



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



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## September 2020 Northwest School Mental Health Newsletter

Greetings,

Fall is in the air and we can feel it. The days are getting shorter, the air is crisper and colder, and the trees are starting to turn. And although back-to-school routines likely look a little different this year, school is back in session too.

Our September newsletter is jam-packed with upcoming events and new resources to support your professional learning during this back-to-school season. From new educator wellness webinars to suicide prevention resources and recently released recordings, there is something for everyone in this month's newsletter. We'd like to highlight in particular, however, our upcoming wildfire virtual townhall, **Leading Our School Systems & Communities Through and After Wildfire**, for school mental health leadership in times of wildfire which will be held on Wednesday, September 30th. There is still time to register.

We will be announcing additional events for the Fall 2020 season soon. Until then, stay safe and well!

Take care,  
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.

## Leading Our School Systems & Communities Through and After Wildfire



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### Leading Our School Systems & Communities Through and After Wildfire

Wednesday, September 30th | 10:30 - 12pm (Pacific Time)

<http://bit.ly/SMHWildfireTownHall>

Join us for a virtual townhall with school leaders from OR, WA, & CA to listen, learn and ask.

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

The [Northwest MHTTC](#) and the [Pacific Southwest MHTTC](#) are coming together to provide a special virtual town hall on school mental health leadership in times of wildfire.

**Wednesday, September 30th, 10:30 am- 12:00 pm PT**

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 will offer reflections, lessons learned, and share their stories so we can learn from and with them in this moment of need. Leaders will be in conversation for the first portion of the townhall, and then will answer your questions through a moderated Q & A.

Open to anyone, and we are especially focused on supporting school mental health systems and community leaders on the West Coast during this acute moment.

Register and Read Panelist Bios Here.

