more below about these two events and stay tuned for more upcoming events added to the schedule soon.

Stay safe and well,  
The Northwest MHTTC SMH Team

Visit our websites:

**Northwest MHTTC School Mental Health**  
**University of Washington SMART Center**

Sign up for the Northwest School Mental Health Mailing List

## Supporting School Mental Health in the Context of Racial Violence: A Two-Part Learning Forum

# Supporting School Mental Health in the Context of Racial Violence

A TWO-PART LEARNING FORUM —

12-1:30 p.m. CT

Friday, July 31 | Friday, Aug. 7

<https://bit.ly/SMHRacialEquity2020>



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Substance Abuse and Mental Health  
Services Administration

### SUPPORTING SCHOOL MENTAL HEALTH IN THE CONTEXT OF RACIAL VIOLENCE

# Speaker Lineup



EBONY ADEDAYO  
Moderator

Session 1 | 12-1:30 p.m. CT Friday, July 31  
**Learning From and With Students,  
Caregivers, Advocates & Systems Leaders:**



KURT  
HATCH



MELISSA  
MERIN



DEIDRE  
FRANKLIN

Session 2 | 12-1:30 p.m. CT Friday, Aug. 7  
**Learning From and With the School  
Mental Health Workforce:**



TAMBA-KUI  
BAILEY



GHOLDY  
MUHAMMAD



ANGELA  
JONES



TANDRA RUTLEDGE



TAY ANDERSON



JANINE JONES



LISA WINES



Register Here

## Systematic Screening PK-12 in the COVID-19 Era



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SMART  
School Mental Health Assessment  
Research & Training Center

### Considerations for Systematic Screening PK-12: Universal Screening for Internalizing and Externalizing Behaviors in the COVID-19 Era

August 12, 2020 | 9:00 am - 10:30 am Pacific

Presented by:



Kathleen Lynne Lane, Ph.D., BCBA-D, CF-L1

Registration Link: [bit.ly/ScreeningPK-12](https://bit.ly/ScreeningPK-12)

In the wake of the COVID-19 pandemic, PK-12 schools across the United States closed and educators quickly pivoted to remote and continuous learning opportunities to protect students and society as a whole from the deadly coronavirus – COVID-19.

As educational leaders across the country navigate the complexities for providing instruction during the 2020-2021 academic year, questions have arisen regarding systematic screening practices. In this presentation, we offer considerations by Lane and Oakes (2020) for conducting systematic screenings for internalizing and externalizing behaviors in the COVID-19 era. We recommend educators continue to screen, use multiple sources of data to inform programming, and screen responsibly.

Learn more and register here

## July is Black, Indigenous, and People of Color Mental Health Month



[Mental Health Support for Students of Color During and After the Coronavirus Pandemic](#)

[National MHTTC Network's National Minority Mental Health Awareness Month Resource Page](#)

[National MHTTC Network's Responding to COVID-19 Mental Health Disparities](#)

[Mental Health America's BIPOC Mental Health Hub](#)

[Northwest MHTTC's Racial Equity and Cultural Diversity Resource Page](#)

## The Northwest Well-Being Series

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



### **Mental Wellness Is Critical During a Pandemic**

If you missed any of the live sessions you can now watch all the recordings from the Well-Being Series.

[LEARN® Saves Lives Suicide Prevention Training for Parents/Caregivers, followed by Q&A Session with Suicide Prevention Experts](#)

[Be Our Lunch Date? A "Think Tank" Time: A Gathering of School Mental Health Practitioners to Surface School Mental Telehealth Needs and Resources](#)

[Educator Wellness Webinars](#)

[Psychological First Aid – Listen Protect Connect/Model and Teach](#)

[Building Protective Factors for Yourself and the School Community: The School Leader Series](#)

[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](#)

[Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19](#)

[Hope & Cope 2020: A free webinar for youth age 14 - 21 - June 17th, 2020](#)

The Well-Being Series Website

**THE WELL-BEING SERIES**  
Connections During COVID-19: Mental Wellness Webinars For Families & Educators

ACCESS ALL EVENT RECORDINGS & MATERIALS HERE: [bit.ly/Well-beingNW](https://bit.ly/Well-beingNW)

The Well-Being Series is 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.

This document provides an complete list of all the helpful links shared throughout the series.

