



MHTTC

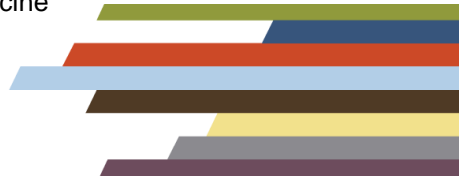
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# MHTTC Network: School Mental Health Initiative

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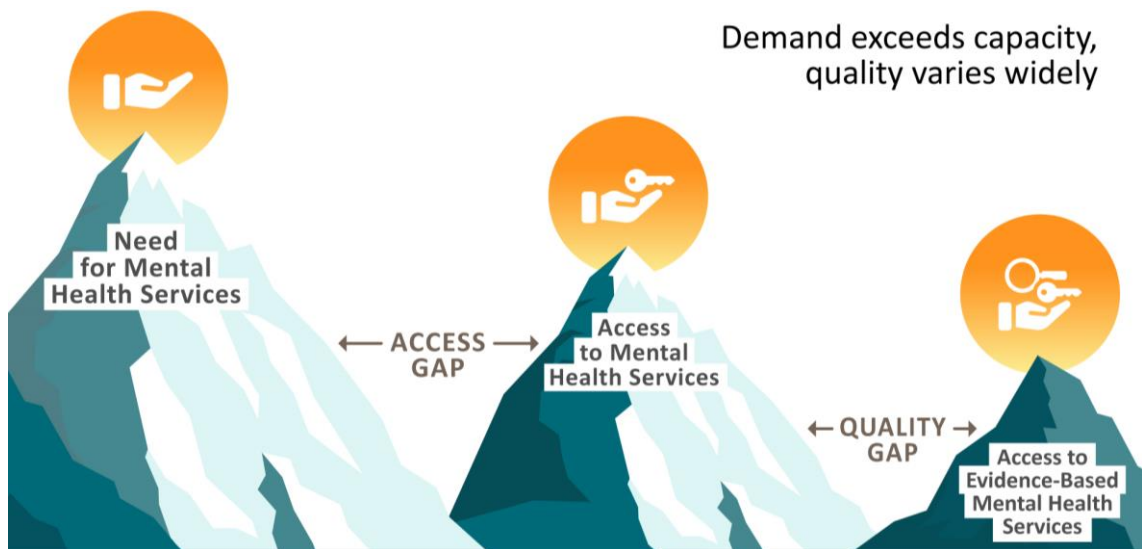


NASMHPD Annual Meeting  
September 9, 2021



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## Mental Health Care Crisis



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## DISSEMINATION & IMPLEMENTATION (D&I) SCIENCE:

Building Bridges Across Access and Quality Gaps

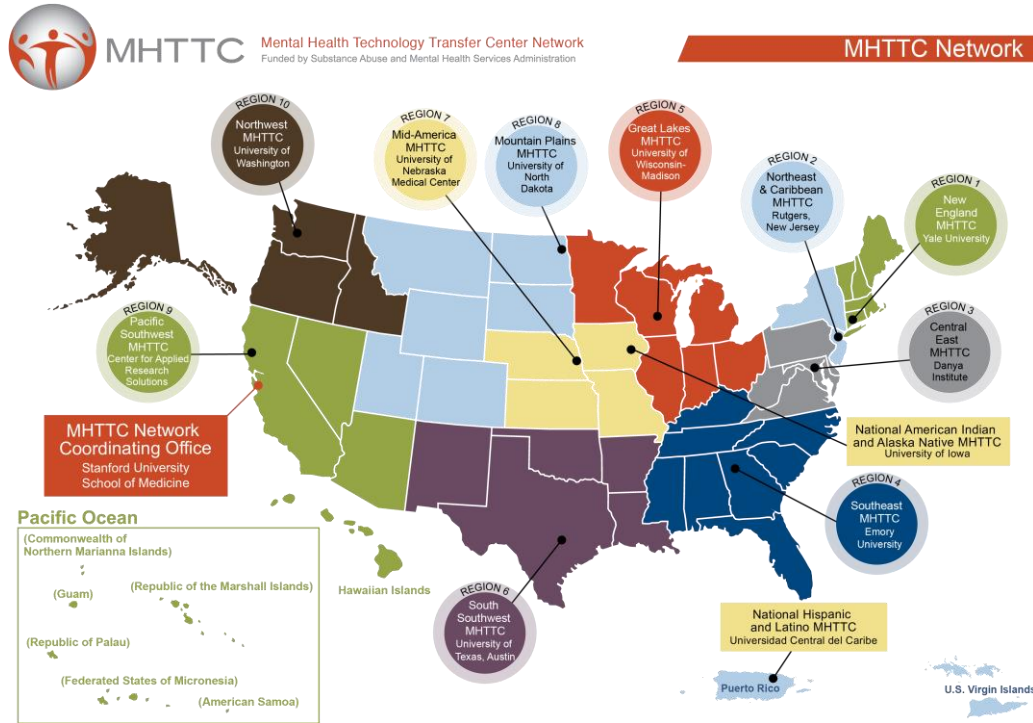


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## Learning Health System: National Public Mental Health Network