## September is Suicide Prevention Month

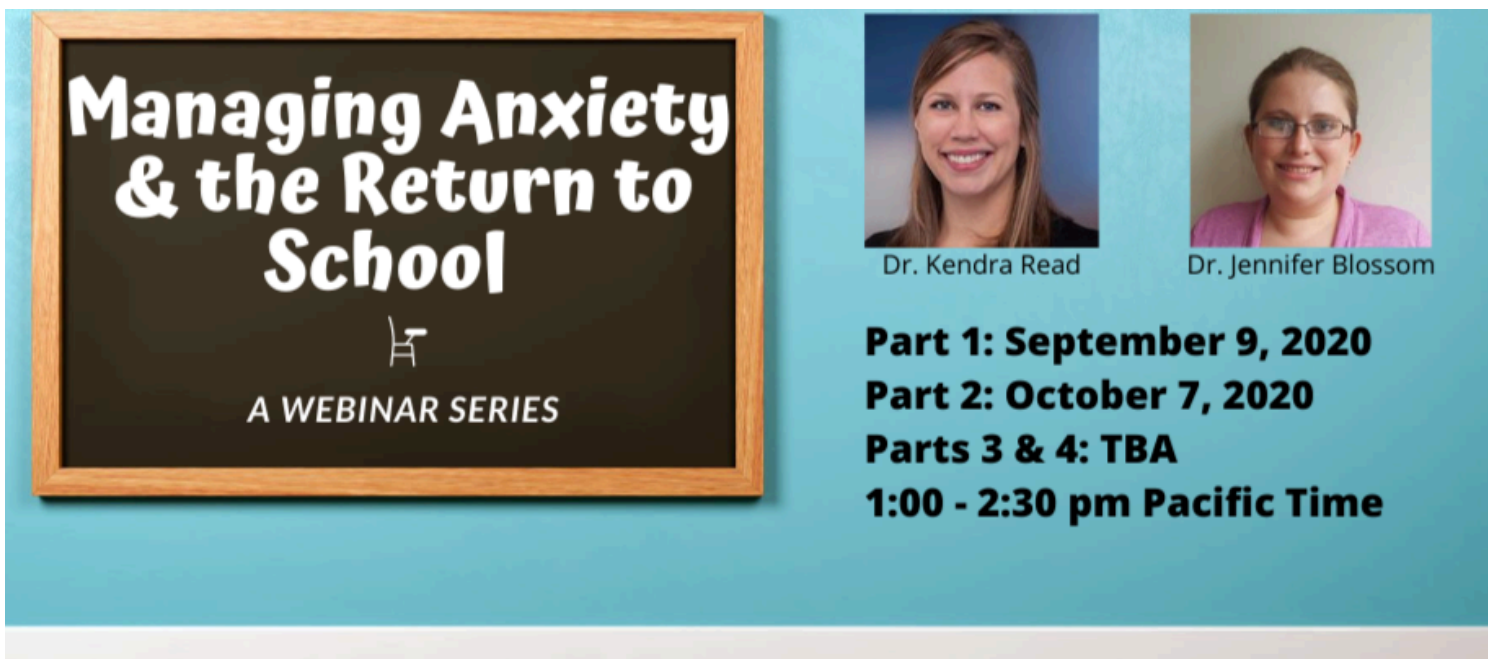


For Suicide Prevention Month 2020, we've organized a variety of suicide prevention resources that you can share with your school community so that everyone is aware of what to look out for and how to protect our youth and family members:

- Forefront Suicide Prevention Center's Toolkit for Schools
- LEARN® Saves Lives Webinar Recording
- Additional suicide prevention resources

[View Suicide Prevention Resources Here.](#)

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



**Managing Anxiety  
& the Return to  
School**

A WEBINAR SERIES

Dr. Kendra Read

Dr. Jennifer Blossom

**Part 1: September 9, 2020**  
**Part 2: October 7, 2020**  
**Parts 3 & 4: TBA**  
**1:00 - 2:30 pm Pacific Time**

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 Recording and Materials Posted [Here](#)**

>>**Part #2: Managing Anxiety during COVID**

October 7, 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, 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 #2 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 Van Norman presented a series of Educator Wellness webinars. These were some of our most popular sessions. Dr. Van Norman is BACK!

Northwest PBIS Network is partnering with Dr. Van Norman 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 said 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



 MHTTC  
***Grief Sensitivity  
Virtual Learning Institute***

A two-part series for those supporting individuals experiencing grief and loss during COVID-19 and beyond

 [bit.ly/mhttc-grief-sensitivity-training](https://bit.ly/mhttc-grief-sensitivity-training)

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.*

For More Information Click Here.

## Just Released!



### Continuous Learning Resources

Supporting School Mental Health in the Context of Racial Violence is a two-part learning series intended for students, families, educators and school mental health professionals who are navigating the impact of racial violence on student mental health.

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

★ Resources with a star are from one of our panelists. ★

#### Series Information & Materials

- About the Learning Series: <https://bit.ly/SMHRacialEquity2020>
- About the Speakers: <https://bit.ly/SMHRacialEquitySpeakers>
- Session #1 Recording: <https://bit.ly/SMHRacialEquityRecording1>
- Session #2 Recording: <https://bit.ly/SMHRacialEquityRecording2>

#### Recommended Reading & Resources:

- All Students Need Anti-racism Education: <https://www.tolerance.org/magazine/all-students-need-anti-racism-education>
- Archeology of the Self in Racial Literacy Development: An Imperative for Urban Teacher Education (forthcoming): <https://www.yliandasealeyliuiz.com/archaeology-of-self>
- James Comer, MD, MPH, Maurice Falk Professor in the Child Study Center; Associate Dean for Student Affairs, School of Medicine at Yale: [https://medicine.yale.edu/profile/james\\_comer/](https://medicine.yale.edu/profile/james_comer/)
- Critical Race Theory, Race Equity, and Public Health: Toward Antiracism Praxis: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2837428/pdf/1530.pdf>
- ★ Dr. Lisa Wines' Publications: <https://bit.ly/DLWipesResources>
- Ending Curriculum Violence: <https://www.tolerance.org/magazine/spring-2020/ending-curriculum-violence>
- Kenneth Hardy PhD, President of the Eikenberg Academy for Social Justice; Director of the Eikenberg Institute for Relationships: <https://eikenbergacademyforsocialjustice.com/>
- How to Be an Antiracist Educator: <http://www.ascd.org/publications/newsletters/education-update/oct19vol61/num10/How-to-Be-an-Antiracist-Educator.aspx>
- Intergenerational Trauma Animation: <https://youtu.be/vfns8EYvRbQ>

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## Supporting School Mental Health in the Context of Racial Violence Continuous Learning Resources Product

Supporting School Mental Health in the Context of Racial Violence was 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.

