

# The Well-Being Series



## The Well-Being Series

*Connections During COVID-19:  
Mental Wellness Webinars For Families & Educators*

### **Mental Wellness Is Critical During Coronavirus**

We're all adapting to a New Normal. Coronavirus has changed our jobs, our homes, our kids' schooling. Every parent is trying to adjust, to manage their changed work situation and changed home situation. We're all worried.

None of us know what's coming next.

## **And nor do our kids.**

While we wrestle with how best to manage our changed day-to-day logistics and lives, our children are wrestling with the same things. And doing it without what keeps them grounded: school, sports, band or orchestra practice, theater, engineering club, physical contact with friends.

We know that suicide rates increase at times of stress, disconnection and loss of purpose, and our kids are experiencing all of these right now. Now, more than ever, we need to support our kids' mental health. And parents need to understand the basics of suicide awareness and prevention.

**In response to these critical needs, the School Mental Health supplement is partnering with Forefront Suicide Prevention Center, University of Washington SMART Center, Association of Washington School Principals, DBT in Schools, NWPBIS Network, Sounds Supports, LLC, and WellEducator to bring you a series of webinars for kids, parents, and educators, focusing on mental wellness and suicide prevention.**

- All sessions are FREE and are being recorded.
- Recordings and presentation materials will be added to this page as they become available.
- Download The Well-Being Series flyer [here](#).

*\*Thank you to Rebecca Whimsical Art for the original photo and artwork.*

**See below for more information about all events in the series.  
For a complete list of helpful links and resources shared throughout the series, click [here](#).**

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## **Resources for Supporting the Mental Health & Well-being of Children & Families During COVID-19**

**Thursday June 11th, 11am - 12:30pm (PST)**



Northwest (HHS Region 10)

**MHTTC**

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



Northwest (HHS Region 10)

**PTTC**

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

These are difficult times for many families struggling to cope with job losses or working from home while managing the added responsibility of child care and home schooling. This webinar will focus on the mental health and well-being of children and families during the COVID-19 pandemic and the early data that provides insight into the challenges and opportunities for substance misuse prevention practitioners to support families and communities during this time. The webinar will also highlight many of the resources available from Child Trends, the nation's leading research organization focused exclusively on improving the lives of children and youth, especially those who are most vulnerable. The webinar will also discuss how these resources can be applied in your agency and community setting.

#### **PRESENTATION MATERIALS:**

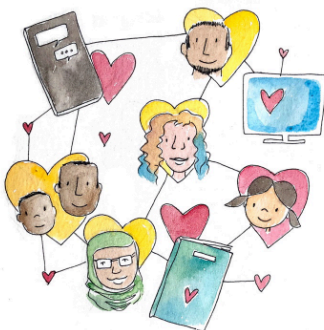
- **Presentation PDF**
- **Recording**

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### **Hope & Cope 2020**

A free webinar for youth age 14 - 21

**Wednesday June 17th, 1 - 3pm (PST)**



## **HOPE AND COPE 2020**

Join Forefront Suicide Prevention and filmmaker Rick Stevenson to experience the power of connection through storytelling

**>> Learn more & watch the recording here.**

## Join college and high school students for Hope & Cope 2020:

A virtual event that inspires you to experience this pandemic as a positive growth opportunity rather than a barrier to life. By choosing to attend this virtual event and the storytelling you do immediately thereafter, it may change you – and the rest of your life.

### As part of this event, attendees will be able to:

- Tell and hear stories of the most authentic, personal kind.
- Build resilience as you explore and articulate your values, fears, and dreams.
- Help others cope if you decide to share your story.

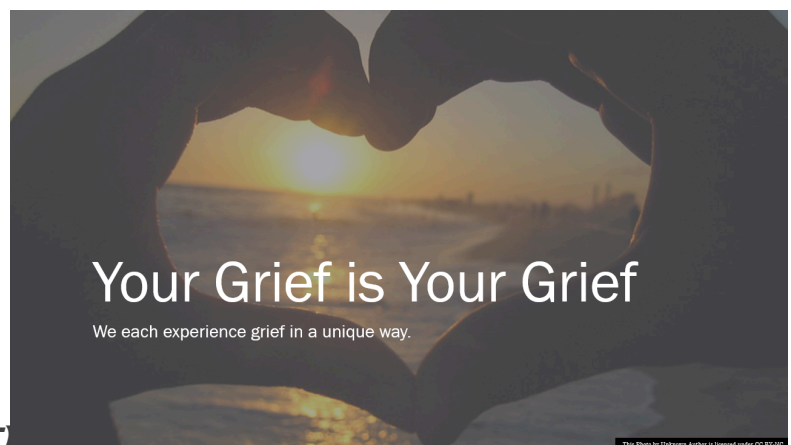
### Tell Your Story:

After this event you will be invited to submit your video story, to the Hope & Cope story platform. ***Your story will be compiled and returned to you as your own personal story capsule of your experiences during the pandemic.***

