



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



May 2021 Northwest School Mental Health Newsletter

Greetings,

As May and Mental Health Awareness Month come to a close we are hopeful for what the future (short and long term) has in store. This last year has brought significant attention to our individual and collective mental health and well-being. We are excited to share the May newsletter and the new resources, information, training, along with the opportunity for you to let us know how we can support your school mental health efforts in Year 4 of our supplement funding that will begin in mid-August.

We invite you to reflect on this school year as it also comes to an end and commit to changes you can make across classrooms, school buildings, and districts to create more equitable, nurturing, inclusive, and positive environments for students, families, and staff. We'd love to hear ways you have prioritized the mental health and well-being for everyone so that we can collect examples to share out. Please email us your examples.

We hope you find a nugget or two (or three or four!) in our newsletter and encourage you to continue to let us know how our center can help!

Stay safe and well,
The Northwest MHTTC SMH Team

Visit our websites:

Northwest MHTTC School Mental Health

Sign up for the Northwest School Mental Health Mailing List

A Mindful State Campaign Launch!



MINDFUL STATE

Find Help. Connect. Help Others.

A unique, people-powered approach to mental and emotional wellness for Washingtonians.

Olympia, WA, May 12, 2021 — The Washington State Department of Health, in partnership with Governor Inslee’s Social Supports Community Leaders Group, announces an innovative campaign designed to address the growing mental and emotional health consequences of the coronavirus pandemic. To help people across the state build resilience and begin healing, A Mindful State harnesses the greatest resource the State of Washington has: the people themselves.

A Mindful State is fueled by the lived experiences of people across our state sharing personal stories of their own struggles and triumphs. It offers practical advice from experts and advocates in mental health as well as a growing list of resources people can use to find help and hope.

“This campaign offers a people-powered experience,” explains Lyle Quasim, member of the Governor’s Social Supports Community Leaders Group, “A Mindful State has woven together a rich tapestry of personal stories and expert advice that show each of us that we are not alone, but part of something bigger than ourselves — and connected to each other in ways we never realized.”

[Continue reading >>](#)

Watch the New Launch Video

The past year has been hard on all of us.
Talking about it can help.



*I have to adapt to what's going on for the kids **and my mental health.***

[MORE >](#)



*In some shape or form, **it's going to come out.***

[MORE >](#)



*I want to surround myself with **people who care about others.***

[MORE >](#)

Stay Connected. Get Involved.

Connect
On Social Media



Visit
Our Website

A Mindful State

Share
Your Story

Email

May is Asian American and Pacific Islander Heritage Month

Resources to support the mental health and well-being of AAPI individuals and communities

[Asian Mental Health Collective](#)

[Project Lotus Resources](#)

[Subtle Asian Mental Health Facebook Group](#)

[Asian American/Pacific Islander Communities And Mental Health](#)

[#StopAsianHate: Resources for Teaching & Learning](#)

[Supporting Students This Mental Health Awareness Month](#)

NEW!

The Mental Health Impacts of Surviving COVID-19: Implications for School Mental Health Systems Leaders and Providers

June 25, 2021

Pacific Southwest
MHTTC

SPECIAL PROGRAM

*The Mental Health Impacts of Surviving COVID-19:
Implications for School Mental Health Systems Leaders and Providers*

A CONVERSATION WITH SURVIVORS & LONG-HAULERS

Friday, June 25, 2021 • 7:30 - 9:00 a.m. HT / 10:30 a.m. PT - 12:00 p.m. PT / 11:30 a.m. - 1:00 p.m. MT

Derek Canty

Karla Monterroso

Mieka Tennant

Jessica Gonzalez

bit.ly/mhttc-surviving-covid19

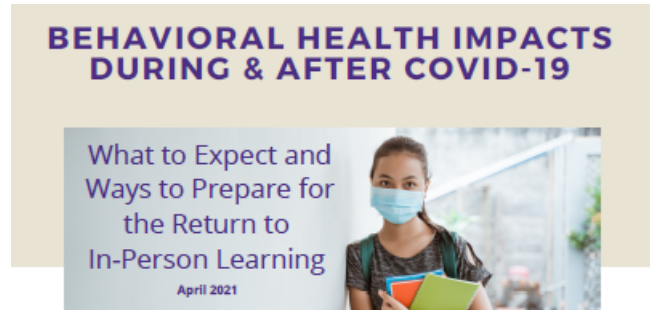
In partnership with MHTTC Regions 10 and 8

How might the experience of surviving COVID-19 and experiencing long-haul COVID-19 impact mental health? What can and should we as school mental health providers and leaders understand about that experience?

