

Post

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Northwest (HHS Region 10)

**MHTTC**

**Mental Health Technology Transfer Center Network**

Funded by Substance Abuse and Mental Health Services Administration



## School Mental Health Updates

*Winter 2021-2022 Edition*

Events | Recorded Learning Sessions | Resources

December 2021

Hello Colleagues,

We see you!

Your hearts are hurting. Your energy is depleted. Your nerves are shaken. This first quarter of the school year was unprecedented, unfair and unforgiving.

Please accept this virtual hug filled with strength, compassion and resolve. You are not alone. We honor you for the work you do every day and stand in awe of your commitment to the students and school communities you serve.

This issue is full of resources to help you refuel and retool. Not finding what you are looking for? Please ask! We are here to support you.

Best wishes for a peaceful and healing holiday season.  
The MHTTC School Mental Health Team

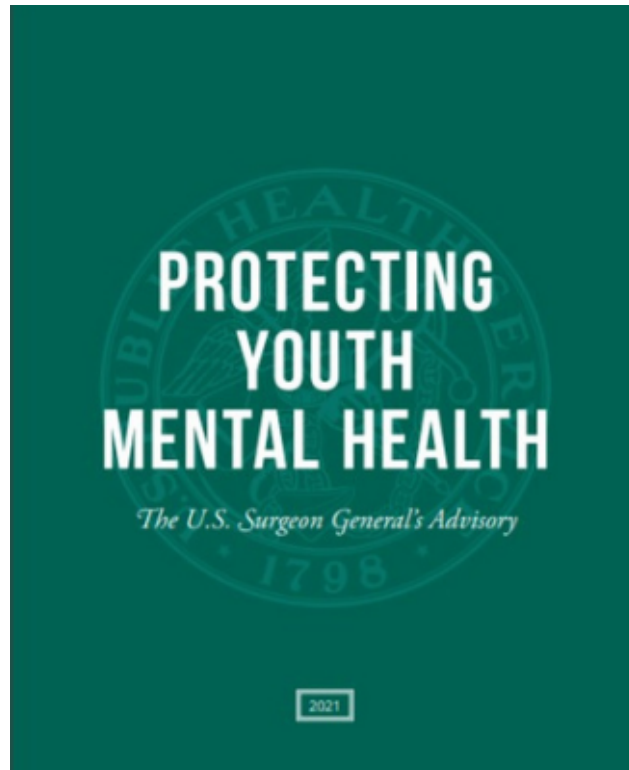
Visit our websites:

[Northwest MHTTC School Mental Health](#)  
[University of Washington SMART Center](#)

Sign up for the Northwest School Mental Health Mailing List

## Youth Mental Health Reports and Publications

Government agencies and national pediatric associations continue to sound the alarm about the current youth mental health emergency and the imperative to make it a priority for action among families, schools, districts, and communities.



### **Protecting Youth Mental Health: The U.S. Surgeon General's Advisory**

*Supporting the mental health of our nation's youth is a major priority for the Surgeon General. In a new Surgeon General's Advisory, available below, Dr. Vivek Murthy calls for a whole-of-society effort to mitigate the mental health impacts of the pandemic, to address longstanding challenges, and to prevent future mental health challenges. The advisory outlines actionable steps for young people and their families and caregivers, schools, health leaders, community organizations, funders, media and technology companies, employers, and governments to protect youth mental health. All of us have a role to play.*

[Read the Advisory & Press Release](#)

## Pediatricians, Child and Adolescent Psychiatrists and Children's Hospitals Declare National Emergency in Children's Mental Health

Washington, D.C., October 19, 2021 – Today, the American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP) and the Children's Hospital Association (CHA) together representing more than 77,000 physician members and more than 200 children's hospitals, [declared](#) a national state of emergency in child and adolescent mental health and are calling on policymakers to join them.

The COVID-19 pandemic has taken a serious toll on children's mental health as young people continue to face physical isolation, ongoing uncertainty, fear and grief. Even before the pandemic, mental health challenges facing children were of great concern, and COVID-19 has only exacerbated them.

"Children's mental health is suffering. Young people have endured so much throughout this pandemic and while much of the attention is often placed on its physical health consequences, we cannot overlook the escalating mental health crisis facing our patients," said AAP President Lee Savio Beers, MD, FAAP. "Today's declaration is an urgent call to policymakers at all levels of government – we must treat this mental health crisis like the emergency it is."

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

W W W . A A C A P . O R G

[Learn More Here](#)

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### 2021-2022 School Year: Programming to Date

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We kicked off our 4th year of funding in August 2021. Here are some of the programs we've hosted, presented at or sponsored so far this school year. For most, you will be able to watch the recording and/or view the presentation materials.