This document provides a complete list of resources, materials, and helpful links shared throughout both sessions - and more.

Download Resource Document Here.

## Support your Back-to-School Professional Learning with these Resources

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**Managing Anxiety & the Return to School Webinar Series**  
**Part 1: Identifying Anxiety and What to Do About It**

Presented by:  
**Kendra Read, PhD, Seattle Children's and University of Washington**  
**Jennifer Blossom, PhD, University of Maine, Farmington**

Disclaimer: The views, opinions, and content expressed in this presentation 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).

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**New School Mental Health Recording Posted!**  
**Considerations for Systematic Screening PK-12: Universal Screening for Internalizing and Externalizing Behaviors in the COVID-19 Era**

Today's Presenter  
**Kathleen Lynne Lane, Ph.D., SCBA-D, CF-LI**  
 Lane is a Professor in the Department of Special Education at the University of Texas and Associate Vice-Chancellor for Research. Dr. Lane's research interests focus on designing, implementing, and evaluating comprehensive, integrated, (evidence-based) models of prevention to (a) prevent the development of mental health problems and (b) respond to existing instances, with an emphasis on systematic screening. She is currently the President Elect of the Council for Exceptional Children Division for Research (CCEC-DR). She is the co-editor of Remedial and Special Education and Journal of Positive Behavior Interventions. Dr. Lane has co-authored 11 books and published over 200 refereed journal articles and 40 book chapters.

<https://bit.ly/ScreeningPK-12>

Part 1 of the Managing Anxiety & the Return to School Webinar Series is now posted!

Check out the recording and materials as you consider screening in the COVID-19 Era and beyond.

Watch Anxiety & Return to Schools #1 Here.

Watch Universal Screening Here.

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**Responding to COVID-19 School Mental Health  
Back-to-School Resource Collection**

We made it easy for you to check out ALL of our recorded webinars from the 2019-2020 school year.

View all the back-to-school resources from the entire MHTTC Network!

[View ALL 2019-2020 Recordings Here.](#)

[View Back-to-School Resources Here.](#)

## Interconnecting School Mental Health and School-Wide PBIS Volume 2: An Implementation Guide

### What is an Interconnected System Framework?

Interconnected Systems Framework (ISF) is a structure and process that maximizes effectiveness and efficiency by blending the strengths of school and community mental health with strengths of the multi-tiered framework of PBIS (Barrett, Eber, Weist, 2013).

In 2007, national PBIS and school mental health leaders came together to address strengths and weaknesses between the two frameworks that often operate separately.

ISF involves moving from a co-located school mental health model to an integrated model where all social, emotional and behavioral interventions are designed, delivered, and monitored through one set of teams at each school.

Shifting to a more integrated way of working requires making changes to many of the standard approaches to prevention and intervention in schools



prevention and intervention in schools.

The new eBook includes six chapters describing implementation at the state, regional, district, and building level.

