



**Northwest** (HHS Region 10)

**MHTTC**

**Mental Health Technology Transfer Center Network**

Funded by Substance Abuse and Mental Health Services Administration



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## March 2021 Northwest School Mental Health Newsletter

Greetings,

In light of the one-year anniversary of COVID-19 in the Northwest Region, we want to show our gratitude for the strength of this community. This year has had no shortage of new challenges and school communities have consistently risen to each obstacle that has come their way. Whether navigating in-person, hybrid, or all remote learning or responding to racial violence, we are eternally grateful for every one of you who has supported one another, found new ways to stay connected, and shown resilience time and time again. Truly - *thank you for all that you do.*

As we look forward, we are hopeful for what the coming months and next year will bring. We are excited to share we will receive a fourth year of funding and will continue our work of supporting the school mental health workforce in Region 10. See below for the latest resources and trainings and stay tuned for more to be announced 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

## Supporting Asian and Asian American and Pacific Islander Communities



We stand in solidarity with Asians, Asian Americans, and Pacific Islanders (AAPI) and all BIPOC communities. The recent acts of anti-Asian hate are unacceptable, as are any and all acts of racial violence. We hope the resources below can be one step among many in promoting anti-racism and supporting the mental health and well-being of our AAPI colleagues, friends, students and families.

[Jed Foundation Mental Health and Anti-Racism Resources](#)

[Asian Mental Health Collective](#)

[Student and Educator Mental Health Matter](#)

Learning for Justice

[Asian American & Pacific Islander Mental Health Resources](#)

The Mental Health Coalition

[Supporting Students, Staff, and Families Impacted by Anti-Asian American and Pacific Islander Racism](#)

National Center for School Mental Health

[Supporting Students, Staff, Families and Communities Impacted by Violence](#)

National Center for School Mental Health

[Project Lotus: Youth-led Organization Aiming to Destigmatize Mental Health in Asian American Communities](#)

[API Chaya](#)

## Healing School Communities in the Context of Racial Violence



Healing School Communities  
in the Context of Racial Violence

— Where do we go from here? —

Access the resources from this Learning Forum!

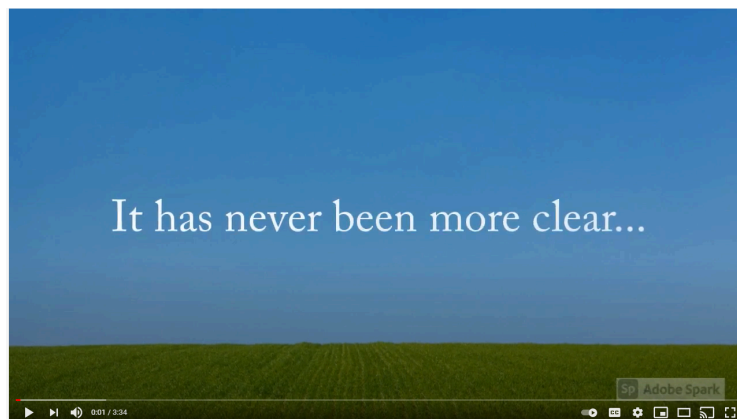
Healing School Communities in the Context of Racial Violence was a two-part series that continued a conversation that happened last summer in response to racial violence and the impact on student mental health. This recent series focused on supporting those who are navigating the ongoing impact of racial violence in all forms on student mental health.

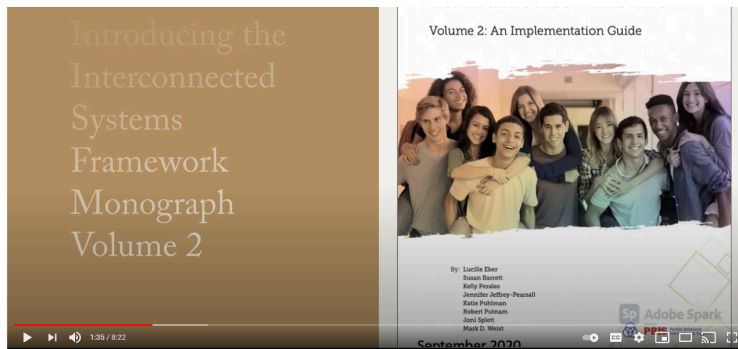
Both sessions were recorded and are now available.

