



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



October 2020 Northwest School Mental Health Newsletter

Greetings,

We're excited to share a wealth of new events and resources in this month's newsletter. In particular, we want to highlight resources we've shared in honor of Indigenous Peoples' Day. We welcome you to take a look and learn more about how to support the mental health and wellness of Native students, staff, and families.

We're also want to announce our latest West Coast Interconnected Systems Framework (ISF) Webinar Series, "**Enhancing MTSS - Integrating Student Mental Health and Wellness through Systems, Data, and Practices**". A collaboration with the Pacific Southwest MHTTC, this series is an opportunity to deepen your ISF work and contextualize ISF to this moment of COVID-19 and beyond. We're offering 4 modules with sessions on the systems (structures and leadership), data, and the practices (services and supports) needed to ensure student support equity. Sign up for as much or as little as you'd like. We hope to see you there!

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

Indigenous Peoples' Day



Indigenous Peoples' Day was celebrated on October 12th. We continue to set aside time this month to appreciate the culture, resilience, and history of Native American and Alaska Native communities. Visit these resources to learn more about how to support the mental health and wellness of Native students, staff, and families.

- [Supporting Native American and Alaska Native Youth in School Settings Fact Sheet](#)
- [Mental Health Evidence-Based Practices for American Indian and Alaska Native Schools and Communities](#)
- [National American Indian and Alaska Native MHTTC School Mental Health - K-12 Program](#)
- [Native and Indigenous Communities and Mental Health](#)
- [Trauma-Informed Resources for Children and Families Specific to American Indian and Alaska Native Communities](#)
- [Seattle Public Schools Indigenous Peoples' Day Resources by Grade Levels](#)
- [Nominate a Native Teacher for the K-12 Native Educator Award](#)

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

<https://bit.ly/ISF2021>

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

ISF West Coast Party Continues!

A Pacific MHTTC & Northwest MHTTC Collaboration

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

Led by Susan Barrett, MA, and University of Southern California (USC) trauma informed specialists Steve Hydon, Pamela Vona, and Vivien Villaverde, we invite you to explore the ISF framework by examining systems change (structures and leadership), data, and the practices (services and supports) needed to ensure student support equity.

Our fall offering is made up of four modules and ends with a town hall for you to be able to ask faculty your questions and resource one another. Each module includes teaching from Susan Barrett and field leaders on ISF systems, and USC faculty on ISF practices.

You may attend as much or little as desired.

Register Here

Case Study. Enhancing mental health services in Idaho schools



Optum Case Study - School Mental Health

Over the last year, our team has been providing training and technical assistance in Idaho. As a result of those efforts and collaborations, our partners, like Optum, are emphasizing school mental health within an integrated framework in rural Idaho schools.

"The pilot program revealed best practices for starting and operating school-based services. The goal: create an overall framework that integrates mental health providers, school staff, families and other community partners into a single system of support. Within that framework, adopt an evidence-backed, three-tier strategy. Using a variety of simple strategies, the first tier promotes positive mental health across the entire student body and screens all students for mental health concerns. At tiers two and three, students identified with emotional and psychological issues receive graduated interventions, with the most seriously affected receiving one-on-one treatment with behavioral health providers."

[Continue reading the case study>>>](#)

Read the School Mental Health in Rural Idaho Schools Case Study

Leading Our School Systems & Communities Through and After Wildfire Recording and Resources Posted

A graphic with a light beige background. On the left is a stylized green tree with a brown trunk. Below the tree, the word "together" is written in a cursive script. To the right of the tree, the title "Leading Our School Systems & Communities Through and After Wildfire" is written in bold red text. Below the title, it says "Watch The Recorded Webinar Here:" followed by a purple button containing the URL "http://bit.ly/SMHWildfireTownHall".

The [Northwest MHTTC](#) and the [Pacific Southwest MHTTC](#) and six school leaders from California, Washington, and Oregon provided a special virtual town hall on school mental health leadership in

Wildfire Supports Recorded Webinar



The Northwest MHTTC and the Pacific Southwest MHTTC collaborated in September of 2020 in the midst of unprecedented wildfires on the West Coast to provide a special virtual town hall on school mental health leadership in times of wildfire.

Six principals, superintendents, county and state office of education leaders from Washington State, California, and Oregon who have experienced wildfire in the past and present offered reflections, lessons learned, and shared their stories so we could learn from and with them in this moment of need.

This document provides a complete list of resources, materials, and helpful links shared - and more!

