

2023 FALL EDITION

# SCHOOL MENTAL HEALTH NEWSLETTER

EVENTS / RECORDED LEARNING SESSIONS / RESOURCES



Dear Friend,

Welcome to the 2023-24 school year! We hope you had a fantastic summer. To kick off this year, we present the following haiku:

School bells are ringing  
Doors open widely for all  
Eager students near

Teachers greet students  
Classrooms are freshly prepared  
Lesson plans begin

Anxious, distracted  
Not all students adapt well  
Coping skills needed

Who can they turn to?  
You! Mental health champions  
Assess, plan, support

Action drives outcomes  
Building teams create promise  
Kids begin to thrive

We invite you to read and access the many resources shared below to help your students thrive. Wishing you a wonderful start to the new school year.

~The NWMHTTC School Mental Health Team

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## VISIT OUR WEBSITES

[NWMHTTC School Mental Health >](#)  
[University of Washington SMART Center >](#)

[\*\*Sign up for the Northwest School Mental Health Mailing List >\*\*](#)

*The NWMHTTC 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.*

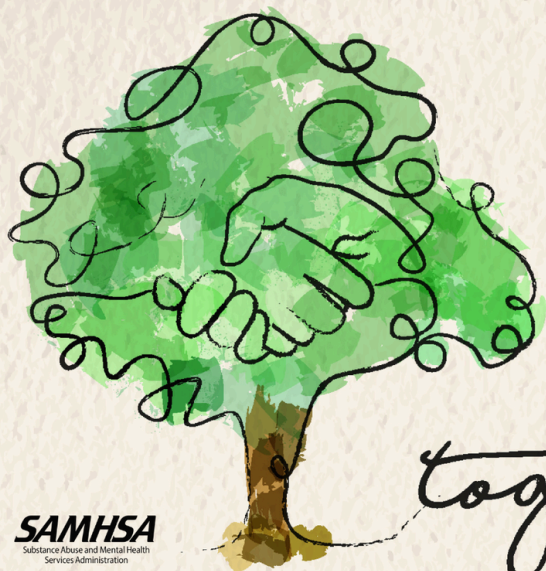


Pacific Southwest (HHS Region 9)

Northwest (HHS Region 10)

MHTTC

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



## Leading Our School Systems & Communities Through and After Wildfire

together

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

### Attention: Wildfire Mental Health Resources

Our hearts are with all communities impacted by wildfires this summer.  
Here is a [curated list of mental health resources](#) to help communities

address the resulting trauma.

## National Observances



### September is Suicide Prevention Month

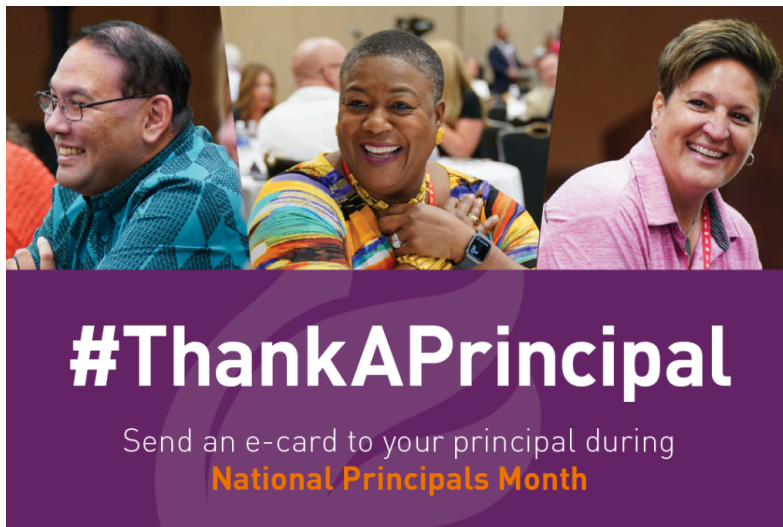
The focus on suicide prevention at the start of the school year reminds us to have resources available for students as they navigate heading back to school and to know the signs and risk factors so students can be promptly connected to help.

National Alliance on Mental Health (NAMI) provides a wealth of  [> information](#).

### September is Hispanic Heritage Month

Throughout this month, we celebrate the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. The date range signifies the anniversaries of independence for multiple Latin American countries.

[> Learn more](#)



### October is Principal Appreciation Month

Three cheers to the amazing leaders of our K-12 schools. While we appreciate them all year long, this month we make sure they know it!

