



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



April 2021 Northwest School Mental Health Newsletter

Greetings,

April was a busy month for our school mental health team and we have quite a few new resources and opportunities we're excited to share with you. We want to highlight a few in particular that we hope will be helpful while working towards reconstruction, recovery, and a return to the school building:

- **New & Improved!** We've updated our [Behavioral Health Impacts During and After COVID-19: Returning to In-Person Learning](#) checklist with new information about the youth mental health crisis and additional recommendations to consider as schools bring students back into the school building. Be sure to check out the newest version [here](#).
- **Building a Community of Support:** As we all continue to navigate the impact of the pandemic on our mental and behavioral health, Washington state is launching the [Washington Wellness Project](#) to provide help, offer hope and build resilience. Learn more about the campaign and how to get involved below.

Additionally, we wanted to share that our team will be going through a few staffing changes in the coming months. Megan Lucy, our Program Coordinator who has been supporting our programming behind the scenes, is being promoted to support overall operations at the SMART Center. As we say goodbye to much of the work she was leading, you may notice that future communications will come from the Northwest School Mental Health Team. It is a bittersweet change and she will certainly be missed, but we're excited and supportive of what this new chapter will bring.

Stay safe and well,
The Northwest MHTTC SMH Team

From Megan: *It's been an honor to be a part of the MHTTC team and to play a role in supporting the school mental health workforce across Region 10. From the Creating Trauma-Responsive Schools Webinar Series when I first joined the team, to the Well-Being Series at the height of COVID, and now navigating the changing needs as schools return to in-person learning, I've consistently been inspired by the resilience, resourcefulness, and compassion of this community. This work has been grounding and centering for me while so much has changed around us and I hope that, similarly, our offerings have been a bright spot for you when you needed it most. Thank you all for your hard work and for showing me what community support looks like.*

Visit our websites:
[Northwest MHTTC School Mental Health](#)
[University of Washington SMART Center](#)

Sign up for the Northwest School Mental Health Mailing List

A Mindful State. The Washington Wellness Project



Washington Wellness Project

A new campaign is being launched across the state of Washington.

The Washington Wellness Project is a unique collaboration between the Washington State Department of Health, civic leaders, nonprofit organizations, healthcare providers, leading experts in mental health, and a growing number of incredible people across the state. Each of us is committed to building a community of support as all of us cope with the mental and behavioral health consequences of the global pandemic.

This campaign is a people-powered effort to provide help, offer hope and build resilience for all the people across Washington State — regardless of our beliefs, ethnicity, gender identity, political persuasion, sexual orientation, income-level or age.

This campaign is committed to a simple truth:
We need each other.

Stay Connected. Get Involved.

*Connect
On Social Media*



*Visit
Our Website*

The Washington Wellness Project

*Share
Your Story*

Email The Campaign Team

*Text "Join"
To Learn More*

(253) 242 - 9874

The Washington Wellness Campaign hosted
Connections We Need: Supporting the Resiliency of Youth and Young Adults

The session on April 16, 2021, served as a kick-off for a series of summer professional development opportunities led by youth that will help expanded learning opportunity programs and school staff, support them where they are, as they navigate the impacts from the pandemic, trauma, and interruption of their social emotional journey.

