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2022 FALL EDITION

SCHOOL MENTAL HEALTH NEWSLETTER

EVENTS / RECORDED LEARNING SESSIONS / RESOURCES



Dear Colleagues,

Welcome to the 2022-23 School Year!

There are two options for how to approach this new year. We can tiptoe quiet as a mouse, surveying our surroundings for potential dangers, pitfalls or setbacks. Or, we can step in confidently to this new year, knowing we have triumphed over some tumultuous times so we definitely got this.

We believe you've all got this! And, it's not because we are overly optimistic. It is because we know you are not doing it alone. We are part of your team, providing tools and resources to help you support your students and yourselves.

As we put finishing touches on our Year 5 programming, we invite you to revisit trainings or find new-to-you resources in this issue. You can also let us know what topics are on your mind as we plan for the coming year.

Wishing you all the best as the new school year kicks off!

~The Northwest 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 >](#)

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.*

National Observances



MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Celebrating National Hispanic Heritage Month
We recognize Promotoras as ambassadors of the physical and emotional well-being of Latino communities.

You are invited to the National Hispanic and Latino MHTTC's upcoming event on September 20th, **Promotoras Summit: Ambassadors of Physical and Emotional Well-Being for Latino Communities**



SEPTEMBER

**SUICIDE
PREVENTION
MONTH**

For free and easily accessible resources available to mental health providers and the community, visit the National Mental Health Technology Transfer Center's [Suicide Prevention Month webpage](#).

[SAMHSA 988 Partner Toolkit](#)

NEW

New National and State Articles, Tools and Resources



NOW LIVE!!!

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

[Access more information
and resources >](#)



- [Mental Health America's 2022 Back To School Kit](#)
- [FACT SHEET: Biden-Harris Administration Announces Two New Actions to Address Youth Mental Health Crisis](#)
- [Journal Article: A randomized controlled trial on the interconnected systems framework for school mental health and PBIS: Focus on proximal variables and school discipline](#)
- [Washington State Guidance on Student Mental Health Related Absences](#)
- [Washington State Model District Screening Template: Student Social, Emotional and Behavioral, and Mental Health Recognition, Screening, and Response](#)

- [PBIS Apps: Expert Instruction | Ep.21: Benefits and Examples of Creating a School-wide Purpose Statement with Dr. Nikole Hollins-Sims](#)
- [Washington State MTSS eLearning Module: Team-Driven Shared Leadership](#)
- [Digital Shareables on Child and Adolescent Mental Health](#)

NEW

Northwest MHTTC School Mental Health Resources



Managing Anxiety & the Return to School

[Part 2: Anxiety in Schools Toolkit](#)

Drs. Kendra Read and Jennifer Blossom invite school mental health clinicians, administrators and educators to explore FAST (First Approach Skills Training) Program, which they helped develop at Seattle Children's Hospital.

FAST programs are designed to provide brief, evidence-based behavioral therapy for youth and families with common mental health concerns, in settings such as primary care clinics or schools where longer-term treatment is not typically provided.

FAST also has approaches for behavior (FAST-B), depression (FAST-D), and parenting teens (FAST-P). More information on those approaches as well as assessment tools, worksheets, and [other](#)

[resources can be found here.](#)

Access 2021-2022 Managing Anxiety & the Return to School Resource >

BRISC BRIEF INTERVENTION FOR SCHOOL CLINICIANS

BRISC is a research-based, four-session, engagement, assessment, brief intervention, and triage strategy for mental health practitioners working in middle and high schools. BRISC was developed to provide a flexible and efficient method to aid the many students who are experiencing mental health stressors in a typical school.

The BRISC developers and research team have recently completed a **BRISC e-learning** that is hosted on the **HealthKnowledge** online learning management system (LMS), funded by our Northwest MHTTC school mental health supplement. Follow-on coaching and support is provided virtually or in-person.

Schools, districts, school mental health initiatives, and individual school mental health practitioners (SMHPs, e.g., school counselors, school-based mental health clinicians, school social workers, school psychologists, school nurses) seeking training and support to use the BRISC model can complete a [request for BRISC training and support](#).