- Learning health system model
  - Use data to make informed decisions to identify care gaps, variation in quality, and health care disparities
- Vision is to operate MHTTC as a learning mental health TA network
- Bring the best of D&I science to bear in identifying and then bridging access, quality, and disparity gaps
- **Precision TA/implementation strategies**, not just dissemination, training or “everything but the kitchen sink” approaches

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## MHTTC Methodology

- Provide regional or population-tailored services to states and treatment provider systems across mental health prevention, treatment, and recovery
- Work closely with SAMHSA Regional Administrators, state behavioral health commissioners, and local stakeholders to understand pressing needs in the region/population, and develop annual workplans (versus emphasis on TA requests/grantees)
- D&I science increasingly informs our services
  - Context - what are local/regional barriers and facilitators to implementation?
  - Precision implementation strategies specific to the need - training, coaching, coalition building, implementation facilitation, learning collaboratives
  - Maximize impact on service delivery systems



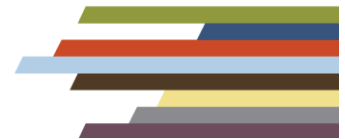
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# Starting our 4<sup>th</sup> year....

- Delivered over 2,200 training and technical assistance events to over 207,000 mental health professionals and others
  - See MIC stories (MHTTCs Implementing Change) for examples of intensive TA/implementation support
- Developed over 1,600 enduring products for the field
- Completed a one-year [Provider Well-Being Initiative](#)
- Established relationships with partners across the country
- Coalesced into a Network that shares and co-creates
- Touched the lives of patients, consumers, family members, and communities



Photo by [Stephen Leonardi](#) on [Unsplash](#)



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## Regional Crisis Services Events

Website has searchable Events Calendar and Products & Resources Catalog

### Enhancing Quality of Care with Psychiatric Advanced Directive (PAD) and Peer Support

Publication Date: July 22, 2021

Developed By: [South Southwest MHTTC](#)

### Integrating Peer Support: Enhancing Crisis Services with Lived Experience

2:00pm - April 15, 2021 thru 3:00pm - April 15, 2021 | Timezone: US/Eastern

Collaborating TTC: [New England MHTTC](#)



### Ohio Crisis Academy: Rural Solutions to Crisis Continuum of Services

9:00am - February 24, 2021 thru 12:00pm - February 24, 2021 | Timezone: US/Eastern

Hosted By: [Great Lakes MHTTC](#)



### Family Led Crisis Planning

1:00pm - July 20, 2021 thru 3:00pm - July 20, 2021 | Timezone: US/Pacific

Hosted By: [Northwest MHTTC](#)



### LEND A HAND: A Crisis Management, Triage and De-escalation Model

10:30am - October 6, 2021 thru 11:45am - October 6, 2021 | Timezone: US/Pacific

Hosted By: [Northwest MHTTC](#)

### 988 - National Helpline for Mental Health Emergencies

Publication Date: June 3, 2021

Developed By: [Pacific Southwest MHTTC](#)

Registration Deadline: October 6, 2021

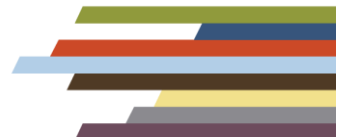
[REGISTER](#)

Need more information?  
Contact us at [northwest@mhttcnetwork.org](mailto:northwest@mhttcnetwork.org)

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# School Mental Health Initiative

- Provide TA and training on the implementation of mental health services in schools and school systems, and on linkages to such services where direct provision is not possible
  - School mental health as part of the continuum of crisis care for children and adolescents
- Disseminate information on best models of school-based mental health
  - [National Implementation Guidance Modules](#) for School Mental Health developed in Y1
- Develop, disseminate, and provide implementation support for the [Classroom WISE](#) mental health awareness/literacy training package for educators
- In Year 4, also provide TA to Project AWARE grantees



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## School Mental Health

- Regional and population-specific training and TA

**1 How to Navigate Privacy and Technology**

- Identify whether your organization suggests a platform for tele-services
- Find regulations that your school or agency may have that prevent you from using tele-services
- Consider: Is it safe and necessary to use one another? Does the student have access to a cell phone or computer? Are there other barriers to technology?
- Pick a platform. Use professional-level programs when possible. Practice using the platform when you need to obtain support from parents and keep them informed as best you can.

