

Post

Share



2023 WINTER EDITION

SCHOOL MENTAL HEALTH NEWSLETTER

EVENTS / RECORDED LEARNING SESSIONS / RESOURCES



Happy New Year, Friend!

Our wish for you in 2023...

May your Multi-tiered System of Supports flow like a beautiful symphony.

May your thirst for school mental health resources be quenched through the Mental Health Technology Transfer Center Network's many offerings.

May your desire for connection and networking in Region 10 be fulfilled during the variety of conferences offered throughout the year – hot tip: see our list of upcoming conferences below!

May your surveys and assessments return more favorable data, showing students are starting to recover from pandemic lows.

May you recognize and use the magic you hold in elevating student mental health within your schools and communities.

Together, we are making an impact, so please do not hesitate to let us know how we can support you on this quest.

Cheers to good health, new beginnings, and opportunities for change!

~The Northwest MHTTC School Mental Health Team

IN THIS ISSUE

National Observances

New National & State Articles, Tools & Resources

Northwest MHTTC Resources

2023 Events & Conferences

National PBIS Forum Highlights

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.*

As we closed out the 2021-2022 school year, we took a moment to reflect on the highlights from Year 4.

We are proud to share our year in review infographic with all of you below.



The School Mental Health Supplement to the Northwest MHTTC supports the school mental health workforce across Region 10, which includes the states of **Alaska, Idaho, Oregon and Washington.**

[View Year 4 Infographic >](#)

[View Summary Year 1 - 4 >](#)

National Observances



Photo by: Matt McDonald, Seattle Photographer at Equal Motion

Dr. Martin Luther King, Jr. Day | January 16

In the United States, Martin Luther King, Jr. Day is observed annually on the third Monday in January. In honor of Dr. King's life's work as a Baptist minister and a prominent leader in the American civil rights movement, we engage in service to our communities and actions of social justice. How will you help advance Dr. King's dream?

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

~ Martin Luther King, Jr.

International Day of Education | January 24

The right to education is enshrined in the [Universal Declaration of Human Rights](#). The declaration calls for free and compulsory elementary education. The [Convention on the Rights of the Child](#), adopted in 1989, goes further to stipulate that countries shall make higher education accessible to all.



Photo by: United Nations (UN) Photographer Rick Bajornas, Children stand up for their right to education at a UN event.



Photo from: Frank Hurley/NY Daily News Archive via Getty Images. Students prepare signs ahead of the New York City school boycott held on Feb. 3, 1964.

Black History Month | February

Association of Black Psychologists <https://abpsi.org/resources/> and The Black School Psychology Network <https://www.bspninc.com/> are two incredible organizations creating safe and supportive spaces, and providing culturally responsive professional development and resources to enhance the work and well being of black psychologists in schools.

Another great resource is Mental Health America: <https://mhanational.org/black-history-month> which provides, articles, blogs, videos, statistics and information related to Mental Health for Black And African American communities.

Social Work Month | March

"The theme for Social Work Month 2023 is **Social Work Breaks Barriers**. During Social Work Month take time to learn more about the many positive contributions of the profession, and use the items in the toolkits at <https://www.socialworkers.org/> to celebrate all the social workers you know."



NEW

National and State Articles, Tools and Resources



NOW LIVE!!!

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT



[Access More 988 Information and Resources >](#)



Brave Safe Space to Connect & Share

The African American Behavioral Health Center of Excellence ([AABH CoE](#)) is hosting a Brave Safe Space for African American Behavioral Health professionals to connect and share.

The event will take place on the second Thursday of each month from 7:30 to 9 p.m. ET via [Zoom](#).



Hopeful Futures U.S. State Legislative Guide for School Mental Health

This guide includes examples of state legislation and, in some cases, model legislation that falls into eight categories that together comprise a comprehensive approach to promote hopeful futures for our nation's youth.

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



Dialogue Guide on Comprehensive Systems of School Mental Health

These Dialogue Guides promote an exchange of perspectives that is critical to building understanding and support for an idea or a practice change.

The guides address the most pressing practical issues in a simple way by posing Reaction Questions. Then, through Application Questions, the guides go deeper into critical conversations, important stakeholders, and differences in the conversation at the state, local, family and individual levels.