Recordings Now Available

The SMART Center 2022 Virtual Speaker Series

The **Northwest MHTTC** is excited to share that all the recordings and resources for the **UW SMART Center's Fourth Annual 2022 Virtual Speaker Series** are now available in *English* and *Spanish* versions. This year's presenters were {pictured below top left to right} Brian Boyd, Patricia (Tish) Jennings, Tunette Powell, {pictured bottom row left to right} Walter Gilliam, and Kimberly Arnold.

[The 2022 Speaker Series Event Recordings Flyer >](#)



[Access Resources from the full 2022 Speaker Series >](#)



Anchored In Our Roots

A Wellness Series for BIPOC School Mental Health Providers

*With Dr. Sabine Thomas, ND and
Katrice Thabet-Chapin, M.Ed., Ed.S., NCSP*

[Access Full Series Series >](#)

NEW

MHTTC Network Trainings & Resources



Oregon Classroom WISE Mental Health Literacy for All Oregonians

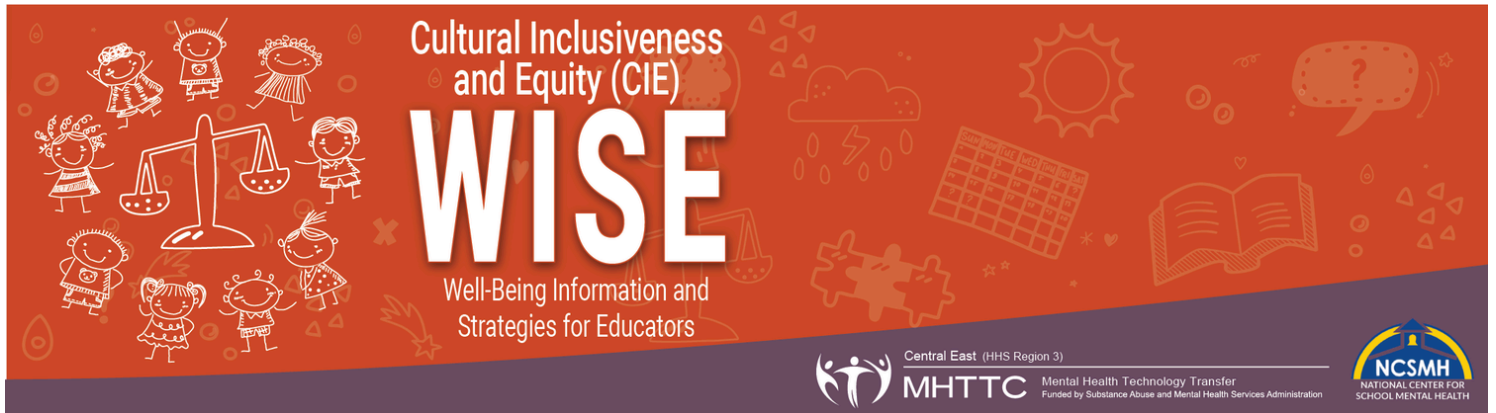
The Northwest MHTTC School Mental Health Team is excited to share that **Oregon Classroom WISE** (Oregon CW), developed by the *Oregon Department of Education* in collaboration with *Northwest MHTTC*, the *National MHTTC Network* and the *National Center for School Mental Health*, officially launched on June 30, 2022.

Created in response to requests from school personnel, as well as families, Oregon CW is a free, digital learning program, website, video library and resource collection for all Oregonians to increase and strengthen school and community mental health and well-being, and promote care and connection. Oregon CW is a customized module that serves as a foundation for educators and school

staff to understand Oregon's school mental health values and priorities. Participants complete the Oregon-focused online training before moving into the other Classroom WISE lessons.

[More information, including how to access the training click here >](#)

[Featured on KGW News: Oregon Department of Education launches website addressing mental health >](#)



New Cultural Inclusiveness and Equity WISE: A Companion Training to Classroom WISE

We are pleased to announce a new companion training to Classroom WISE entitled Cultural Inclusiveness and Equity (CIE) WISE. In this FREE 3-part training, developed by the Central East MHTTC in partnership with the National Center for School Mental Health, K-12 educators and school staff will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators and school staff will learn culturally inclusive classroom strategies to support student mental health.

