



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

School Mental Health Supplement: Year 1 Review

November 2018 - August 2019

The University of Washington SMART Center hosts the school mental health supplement to the Northwest Mental Health Technology Transfer Center

Our Goals:

- Provide training and technical assistance on implementation of mental health services in schools and school systems.
- Build infrastructure and create learning communities.
- Support educational leaders to promote mental health for ALL.



19

EVENTS



652

PROFESSIONALS TRAINED



84%

POST EVENT SURVEY RESPONSE RATE



92%

SATISFIED OR VERY SATISFIED



90%

WOULD RECOMMEND THE TRAINING



524

MAILING LIST SIGN UPS

Training and Technical Assistance Topics from Year 1:

- National School Mental Health Curriculum
- Interconnected Systems Framework
- Multi-tiered System of Supports
- Individualized Supports in the Classroom
- Brief Intervention for School Clinicians
- Positive Behavioral Interventions and Supports
- School Safety
- Deescalation
- Wraparound
- Restorative Practices
- Psychological First Aid
- Motivational Interviewing
- Helping Education Leaders Mobilize Evidence
- Reducing Disproportionality in Discipline
- Cognitive Behavioral Interventions for Trauma in Schools (CBITS)
- Comprehensive, Integrated Three-Tiered Models of Prevention (Ci3T)



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

Year 1 Notable Activities

Targeted Regional Trainings: We provided **10 targeted trainings** to districts, members of the SMH workforce, and other stakeholders across our region, **reaching 330 individuals**.

2019 Washington Multi-Tier System of Supports (MTSS) Fest Pre-Conference & School Mental Health Regular Conference Sessions: We co-sponsored a pre-conference session on Mental Health Integration in Schools and the Role of the School Principal for school leaders at the 2019 MTSS Fest East Conference on May 6, 2019 with OSPI and AWSP. **Over 50 principals** and district and school leaders across Washington received training from national PBIS and school mental health expert, Susan Barrett, on building a culture of wellness in schools, implementing positive classroom systems, trauma-informed discipline practices, staff self-care, social emotional skill curriculum, and data systems. We also sponsored 5 additional conference sessions at MTSS Fest East on school mental health topics that provided training to **more than 180 participants**.

Professional Learning Communities: We established and/or co-facilitated **3 professional learning communities** (PLCs) for MTSS district and building leaders in Year 1, engaging an estimated **60 individuals** in live webinars or in-person events and **up to 150 additional people** through email updates, recorded webinars and other resources.

Northwest Region PBIS and School Mental Health Collaboration: The SMH supplement has established and is facilitating a strong partnership between the following organizations: **Northwest PBIS Network (NW PBIS), The National PBIS TA Center, Association for Washington School Principals (AWSP), Washington Office of Superintendent of Public Instruction (OSPI), and Idaho Positive Behavior Network (IPBN) at Boise State University**. Together, we are coordinating efforts to improve the implementation of evidence-based mental health practices in regional schools and districts; combining and leveraging local, state, and federal funding sources; expanding professional development resources and events; and aligning messaging and resources for stakeholders.

Comprehensive Region 10 Representation at the National School Mental Health Learning Collaborative In-Person Learning Session: Sponsored and coordinated attendance and travel for **12 individuals representing each state in Region 10**, representing the following organizations: the Alaska Special Education Service Agency, Alaska Association of School Boards, University of Washington School Mental Health Assessment, Research, and Training (SMART) Center, Washington Office of the Superintendent of Public Instruction (OSPI), Association of Washington School Principals (AWSP), Oregon Department of Education, Oregon Central School District, Division of Public Health in the Idaho Department of Health and Welfare, and Idaho Positive Behavior Support Network at Boise State University.



"Northwest PBIS Network's regional work has been leveraged by our connection to the Northwest Region School Mental Health and MTSS Training and TA Center that is part of the Northwest Mental Health Technology Transfer Center. We're also poised to dive deeper into regional collaborations, and break down some persistent obstacles to establishing a true system of care for students in our public schools."

Jessica Swain-Bradway, PhD, Executive Director, Northwest PBIS Network