Watch Healing School Communities in the Context of Racial Violence

## New Interconnected Systems Framework Short Introduction Videos

The [Midwest PBIS Network](#) has released two new informational videos on ISF. The first is a five minute overview and describes what looks different when education and mental health systems are integrated. The second is an eight minute video introduces the [Advancing Educational Effectiveness: Interconnecting School Mental Health and School-Wide PBIS, Volume 2: An Implementation Guide with brief review of chapters and tools/resources](#).





ISF Part I

ISF Part II

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



**REGISTRATION OPEN!**

**MHTTC School Mental Health Curriculum  
*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 Curriculum: Guidance and Best Practices for States, Districts, and Schools. The Curriculum 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.

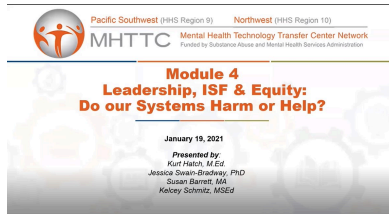
Each learning session will include a pre-session video, live panel session, and post-session regional breakout.

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 Curriculum Learning Series](#)



## New Recordings Posted!



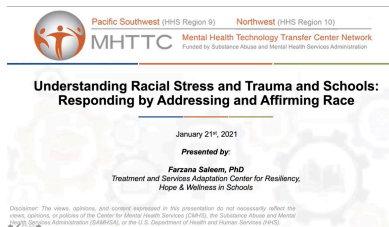
### [Leadership, ISF & Equity: Do Our Systems Harm or Help? with Susan Barrett, Kurt Hatch, and Jessica Swain-Bradway](#)

Watch Here



### [ISF + Trauma Informed Approaches with Susan Barrett](#)

Watch Here



### [Understanding Racial Stress and Trauma and Schools: Responding by Addressing and Affirming Race with Dr. Farzana Saleem](#)

Watch Here

Coming Soon!  
 Classroom WISE: Free Mental Health Literacy for Educators Online Course



# Classroom WISE

Well-Being Information and  
 Strategies for Educators

**Coming in Spring 2021: Classroom WISE**  
**A mental health literacy course for teachers and school staff**

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom.

To address this need, the MHTTC Network, in partnership with the [National Center for School Mental Health](#) at the University of Maryland School of Medicine, will release a free online course and website focused on educator mental health literacy. The course, Classroom WISE (Well-Being Information and Strategies for Educators), is launching in Spring 2021 and is being informed by and co-developed with educators from across the nation.

These resources will present concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describe student behaviors that may indicate a mental health concern, and provide specific skills and strategies to engage and support students with mental health concerns.

[Classroom WISE Home Page](#)

## 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.

**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](#)

## New School Mental Health Resources

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

[Building a Culture of Staff Wellness Through Multi-Tiered System of Supports](#)  
Center on PBIS

[School and System Leaders Resources for Leading Mentally Healthy Schools](#)  
School Mental Health Ontario

[Alaska School Health & Wellness Institute Recordings](#)  
Alaska Division of Public Health

[Professional Development Sessions for Transforming Schools: A Framework for Trauma-Engaged Practice in Alaska](#)  
Alaska Department of Education and Early Development

[National Network to Eliminate Disparities in Behavioral Health \(NNED\)](#)

[Centering the Mental Health of Black Youth: Well Beings Tour Seattle](#)  
Well Beings

[Emergency Proclamation of the Governor: Children and Youth Mental Health Crisis](#)  
State of Washington

[Reopening Schools Requires Doing Less, Better](#)  
George Sugai & Sandra M. Chafouleas

[Supporting Schools During and After Crisis](#)  
Center on PBIS

[Washington Statewide High-Level Analysis of Forecasted Behavioral Health Impacts from COVID-19](#)  
Washington State Department of Health

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## Upcoming Virtual Professional Learning Opportunities

[School Climate Transformation Grant Webinar Series](#)  
January - June, 2021

[Optum Idaho Conference](#)  
April 13-14, 2021

[Association of Washington Principals and Washington Association of School Administrators Summer Conference](#)  
June 2021

[National PBIS Leadership Forum](#)  
October 26-28 2021

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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](#).*