Join us for a special conversation with three survivors of COVID-19, all of whom identify as long-haulers, people who “have not fully recovered from COVID-19 weeks or even months after first experiencing symptoms” ([Harvard Health](#)). Like Derek, Karla, Mieka, and Jessica, “some long haulers experience continuous symptoms for weeks or months, while others feel better for weeks, then relapse with old or new symptoms.” This conversation is crucial, especially as schools begin or resume learning in person. As [our speakers](#) will share, trauma may be now surfacing because people aren’t needing to focus on surviving; this trauma is surfacing as schools are reopening and as survivors are beginning to process their experience and new realities. While this conversation will focus on young people and the contexts of schools, we welcome all to join us.

[Read More & Register Here](#)

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

May 20 June 21 July 22
June 10 July 8 August 5

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



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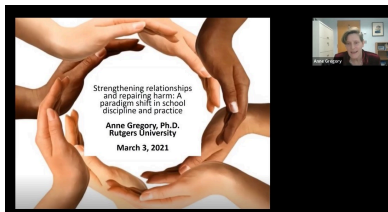


About the Learning Series

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](#)

New Recordings Posted!



[Strengthening Relationships and Repairing Harm: A Paradigm Shift in School Discipline Practice and Research With Dr. Anne Gregory](#)

[Watch Here](#)

2021 Northwest MHTTC Needs Assessment
Please complete by June 8, 2021 (Deadline extended!)



The Northwest Mental Health Technology Transfer Center (MHTTC) is asking for about ten minutes of your time to **complete a short needs assessment**.

Your input is crucial to help shape our 4th year of topics, training and learning opportunities -- your voice matters!

This needs assessment is intended to identify mental health training and technical assistance needs among individuals, including the school mental health workforce, in **Alaska, Idaho, Oregon, and Washington (HHS Region 10)**.

Thank you for your participation and being part of this process. We are in this together!

Start Survey & Share Your Input

Please provide your responses by June 8, 2021!

The SMART Center 2021 Speaker Series - Final Session of the Year!

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.

Join us for our *LAST* session of the year!

June 2, 2021: Dr. Janine Jones: "Culturally Responsive School Mental Health Interventions"

[Register Here](#)[Download Event Flyer](#)

New School Mental Health Resources, Articles & Information

[Leveraging Short Term Funding to Build Long Term Capacity](#)

Center on PBIS

[Supporting School-Wide Mental Health](#)

PBIS Apps

[Mental Health Matters: 14 Strategies for Your School](#)

PBIS Apps

[Mental Health Education and Support at School can be Critical](#)

Partnerships for Action, Voices for Empowerment (PAVE)

[Supporting the Mental Health of LGBTQ+ Students in Schools: A Visual Data Tool for Teachers and Administrators](#)

Great Lakes Equity Center

[BEAM Toolkits](#)

Black Emotional and Mental Health Collective

[Work2BeWell - Curriculum addressing intergenerational trauma, student mental health, and breaking through stigma](#)

[Bringing Equity to Implementation](#)

Stanford Social Innovation Review

Upcoming Virtual Professional Learning Opportunities

[School Climate Transformation Grant Webinar Series](#)

January - June, 2021

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

June 2021

[National Family & Community Engagement Conference 2021](#)

[National Family & Community Engagement Conference 2021](#)

June 1 - 4, 2021

[Sound Supports/NWPBIS Summer Conference](#)

August 9, 2021

[OSPI MTSS Fest](#)

August 12, 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](#)

