



MHTTC

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

School Mental Health Initiative 2019-2020

The MHTTC Network, funded by SAMHSA, includes 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office. Our collaborative network accelerates the implementation of mental health evidence-based practices by providing free training and technical assistance and developing and disseminating resources for the mental health field.

Through our School Mental Health Initiative, our Network focuses on the implementation of mental health services in schools. In the last year, the confluence of the COVID-19 pandemic and social isolation, natural disasters, racial violence, and other national issues have resulted in significant increases in mental health needs in school-age children and adolescents. Our Network has pivoted to offer virtual learning opportunities and resources on key issues, including:

- Providing telemental health services
- Social isolation, grief, loss, and bereavement
- Mental health disparities and impacts of racial injustice
- Increased risk of family violence
- Returning to school amidst COVID-19
- Educator well-being and self-care

Many of our school mental health activities involved partnerships with other national school mental health organizations and collaborations with local school staff and administrators and state mental health and education authorities.



360+

PRODUCTS & RESOURCES
DEVELOPED



388

TRAINING & TECHNICAL
ASSISTANCE SERVICES
PROVIDED



36,257

PARTICIPANTS
REACHED



176

COLLABORATIONS WITH
NATIONAL, STATE, AND
LOCAL ORGANIZATIONS

RESPONDING TO COVID-19: IMPACT ON STUDENT MENTAL HEALTH



School Mental Health Resource Collection with a Focus on COVID-19

Addressing the mental health impact on students, parents, teachers, and school personnel has become more important and necessary than ever before. The MHTTC Network compiled an extensive [collection of events and resources](#) specific to school mental health that can be useful when coping with the effects of the pandemic.



National Programming and Products to Address School Telemental Health Needs

Our Network collaborated to develop products and national programming opportunities to assist school mental health providers in making the transition from in-person to telemental health services. Programming such as [Making a Good Connection: Engaging Students and Families in School Telemental Health](#), focused on practical strategies and equity concerns related to engaging youth and families using distance technology.



Supporting School Mental Health in the Context of Racial Violence

To assist mental health advocates, education leaders, and the school mental health workforce in addressing the impact of racial violence on student mental health, the Network prioritized development of programming related to this very timely topic, including a [2-part Learning Forum](#) that engaged participants in a conversation focused on strategies for supporting students' mental health while navigating racial violence in and out of school.

SNAPSHOT OF ACTIVITIES DELIVERED BY THE MHTTC NETWORK 2019-2020

New
England
MHTTC

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

Great Lakes
MHTTC

Youth & Vaping Learning Sessions, Resources and Information

Pacific
Southwest
MHTTC

School Mental Health Crisis Leadership Lessons: Voices of Experience from Leaders in the Pacific Southwest Region

Northeast &
Caribbean
MHTTC

Understanding Racial Injustice and its Impact on Student Mental Health 3-part Learning Series

South
Southwest
MHTTC

A Brief on Fostering Resilience: Responding to the Needs of School-Age Children

Northwest
MHTTC

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

Central
East
MHTTC

Growing Crisis: Suicide Death Rate, Attempts and Injuries among Black Youth Infographic

Mid America
MHTTC

Telehealth Toolbox for School Personnel: Handouts, Resources & Guides

American
Indian &
Alaska Native
MHTTC

Special Weekly Webinar Series for Tribal Schools as they Reopen Amidst COVID-19

Southeast
MHTTC

Financing School-Based Mental Health Services during a State Budget Crisis

Mountain
Plains
MHTTC

Trauma Responsive Schools Theory of Change Toolkit

Hispanic
& Latino
MHTTC

Symposium on Culture, Trauma, and Mental Health Services for Hispanic & Latino Students

FEEDBACK HIGHLIGHTS

“ Thank you so much for this training, "It's hard to hear what you are saying when I'm watching what you are doing." Very powerful...for us as educators and school mental health professionals to consider.

This was an excellent presentation. Thank you so much for all that you do. I am learning a lot due to your efforts.

These sessions were super informative! I hope they can happen more often. I have gained so much valuable knowledge and resources.

Thank you so much for holding this space to have an interactive workshop full of resources and the time and expertise from the field. So informative and helpful.

Thank you all for the great resources in various formats! Great webinars, great information, skills, and tools. ”

— PARTICIPANTS & STAKEHOLDERS

FREE ONLINE COURSE FOR EDUCATORS COMING SPRING 2021!



Classroom
WISE
Well-Being Information and
Strategies for Educators

The MHTTC Network, in partnership with the National Center for School Mental Health, has been hard at work this past year developing a free online course and website focused on educator mental health literacy.

The course, Classroom WISE (Well-Being Information and Strategies for Educators), will launch in Spring 2021 and will present concrete approaches to promoting student mental health and creating safe and supportive classroom environments, describe student behaviors that may indicate a mental health concern, and provide specific skills and strategies to engage and support students with mental health concerns.

Learn more and catch a SNEAK PEEK of the course [here!](#)

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

Keep in touch!

[Follow us on Facebook](#)
[Follow us on Twitter](#)
[Sign up for our newsletter](#)

SAMHSA
Substance Abuse and Mental Health
Services Administration