[> Access resources](#)

### October is National Bullying Prevention Month

There is no shortage of bullying prevention materials. The National Child Traumatic Stress Network offers a variety of useful, culturally-responsive toolkits for educators.

Find them [>Here](#)



## November is Native American Heritage Month

Throughout November we pay tribute to the rich ancestry and traditions of Native Americans.

This [> Teacher/Educator's Guide](#) is from the National Endowment for the Humanities.

*Image credit: Long Walk Home—Gallup Downtown Murals—by Richard K Yazzir, 2005*

## School Psychologist Week | Nov. 6-10

This year's theme is "Let's Grow Together."

The National Association of School Psychologists provides a variety of [> Resources](#).

## Education Support Professionals Day | Nov. 26

Honoring paraeducators and other ESPs for their exceptional service to their school communities.



## Northwest MHTTC School Mental Health Events

# National PBIS Leadership Forum

October 26-27, 2023  
Hilton Chicago, Chicago, IL



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

#pbisforum

10

MONTH

25

DAY

23

YEAR

**3:20-5:00PM CT**

The Northwest MHTTC and University of Washington SMART Center Training and TA Team invite you to attend a special preconference session at the National PBIS Leadership Forum held only for Region 10 states (Alaska, Idaho, Oregon, Washington). Come meet attendees from across Region 10, hear tips about how to make the most out of the PBIS Forum, hear about training and TA in Region 10, and learn from Interconnected Systems Framework (ISF) exemplar district implementers.

## SPECIAL GUEST SPEAKER



**DR. RUTHIE L. PAYNO-SIMMONS**

Associate Director of Partnerships at the Midwest and Plains Equity Assistance Center (MAP Center)  
Indiana University-Purdue University



Will you be there?

Will you be there?!

**National PBIS Leadership Forum Pre-Conference Session hosted by NWMHTTC and UW SMART Center | Free**

*October 25, Chicago, IL*

The Northwest MHTTC and UW SMART Center invite you to attend a special pre-conference session at the National PBIS Leadership Forum held only for participants from Region 10 states (Alaska, Idaho, Oregon, Washington).

Register for the pre-conference session [> Here](#).

## 2023 Events & Conferences

**Alaska School Safety and Wellness conference**

*September 13-14, Anchorage, Alaska*

Educational leaders, key staff, and strategic stakeholders, including representation from every district across the state, will convene to improve school safety and well-being in Alaska by both learning and sharing methods to: Promote healthy development through trauma-engaged and restorative practices, improve school climate, and be better prepared for any possible school crisis.

**Idaho Super Conference 2023: Stronger Together - Becoming Agents of Change**

*October 3 - 5, Boise, ID*

Join School Counselors, School Psychologists, and School Social Workers, as we are stronger together, to improve student mental health and wellness. Keynote speakers, panels, breakout sessions, and networking opportunities will abound during this three-day, in-person event. This third annual conference seeks to unite professionals from around the state in becoming agents of change to advocate for and empower positive mental health and wellness strategies among Idaho K-12 students.

**Washington State Association of School Psychologist 2023 Virtual Fall Conference**

*October 19 - 21, Virtual Conference*

Attend this single conference and you'll learn skills that cover every NASP domain as well as the following NCSP renewal requirements: Ethics, Suicide Prevention/Intervention, and Equity/Diversity/Inclusion. More than 40 presentations will be given from 15 states with most sessions being recorded for later viewing. Then get ready to take your learning internationally with speakers presenting from 3 different countries!



### **National PBIS Leadership Forum**

*October 26-27 , Chicago, IL*

The National PBIS Leadership 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. Single-topic breakout sessions and topic-specific strands will provide guidance and tools for strengthening prevention-based systems that support the social, emotional, and behavioral needs of students to ensure engagement in learning. Opportunities for dialogue and sharing with other implementers are also provided.

### **Oregon School Counselors Association Annual Conference 2023**

*October 27, Sunriver, OR*

Join us at OSCA 23 "*Rooted: Grounding your program and students in deep and transformative systems.*" Workshop Proposals are due Friday, September 1, 2023.

### **Community of Practice - Equity Series 2023**

*October 26, Chicago, IL - [Attend the equity strand and come to the Facilitated Discussion at the National PBIS Conference](#)*

*November 14*

*February 6, 2024*

These Community of Practice virtual events, continuing from our 2022 series, are to share and learn from other trainers and coaches who are centering equity in their PBIS frameworks. The format being 25-30 minutes of content, then about 20 minutes of application discussion as a large group, and the remainder of time consisting of smaller breakouts.

