



## School Mental Health in HHS Region 7

The Mid-America MHTTC is devoted to implementing comprehensive mental health programming across our four-state region. Schools are the most accessible mental health provider for youths and teens — especially in regions like ours, where 85 percent of counties are designated Mental Health Professional Shortage Areas.

Comprehensive school mental health programming may lead to improvements in:

- self and social awareness;
- decision-making capacity;
- academic outcomes;
- and student engagement.

**21%** of youths experience a mental health concern annually

The National Institute of Mental Health, 2015



HHS Region 7

## What is the National School Mental Health Best Practices:

## Implementation Guidance Modules for States, Districts, and Schools?

The National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools (previously the National School Mental Health Curriculum) is a comprehensive and evidence-based model of aligning mental health services with existing multi-tiered systems of support. It was co-developed by the MHTTC Network and the National Center for School Mental Health with financial support from the Substance Abuse and Mental Health Services Administration (SAMHSA). It forms the foundation of our Center's training and technical assistance offerings in school mental health.

## Training & Technical Assistance

Much of our day-to-day involves providing support to the region's districts and states to implement best practices and policies that support comprehensive school mental health. This training is focused around the implementation of comprehensive school mental health systems and integrating best practices. We regularly provide training through conference presentations, workshops, and webinars. Reach out to us if you think we might be of service to you and your district.

## Contact Us




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## Comprehensive School Mental Health Systems

We support a multi-tiered approach to enhancing mental health and well-being of students and school personnel. Our work with educational and mental health agency teams is based in the National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools. Contact us if your team is interested in implementation supports, technical assistance, or training.

**Tier 3** Targeted interventions for students with serious concerns impacting functioning.

**Tier 2** Supports and early intervention for students identified as at-risk for mental health concerns.

**Tier 1** Promotion of positive social, emotional, and behavioral skills and overall wellness for all students.

**Professional development and support for a healthy school workforce**

**Family-school-community partnerships**

## Utilizing the Adult Resilience Curriculum (ARC) to Enhance Educator Well-Being



Educators and school personnel have long been on the front lines of engaging with students with mental health needs and are often the first point of contact regarding mental illness. This can lead to burnout and compassion fatigue. ARC can help educators navigate their ever-changing climate and overcome barriers to well-being. Through self-paced learning or institutional efforts, ARC provides the structure that is often missing from meaningful well-being programming. Get in touch with us if you are interested in technical assistance or training in the ARC.

## Improving Mental Health Literacy with Classroom WISE

Classroom Well-Being Information and Strategies for Educators, or Classroom WISE, is a free three-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Developed by the MHTTC Network in partnership with the National Center for School Mental Health, this package offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom. The Mid-America MHTTC can provide support to buildings, districts, agencies, or states that are interested in using the online course, videos, and resources. Visit [classroomwise.org](http://classroomwise.org) to learn more.



**Our school mental health team has trained**  
**17,171** **educators, administrators,**  
**and behavioral health**  
**professionals since 2018.**