



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



June 2020

## Northwest School Mental Health Newsletter

Greetings,

Summer is officially here! We hope you all take some time to enjoy the longer, sunnier days and work some self-care into your routine. It's just as important to rest, relax, and have some fun with your family as it is to continue supporting your schools and students. If you're looking for wellness tips and strategies to try, our **Well Being Series** has wrapped up and is a great resource. You can find all event recordings and presentations [here](#).

Although schools are out for the summer, we know that reopening in the Fall - and all the anxiety and uncertainty that may bring - is not far from many people's minds. We're already looking ahead to the next year and are developing resources to support this transition. [Stay tuned for more information coming soon](#). Until then, we've shared some new resources for returning to school after COVID-19 in the newsletter below.

We've also shared two more very important sets of resources in this month's newsletter: resources for supporting LGBTQ students and resources for supporting student mental health in the context of racial inequity and violence. It is more important **now** than ever to amplify the voices, needs, and experiences of these communities and to work actively to address the mental health consequences of racism and discrimination.

Sincerely,  
Kelcey Schmitz, Eric Bruns, and Megan Lucy

Visit our websites:

**Northwest MHTTC School Mental Health**

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**

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

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## Supporting the Well-Being of LGBTQ Students



[Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention from the TREVOR Project](#)

[Supporting Black LGBTQ Youth Mental Health](#)

[LGBTQIA+ Behavioral Health Resources from the Northwest MHTTC](#)

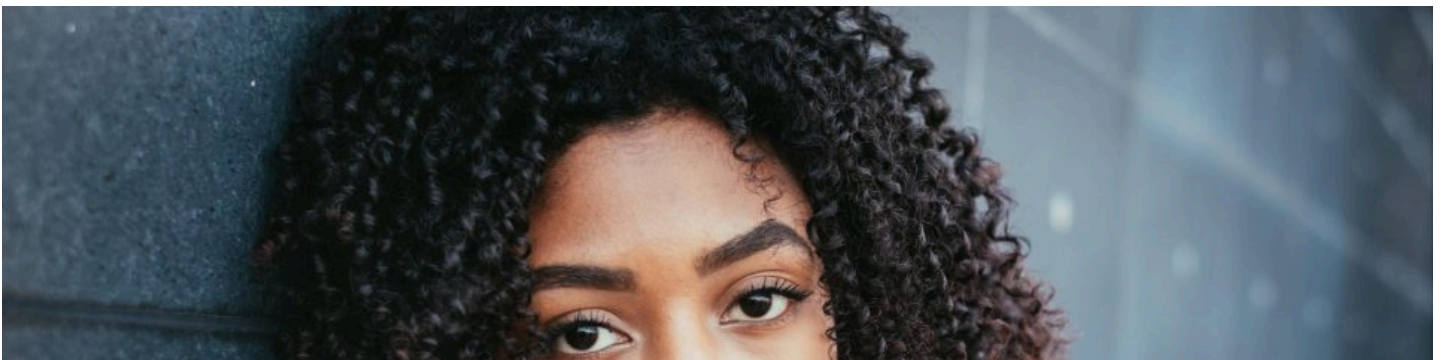
[Supporting LGBTQ Youth of Color](#)

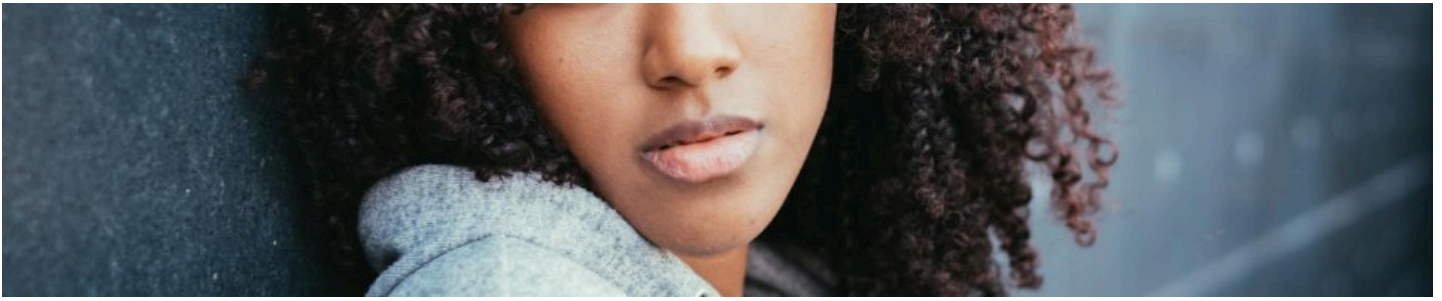
[Supporting LGBTQ Students during the Coronavirus Quarantine: A Tip Sheet for School Counselors](#)

[Oregon Department of Education's LGBTQ2SIA+ Student Success Plan](#)

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## Supporting Student Well-Being in the Context of Racism, Racial Inequity, and Racial Violence





[The Impact of Racism on Child and Adolescent Health from the American Academy of Pediatrics](#)

[Virtual Equity Resources from the Midwest and Plains Equity Assistance Center](#)

[4 Ways Racial Inequity Harms American School Children](#)

[Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma](#)

[Addressing Race and Trauma in the Classroom](#)

[Racism, Discrimination, and Child Development](#)

[Resources for Using PBIS to Increase Racial Equity](#)

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## New Resources Related Returning to School After COVID-19



[Returning to School During and After Crisis: A Guide to Supporting States, Districts, Schools, Educators, and Students through an MTSS Framework during the 2020-2021 School Year](#)

[ASCA-NASP School Re-Entry SEL Considerations Guidance](#)


[Multi-Tiered School Mental Health Improvement, Innovation, and Advocacy During COVID-19](#)

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

[American Academy of Pediatrics COVID-19 Planning Considerations: Guidance For School Re-entry](#)

[National MHTTC Network's Responding to COVID-19 Grief, Loss, and Bereavement Resource Page](#)


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



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### Creating Trauma-Responsive Schools: A Webinar Series




**Watch all 6 recorded webinars!**  
[bit.ly/TraumaResponsiveSchools](https://bit.ly/TraumaResponsiveSchools)

- 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)**
- Webinar #6: Psychological First Aid**

  
 Steven Hydon  
MSW, EdD

  
 Vivien Villeverde  
MS SW, PPSC, LCSW

  
 Pamela Vona  
MA, MPH

Watch the entire series

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### 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

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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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## Upcoming Virtual Learning Opportunities

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

August 13, 2020 | 9:00 am - 11:00 am and 1:00 pm - 3:00 pm Pacific Time

[Virtual National PBIS Leadership Forum](#)

October 21-23, 2020

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Coming Soon: Anxiety and Returning to Schools Training Package  
*Your input is needed!*

We are partnering with Seattle Children's Hospital and the University of Washington School of Medicine to develop resources for school personnel related to students' mental health and we want to hear from you!

If you have a few moments, please provide your input to help ensure that we can produce resources that are relevant and helpful for you and your students. ***The deadline has been extended to July 7, 2020.***

[Click here to take the survey](#)

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

[May 2020](#)

[April 2020](#)

[February/March 2020](#)

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

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**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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take care

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**Facebook:** [Northwest MHTTC](#)

