



2023 SPRING EDITION

SCHOOL MENTAL HEALTH NEWSLETTER

EVENTS / RECORDED LEARNING SESSIONS / RESOURCES



Dear Friend,

Despite the loss of an hour of sleep, we are grateful for daylight savings time. The additional daylight hours are fueling us through the last months of the academic year. Thank goodness, too, because we have A LOT of projects we are working on! We are very excited to share them with you.

Keep reading to learn about our 2023 Speaker Series on Equity-Centered MTSS and Implications for School Mental Health now in progress, our recently released resource on Addressing the Impact of Racism and Associated Trauma, our upcoming workshops in Alaska, and our mental health strand at the NWPBIS conference in a couple weeks.

There is something for everyone within these events and resources so please jump right in!

Wishing you a glorious spring time and wonderful final month(s) of the school year.

~The Northwest MHTTC School Mental Health Team

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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

A graphic for World Autism Awareness Day 2023. It features a large, light blue circle with a dotted pattern. Inside this circle are four smaller circles, each containing an icon: a violin and musical notes, a briefcase, a house, and a scale of justice. Lines connect these icons to the text on the right. The text reads "WORLD AUTISM AWARENESS DAY 2023" in a bold, green, sans-serif font, with "2023" in orange. A horizontal orange line is positioned below the text.

**WORLD
AUTISM
AWARENESS
DAY 2023**

Photo by the UN - This year's observance focuses on the contribution of autistic people at home, at work, in the arts and in policymaking.

April is Autism Awareness Month

In his [proclamation](#) on World Autism Day (April 2nd), President Biden said..."To support students with autism, the Department of Education is ensuring that public schools uphold their obligation to provide free and appropriate public education in the least restrictive environment to all students... [we have] issued new guidance to help schools avoid the discriminatory use of discipline, which too often impacts autistic students, whose needs and behaviors are commonly misunderstood."

May is Mental Health Awareness Month

"Millions of Americans face the reality of living with a mental illness. That is why in May hundreds of organizations across the country are raising awareness of mental health. Inspire others to raise awareness and take part in sharing information, resources and support for mental health conditions." - MHTTC Network

[2023 Mental Health Month Toolkit from Mental Health America >](#)



Northwest MHTTC School Mental Health Events

2023 UW SMART VIRTUAL SPEAKER SERIES EQUITY-CENTERED MTSS AND IMPLICATIONS FOR SCHOOL MENTAL HEALTH



SESSION 1 | MONDAY MARCH 20, 2023

Transformative Systems through Equity - What are your powers?

Dr. Nikole Hollins-Sims kicked off this year's series with an informative and inspiring presentation for 130 participants. Attendees shared feedback, including the following:

"I am in my studies to be a school counselor and this has given perspective!"

"Thanks for a great experience and discussion of our powers this afternoon!"



SESSION 2 | MONDAY, APRIL 17, 2023

11AM - 12:30PM PDT, 10AM - 11:30AM AKDT | 12PM - 1:30PM MDT

DOING THE WORK!

**Ensuring Equity and Cultural Responsiveness in
Urban Implementation within the MTSS Framework**

Tynara Blount, M.S

Director of Culturally Responsive Positive Behavior Intervention and Supports (PBIS)
The School District of Philadelphia

Tianna Bilal, M.S

Assistant Director of Culturally
Responsive PBIS
The School District of Philadelphia

[Register Today >](#)



SESSION 3 | MONDAY, MAY 22, 2023

11AM - 12:30PM PDT, 10AM - 11:30AM AKDT | 12PM - 1:30PM MDT

The Climate of Educator Bias-based Beliefs Effect on MTSS Implementation

Edward (Eddie) Fergus, Ph.D.

Professor of Urban Education in the School of Arts and Sciences **Rutgers University – Newark**

[Register Today >](#)

Certificate of Attendance and Washington state clock hours will be available for attendees of the live sessions.

