



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



## November 2020 Northwest School Mental Health Newsletter

Greetings,

'Tis the season of gratitude and giving and we couldn't be more thankful for each and every one of you. We offer a sincere and heartfelt *"thank you"* for your commitment, compassion, and dedication to your schools and communities. We are additionally eternally grateful for our many partners and our small team who keep this work moving forward. We truly couldn't do this without you.

In this month's newsletter, we want to elevate our Native peoples in the Northwest Region. We recognize their contributions, sacrifices, culture, and heritage every month, and honor **National Native American and Alaska Native Heritage Month** with new resources on supporting the mental health and wellness of Native youth.

We're also excited to share recently-released schedule for the **UW SMART Center's 2021 Speaker Series**, which brings esteemed scholars to speak on issues related to school mental health and other critical topics in education. We hope to see you at one of these talks or our other upcoming events 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

## National American Indian and Alaska Native Heritage Month



Across our region (Alaska, Idaho, Oregon, and Washington) nearly 60,000 students identify as Native American or Alaska Native. We want to acknowledge National Native American and Alaska Native Heritage month and while we recognize the contributions, sacrifices, culture and heritage of Native peoples each month we want to ensure we elevate the awareness, honoring, and celebration during this time.

### Connect with our partners at the National American Indian and Alaska Native MHTTC:

- [National American Indian and Alaska Native MHTTC Website](#)
- [National American Indian and Alaska Native MHTTC Mailing List](#)

### Resources to support the mental health and wellness of Native youth:

- [Mental Health in Our Native American Communities Fall 2020](#)
- [Bureau of Indian Education: Suicide Prevention Resources](#)
- [Suicide Prevention Resource Center: American Indian/Alaska Native Settings](#)
- [Mental Health Evidence-Based Practices for American Indian and Alaska Native Schools and Communities](#)
- [Fact Sheet for Supporting Native American & Alaska Native Youth in School Settings](#)
- [SAMHSA Programs for Native Youth](#)

## The SMART Center 2021 Speaker Series

The University of Washington

School Mental Health Assessment, Research, & Training (SMART) Center Presents

## The SMART Center 2021 Speaker Series

Rhonda Nese



Anne Gregory



Ilene Schwartz



Ginger Kwan



Emma Elliott-Groves



Janine Jones



The school mental health supplement to the Northwest MHTTC is excited to co-sponsor the [University of Washington SMART Center's](#) 2021 Virtual Speaker Series. Originally a series of in-person events, we have moved these presentations to a virtual format due to COVID-19.

**December 2, 2020:** Dr. Rhonda Nese: "Developing an Instructional Alternative to Exclusionary Discipline Practices"

**March 3, 2020:** Dr. Anne Gregory: "Strengthening relationships and repairing harm: A paradigm shift in school discipline practice and research"

**April 7, 2021:** Dr. Ilene Schwartz & Ginger Kwan: "Using a Racial Equity Theory of Change (RETOC) to Facilitate Collaboration Between University Researchers and a Community Based Organization"

**May 5, 2021:** Dr. Emma Elliott-Groves: "Indigenous Systems of Relationality: Designing for Transformative Agency in Indigenous Community Psychology"

**June 2, 2021:** Dr. Janine Jones: "Culturally Responsive School Mental Health Interventions"

[Register Here](#)

[Download Event Flyer](#)

### Enhancing MTSS - Integrating Student Mental Health and Wellness through Systems, Data, and Practices



Pacific Southwest (HHS Region 9)

Northwest (HHS Region 10)

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## ISF West Coast Party Webinars:

Enhancing MTSS- Integrating Student Mental Health and Wellness through Systems, Data, and Practices

### Module 1: ISF in Virtual Conditions

- 10/20/20 - ISF Systems in Virtual Conditions
- 10/22/20 - Secondary Traumatic Stress and Educator Well Being

### Module 2: ISF + Trauma Informed Approaches

- 10/27/20 - ISF Systems & Trauma-Informed Approaches
- 11/5/20 - Virtual Adaptations of Psychological First Aid
- 11/17/20 - Virtual Adaptations of Trauma Informed Skills for Educators

### Module 3: ISF + Tiers 2 & 3

- 12/1/20 - ISF Systems and Tiers 2 & 3
- 12/3/20 - Virtual adaptations of SSET/Bounce Back

### Module 4: ISF & Equity

- 1/12/21 - Secondary Traumatic Stress & BIPOC Educator Well Being
- 1/19/21 - ISF Systems & Equity
- 1/21/21 - Racial Violence and Trauma and Schools

### ISF West Coast Town Hall


- 1/26/21 - ISF systems & practices in this moment with Susan Barrett & USC Faculty

<https://bit.ly/ISF2021>


Register Here

*Did you miss a session or want to watch again or share with a colleague? Materials and recordings are posted [here](#).*