**2 How to Engage Your Team**

- Identify relevant team members to contact (e.g. administrators, school counselors, school psychologists, school social workers)
- Consider how you can partner with colleagues with telehealth experience, such as home-school providers
- Set a weekly or biweekly virtual meeting time
- Set an agenda and send it out prior to meeting
- Troubleshoot how to use the telehealth platform and consider:
  - Who is going to contact students and families?
  - Who can provide support to staff who can you share helpful tools and tips with each other on how to conduct telehealth?
  - Talk with team members about their current needs and professional needs of students, families and school staff
  - Set responsible expectations for your team and divide tasks among members
  - Set plan to monitor tasks and allow time for follow-up meeting

**TELEHEALTH TOOLBOX**  
\*for school personnel\*

**Healing School Communities in the Context of Racial Violence**

Where do we go from here?

Thursday, Feb. 25 | Thursday, March 4

**Supporting LGBTQ+ Youth in Schools: Improving the School Experiences of LGBTQ+ Students**

Collaborating TTC: Southeast MHTTC  
Publication Date: March 19, 2021

**After a School Tragedy...Readiness, Response, Recovery, & Resources**

Acts of violence, suicide, and other tragedies affect many school communities. In 2018, there were 82 school shootings, the highest number since 1970 (CDC, 2019). Death by suicide is currently the 2nd leading cause of death among teenagers, next to (car) accidents (CDC, 2018). In 2017, 2 out of every 100 teenagers made suicide attempts serious enough to require medical treatment; 7 out of 100 attempted suicide (CDC, 2019).

These tragedies have a wide-ranging impact on the school community that extends far beyond the events of the day. Secondary trauma and complicated grief affect students, families, and school staff in ways that may appear immediately following a school tragedy or weeks, months, or years later. Stremmen Douglas High School in Parkland, Florida is facing another wave of painful challenges after death by suicide of two student survivors of the March 14<sup>th</sup>, 2018, school shooting that resulted in 17 student and teacher deaths.

This resource is designed to help schools better support students and families in the aftermath of violence and trauma. We provide strategies to assist schools with readiness, response, and recovery to help a school community support resilience in the event of a tragedy. We offer places to turn for more resources. We discuss terminology and concepts related to suicide and grief. Finally, we highlight the importance of providing culturally responsive services, with example cultural considerations for schools to help impacted students struggling with grief and trauma.

**WELL-BEING WEDNESDAYS**

Taking Care of Teachers Who Take Care of Kids

Presented by the Mid-America MHTTC

**College Mental Health Professionals Community of Practice (CoP): Self-Care and Wellness during COVID-19**

Publication Date: December 8, 2020  
Developed by: Mountain Plains MHTTC

**Back to School After COVID-19: Supporting Student and Staff Mental Health**

Chattahoochee Learning Collaborative Toolkit

**Strengthening Resilience: Promoting Positive Mental Health Among Indigenous Youth**

Mountain Plains (P10) Region 10  
MHTTC Mental Health Technology Transfer Center Network

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# MHTTC Online Courses



Visit [www.HealthKnowledge.org](http://www.HealthKnowledge.org) under *Mental Health Services/School Mental Health*


Course categories:  
Mental Health Services / School Mental Health

Search courses  Go ?




**School Mental Health**  
Cultivating Compassionate School Communities that Respond to Trauma Effectively

[View Description and Enroll](#)



**School Mental Health**  
Classroom WISE: Well-Being Information and Strategies for Educators

[View Description and Enroll](#)



**School Mental Health**  
Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)

[View Description and Enroll](#)

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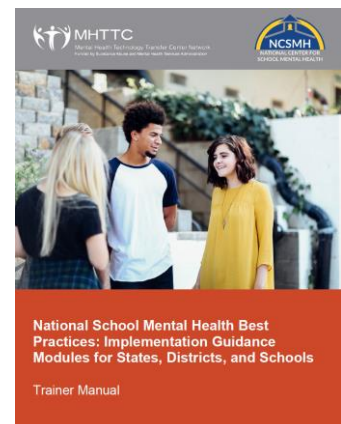
## National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

### Highlights core features of effective school mental health systems

- Trainer and participant manuals with tools and resources
- 8 slide decks that focus on each core feature
- 5 recorded virtual learning