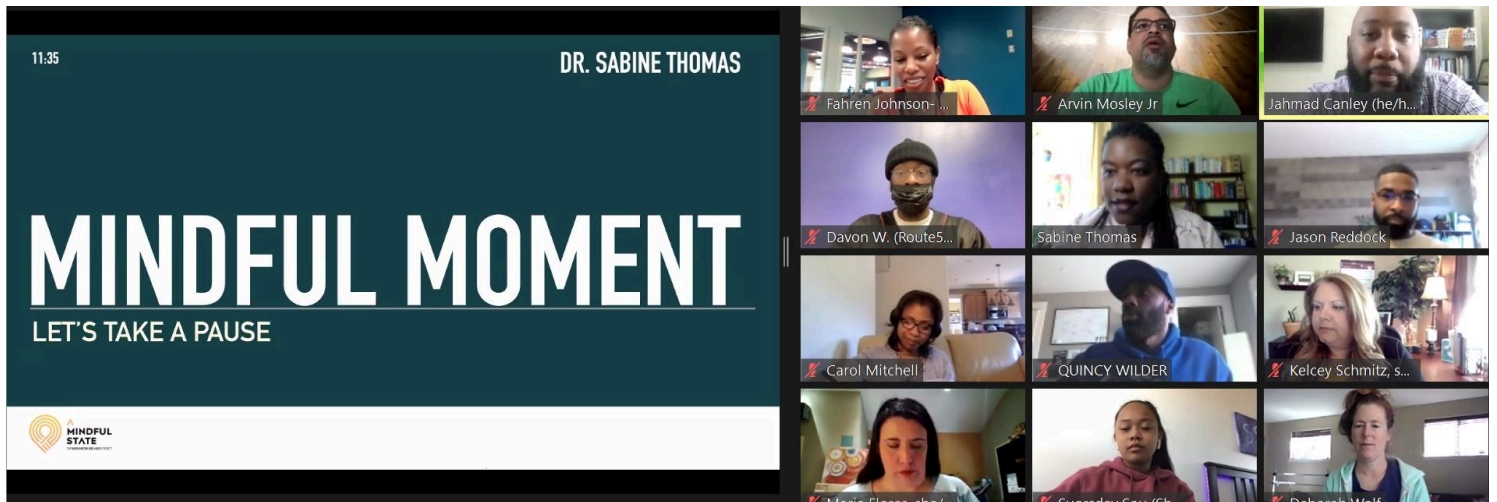
For more information about the event, including materials shared and the recording (will be posted soon), visit the event page below.

Event Page: Materials and Recording

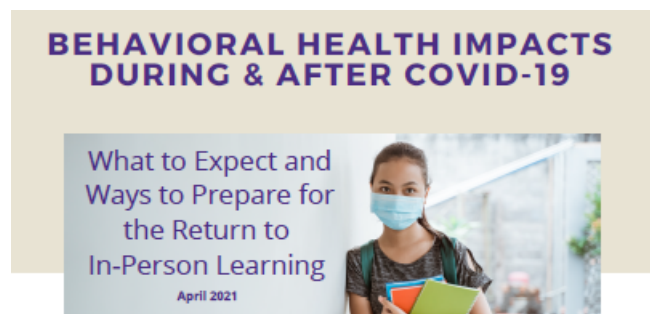


From participants:

- *"Today's event spurs me on to have important conversations and to create community bridges for better connections."*
- *"I will share the recording with my staff so that they can hear from the young people and experience what a fully supportive interaction and embracing of social-emotional wellbeing looks and feels like."*
- *"It's helpful to hear from the students what their concerns were, what has been helpful for coping, and what is still needed."*



Behavioral Health Impacts During and After COVID-19: Returning to In-Person Learning



Updated Resource for Returning to In-Person Learning

This document is an update by the [University of Washington School Mental Health Assessment, Research, and Training \(SMART\) Center](#), [Seattle Children's Hospital](#), and [Center on Positive Behavioral Interventions & Supports \(PBIS\)](#) to an initial checklist that was provided to Washington's State Education Agency in June 2020. It includes new information gleaned about the youth mental health crisis, as well as additional recommendations and considerations to keep in mind as schools bring students back into the school building in a way that prioritizes everyone's mental health and wellness.

This document presents information on (1) what has happened in the last year, (2) what to expect as students return to school, and (3) ways to prepare at the staff, building, and district levels.

[Download the Resource for Returning to In-Person Learning](#)

New Six-Part Series

Join the Conversation! Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

Join the Conversation:

Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

A six-part series taking place every other Thursday at
11am PT / 1pm CT / 2pm ET

May 20 June 24 July 22
June 10 July 8 August 5

<http://bit.ly/join-the-convo>



About the Learning Series

The Cultural Responsiveness Working Group (CRWG) aims to disseminate culturally appropriate information and provide technical assistance for the mental health field to improve access to culturally responsive mental health services. The CRWG recognizes the importance of Evidence-Based Practices (EBPs) in the work across the MHTTC Network, as well as acknowledging and promoting culturally inclusive mental health practices that exist in the mental health field. To explore this topic further, the CRWG is conducting a six-part series of 90-minute listening sessions.

