




YEAR 5: 2022-2023

SCHOOL MENTAL HEALTH

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.**



Sitka, AK

8,432 

WEBSITE PAGE VIEWS

37 

EVENTS

17 

ANNOUNCEMENTS

5 

PRODUCTS



2,186
Participants



94%
Were satisfied
with the trainings



94%
Would recommend
trainings to others



91%
Intent to use
what was learned



88%
Had shared what they
learned with others



<https://bit.ly/NWSMH>

This work is supported by grant SM 18-015 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



NEW PRODUCT RELEASE

Addressing the Impact of Racism and Associated Trauma

The NWMHTTC School Mental Health Team, in partnership with the UW SMART Center and Midwest PBIS Network, released a new collection of resources to support youth in schools and at home. Addressing the Impact of Racism and Associated Trauma is designed for caregivers and educators to use as a resource to help students process feelings and stress associated with racial trauma.



RETURN TO ALASKA (SINCE COVID)

Alaska Workshops: Effective Practices to Support Mental Health in Schools

In Spring 2023, the NWMHTTC School Mental Health Team sent six professionals with expertise in school mental health, crisis behavioral health response, and trauma-focused care on a week-long visit to provide training and technical assistance across Alaska. The team provided one-day workshops in Sitka, Anchorage, and Nome for school and district teams in collaboration with the Alaska Autism Resource Center and the Alaska Special Education Services Agency (SESA). A total of 184 participants attended the three workshops across the state. The team enjoyed the return to Alaska for in-person trainings for the first time since the pandemic.



“ The NWMHTTC provided invaluable training for school districts in southeast Alaska (Sitka venue), south-central Alaska (Anchorage venue), and western Alaska (Nome venue). All of these regions have distinct needs, which require customizing training. It was impressive how the NWMHTTC could assess each region's needs, make onsite changes, and focus the training to support school and regional behavioral health staff needs. We hope to collaborate further with the NWMHTTC in Alaska! ”

– *Lyon C. Johnson, MA, NCSP, BCBA, LBA*
Special Education Service Agency, Anchorage, Alaska



LAUNCH OF E-LEARNING COURSE

Brief Intervention for School Clinicians (BRISC) Hybrid Training

In December 2022, the NWMHTTC SMH Team hosted its first hybrid BRISC Intensive Training for the Battle Ground Public Schools counseling staff in Washington State. A second school district, Salem-Keizer School District in Oregon, was trained in January 2023.



“ I love using BRISC [Brief Intervention for School Clinicians] to help my students overcome obstacles and learn sustainable skills for future growth. It is empowering and rewarding to see them flourish! ”

– *Marla Caesar, School Counselor,*
Battle Ground Public Schools, Washington State



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