## Highlights from Year 2 School Mental Health Supplement Funding

  
61  
Events

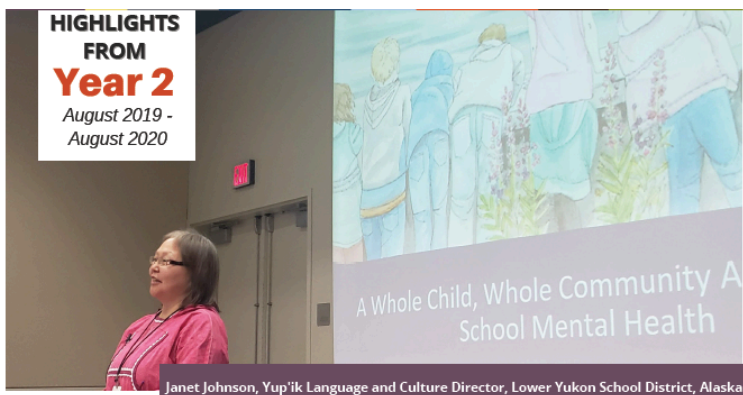
  
4,546  
Attendees

  
58  
Products

  
93%  
Satisfied

  
97%  
Recommend

**We are very thankful to participants & partners who were part of our Year 2 School Mental Health Supplement to the Northwest MHTTC workplan! Check out the summary document highlighting our Year 2 efforts.**



Janet Johnson, Yup'ik Language and Culture Director, Lower Yukon School District, Alaska

## SCHOOL MENTAL HEALTH

The School Mental Health Supplement to the Northwest MHTTC supports the school mental health workforce across Region 10 which includes the states of Alaska, Idaho, Oregon, and Washington.

"The state education agency has greatly benefited from MHTTC's partnership in supporting districts to implement MTSS with an explicit focus on mental health supports. The Northwest MHTTC SMH team has been extremely collaborative in leveraging the supports of MHTTC to partner and align work across numerous partners and efforts." - **Justyn Poulos, Director of MTSS, Washington Office of Superintendent of Public Instruction**

<b>61</b> Events	<b>4,546</b> Attendees	<b>58</b> Products	<b>93%</b> Satisfied	<b>97%</b> Recommend
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Visit our Website: <https://bit.ly/NWSMH>



"Thank you for what you guys do through the NW MHTTC and SMART. A price cannot be put on the value I place in the information you guys have provided. It has been incredibly useful for my line of work."  
- Sierra Jackson, QMHA Culture of Care Coach, Jefferson County ESD, Oregon



Northwest (HHS Region 10) MHTTC Mental Health Technology Transfer Center Network	SAMHSA Substance Abuse and Mental Health Services Administration	UNIVERSITY of WASHINGTON PSYCHIATRY & BEHAVIORAL SCIENCES School of Medicine	SMART School Mental Health Assessment Research & Training Center
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### Notable Year 2 Activities

**The Well-Being Series - Increased Programming and Partnerships in the COVID-19 Era**

- 34 Webinars
- 38 Products
- 3,068 Participants

**Expanded Service Provision & Partnerships in Alaska and Idaho**

- 7 Conference Sessions and 1 Keynote (ID & AK).
- Team-based ISF trainings for 38 participants from 10 districts (ID).
- Trained 19 clinicians and 32 classroom teachers on Evidence-Based Practices for Trauma in Schools (ID).
- Strengthened collaboration with the Alaska Special Education Services Agency (SESA).

**School Mental Health Strand at the 18th Annual Northwest PBIS Conference and Pre-Conference**

- Sponsored 20 Conference Sessions, a Keynote and hosted an exhibit table.
- SMH Lead, Kelcey Schmitz, was recognized as PBIS Champion.

**Post-COVID Increases to Reach & Online User Engagement**

- Increased web traffic to SMH-related pages on the MHTTC website by 830%.
- 6,827 additional views on YouTube

### Region 10 Engagement

**Alaska**

"The NWMHTTC has made significant efforts to understand the needs of rural and remote schools and those of the Alaska native population. The feedback from school districts on the NWMHTTC technical assistance, training and resources has been extremely positive." - **Lyon Johnson Education Specialist, Special Education Service Agency, Alaska**

**Idaho, Washington, & Oregon**

"We are appreciative of their leadership and guidance, and we feel more confident that we are moving in the right direction when the Northwest MHTTC SMH Team is part of the guidance." - **Andrea Bowman, Assistant Director of Student Services, Central Kitsap School District, Washington**

### Cross-Network Collaborations

Leveraging partnerships within the MHTTC network resulted in the co-production of several virtual learning events in Year 2.

