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.

**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

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

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

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