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## Ambiguous Loss: Grieving in the Time of COVID-19

Followed by Live Q&A Session



Wednesday May 27th, 2pm - 4pm (PST)

>> [Learn more here.](#)

Life, as we knew it just a few weeks ago, has been completely turned upside down. That feeling you are feeling but can't seem to describe in words may be grief. People are experiencing the loss of jobs, school, hugs, social connections, sports, graduations, weddings, funerals, it seems that

every area of our life has been touched. We can't even go to the grocery store without worry and stress. And if we were already grieving a loss, coping can be complicated. What do we do with this surreal feeling of disorientation? How do we recognize the signs and symptoms of grief and how do we cope? ***This webinar will give you an overview of what grief looks like at any time but especially during a time of ambiguous loss. We will talk about how to care for yourself and others in a time of uncertainty.***



#### **PRESENTATION MATERIALS:**

- **Presentation PDF**
- **Q&A Document**
- **Recording**

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## **LEARN® Saves Lives Suicide Prevention Training for Parents/Caregivers** In Partnership with the Forefront Suicide Prevention Center

**Thursday April 2nd, 10am - 12pm (PST)**



**>> [Learn more here.](#)**

Forefront Suicide Prevention Center's LEARN® Saves Lives webinar teaches essential skills for suicide prevention. Join us to learn how to:

- **Make your home safer to prevent the risk of suicide**

- Ask your kid about suicide in a safe way
- Recognize the signs of a mental health crisis and practical steps to address it

## PRESENTATION MATERIALS:

- **LEARN® One-Pager**
- **Presentation PDF**
- **Recording**
- Q & A Document - COMING SOON!



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## Educator Wellness Webinars

In Partnership with WellEducator & the Northwest PBIS Network



WellEducator  
connection • compassion • curiosity

**April 3rd, April 24th, May 15th, June 3rd**

*\*All webinars from 1 - 2:30pm (PST)*

**>> Learn more about all 4 webinars here.**

**\*OFFERING CLOCK HOURS!**

At *WellEducator* we wholeheartedly believe that nurturing others begins by nurturing oneself. This Educator Wellness Series is designed for you, the educator, to take a break from what can feel like an overwhelming hustle to prepare, deliver, and support your students and focus on your own wellbeing. We also believe EVERY educator is doing the best they can, and there is always room for growth and development. We designed this 4 Session Series to support you in tapping into your resiliency skills, increasing your self-compassion, creating self-care routines, building a practice of gratitude and appreciation and celebrating - even those small successes - to support your wellbeing. We know you are showing up for your students, that's what you do! It's time to take a time out just for you!



#### **PRESENTATION MATERIALS:**

**April 3, 2020**

- **Guided Notes PDF**
- **Recording**

**April 24, 2020**

- **Guided Notes PDF**
- **Recording**

**May 15, 2020**

- **Guided Notes PDF**
- **Recording**
- **Presentation Resources**

June 3, 2020

- **Guided Notes**
- **Recording**

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**Building Protective Factors for Yourself and the School Community,**  
The School Leader Series



**April 30th, May 14th, June 4th**

*\*All webinars from 1 - 2:30pm (PST)*

**>> [Learn more about all 3 webinars here.](#)**

**\*OFFERING CLOCK HOURS!**

This webinar series is focused on the role of the school leader in creating and maintaining a positive climate and culture virtually during the global pandemic and in the building upon the return to school. We know these are challenging times and want to provide information you can use immediately and to use for the plans to return to school as part of your MTSS framework. The series is broken into three 90-minute sessions on three separate dates. **\*Please note that the last session is a chance to get your questions addressed LIVE!**

**PRESENTATION MATERIALS:**



**April 30, 2020**

- **Presentation PDF**
- **Recording**

**May 14, 2020**

- **Presentation PDF**
- **Recording**

**June 3, 2020**

- **Presentation PDF**
- **Recording**
- **Helpful Links & Resources**

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## **Student Life Skills to Survive & Thrive During COVID-19 & Beyond**



In Partnership with DBT in Schools & Forefront Suicide Prevention Center

**DBT STEPS-A Online Lessons**

**Tuesday and Thursday mornings April 21, 2020 - June 16, 2020**

*\*All live streams will take place from 10 - 11am (Pacific Time)*

**>> [Subscribe to their YouTube channel and join live.](#)**

**>> [Learn more about their weekly schedule and access recorded lessons here.](#)**

Join Doctors Jim & Lizz Mazza & family in their living room as they teach kids the basics of emotional regulation and specific skills such as mindfulness, distress tolerance and interpersonal effectiveness—essential skills at any time, but even more critical during COVID-19. Our kids -- all of us -- are upended emotionally right now. Tune in with your kids to help you reduce conflict and to keep this pandemic in perspective.