★ Recursos Disponibles En Español ★

Series Information & Materials

- **About The Town Hall:** <http://bit.ly/SMHWildfireTownHall>
- **Recording:** <http://bit.ly/WildfireTownHallWebinar>
- **Presentation:** <https://bit.ly/TownHallPDF>

Wildfire Resources

- **Wildfire Smoke Factsheet:** https://www3.epa.gov/airnow/smoke_fires/protecting-children-from-wildfire-smoke-and-ash.pdf
- **Wildfire Resources:** <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/wildfire-resources>
- **Parent Guidelines for Helping Children Impacted by Wildfires:** https://www.nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_children_impacted_by_wildfires.pdf
- ★ **GUÍA PARA PADRES CON HIJOS QUE HAN SIDO AFECTADOS POR INCENDIOS:** <https://www.nctsn.org/resources/guia-para-padres-con-hijos-que-han-sido-afectados-por-incendios>
- **Wildfires: Tips for Parents On Media Coverage:** <https://www.nctsn.org/resources/wildfires-tips-parents-media-coverage>
- ★ **LOS INCENDIOS Y SU COBERTURA EN LAS NOTICIAS: RECOMENDACIONES PARA LOS PADRES:** <https://www.nctsn.org/resources/los-incendios-y-su-cobertura-en-las-noticias-recomendaciones-para-los-padres>
- **Tips for Managing Your Distress Related to Wildfires:** <https://www.apa.org/topics/wildfires-tips>

Wildfire Support Resource Document

Managing Anxiety and the Return to the School Webinar Series



The graphic features a central chalkboard with the title "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

The COVID-19 pandemic is eliciting significant psychosocial concerns for youth and adults alike, especially anxiety. Educators have unique opportunities to engage with youth during this time, despite the fact that most schools are operating remotely. Identifying and implementing strategies for all (educators and youth) to cope with anxiety during this time is important. In this webinar series, we will discuss how to identify anxiety, distinguish typical and problematic anxiety, and describe/utilize coping strategies for anxiety, and promote resilience in educational settings during the COVID-19 pandemic.

Register for Part #3 Here

Returning Due to Popular Demand!
Fall Educator Wellness Webinars with Dr. Renee VanNorman

Self-Care and Compassion for the Educator

A FREE Webinar Series for Educators



During our Well-Being Series held last spring, Dr. Renee VanNorman presented a series of Educator Wellness webinars. These were some of our most popular sessions. Dr. VanNorman is BACK!

Northwest PBIS Network is partnering with Dr. VanNorman of WellEducator, LLC to bring you the most up to date research, suggestions, and exemplars on how to build wellness, and respond to life's challenging moments (in and out of the classroom) with self-compassion.

Educator stress and burnout has been reported as higher than any other profession (Stoeber, J., & Rennert, D, 2008). Stressors include lack of social/emotional training, ineffective interpersonal relationships, vicarious trauma, and unrealistic systems' requirements. Stressors impact wellbeing and availability to effectively build high quality relationships with students.

Educators inherently deserve support in nurturing their holistic wellbeing.

What educators say about Dr. VanNorman's Educator Wellness Series

"I feel so much hope now about tackling this year. I have a toolkit of self-care activities." - Susan L.

"I felt this training was super helpful and well worth the time. I loved how I am walking away from this training with concrete strategies and handouts that I can use." - Ivy K.

**"A 'well worth your time' training with many practical tips that all educators should attend!"
- Mckenzie G.**

Register Here for the Fall Educator Wellness Series

Grief Sensitivity Virtual Learning Institute

You are invited to the *second part* of the virtual learning institutes with leading grief experts across the country. The series is geared towards providing front-line workers with tools and strategies that can be used when addressing the needs of individuals experiencing grief and loss during COVID-19 and beyond. Read more from the [event flyer](#).

>>November 12 & 13th: Grief Sensitivity Institute Part 2: Applying concepts to practice

The Institutes are for Community Mental Health Practitioners, Social Workers, Psychologists, Therapists, School Mental Health Personnel, School Counselors, Educators, School Administrators, and anyone interested in enhancing their grief sensitivity.

Register Here for Part 2 of the Grief Sensitivity Virtual Learning Institute

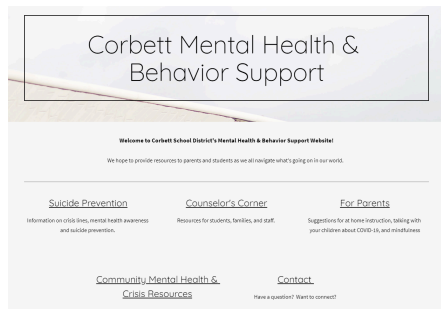
District Wellness Websites from our Region



[Highline School District's Virtual Calming Room \(Washington\)](#)

[Medical Lake School District's Health and Wellness Page \(Washington\)](#)

[Anchorage School District's Physical and Mental Wellness Page \(Alaska\)](#)



[Corbett School District's Mental Health & Behavior Support Page \(Oregon\)](#)

[Central Kitsap's Family Wellness Site \(Washington\)](#)

[Boise School District's Virtual Peace Room \(Idaho\)](#)

Share your district or school mental health/wellness website with us! Email: nwsmh@uw.edu

New School Mental Health Resources, Articles, and Information

[Coping During COVID: 2020 Back to School Toolkit - Available in English and Spanish](#)
Mental Health America

[Suspension Prevention: Classroom Management in Distance Learning](#)
PBIS Apps

[Cultural Responsiveness to Racial Trauma](#)
National Child Traumatic Stress Network

Upcoming Virtual Learning Opportunities

[Virtual 25th Annual Conference on Advancing School Mental Health](#)
October 29, 2020

[High School PBIS Symposium Virtual Series](#)
November 5, 2020

[Alaska Autism Resource Center Conference](#)
November 9, 2020

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](#).