### Dissemination and implementation of the Guidance Modules

- *Always & Now* 8-part Learning Series - Jan-June 2021
  - Pre-recorded didactic content for each module
  - Learning sessions
  - Regional breakout sessions
- Regional Learning Collaboratives and other intensive technical assistance
  - [South Southwest MHTTC: TX Small and Rural District Professional Learning Community](#)
  - [Southeast MHTTC: School Mental Health Regional Learning Community](#)
- [National School Mental Health Best Practices Index: A Supplementary Guide](#) – helps search and locate specific resources in each module

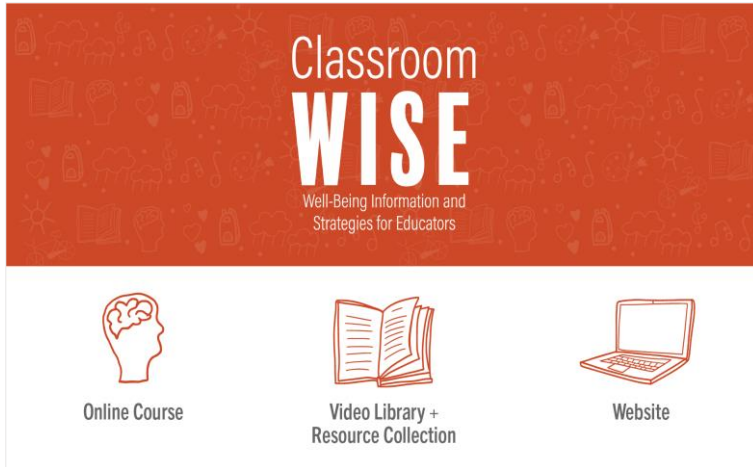


[Available on the MHTTC Website!](#)

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## NOW AVAILABLE!

### Classroom WISE: Well-being Information and Strategies for Educators



- A **FREE** mental health literacy and response training package for teachers and school staff
- Evidence-based content
- Development process included input from educators, students, and school mental health leaders

[www.classroomwise.org](http://www.classroomwise.org)



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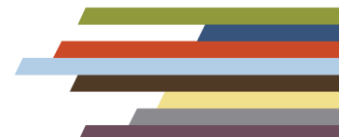
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## Classroom WISE: 5-hour, Self-Paced Online Course

<p><b>Module 1:</b> Creating Safe and Supportive Classrooms</p>	<p><b>Module 2:</b> Teaching Mental Health Literacy and Reducing Stigma</p>	<p><b>Module 3:</b> Fostering Social Emotional Competencies and Well-Being</p>
<p><b>Module 4:</b> Understanding and Supporting Students Experiencing Adversity and Distress</p>	<p><b>Module 5:</b> Impact of Trauma and Adversity on Learning and Behavior</p>	<p><b>Module 6:</b> Classroom Strategies to Support Students Experiencing Distress</p>



[www.classroomwise.org](http://www.classroomwise.org)



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# Classroom WISE: Video Library



### How Teachers Can Show Interest

Teachers can help keep students engaged by showing interest. In this video, students of various ages describe ways that teachers have shown interest in them and their lives.

1min 10sec



### Promoting Self-Regulation

Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one's emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom.

2min 30sec

[www.classroomwise.org](http://www.classroomwise.org)

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# Classroom WISE: Resource Collection

Below is a compilation of resources that are referenced in the Classroom WISE online course. All resources were developed by the MHTTC Network and the National Center for School Mental Health for Classroom WISE, unless otherwise noted. A complete list of Classroom WISE resources is available [here](#).



Module 1: [Creating Safe and Supportive Classrooms](#)



Module 2: [Teaching Mental Health Literacy and Reducing Stigma](#)



Module 3: [Fostering Social Emotional Competencies and Well-Being](#)



Module 4: [Understanding and Supporting Students Experiencing Adversity and Distress](#)



Module 5: [The Impact of Trauma and Adversity on Learning and Behavior](#)



Module 6: [Classroom Strategies to Support Students Experiencing Distress](#)

[www.classroomwise.org](http://www.classroomwise.org)

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# Classroom WISE



About Classroom WISE About the Developers Video Library Resource Collection Contact Us f t in Launch Course



- Over 2,000 enrolled in the course
- MHTTCs have commenced dissemination efforts
  - Learning community
  - Office-hours series
- District leaders across numerous states are interested in incorporating this training into professional development for school staff
- Started pilot implementation project with 14 schools

[www.classroomwise.org](http://www.classroomwise.org)

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# MHTTC

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## Find Your Center – [www.mhttcnetwork.org](http://www.mhttcnetwork.org)



• @MHTTCNetwork

- *MHTTC Pathways*
  - Monthly eNewsletter

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# Contact Information

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