**Live Q&A Sessions with Jim and Lizz Mazza**  
**May 19, 2020 and June 16, 2020, 10 - 11am (PST)**

*Registration Required.*

**>> [Learn more here.](#)**

Have you been watching the Mazza's live or online videos as they support their kids and your kids in developing DBT, otherwise known as, critical life skills? Do you have any questions about their lessons might translate into your own home? A school setting? Have you read their book or attended their past training on DBT in schools? Well, don't miss the opportunity to ask whatever questions you may have of them when they do live Q&A sessions on May 19th and June 16th, 2020.

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## **Psychological First Aid - Listen, Protect, Connect/Model, and Teach**

**Wednesday May 13th, 9:30 - 11:00 am (PST)**

**Note:** *This webinar was originally focused on the topic of evidenced-based approaches to trauma in schools. As a result of the global pandemic, we are now offering a more timely training on psychological first aid. This webinar is now available for up to 500 registrants. We will reschedule the original webinar for a later date.*

**Description:** This training was specifically designed as a five-step crisis response strategy based on communication skills that educators and school staff use every day. Although initially introduced in response to targeted school violence, such as school shootings and other acts of violence on a school campus, the goals of Psychological First Aid for Schools – Listen Protect

Connect/Model and Teach have relevance to the COVID-19 pandemic which has seriously disrupted the daily lives over children and adults all over the world. The closure of schools and businesses adds to the health risks faced by all which contribute to the stresses that students and adults face under orders of physical distancing, stay at home directives or quarantine conditions. Given the levels of internet and web connectivity for students, being at home doesn't have to mean being cut off from teachers, school support staff, classmates and friends.

#### **PRESENTATION MATERIALS:**

- **Presentation PDF**
- **Listen, Protect, Connect 1-Pager**
- **USDOE PFA Helpful Hints Handout**
- **PFA COVID-19 Sample Questions**
- **Recording**

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#### **Be Our Lunch Date? A "Think Tank" Time: A Gathering of School Mental Health Practitioners to Surface School Mental Telehealth Needs and Resources**

**Friday, April 10**

**12:00 - 1:15 pm Pacific**

**>> [Access recording & meeting materials here.](#)**

**Hosts:** The Northwest (Kelcey Schmitz) and Pacific Southwest MHTTCs (Leora Wolf-Prusan), Center on PBIS (Susan Barrett)

**Description:** For the past couple of months the Northwest and Pacific Southwest regions have been engaged in learning about the Interconnected Systems Framework - a structure and process to integrate PBIS and school mental health within school systems. This systems work is just as important now, as schools explore how to best provide school mental health, telehealth, and virtual student supports.

**Join us for a "think tank" workshop to identify the needs we are noticing; the resources in our field that can support those needs; and ways we can develop tools and supports to fill the**

**gaps. Some of the questions we can work through together may be:**

1. *How might we support educators, mental health providers, and clinicians with engaging children, youth, and families who live in extreme poverty or rural areas?*
2. *How do we know if our students are okay? (e.g. how to identify students in distress at home, and what to do when they signal or ask for help; how to support students experiencing neglect or domestic violence)*
3. *How might we partner with family navigators to support our students?*
4. *How do we approach telehealth through an MTSS lens? (e.g. the difference between checking in with all students -universal - and providing mental health interventions - intensive)*
5. *How do we provide student support services via telehealth in teams? How do we utilize teams already in place (e.g. PBIS, ISF) to provide telehealth?*
6. *How might we acknowledge our commitment to mental health for all and translate that commitment to the current context?*
7. *How might we stick to best practices during this period?*
8. *How might we identify protective factors within our community?*
9. *How might we set up small teams of people to build supports for one another?*
10. *How does implicit bias impact our rules for virtual student supports and tele school mental health?*

**Audience:** Educators, school counselors, social workers, psychologists; behavioral health agencies; student support services; state education entities; county Offices of Education; community-based organizations; technical assistance providers; field specialists, professors, thought leaders; and anyone else who would like to join.

*Note: This is intended to be a work group, so we are limiting the session to **100 participants. Participation is first come, first served.** While we're focused on the Pacific Southwest and Northwest regions, we welcome anyone to the think tank.*

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**Want more information and school mental health resources?** Visit the Northwest MHTTC's **School Mental Health page** and **sign up for our monthly newsletter** for regular updates

about events, trainings, and resources available to the Northwest region.

## CONTACT US

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650-721-8692



## ABOUT THE NETWORK

About the MHTTC Network

Technology Transfer and Dissemination and Implementation Science

Collaborators

## COMMUNICATION

Recent News

MHTTC Pathways Newsletter

## PROJECTS

MHTTC Areas of Focus

School Mental Health

Workforce Development

## EDUCATION

[healthknowledge.org](http://healthknowledge.org)

Training and Events Calendar

## RESOURCES

Products & Resources Catalog  
Spotlight on SAMHSA Resources

**GET HELP**

988 Suicide and Crisis Lifeline

Early Serious Mental Illness Treatment Locator

[findtreatment.gov](http://findtreatment.gov)

SAMHSA's National Helpline: 1-800-662-HELP (4357)

SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS  
to 66746



**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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