### **Washington Mental Health Summit**

*November 2, Seattle, WA*

This is an inclusive forum for stakeholders around the state to develop, share, and advance new and promising ideas, opportunities and collaborations that will advance effective education, prevention, and care for those living with mental health and addiction problems. The event is open to any mental health stakeholder interested in participating in the improvement of mental health care in Washington State and beyond.

### **2023 Annual Conference on Advancing School Mental Health Conference**

*December 5-7, New Orleans, LA*

The Annual Conference on Advancing School Mental Health brings together leaders, practitioners, researchers, family members, advocates, and other partners in the school mental health field to share the latest research and best practices.



### How a Washington school district built community trust with a wellness center

Help, Unite & Build (The H.U.B.) in Medical Lake School District offers free coffee, 1-on-1 time with administrators and essential mental health resources. Those services include workshops on various topics, such as trauma, childhood and teen depression, teen substance abuse, divorce and separation, grief and loss...

[> Learn More](#)



### A Pathway to Recovery and Resilience for Our Children and Youth

A collaborative of national experts including training and technical assistance team members from the UW SMART Center developed an action agenda with recommendations to address the growing mental health needs of students and educators...

[> Read More](#)



## Alaska Workshops: Effective Practices to Support Mental Health in Schools

A NWMHTTC School Mental Health Team of six traveled on April 30th to Alaska for the first time since the pandemic for a week-long excursion to offer one-day workshops in Sitka, Anchorage and Nome for school and district teams, families, and community mental health organizations.

Partnering with the Alaska Autism Resource Center and Alaska Special Education Services Agency, the NWMHTTC school mental health team provided training on anxiety, depression and the impacts of trauma, crisis response and recovery related to behavioral health in small and large -scale critical incidents, common mental and behavioral health symptoms, effective strategies to support all students within an MTSS framework, family engagement , the role of school and district leadership in implementation and new autism research.



### **2023 Speaker Series: Equity-Centered MTSS and Implications for School Mental Health**

This past spring, NWMHTTC presented the 2023 Virtual Speaker Series: Equity-Centered MTSS and Implications for School Mental Health to the school mental health workforce. *Over 300 participants attended the three-session series* that featured national experts and leaders discussing the importance of implementing MTSS with an equity focus, the implications on school mental health, and evidence-based strategies for developing equitable learning environments for all students.

Presentation materials and session recordings can be found on the NWMHTTC Webpage [> Here.](#)

**Northwest MHTTC School Mental Health Resources**

## ADDRESSING THE IMPACT OF RACISM & ASSOCIATED TRAUMA

Resources to Support Youth in Schools and at Home



### Addressing Race and Trauma in the Classroom

Access resources on Addressing the Impact of Racism and Associated Trauma in order to support youth in schools and at home. Intended for caregivers and educators to use as a resource to help students process feelings and stress associated with racial trauma.

[Download Resource Sheet >](#)



### Classroom WISE

Classroom WISE (**W**ell-Being Information and **S**trategies for **E**ducators) 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 >](#)



### **Cultural Inclusiveness and Equity WISE: A Companion Training to Classroom WISE**

Check out the 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.

[CEI WISE Training >](#)

**NEW**

**National and State Articles, Tools and Resources**



## **SUICIDE PREVENTION**

### **[988 Turns One | Video](#)**

The national three-digit mental health and suicide prevention crisis hotline 988 was activated on July 16, 2022. Now, over a year later, we share the work of our partners at SAMHSA, NASMHPD, and other supporting organizations to bring your attention to [Episode 135](#) of the [988 Crisis Jam Learning Community](#). In this video, the hosts reflect on what's been accomplished, the work still to come, and the reason why 988 and access to behavioral health emergency care are essential.

Watch the video episode [here](#).

## **SOCIAL, EMOTIONAL, BEHAVIORAL & MENTAL HEALTH SUPPORTS**

### **[New PBIS Implementation Blueprint](#)**

The PBIS Implementation Blueprint (4.0) provides guidance for implementers interested in (a) exploring and getting ready to implement PBIS, (b) getting started with PBIS, and/or (c) getting better at enhancing, sustaining, and/or scaling (expanding) their efforts in educational settings.

### **[PAVE Behavioral Health Toolkit for Families](#)**

Behavioral Health Toolkit for Navigating Crisis, School-Based Services, Medical Services, Family Support Networks, and More.