[Read More and Register Here](#)

Resources for Supporting the Mental Health and Well-Being of BIPOC Individuals

[Asian American Racism & Mental Health Resources](#)

[South Asian Mental Health Initiative and Network](#)

[Black, Indigenous & People of Color Mental Health Resources](#)
NAMI Seattle

[Understanding Racial Trauma](#)
Mental Health America

[NASP Guidance for Ensuring Student Well-Being in the Context of the Chauvin Trial](#)

National Association of School Psychologists

[Melanin and Mental Health](#)

[Racial Stress and Self-Care: Parent Tip Tool](#)

American Psychological Association

[We R Native: For Native Youth, by Native Youth](#)

National School Mental Health Always & Now 8-Part Learning Series



REGISTRATION OPEN!

MHTTC School Mental Health Best Practices *Always and Now* 8-Part Learning Series

FEBRUARY-MAY 2021

Presented by the MHTTC Network
and National Center for School Mental Health

About the Learning Series

The MHTTC Network is hosting an 8-part training series using the National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools. This resource was developed by the MHTTC Network in partnership with the [National Center for School Mental Health \(NCSMH\)](#). It is intended to help states, districts and schools advance comprehensive school mental health and engage in a planning process for implementation.

Each learning session will include a pre-session video, live panel session, and post-session regional breakout.

All 60-minute Live Sessions take place the 2nd and 4th Tuesdays of each month at 10 a.m. PT / 11 a.m. MT / 12 p.m. CT / 1 p.m. ET, and will be immediately followed by 30-minute Regional Breakout Sessions.

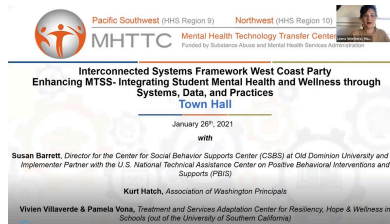
[Read More and Register for the National SMH Best Practices Learning Series](#)



The Northwest MHTTC hosted **Session 5: Mental Health Promotion for ALL - Tier 1** on April 13, 2021 in partnership with the National Hispanic and Latino MHTTC.

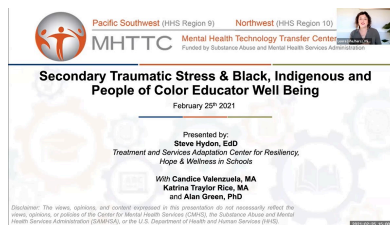
[Watch the Session 5 Recording Here](#)

New Recordings Posted!



[Enhancing MTSS Series Townhall: ISF Systems & Practices in this Moment](#)

[Watch Here](#)



[Module 4 Part 3: Secondary Traumatic Stress & BIPOC Educator Well Being](#)

Watch Here

May is Mental Health Awareness Month!



[Mental Health Awareness Month Resources](#)

NAMI

Center on PBIS Wellness Social Media Campaign - Follow [#SchoolWellnessPBIS](#)

[Mental Health Month 2021](#)

National Council for Behavioral Health

[Mental Health Month Toolkit](#)

Mental Health America

[Mental Health Awareness Month](#)

Alaska Behavioral Health

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.

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](#)

[New School Mental Health Resources, Articles & Information](#)



[Washington students are facing a mental health crisis. Here's why schools are on the front lines.](#)
Seattle Times

[How Schools Can Help Kids Heal After A Year Of 'Crisis And Uncertainty'](#)
NPR

[Shelter In Grace: A Guide to Support Staff Wellness](#)
California School-Based Health Alliance

[Bringing 'behavioral vaccines' to school: 5 ways educators can support student well-being](#)

[A Multi-Tiered Systems of Support Blueprint for Re-Opening Schools Following COVID-19 Shutdown](#)

[Adapting strategies to promote implementation reach and equity \(ASPIRE\) in school mental health services](#)

UW SMART Center, Perelman School of Medicine, Committee for Children, University of Massachusetts Lowell

[Best and Promising Practices Fact Sheet Library](#)
National MHTTC Network

[Systematic Review and Meta-analysis: Effectiveness of Wraparound Care Coordination for Children and Adolescents](#)

