

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



April 2022

Dear Colleagues,

We are in the home stretch of the school year. The score is tied, and the bases are loaded. It's time to knock it out of the park for a grand slam. But first, take a time out for a quick pick me up. As always, we are here with the provisions – and not just peanuts!

We've got tools for talking with students about events in Ukraine. You'll find trainings on mental health equity, wellness, and incorporating student voice into your work detailed below. Plus, check out the multitude of resources to enhance your critical work.

With a standing ovation, we honor and thank you for the work you do each day. Please let us know how we can support you.

May the increased light and fresh blooms spark happiness and renewal in you.

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



April is Autism Acceptance month. We want to highlight the [Alaska Autism Resource Center \(AARC\)](#). The AARC serves the needs of individuals with autism spectrum disorders, their families, caregivers, and service providers throughout the state of Alaska. They provide information, referral, training, and consultation via on-site and distance delivery. The AARC is a project of the Special Education Service Agency (SESA) located in Anchorage, Alaska. The [Spring 2022 Alaska Autism and Neurodiversity Online Summit](#) was held on March 30th and April 1st. Anyone can access the recordings, resources and materials from this event or any of their previous events. We are grateful for our partners at AARC and the incredible services they offer!

School Mental Health Supports for Ukrainian Refugees in Poland

Dr. Eric Bruns from the University of Washington [SMART Center](#) and Northwest MHTTC joined colleagues from around the United States in Poland to train students, volunteers, and schools on practical mental health responses for Ukrainian Refugees. Read more about this extraordinary effort.

[School Mental Health Supports for Ukrainian Refugees in Poland](#)

[Resources for talking with students about the war in Ukraine](#)



News Highlights

- [FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union](#)
- [How schools can seize a can't-miss chance to strengthen mental health care](#)
- [988 Suicide and Crisis Lifeline](#)
- [CDC Adolescent Behaviors and Experiences Survey \(ABES\) Results](#)
- [CDC COVID-19 Experiences Survey](#)
- [HHS Announces Nearly \\$35 Million To Strengthen Mental Health Support for Children and Young Adults](#)
- [More mental health resources coming to Medical Lake School District \(WA\)](#)

SMART Center 2022 Virtual Speaker Series

The University of Washington

School Mental Health Assessment, Research, & Training (SMART) Center Presents

The SMART Center 2022 Speaker Series

Kimberly Arnold



Brian Boyd



Patricia (Tish) Jennings



Walter Gilliam



Tunette Powell



The Northwest MHTTC is excited to co-sponsor the **UW SMART Center's Fourth Annual 2022 Virtual Speaker Series**. There are two remaining webinars in the series.

[The 2022 Speaker Series Event Flyer](#)

[Access Resources from The 2022 Speaker Series Here!](#)

Mindfulness for Teachers During Difficult Times: Building Resilience with Compassionate Teaching

Dr. Patricia (Tish) Jennings

Professor of Education

School of Education and Human Development, University of Virginia

April 27, 2022

8:30 - 9:45am PT | 9:30 - 10:45am MT | 7:30 - 8:45am AKT

[Register Here](#)

What's Going On: Choosing Understanding over Escalating and Punishing

Dr. Walter Gilliam

Professor of Child Psychiatry and Psychology, Director of the Edward Zigler Center in Child Development and Social Policy, Yale University Child Study Center

Dr. Tunette Powell

*Director of Equity, Inclusion and Community
Mirman School, Los Angeles*

May 25, 2022

8:30 - 9:45am PT | 9:30 - 10:45am MT | 7:30 - 8:45am AKT

[Register Here](#)

2022 Events & Conferences

[Washington State Virtual Integrated Care Conference](#)

Leveraging Integrated Care to Address Health Equity Virtual Conference

May 6 - 7

Virtual Event

[Community of Practice - Equity Series 2022](#)

Community of Practice virtual events are to share and learn from other trainers and coaches who are centering equity in their PBIS frameworks.

February - October

Virtual Event

[Washington State Mental Health Summit 2022](#)

We're excited to celebrate the many successes of past initiatives and present the latest slate of initiatives chosen by the Summit Advisory Council as promising and transformative innovations in the world of mental health.

May 17

University of Washington HUB Grand Ballroom

[2022 National PBIS Leadership Forum](#)

This two-day, in-person 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.

October 27 - 28

Chicago, Illinois

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

You Belong Here: Inclusion, collaboration, climate & culture, systems, and student learning.

June 26 - 28

Spokane, Washington

Recent Conferences

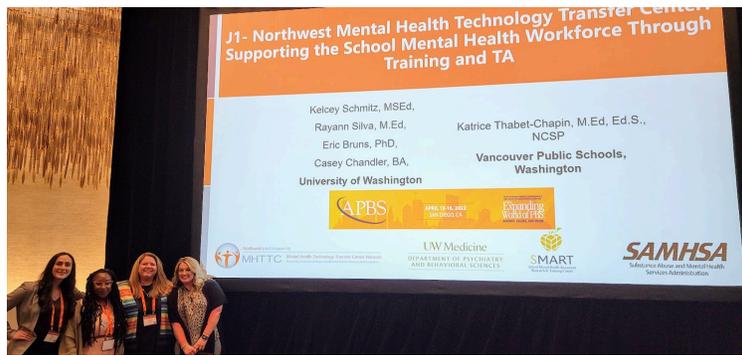
Check out some of the recent conferences we've co-sponsored, attended and/or presented at!