- **Supporting School Mental Health in the Context of Racial Violence**  
A two-part learning series for students, families, educators, and school mental health professionals who are navigating the impact of racial violence on student mental health.
- **Interconnected Systems Framework Webinar Series Webinars and Discussion Hours**  
A three-part webinar series with subject matter expert, Susan Barrett, MA, and field experts followed by six discussion hours.

### An Unprecedented Year

"Our school district leaders have found much needed support and guidance through resources provided by the Northwest MHTTC. Through countless webinars, newsletters, and even conference scholarships, the Northwest MHTTC has guided our district in defining what mental health for all can truly look like in these unprecedented times." - **Britta Centoni, Whole Child Program Coordinator, Central School District, Oregon**

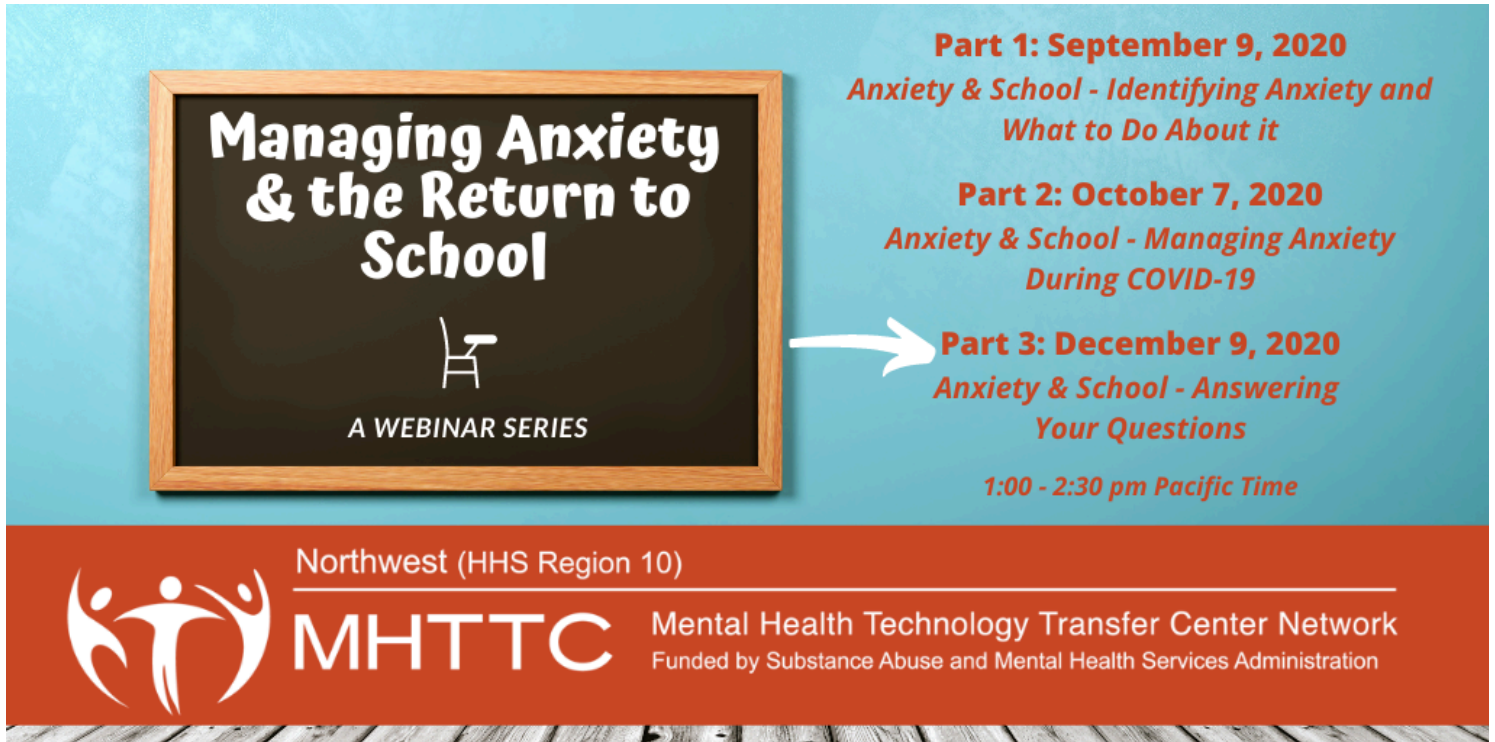
Northwest (HHS Region 10) MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration	<a href="https://bit.ly/nwsmh">https://bit.ly/nwsmh</a>	@NorthwestMHTTC
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 [@Northwestmhttc](https://www.facebook.com/Northwestmhttc)

This work is supported by grant 5M 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

Click here for the Year 2 Infographic

## Managing Anxiety and the Return to the School Webinar Series



The infographic features a central chalkboard with the text "Managing Anxiety & the Return to School" and "A WEBINAR SERIES" below it. To the right, three parts of the series are listed with dates and topics. An arrow points from the chalkboard to the third part.

