



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



May 2020 Northwest School Mental Health Newsletter

Greetings,

Mental health and wellness is always a priority, but it receives special attention in May during Mental Health Month. Since 1949, organizations across the country have dedicated the month of May to increasing awareness and reducing stigma around mental health. This year's theme is **Tools 2 Thrive** and focuses on sharing resources and strategies that are useful for everyone's mental wellness any time, but especially now during the global pandemic.

Additionally, we're excited to announce a new event in our Well-Being Series: a webinar jointly produced with Child Trends and the Northwest Prevention Technology Transfer Center (PTTC) on Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19. Learn more and register [here](#).

Although the live events in our Well-Being Series are starting to wrap up, we are posting all recordings and presentation materials [here](#) within a week after each event. We hope these products continue to serve as a helpful resource now, throughout the summer, and as schools reopen.

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 and practitioners, 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



REGISTRATION IS OPEN

June 11, 2020 | 11:00 am - 12:30 pm Pacific

Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19

Presented by: Jessica Dym Bartlett, M.S.W., Ph.D., Program Director of Early Childhood Research

Registration Link:

bit.ly/supportingmhandwellbeingwebinar



[Click here to register](#)



[Educator Wellness Webinar Series](#)

[Recorded Webinars Sessions #1 - 3](#)
[Registration for final Session - June 3, 2020](#)

[Student Life Skills to Survive & Thrive During COVID-19 & Beyond](#)

[Weekly Lessons Streamed Live on YouTube](#)
[Recorded Weekly Lessons](#)
[Recorded Q&A Session #1 - May 19, 2020](#)
[Registration for Q&A Session #2 - June 16, 2020](#)

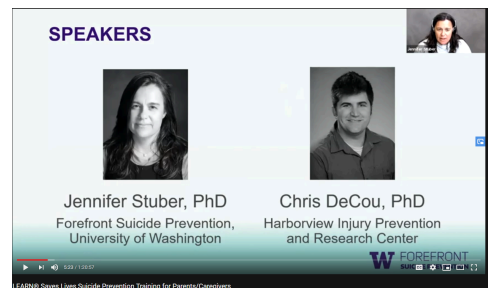


[Building Protective Factors for Yourself and the School Community: The School Leader Series](#)

[Recorded Webinar Sessions #1 & #2](#)
[Registration for Q&A Session - June 4, 2020](#)

[LEARN Saves Lives](#)

[Recorded Webinar](#)



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

- 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

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:



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

New Resources Related to COVID-19

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

[Supporting you Supporting Students: Tools for the Challenging Times](#)

[Trauma-Informed School Strategies during COVID-19](#)

[MTSS During the Pandemic: Adapting Systems of Behavior Support](#)

[Mid-America MHTTC's Telehealth Toolbox for School Personnel](#)

[A 4-Step Plan for Handling Problem Behaviors Remotely](#)

[Ci3T Resources for Educators, Families, and Administrators during Remote Learning](#)

[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.

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

[AWSP/WASA Virtual Summer Conference for Educational Leaders](#)

June 29-30, 2020

[Hope and Cope 2020 for High School and College Students](#)

June 17, 2020 | 1:00 - 3:00 pm Pacific Time

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

[April 2020](#)

[February/March 2020](#)

[January 2020](#)

[December 2019](#)

[November 2019](#)

[October 2019](#)

[August 2019](#)



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



SMART
School Mental Health Assessment
Research & Training Center

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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Twitter: [@NorthwestMHTTC](#) and [@SMARTCtr](#)

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