All sessions are recorded and will be made available for viewing on [our website](#).





EFFECTIVE PRACTICES TO SUPPORT MENTAL HEALTH IN SCHOOLS
Free One-Day Workshops

INTENDED AUDIENCE: YOUR TEAM!
District administrators, principals, special educators, paraprofessionals, school psychologists, and related service providers (i.e., mental health provider, BCBA, social worker, OT/PT/SLP)

TRAINING LOCATIONS AND EVENT INFORMATION:

SITKA
MONDAY, MAY 1ST 9:00AM - 3:00PM
Harrigan Centennial Hall
330 Harbor Drive, Sitka, AK 99835

ANCHORAGE
THURSDAY, MAY 4TH 9:00AM - 3:00PM
The Lakefront Anchorage
4800 Spenard Road, Anchorage, AK 99517

NOME
SATURDAY, MAY 6TH 9:00AM - 3:00PM
Old St. Joseph's Church
102 Division Street, Nome, AK 99762

CLICK > HERE TO REGISTER

There is **no registration fee** to attend the training. *Attendees are responsible for paying/booking their own travel and lodging.*

NOTE: When booking at The Lakefront Anchorage, please request to reserve a room in the AARC block for a discounted rate.

"Mental health and wellness have profound implications for our students, their academic success, and their overall outcomes, and we know that youth facing mental health challenges are more likely to receive services in a school-based setting."
-Miguel Cardona, U.S. Secretary of Education

Join us for this one-day workshop with your school or district team to learn more about:

- Anxiety, depression, and impacts of trauma
- Crisis response and recovery related to behavioral health in small and large-scale critical incidents and disasters
- Common mental and behavioral health symptoms, as well as underlying contributing factors that play out in a classroom setting, and effective practices and strategies to support all students within a Multi-Tiered System of Supports.
- The role of School and District Leadership in implementation and strategies for school and system leaders.
- New autism research and interventions to support autistic students within an MTSS.
- Free resources from state, regional and national TA centers

National, regional and state mental health technical assistance providers, practitioners, licensed mental health professionals, and researchers with the University of Washington School Mental Health Assessment, Research and Training Center will help you get your journey started, or enhance, implementation of effective systems, data and practices to integrate student mental health and wellness.



Free One-Day Alaska Workshops: Effective Practices to Support Mental Health In Schools

The [Alaska Autism Resource Center](#) and the **Northwest Mental Health Technology Center** invite educators from Alaska and their community partners to join this one-day workshop happening in Sitka, Anchorage, and Nome.

There is no registration fee to attend the training. This training is intended exclusively for Alaska residents.

Please download (the flyer to the left) and share the [event flyer](#) with your colleagues in Alaska!

[Register Today >](#)

2023 Events & Conferences



Aligning Values & Action to Create Community:

21st Annual NWPBIS Conference



KEYNOTE SPEAKER

Dr. Kurt Hatch

Faculty Director of the Educational Administration Program & Professor of Practice, University of Washington- Tacoma

Dr. Tracy Weeden

*President and CEO
Neuhaus Education Center*

[21st Annual NWPBIS Conference: Aligning Values and Action to Create Community](#)

April 27 - 28, Portland, OR

Come see us! NWMHTTC is sponsoring the School Mental Health strand. Stop by our table to say hello, enter to win amazing swag giveaways, and of course, gather resource materials.