### **[Positive Behavior Supports for Discipline](#)**

The Positive, Proactive Approaches to Discipline resource guides summarize additional resources that have been set up in tables and can support schools and early childhood programs in implementing positive, proactive approaches to support and respond to children's

behavioral needs more effectively.

## **BULLYING PREVENTION**

### **[Addressing Bullying Among Hispanic and Latino Children and Youth at School Setting](#)**

This brief document informs about the prevalence of bullying among Hispanic and Latino students in the school setting. Although we have observed a decrease in bullying statistics, Hispanics and Latino students can be the target of these violent behaviors due to race or ethnicity. The document covers effective prevention efforts to address bullying in the school setting.

*English and Spanish versions are available.*

### **[Bullying & Native Youth](#)**

This guide gives helpful data on bullying and the particular experiences of Native youth.

## **POLICY WORK**

### **[Obtaining Stakeholder Feedback to Improve the Middle to High School Transition](#)**

In this practice brief, researchers explore feedback from a group of eighth and ninth grade students, families, and educators on what has been challenging, what has been missing, and what is needed during the transition from middle to high school for students with emotional and behavioral disorders.

### **[NYU McSilver Podcast](#)**

People, Perspectives, and Policies — Engaging with Mental Health Today is an ongoing podcast series from NYU McSilver that explores a variety of mental health topics and their intersection with social services and public health policy.

## **STUDENTS & TEACHERS**

### **[Teach by Design: The October Catch](#)**

Learn how to use data for decision-making! This article explains how to be proactive when it comes to discipline referrals. Instead of waiting for a student's referrals to reach a certain threshold before intervening, the article discusses how to use discipline data to provide proactive supports for students who might need more.

### **[Adding Student Voice to Leadership Teams | Podcast](#)**

In this episode of Expert Instruction: The Teach by Design podcast, experts explore how to ensure student voice and representation is integrated into your leadership team, specifically at the district level. The podcast discusses what it looks like for students to be involved in



decisions that affect not only the way their school operates, but how all schools operate within their area.

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## We want to hear from you!

Email us at [nwsmh@uw.edu](mailto:nwsmh@uw.edu) and let us know how you have engaged with these resources.

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### In Case You Missed It!

#### SPRING & SUMMER 2023 HAPPENINGS



By Valerie C. Williams  
Director, Office of Special  
Education Programs

#### OSEP discipline discussions | The Power of Asking "Why"

In the 2021–22 school year, 84% of public schools reported that the COVID-19 pandemic negatively impacted students' behavioral development, according to the [National Center for Education Statistics](#).

In schools across our country, for children with and without disabilities, this can look like classroom disruptions, rowdiness, or acting out. Indeed, the pandemic's impact continues to affect all ages, from our youngest learners to adolescents and has often resulted in disciplinary removals...> [Read More](#)

## **Blogs | Teach By Design**

[PBIS + SMH = A Winning Combination | Article](#)

*[Teach by Design](#) is PBIS Apps' blog space for transforming complex research into straight-forward solutions. Every second Tuesday of the month they come out with a new article designed to help you with a common problem. (For: K-12 leaders and educators)*

**Interconnected Systems Framework Lessons Learned** [School Mental Health Integration: Lessons Learned from Implementation of the Interconnected Systems Framework across Two Local Education Agencies](#)

## **Tier 2 Fidelity Resource**

[Measuring Fidelity of Core Features of Tier 2 Systems and Practices in Schools](#)

## **Toolkit | Improving School Safety**

[Strengthening K-12 Reporting Programs](#)

## **UChicago Consortium on School Research | Report**

[Investing in Adolescents: High School Climate and Organizational Context Shape Student Development and Educational Attainment](#)

## **2023 The U.S. Surgeon General's Advisory**

[Social Media and Youth Mental Health](#)

## **Child Trends | Mental Health Article**

[Recommendations for Tailored Youth Suicide Prevention Efforts Digital Shareables on Child and Adolescent Mental Health](#)

A [recent report](#) from the Centers for Disease Control and Prevention (CDC) noted that youth suicide rates increased from 2018 to 2021 for Asian, American Indian/Alaska Native (AI/AN), Black, and Hispanic youth—but not for White youth.

## **SAMHSA Resources for supporting LGBTQI+ Youth**

[SAMHSA Resources on the LGBTQI+](#)

Stay Connected / Contact us



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**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).*