**Presentation PDFs & Related Resources:**

- 1. Ambiguous Loss: Grieving in the Time of COVID-19:**
  - Presentation PDF: <https://bit.ly/ambiguous-loss-PDF>
- 2. Educator Wellness Webinars:**
  - Educator Wellness #1 Guided Notes Presentation: <https://bit.ly/ed-wellness-1-notes>
  - Educator Wellness #2 Guided Notes Presentation: <https://bit.ly/34XR0aO>
  - Educator Wellness #3 Guided Notes Presentation: <https://tinyurl.com/Educator-Wellness-Notes-3>
  - Educator Wellness #3 Presentation Resources: <https://bit.ly/ed-wellness-3-resources>
  - Educator Wellness #4 Guided Notes Presentation: <https://bit.ly/ed-wellness-4-notes>
- 3. LEARN® Saves Lives Suicide Prevention Training**
  - Presentation PDF: <https://bit.ly/3dPqP5j>
  - LEARN® Saves Lives Suicide Prevention One Pager: <https://bit.ly/2UuzeeT>
- 4. Building Protective Factors for Yourself and the School Community: The School Leader Series Landing Page:**
  - School Leader #1 PowerPoint Presentation: <https://tinyurl.com/School-Leader-1>
  - School Leader #2 PowerPoint Presentation: <https://tinyurl.com/School-Leader-2-Presentation>
  - School Leader #3 PowerPoint Presentation: <https://bit.ly/school-leader-3>
  - School Leader Series Resource List: <https://tinyurl.com/School-Leader-ResourcesNW>
- 5. Psychological First Aid (PFA) – Listen, Protect, Connect**
  - PowerPoint Presentation: <https://tinyurl.com/PFA-Presentation>
  - Listen, Protect, Connect 1 Pager: <https://tinyurl.com/listen-protect-connect>
  - USDOE PFA Helpful Hints Handout: <https://tinyurl.com/USDOE-Helpful-Hints>
  - PFA COVID-19 Sample Questions: <https://tinyurl.com/PFA-COVID-Questions>

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**Need a quick guide to access all the Well-Being Series materials?**

We collected all the helpful links shared during each Well-Being Series event and created this resource to help you get to the materials and websites you need quickly.

**[>>Download the Helpful Links and Resources Document](#)**

**New Mental Health & Well-Being Returning to School During COVID-19 Resources**



[New England MHTTC: Back to School After COVID-19: Supporting Student & Staff Mental Health](#)

[When Learning Starts: Playbook for Health School Communities](#)

[As schools reopen, addressing COVID-19-related trauma and mental health issues will take more than mental health services](#)

[Center on PBIS Resources for Returning to School Before and After a Crisis](#)

[School Mental Health Planning for the 2020-2021 School Year During COVID-19](#)

[Strategies for Trauma-Informed Distance Learning](#)

Interconnected Systems Framework Discussion Hours: **Final Event in this Series**

## 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 August 11th ISF Discussion Hours

Upcoming Virtual Learning Opportunities

[School-Based Health Alliance Webinars](#)

*See website for dates*

[Strengthening & Adjusting PBIS Tier 1 to Build a Roadmap to Navigate the Current Reality](#)

August 4, 11, &amp; 12, 2020

[Summer Institute: Returning, Rebuilding, Renewing - Adapting Tiered Supports for the New and Now](#)

August 13, 2020

[DBT in Schools: Implementation of DBT STEPS-A Curriculum Online Training](#)

August 18-20, 2020

[Virtual National PBIS Leadership Forum](#)

October 21-23, 2020

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

[June 2020](#)[May 2020](#)[April 2020](#)[February/March 2020](#)[January 2020](#)[December 2019](#)[November 2019](#)[October 2019](#)[August 2019](#)

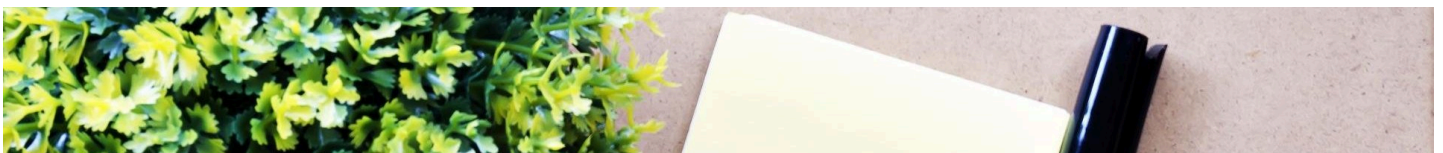
Did you know you that in addition to the school-mental health-focused (SMH) newsletter you can also sign up for newsletters from the main Northwest MHTTC? Sign up [HERE](#).



**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.





**Northwest MHTTC School Mental Health Team**

University of Washington SMART Center | UW Medicine, School of Medicine  
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**Website:** <https://mhttcnetwork.org/centers/northwest-mhttc/school-mental-health>

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

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

take  care

*Disclaimer: The views, opinions, and content expressed in this newsletter do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