[WASA/AWSP Conference](#)

June 25 - 27, Spokane, WA

[Office of Special Education Programs \(OSEP\) Combined Leadership and Project Directors' Conference](#)

July 24 - July 26, Arlington, VA

[OSPI MTSS Conference](#)

August 3 - 4, Tri Cities, WA

[National PBIS Leadership Forum > Registration Opens May 9th](#)

October 26 - 27, Chicago, IL

Highlights from the Field

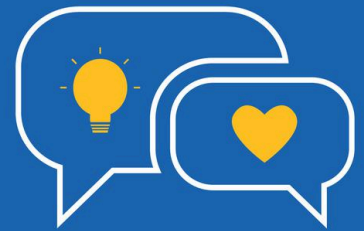


A Family Guide to Multi-Tiered System of Supports: Medical Lake School District, Medical Lake, Washington

Families play a critical role in a students' education. When schools and families work together to support student learning, student outcomes are improved. Whether your student is meeting grade-level expectations, working on an accelerated curriculum, or receiving additional support, understanding MTSS in your students' school is beneficial.



ANNOUNCING



WSW Workforce for Student Well-Being



Washington Office of Superintendent of
PUBLIC INSTRUCTION



Washington Association of
School Social Workers



SCHOOL OF SOCIAL WORK
UNIVERSITY of WASHINGTON

Washington State Workforce for Student Well-Being Initiative

A statewide, collaborative strategy to increase the number, diversity, and skills of school social workers working in Washington schools.

Read Dr. Eric Bruns and Dr. Jennifer Stuber's article on [Helping Youth in Crisis](#) featured in University of Washington magazine's March issue (p. 8). The article discusses The UW SMART Center's new U.S. Department of Education grant to increase the number and diversity of school social workers in Washington State.

[Learn more](#) about the Initiative.

Now Hiring: [Program Manager >](#)

Northwest MHTTC School Mental Health Resources

ADDRESSING THE IMPACT OF RACISM & ASSOCIATED TRAUMA

Resources to Support Youth in Schools and at Home



NEW

Addressing Race and Trauma in the Classroom

This new resource document includes resources to 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



[State Legislative Guide for School Mental Health \(2022\)](#)

Hopeful Futures Campaign

[Hosting Dialogue on Comprehensive Systems of School Mental Health](#)

National Workgroup on Comprehensive School Mental Health in partnership with SAMHSA and supported by the Banium Foundation

[Addressing Confidentiality while Supporting the Social-Emotional-Behavioral Needs of Students within Schools](#)

Center on PBIS

[Snapshot of MTSS Implementation](#)

AIR Center on Multi-Tiered System of Supports

[Increasing Equity in Education through Stage-based Implementation of Universal Design for Learning in a Multi-tiered System of Support](#)

NIRN, SWIFT, CAST

[Provider Selection Guidance Tool: Evaluate the Fit of Potential TA providers, Program Developers, or Intermediary Organizations](#)

NIRN

[Defining Disproportionate Discipline: Understanding Common Measures](#)

Center on PBIS

[Moving Beyond Change Efforts: Evidence and Action to Support and Affirm LGBTQI+ Youth](#)

SAMHSA

[SOGIE Center News and Resources: The National Center for Youth with Diverse Sexual orientation, Gender Identity and Expression](#)

National Center for Youth with Diverse Sexual Orientation, Gender Identity & Expression (SOGIE)

[Raising Black LGBTQ+ Children: A Resource For Black Families Grounded in Affirmation and Building Community and Understanding](#)

Human Rights Campaign

[Systematic Screening in Tiered Systems: Lessons Learned at the Elementary School Level](#)

Center on PBIS

[School-based Screening for Student Substance Misuse](#)

Center on PBIS

[Lessons Learned from District and School-site Leaders Conducting Systematic Screening](#)

Center on PBIS

Podcast & Videos:

[Episode 44: Mental Health and Wellness with Kelly Perales](#)

The Educator's Blueprint

[Expert Instruction: The Teach by Design Podcast - Ep. 25: A Coaching Conversation](#)

[Reframing Diversity, Equity, and Inclusion Work: A Dignity Approach | Dr. Floyd Cobb and Dr. John Krownapple](#)

Herbert C. Kelman Seminar on International Conflict Analysis, Harvard Law School

We want to hear from you!

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

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 >](#)

Stay Connected / Contact us



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Email: nwsmh@uw.edu

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).