- [The Mental Health Impacts of Surviving COVID-19: Implications for School Mental Health Systems Leaders and Providers Part II](#) - November 22, 2021
- [Anchored in Our Roots: Decolonizing Self-Care for BIPOC School Mental Health Providers](#) - November 16, 2021
- [Managing Anxiety & The Return To Schools](#) - November 3, 2021
- [Virtual PBIS Leadership Forum 2021](#) - October 26 - 28, 2021
- [Annual NCSMH Conference 2021 on Advancing School Mental Health](#) - October 14 - 15, 2021
- [COVID's Disproportionate Impact on Youth Now and Tomorrow](#) - October 7 - 8, 2021
- [Idaho's ISCA-ISPA-SSWAI- 2021 Superconference "Stronger Together": Uniting our Strengths for all Students](#) - October 7, 2021
- [WASA Fall Conference 2021 Permission To Feel... Permission To Lead](#) - September 26 - 28, 2021
- [Lunch, Listen, and Learn: COVID-19 Back-to-Classroom THINK Toolbox and New Resources](#) - September 10, 2021

## Recordings Now Available!




Pacific Southwest (HHS Region 9) Northwest (HHS Region 10)  
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### The Mental Health Impacts of Surviving COVID-19: Implications for School Mental Health Systems Leaders and Providers Part II

**Special Program!**  
**A Conversation with Survivors and COVID-19 Long-Haulers: Implications for School and Mental Health**

*Part II: Where Are We Now? Checking in Six Months Later and Looking Ahead to the Holiday Season*

**Monday, November 22, 2021**  
 3:00 pm – 4:30 pm PT

- 
- If you have questions during the session, please ask them in the chat box. We will do our best to answer them during the session, but if we are unable to, we will provide follow-up after the session.
  - A copy of today's deck will be available here: [bit.ly/mhttc-surviving-covid19-p2](https://bit.ly/mhttc-surviving-covid19-p2)
  - Please keep your phone/audio lines muted until breakout rooms when participating.
  - This session is being recorded. The recording will be available in 4 weeks and can be accessed here: [https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35&product\\_type=26](https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35&product_type=26)
  - At the conclusion of the event, a feedback form will be provided. Please share your thoughts as this is important for quality control and funding.
  - Technical issues? Email [sjimenez@cars-rp.org](mailto:sjimenez@cars-rp.org) or private chat anyone with "tech" in their name.

[The Mental Health Impacts of Surviving COVID-19: Implications for School Mental Health Systems Leaders and Providers Part II](#)

November 22, 2021

Recording & Materials Available Here

Northwest (HHS Region 10)

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**Anchored in Our Roots:  
Decolonizing Self-Care**

*A BIPOC School Mental Health Provider Wellness Series*  
**Dr. Sabine Thomas, ND**  
**Katrice Thabet-Chapin, M.Ed., Ed.S., NCSP**

Today's Materials: <https://bit.ly/AIOR-DecolonizingSelf-Care>  
Recorded Conversations & Workbooks: <https://bit.ly/AnchoredInOurRoots>

UNIVERSITY of WASHINGTON  
PSYCHIATRY & BEHAVIORAL SCIENCES  
School of Medicine

SMART  
School Mental Health Training  
Community Engagement Program

SAMHSA  
Substance Abuse and Mental Health  
Services Administration


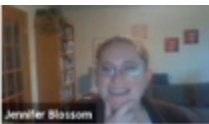
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[Anchored in Our Roots: Decolonizing Self-Care for BIPOC School Mental Health Providers](#)

November 16, 2021

Recording & Materials Available Here



## Anxiety & the Return To School: Supporting Students with Anxiety in the Classroom

Jennifer B. Blossom, PhD  
Kendra Read, PhD  
11/3/2021

[Managing Anxiety & The Return To Schools](#)

*November 3, 2021*

Recording & Materials Available Here



Northwest (HHS Region 10)

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# Lunch, Listen, Learn

## COVID-19 Back-to-Classroom THINK Toolbox and New Resources for School Mental Health for the 2021-2022 School Year

September 10, 2021

Kira Mauseth, PhD  
Korbett Mosesly  
Katrice Thabet-Chapin, M.Ed., Ed.S., NCSP  
Rayann Silva, MEd & Kelcey Schmitz, MSEd

<https://bit.ly/LunchListenLearnBTSResources>



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[Lunch, Listen, and Learn: COVID-19 Back-to-Classroom THINK Toolbox and New Resources](#)

*September 10, 2021*

Recording & Materials Available Here

## 2021-2022 School Year: New Training Opportunities and Events Coming Soon

CO-CREATING EQUITABLE & INCLUSIVE SYSTEMS AND PRACTICES

# LEADING WITH YOUTH VOICE

A WEBINAR SERIES FOR HONORING AND AMPLIFYING ALL YOUTH



Kristin Thorp (she/her/hers), Youth Program Director | Youth Move National



Northwest (IHS Region 10)

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**PART 1**  
**YOUTH VOICE FOUNDATIONS**  
JANUARY 10, 2022 | 3:30-5:00 PM PST

**PART 2**  
**BEST PRACTICES FOR YOUTH ENGAGEMENT**  
JANUARY 24, 2022 | 3:30-5:00 PM PST

Learn More & Register Now



SAVE THE DATES

February 23 & 24, 2022

## Grief Sensitivity Virtual Learning Institute

TWO DAYS OF RICH LEARNING FOR THOSE SUPPORTING INDIVIDUALS EXPERIENCING GRIEF AND LOSS DURING COVID-19 AND BEYOND



MHTTC  
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Learn More Here

## Ongoing Learning Opportunity

[Washington OSPI MTSS Professional Learning Community monthly webinars](#)

Coming Soon!