[The 20th Annual NWPBIS Conference 2022 - Still Connected: Relationships, Resilience, and Belonging](#) - April 12 - 14, 2022, Tacoma, WA

*Northwest MHTTC School Mental Health Staff **Jennifer Cohen** and **Nathaly Florez** shared resources, swag, and sweets with over 900 NWPBIS conference attendees. We were a proud sponsor of the conference!*



[The 19th International Conference on Positive Behavior Support](#) - April 13 - 16, 2022, San Diego, CA



*It was a divide and conquer kind of week as the remaining Northwest MHTTC School Mental Health Staff **Kelcey Schmitz, Rayann Silva, and Casey Chandler**, along with our amazing colleague **Katrice Thabet-Chapin**, attended and presented at the APBS conference with over 1,100 attendees.*

Recordings Now Available!

Did you miss one of our webinars? Maybe you want to view one you attended a second time or perhaps share it with a colleague or two? Our latest releases are below!



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Leading With Youth Voice: Co-creating Equitable, Inclusive Systems & Practices Part 1: Foundations



Presented by:
Kristin Thorp and Matt Leavitt, Youth Move National

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

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[Part 1 | Youth Voice Foundations](#)

January 24th, 2022

[Recording & Materials Available Here](#)



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network
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Leading With Youth Voice: Best Practices for Youth Engagement



Presented by:
**Kristin Thorp and Matt Leavitt
Youth MOVE National**

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

[Part 2 | Best Practices For Youth Engagement](#)

February 7th, 2022

Recording & Materials Available Here

The SMART Center 2022 Speaker Series

Kimberly Arnold



Strategies for Advancing Mental Health Equity in Schools

Kimberly Arnold, PhD, MPH Assistant Professor of Family Medicine and Community Health at the University of Pennsylvania Perelman School of Medicine

February 23, 2022

Recording Now Available!

Spanish Translations Coming Soon

National MHTTC Network Resources



Classroom **WISE**

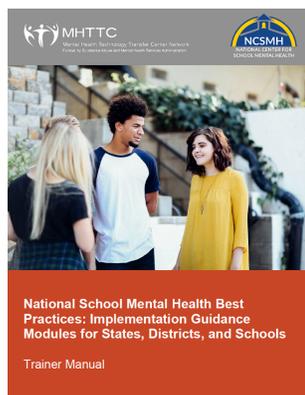
Well-Being Information and
Strategies for Educators

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



Have you used either (or BOTH) of these resources? If so, we want to hear from you! Email us at nwsmh@uw.edu and let us know how you have engaged with them.

Podcast & Video Resources

PODCASTS

- [**The Association for Positive Behavior Support Podcast**](#)
Episode 4: APBS Podcast: What does equity mean to PBIS? In this episode, the co-host will help us learn more about anti-racism in implementation science and PBIS as a liberatory tool.
- [**Healing Centered Conversations**](#) by Dr. Byron McClure
Through weekly conversations with educators, psychologists, and healers, we discuss ways to heal, thrive, and live your best life!
- [**A Podcast for the Mental Health Workforce | Putting It Together**](#)
Putting It Together is a podcast series designed to help people working in mental health to learn new ideas, implement new skills and hear new approaches to their practice.
- [**Featured Mental Health Technology Transfer Center Podcast from Across the National Network**](#)
If you're the listening type, take our resources with you on the go! Check out these podcast series from the MHTTC Network.

VIDEOS

- [**School-based Suicide Prevention: Promising Approaches and Opportunities for Research**](#)
In this webinar, presenters from Washtenaw County and Detroit, MI, Boston, MA and Baltimore, MD described innovative practices in school-based suicide prevention they are currently implementing, with a particular focus on risk identification, follow up, and referral for additional services for high-risk youth.
- [**Healing School Communities: Shifting the Dominant Paradigm to Center Student Wellness**](#)
The overall objective of these Community of Practice sessions was to support the MHTTC Healing Racial Violence Teamlet's internal focus, which is to help students, families, educators,

and school mental health professionals navigate the ongoing impact of racial violence in all forms on student mental health.

- [**VALOR ES CAMBIO \(Courage Equals Change\)**](#)

A mental health stigma campaign from the Central School District in Oregon that elevated ideas and voices of Latinx students, staff and families and features students and family members.

- [**A message of gratitude for Social Emotional Learning advocates from WA Superintendent of Public Instruction, Chris Reykdal**](#)

Celebrating International SEL Day, Washington State Superintendent of Public Instruction, Chris Reykdal, offers a message of encouragement and gratitude for SEL advocates.

Additional Resources

- [**Associations Between School Mental Health Team Membership and Impact on Service Provision**](#)

- [**Child Trends: Most State Policies That Address LGBTQ+ Students in Schools Are Affirming, Despite Recent Trends Toward Exclusion**](#)

- [**Hopeful Futures Campaign | Americas School Mental Health Report Card**](#)

Hopeful Futures Campaign partners have assembled a first-ever national report card grading every state in the country on policies that support school mental health, with recommendations so that every state can take further action to help their children.

- [**NCTSN: Gender-Affirming Care Is Trauma-Informed Care**](#)

- [**Reimagining Black Families' Cultural Assets Can Inform Policies and Practices That Enhance Their Well-being**](#)

- [**Southeast MHTTC and Center of Excellence on LGBTQ+ Behavioral Health Equity Toolbox for Affirmatively Supporting Youth**](#)

- [**We all make us all strong.**](#)

Native and Strong is designed to inform and educate tribal communities about suicide prevention. This campaign is funded by the Washington State Department of Health.

- [**Washington State Youth Mental Health Communication Toolkit | No Shame in Your Brain/Consciente de tu Mente**](#)

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

Newsletter Archive Page

*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

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



take  care



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.

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