[Learn More: Cultural Inclusiveness and Equity WISE: A Companion Training to Classroom WISE >](#)



Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators and school staff in supporting the mental health of students in the classroom. The program provides self-guided, online courses, video library + resource collections, and a website focused on educator mental health literacy.

[Access Classroom WISE >](#)



MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



NCSMH
NATIONAL CENTER FOR
SCHOOL MENTAL HEALTH



National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Trainer Manual



MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



NCSMH
NATIONAL CENTER FOR
SCHOOL MENTAL HEALTH



National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Participant Manual

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 >](#)

We want to hear from you!

Email us at nwsmh@uw.edu and let us know how you have engaged with these resources.

2022 Events & Conferences

National PBIS Leadership Forum

October 27-28, 2022
Hilton Chicago, Chicago, IL



The National PBIS Leadership Forum is a technical assistance activity of the Center on PBIS

#pbisforum

This two-day forum is a technical assistance activity of the [Center on PBIS](#) and provides an opportunity for the Center to share information on the latest applications of PBIS. It has been designed to help school, state, district, and regional Leadership Teams, together with community and family partners, increase the effectiveness of school environments through PBIS.

Register Here >



Let's meet up in Chicago!

If you are attending the National PBIS Leadership Forum from one of our four Region 10 states (Alaska, Idaho, Oregon, and Washington) and would like to take part in a pre-conference session in Chicago on **October 26th from 3:30 pm - 5 pm CT**, hosted by the Northwest MHTTC and the UW SMART Center, please [email us](#) for more information.

OCTOBER 13-14, 2022



The Virtual 2022 Annual Conference on Advancing School Mental Health

The Three Rs: **Reflect, Recover, Renew**

Each year, the Annual Conference on Advancing School Mental Health brings together leaders, practitioners, researchers, family members, advocates, and other stakeholders in the school mental health field to share the latest research and best practices. The conference emphasizes a shared school-family-community agenda to bring high-quality, culturally responsive, and equitable evidence-based mental health promotion, prevention, and intervention to students and families as part of a multi-tiered system of supports. This conference is hosted by the National Center for School Mental Health (NCSMH; funded in part by the Health Resources and Services Administration).

[Register Here >](#)



<https://www.schoolmentalhealth.org>
NCSMH@som.umaryland.edu
1 (410) 706-0980

The Three Rs: Reflect, Recover, Renew October 13-14, 2022

Virtual live and pre-recorded sessions

- Proposals due February 28, 2022
- Registration opens April 1, 2022
- Early bird registration rates
- Continuing education credits
- Keynote and plenary speakers
- Poster session and networking opportunities
- Nine conference tracks supporting a multi-tiered system of supports
- School mental health awards
- www.SchoolMentalHealth.org for more info



SAVE THE DATE!

Washington State Association of School Psychologists >

October 12-15, 2022; Seattle, WA

Second Annual Stronger Together Conference: Facing Our Future >

October 12-14, 2022; Boise, ID

Alaska RTI/MTSS Conference >

January 28-29; Anchorage, AK

20th International Conference on Positive Behavior Support >

March 29 - April 1, 2023; Jacksonville, FL

Northwest PBIS Network Conference - Call for Presentations OPEN! >

April 26-28; Portland, OR

In Case You Missed It!

Did you miss one of our webinars last school year?
Maybe you want to view one you attended a second time or perhaps share it with a colleague or two?

[Check out our 2021-22 summary of events >](#)

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

[Newsletter Archive Page >](#)

School Mental Health Funding Opportunities

- [Project AWARE - Due 10/31/2022 >](#)
- [Project PREVENT - Due 10/17/2022 >](#)
- [Resiliency in Communities after Stress and Trauma \(ReCAST\) - Due 10/17/2022 >](#)

[Stay Connected / Contact us](#)





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



W UNIVERSITY of WASHINGTON

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.



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).

