



MHTTC

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

SCHOOL MENTAL HEALTH INITIATIVE 2018-2019

The Mental Health Technology Transfer Center (MHTTC) Network is a collaborative Network whose purpose is technology transfer - disseminating and implementing evidence-based practices for mental health prevention, treatment, and recovery supports across the United States and territories. Funded by SAMHSA, the Network includes 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office.

In August 2018, the MHTTC Network received supplemental funding to address the need for further implementation of mental health services in schools. In the last year, the Network disseminated information and provided technical assistance and training around various school mental health topics. The Network recognizes the importance of collaboration and engagement across the education and mental health fields. As such, many of our school mental health activities involved collaboration with local school staff and administrators, as well as state level mental health and education authorities.



63

SCHOOL MENTAL
HEALTH RESOURCES
DEVELOPED



145

TRAINING & TECHNICAL
ASSISTANCE SERVICES
PROVIDED



7,131

PARTICIPANTS
REACHED



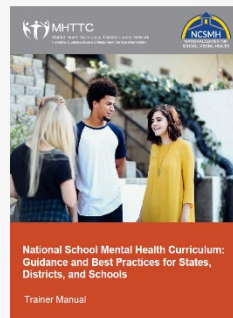
21,724

VIEWS ON SCHOOL
MENTAL HEALTH
WEB PAGES

WWW.MHTTCNETWORK.ORG

PRODUCT HIGHLIGHT: NATIONAL SCHOOL MENTAL HEALTH CURRICULUM

The MHTTC Network collaborated with the National Center for School Mental Health to develop the *National School Mental Health Curriculum*, which focuses on the core features of effective school mental health services. The curriculum is intended for district teams that can influence, develop, and oversee school mental health services at the district and building levels. It is available for free on the MHTTC website at www.mhttcnetwork.org.



INCLUDES:

- Trainer manual
- Participant manual
- 8 modules designed for delivery in one-hour sessions
- 5 recorded virtual learning sessions



We thoroughly explored the newly developed School Mental Health Curriculum. One module clearly stood out: the teaming and alignment module. After learning this module, we began to implement the process. This process is one that can be used within the framing of mental health initiatives and beyond. The steps are truly universal and ones that we've begun to use frequently.



— PARTICIPANT FROM
GEORGIA DEPARTMENT OF
EDUCATION



Our collaboration with the MHTTC in our region has focused on a common goal of developing Millard's Behavior Coaches in every school to better serve children, educators, and systems in the area of school mental health. We lean on the MHTTC team to connect our needs with the School Mental Health Curriculum. Working together has helped us take positive steps forward in the area of school mental health practices.



— PARTICIPANT FROM MILLARD
PUBLIC SCHOOLS IN NEBRASKA



1,268

DOWNLOADS OF THE
NATIONAL SCHOOL
MENTAL HEALTH
CURRICULUM

EXAMPLES OF ACTIVITIES DELIVERED BY THE MHTTC NETWORK IN YEAR 1

AUGUST 2018 TO AUGUST 2019

NEW ENGLAND MHTTC | CHILDHOOD TRAUMA LEARNING COLLABORATIVE (C-TLC): This collaborative assisted elementary and middle schools address the needs of students who have experienced/are at risk of experiencing significant trauma. The C-TLC is comprised of a diverse group of educational leaders including assistant superintendents, principals, school psychologists and counselors, social workers, and teachers in the New England region.

NORTHEAST & CARIBBEAN MHTTC | SCHOOL MENTAL HEALTH SUMMIT: Through this day-long event, superintendents, principals, staff from the New Jersey Department of Education, and other school representatives learned about school mental health from local and national experts, including collaborators from the National Center for School Mental Health at the University of Maryland and the New Jersey School Board Association.

CENTRAL EAST MHTTC | SUICIDE PREVENTION FORUM FOR FAMILIES AND SCHOOL STUDENTS: This forum was facilitated in collaboration with the Anne Arundel County Department of Education and the National Center for School Mental Health to provide information on national and local suicide prevention resources for parents, students, and educators.

SOUTHEAST MHTTC | REGIONAL LEARNING COMMUNITY ON SCHOOL MENTAL HEALTH: Through this learning community, state and local leaders in behavioral health and education in the Southeast region engaged in shared learning with the goal of advancing comprehensive school mental health systems at state and local levels.

GREAT LAKES | ROLE OF SCHOOLS IN SUICIDE PREVENTION WEBINAR SERIES: This webinar series, in collaboration with the American Foundation for Suicide Prevention - Illinois Chapter and Elyssa's Mission, focused on providing educators, school staff, and community mental health providers with tools and practices to effectively engage students at-risk for suicide.

SOUTH SOUTHWEST MHTTC | TRAUMA-SENSITIVE SCHOOLS LEARNING COMMUNITY: State agency, district, and campus staff across the South Southwest region came together to review the *Trauma Sensitive Schools Curriculum* and resources, role play training elements, and discuss strategies for raising awareness about the impact of trauma and building investment in a trauma-informed school transformation.

MID-AMERICA MHTTC | SCHOOL MENTAL HEALTH LEARNING COMMUNITY VIRTUAL LEARNING SERIES: This virtual learning series trained states and districts within the Mid-America region on the foundational principles and strategies of comprehensive school mental health systems based on the *National School Mental Health Curriculum*, aligned with national performance standards.

MOUNTAIN PLAINS MHTTC | HIGHER EDUCATION TEACHER PREPARATION WORKGROUP: The workgroup, which included Deans, department chairs, and professors working at universities and colleges across the Mountain Plains region, explored areas of improvement for curriculum related to mental health education in teacher preparation programs.

PACIFIC SOUTHWEST MHTTC | SUMMER LEARNING INSTITUTE: The learning institute brought together school mental health stakeholders including educators, policymakers, community mental health providers, and district leadership from the Pacific Southwest region. The learning sessions helped foster linkages across sectors to create better integration of schools and community providers.

NORTHWEST MHTTC | PROFESSIONAL LEARNING COMMUNITIES: Three professional learning communities were convened across the Northwest region to provide additional training, technical assistance, and peer support and learning opportunities around implementing the *National School Mental Health Curriculum* and multi-tiered systems of support.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC | CRISIS AND RESILIENCY TEAMS: This collaborative technical assistance project helped communities create their own community-based crisis and trauma resiliency teams. Learning collaborative opportunities and in-person trainings focused on identifying needs of the community, engaging local schools and districts, and encouraging community engagement.

NATIONAL HISPANIC AND LATINO MHTTC | TRAINING OF TRAINERS: The development of the curriculum *Cultural Considerations for Providing School-Based Mental Health Services to Hispanic and Latino Children and Youth* provided the opportunity to conduct a training-of-trainers for school mental health professionals on cultural issues related to the provision of mental health services for Hispanic and Latino children and youth in schools.

MHTTC NETWORK COORDINATING OFFICE | SCHOOL MENTAL HEALTH LEARNING COLLABORATIVE: In partnership with the National Center for School Mental Health, the Network Coordinating Office facilitated a National School Mental Health Learning Collaborative to build state and regional capacity to advance comprehensive school mental health policies and practices. Participants included state education and behavioral health leaders from 36 states and territories, as well as MHTTC school mental health leads.

Questions?

Contact your Regional Center or National Focus Area Center
www.MHTTCnetwork.org – click on 'Your MHTTC'
or contact the MHTTC Network Coordinating Office
networkoffice@mhttcnetwork.org (650) 721-8692

SAMHSA
Substance Abuse and Mental Health
Services Administration