**Chapter 1:** Introduction: Setting the Stage for an Interconnected System of Education and Mental Health

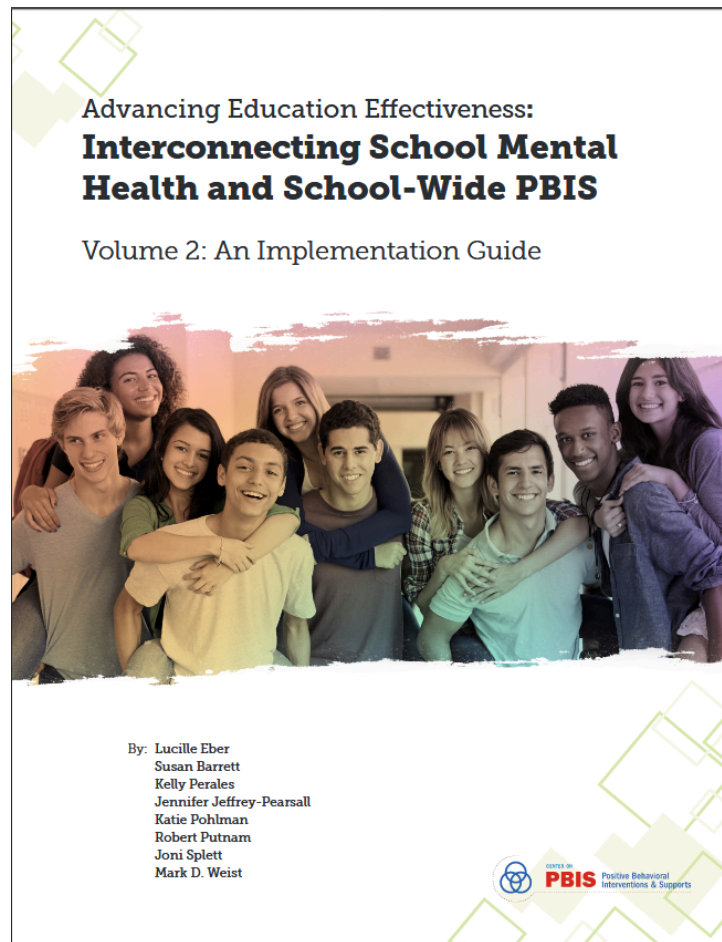
**Chapter 2:** Defining ISF: Origins, Critical Features and Key Messages

**Chapter 3:** Exploration and Adoption

**Chapter 4:** Installing an Interconnected System at the District/Community Level

**Chapter 5:** Installation and Initial Implementation of an Interconnected System at the School Level

**Chapter 6:** Implementation and Sustainability



[Download the ISF Implementation Guide Here.](#)

**Save the Date(s)!**



**Pacific Southwest** (HHS Region 9)

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### **ISF West Coast Party Continues** *A Pacific MHTTC & Northwest MHTTC Collaboration*

#### **Systems (structures & leadership), Data, and Practices (services & supports) For This Moment**

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.

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### **Module Schedule**

#### **Module 1: ISF in Virtual Conditions**

10/20/20 - ISF Systems in Virtual Conditions w/Susan Barrett

10/22/20 - Secondary Traumatic Stress and Educator Well Being

#### **Module 2: ISF + Trauma Informed Approaches**

10/27/20 - ISF Systems & Trauma-Informed Approaches w/Susan Barrett

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 w/Susan Barrett

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 w/Susan Barrett

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

Registration Coming Soon!

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

[Rates of Mental Health Service Utilization by Children and Adolescents in Schools and Other Common Service Settings: A Systematic Review and Meta-Analysis](#)

[Safeguarding Student Mental Health](#)

[The 2020 Back-to-School List for Teens' Emotional Well-Being](#)

[Oregon Rolls Out Suicide Prevention and Wellness Program for Schools](#)

[How will Seattle-area students cope with a return to online schooling when pre-COVID school was such a lifeline?](#)

[Emotional Wellness Program helps students in Kent express their feelings during remote learning](#)

[Using CICO-SWIS and I-SWIS During Distance Learning](#)

[Washington students surveyed their peers. Here's what their answers tell us about online learning, socializing and mental health](#)

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### Upcoming Virtual Learning Opportunities

[Virtual National PBIS Leadership Forum](#)

- [Watch the PBIS Forum Introduction Video](#)

October 21-23, 2020

[Virtual 25th Annual Conference on Advancing School Mental Health](#)

October 29, 2020

[High School PBIS Symposium Virtual Series](#)

November 5, 2020

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

[August 2020](#)

[July 2020](#)

[June 2020](#)

[May 2020](#)

[April 2020](#)

[February/March 2020](#)

[January 2020](#)

[December 2019](#)

[November 2019](#)