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



Adolescents are Experiencing a Mental Health Crisis

"Recent [CDC data](#) show that adolescents are experiencing widespread emotional distress, worsened by stressors experienced during the COVID-19 pandemic. The pandemic affected all students, but it did not affect all students equally. While poor mental health is common in youth, it is reported far more often by LGBTQ youth."

[**Inclusive Practices Help All Students Thrive >**](#)

[**Guide to Being an Ally to Transgender and Nonbinary Young People >**](#)



Check out More Great Resources

[5 Things State & District Leaders Can Do to Advance Strong & Diverse School Leadership >](#)

[Nese Lab >](#)

[Creating Equitable Practices in PBIS >](#)

[The Mental Health Project | Seattle Times >](#)

Northwest MHTTC School Mental Health Resources

“

Being in a public school district mental health is at the forefront of the work I do. NWMHTTC provides training that has allowed me to expand my mental health knowledge. This forum has allowed me to easily access information from experts across the state, gain ideas, resources, and participate in a community that is implementing evidence-based practices.

– Kara Lamb
MTSS-SEB District Coach
Pasco School District

”

WEBINARS: TOP 4 IN YEAR 4



1. [Lunch, Listen, And Learn: COVID-19 Back-To-Classroom](#)
2. [Part 1: Supporting Students with Anxiety in the Classroom](#)
3. [Leading with Youth Voice Part I and II](#)
4. [Dr. Kimberly Arnold presents: Strategies for Advancing Mental Health Equity in Schools](#)



“

ODE and the Mental Health in Education Team are grateful for the NWMHTTC team's continued partnership, collaboration, and tireless effort. We are strengthening Oregon's mental health literacy as a result of this partnership and look forward to continuing to work together!

– *B Grace Bullock, Ph.D.*
Director of Mental and Behavioral Health
Oregon Department of Education (ODE)

”

We want to hear from you!

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

2023 Events & Conferences

SAVE THE DATES!

[6th Annual NevadaAPBS Conference >](#)

February 9-10, Las Vegas, NV

[WERA Spring Symposium Conference >](#)

March 1-3, Tacoma, WA

[Washington School Counselor Association 2023 Annual Conference: REBUILD >](#)

March 1 - 3, Seattle, WA

[19th Annual International Conference on Positive Behavior Support >](#)

March 29 - April 1, Jacksonville, FL

[National School Social Work Conference >](#)

March 29 - April 1, Broomfield, CO

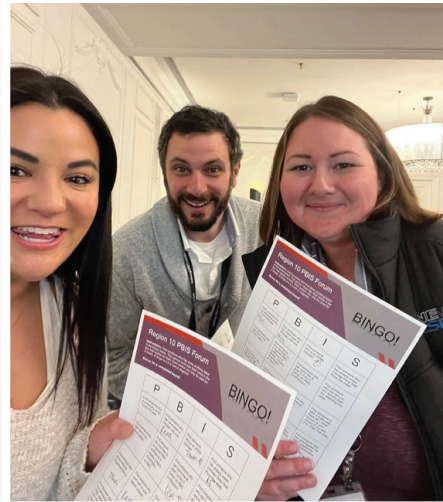
[21st Annual NWPBIS Conference: Aligning Values and Action to Create Community >](#)

April 27 - 28, Portland, OR

[WASA/AWSP Conference >](#)

June 25 - 27, Spokane, WA

Past Conference Presentations



Members of the Northwest MHTTC's School Mental Health Team and other members and consulting partners of the UW SMART Center's Training and Technical Assistance Core (TAC) made quite the impression in Chicago at the PBIS Leadership Forum in October. **The team, pictured above (bottom left),** gave a total of six presentations during the conference.

The team kicked the event off with a Region 10 exclusive pre-forum gathering, featuring a trifecta of school mental health and education leaders: Dr. Tania May, Assistant Superintendent of Special Education from Washington State's Office of Superintendent of Public Instruction, Dr. Ambra Green, Associate Professor, University of Texas at Arlington, and Dr. Kurt Hatch, Director, Educational Administration Program and Professor of Practice, University of Washington, Tacoma.

Members of the Northwest MHTTC School Mental Health team provided an overview of the support provided the last four years, plans for Year 5 and ways people can engage with existing resources.

[Access Presentation Materials >](#)

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](#)



Northwest MHTTC School Mental Health Team
University of Washington SMART Center | UW Medicine, School of Medicine
6200 NE 74th Street, Suite 110, Seattle, WA 98115-6560

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).