**Part 1: September 9, 2020**  
*Anxiety & School - Identifying Anxiety and What to Do About it*

**Part 2: October 7, 2020**  
*Anxiety & School - Managing Anxiety During COVID-19*

**Part 3: December 9, 2020**  
*Anxiety & School - Answering Your Questions*  
 1:00 - 2:30 pm Pacific Time

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As we continue to navigate life during a pandemic, it is no surprise that anxiety and uncertainty are rising. This is true for youth, their families, and educators. This series is designed to highlight what anxiety looks like and walk through evidence-based interventions for anxiety in educational settings.

>> **Part #1 Identifying Anxiety and What To Do About It | Recording and Materials Posted [Here](#)**

>> **Part #2: Managing Anxiety during COVID | Recording and Materials Posted [Here](#)**

**>> Part #3: Interactive Q & A**  
 December 9, 2020 | 1pm - 2:30 pm Pacific Time

Register for Part #3 Here

## Educator Wellness Webinars with Dr. Renee VanNorman



# Self-Care and Compassion for the Educator

Join us for the final session in this series, "*Building Educator Resilience Through Self-Compassion and Gratitude*", on **December 11, 2020**.

[Register Here for the Final Session on 12-11-20](#)

Check out the recordings and materials [here](#).

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## New School Mental Health Resources, Articles, and Information

[Washington MTSS Framework Guidance Document](#)

Office of Superintendent of Public Instruction

[Systematic Screening for Behavior in Current K-12 Instructional Settings](#)

Center on PBIS

[Trauma-Informed Approaches within a PBIS Framework](#)

Center on PBIS

[25th Annual Conference on Advancing School Mental Health: Keynote, plenary, and over 250 free, pre-recorded conference sessions](#)

National Center for School Mental Health

[2020 PBIS Leadership Forum Session Recordings](#)

Center on PBIS

[Children's Mental Health Emergencies Skyrocketed After COVID-19 Hit. What schools can do.](#)

Education Week Blog

[Home for the Holidays: The Gift of Positive Behavior Support](#)

Washington Partnerships for Action, Voices for Empowerment

[Updated Resources for Educators and Resources for Families in English and Spanish](#)

Comprehensive, Integrated, Three-Tiered (Ci3T) Model of Prevention Team at the University of Kansas

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## Upcoming Virtual Learning Opportunities

[2021 Northwest PBIS Network Conference: Centering Students and Supporting Educators](#)

February 24-26, 2021

[18th International "Virtual" Conference on Positive Behavior Support: The Expanding World of PBS: Science](#)

<https://www3.thedatabank.com/dpg/689/pm.asp?id=18663&nav=1&aacwc=37155689149201801866342639117> target=

[Join International Virtual Conferences on Positive Behavior Support, The Expanding World of DEI, Science, Values, And Vision](#)

March 17 -29, 2021

[Sound Supports New Online Courses: Tier 1 PBIS in Hybrid or Virtual Setting, Trauma-Informed Classrooms, Restorative Justice for the Classroom, Effective and Engaging Online Instruction and Counseling During COVID](#)

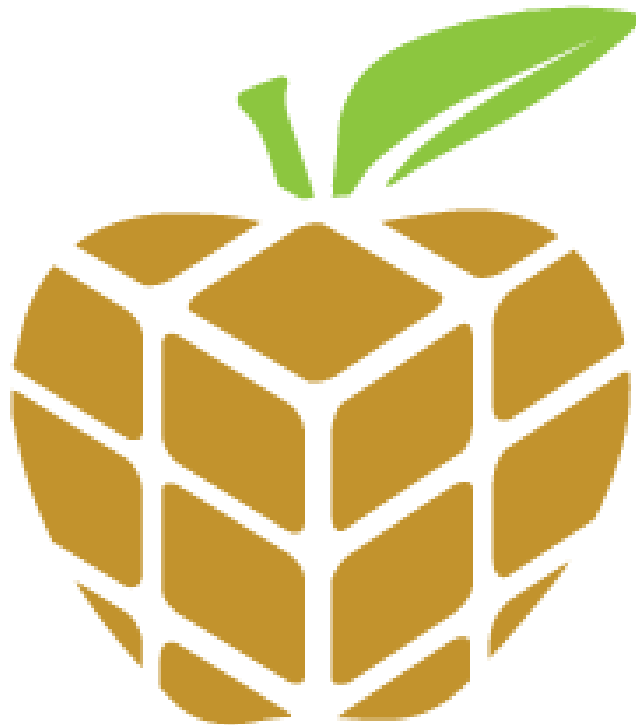
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Did you miss a newsletter? Catch up by looking through the archives!

[Newsletter Archive Page](#)

*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](#).*

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SMART



# School Mental Health Assessment