2022 SMART Center Speaker Series

New Tier 1 Mental Health Literacy Library Webinar

and more!

Visit [our website](#) and check your email to stay in the loop on upcoming events and new materials posted!

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## 2022 Conferences

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### **[Alaska RTI/MTSS Effective Instruction Virtual Conference](#)**

January 15: Rural Pre-Conference

January 22-23: Conference

### **[Washington School Counselor Association Conference](#)**

March 2-4

Seattle, WA

### **[Association for Positive Behavior Support Conference](#)**

The Expanding World of PBS: Science, Values, and Vision

April 13-16

San Diego, California

### **[Northwest PBIS Network](#)**

Still Connected: Relationships, Resilience, and Belonging

April 12-14

Tacoma, Washington

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## National MHTTC Network Resources

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# Classroom **WISE**

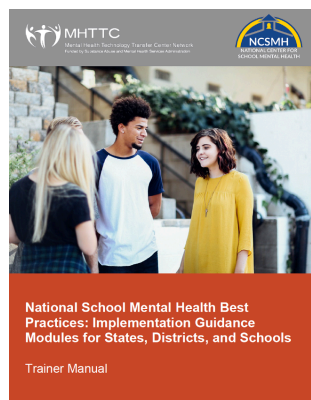
Well-Being Information and  
Strategies for Educators

FREE self-guided, online course, video library + resource collection, and a website focused on educator mental health literacy.

Access Classroom WISE

To help states, districts, and schools advance comprehensive school mental health, as well as engage in a planning process around implementation of services, the MHTTC Network Coordinating Office and National Center for School Mental Health developed the [\*\*National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools\*\*](#) (formerly known as the *National School Mental Health Curriculum*).

Access Guidance Modules



## Additional Resources

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### [Schools can help with youth mental health crisis](#)

#### [Tier 1 School-Based Mental Health Literacy Library](#)

In partnership with [Chad's Legacy Project](#), the [UW SMART Center](#) launched a project to identify universal, school-wide programs for high school students that meet an established definition for mental health literacy and determine alignment with Washington state learning standards for social-emotional learning & mental health literacy.

### [Relieving Staff Stress with System-level Solutions](#)

#### [10 Strategies to Combat Stress in the Classroom](#)

#### [Mental Health Conversation Starters](#)

#### [MTSS in the Classroom Practice Guide](#)

#### [Coping 101: Student-led Conversation Navigating Mental Health](#)

#### [U.S. Department of Education Releases New Resource on Supporting Child and Student Social, Emotional, Behavioral and Mental Health](#)

[Alaska Healthy Schools Learning Collaborative](#): Mental Health, Staff Wellness, School Health, Trauma-Engaged Practice, Social Emotional Learning & More

#### [National PBIS Leadership Forum Recorded Sessions and Handouts](#)

#### [Seattle-area youth created this guide to connect teens to multicultural mental health care](#)

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## Reflection

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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.

### OUR GOALS

- School Mental Health Training & Technical Assistance in schools & school systems
- Build infrastructure and create learning communities
- Support educational leaders to promote mental health for ALL
- Foster regional alliances and collaboration efforts

### OUR REACH

13,000+ PARTICIPANTS	140 EVENTS	15,285 YOUTUBE VIEWS	150 PRODUCTS	7526 SUBSCRIBED
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Satisfaction Rating	97%
Evaluation Goal	151%
Participation Goal	162%

**SAMHSA** This work is supported by grant 5M18-025 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



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.

7800+ PARTICIPANTS	60 EVENTS	5,348 YOUTUBE VIEWS	13,339 CLICKS	7526 SUBSCRIBED
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33 Webinars	54 E-News Announcements	19 Conference Presentations
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"I would recommend this training to others." **97.6%**

"I am satisfied with this training." **95.6%**



# THANK YOU!

Each year we submit an annual review of the Northwest MHTTC school mental health team's work to our funder, SAMHSA. It is stunning to see the number of participants around Region 10 (Alaska, Idaho, Oregon, Washington) who have accessed our resources, joined us for webinars, engaged in our online learning modules, and shared these resources with their colleagues. The MHTTC exists to support you in your work. The most encouraging feedback we receive is your repeat attendance at school mental health trainings and your eagerness to ensure your colleagues have accessed the resources, as well. We hope you will take a moment to review these infographics, which tell the story of how Region 10 is learning and integrating student mental health best practices into districts, schools and classrooms.

[View Supplement Summary](#)

[View Supplement Review](#)

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

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[Newsletter Archive Page](#)

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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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***The Northwest MHTTC sits on the traditional lands of the Duwamish and Suquamish people.  
We acknowledge the original inhabitants of this place past and present  
and honor with gratitude the lands and Tribes.***

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**Northwest MHTTC School Mental Health Team**

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Email: [nwsmh@uw.edu](mailto:nwsmh@uw.edu)

Website: <https://mhttcnetwork.org/centers/northwest-mhttc/school-mental-health>



take  care

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

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