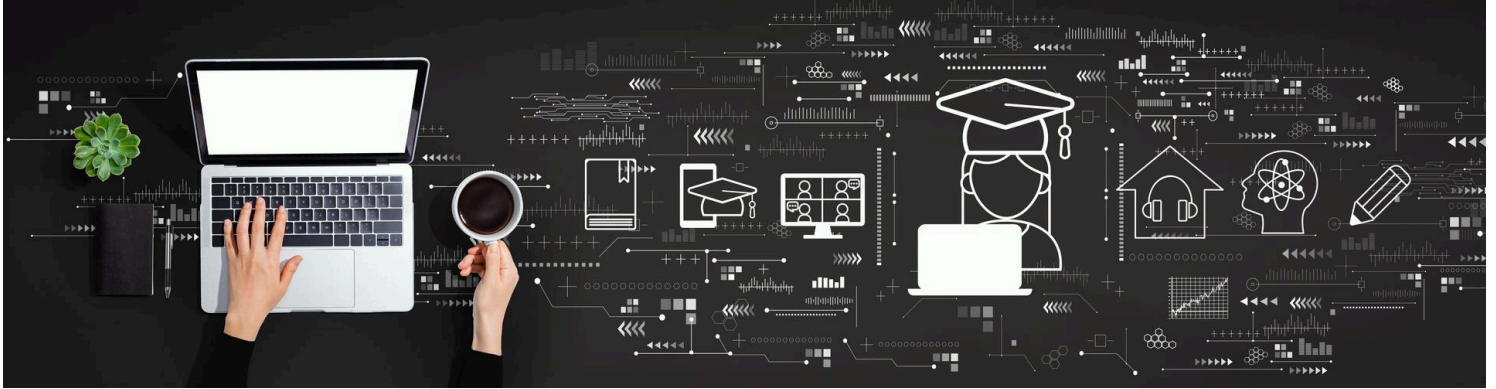
UW SMART Center and Center on Disability and Community Inclusion, University of Vermont

[Coping after Mass Violence](#)
National Child Traumatic Stress Network

[A Model and Resources for Trauma Engaged Schools Planning](#)
Association of Alaska School Boards

[Back to school in springtime: UW experts offer tips for adjusting pandemic-era routines](#)
University of Washington

Upcoming Virtual Professional Learning Opportunities



[School Climate Transformation Grant Webinar Series](#)

January - June, 2021

[Youth MOVE: Leveraging Youth Advocacy](#)

May 5, 2021

[Association of Washington Principals and Washington Association of School Administrators Summer Conference](#)

June 2021

[Annual School Mental Health Conference](#)

October 14-15, 2021

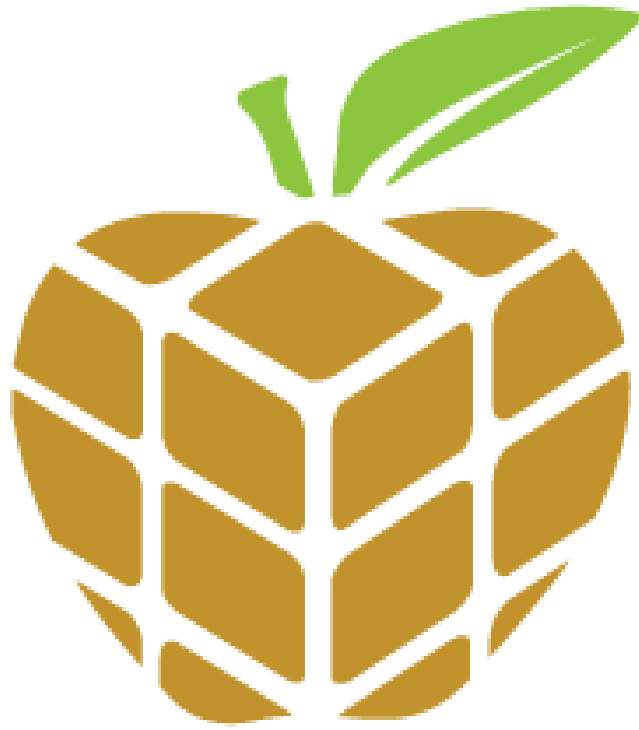
[National PBIS Leadership Forum](#)

October 26-28 2021

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](#).



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.

We acknowledge the original inhabitants of this place past and present and honor with gratitude the lands and Tribes.



Northwest MHTTC School Mental Health Team

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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

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