



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The Well-Being Series

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

Presented by:



W FOREFRONT
SUICIDE PREVENTION



Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



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THE WELL-BEING SERIES

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

- ★ All sessions are FREE and being recorded.
- ★ Additional supports for parents, educators, and kids to be announced shortly.

A collaboration between the Forefront Suicide Prevention Center, Northwest MHTTC, University of Washington SMART Center, DBT in Schools, NWPBIS Network, and WellEducator.



Website (Registration, Materials, Recordings):
<https://bit.ly/Well-beingNW>

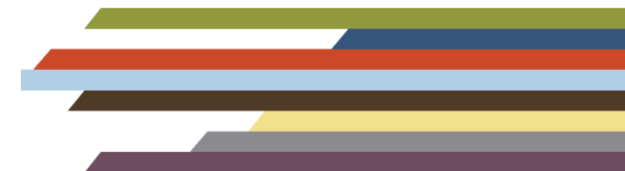
Questions: Megan Lucy
mlucy@uw.edu

LEARN MORE ABOUT THE FULL SERIES HERE: [BIT.LY/WELL-BEINGNW](https://bit.ly/Well-beingNW)

Upcoming Events

- Educator Wellness Webinar Series
- School Leader Webinar Series
- DBT in Schools Lessons for Parents and Live Q&A with Jim and Lizz Mazza
- Ambiguous Loss: Grieving in the Time of COVID-19
- Psychological First Aid

This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration



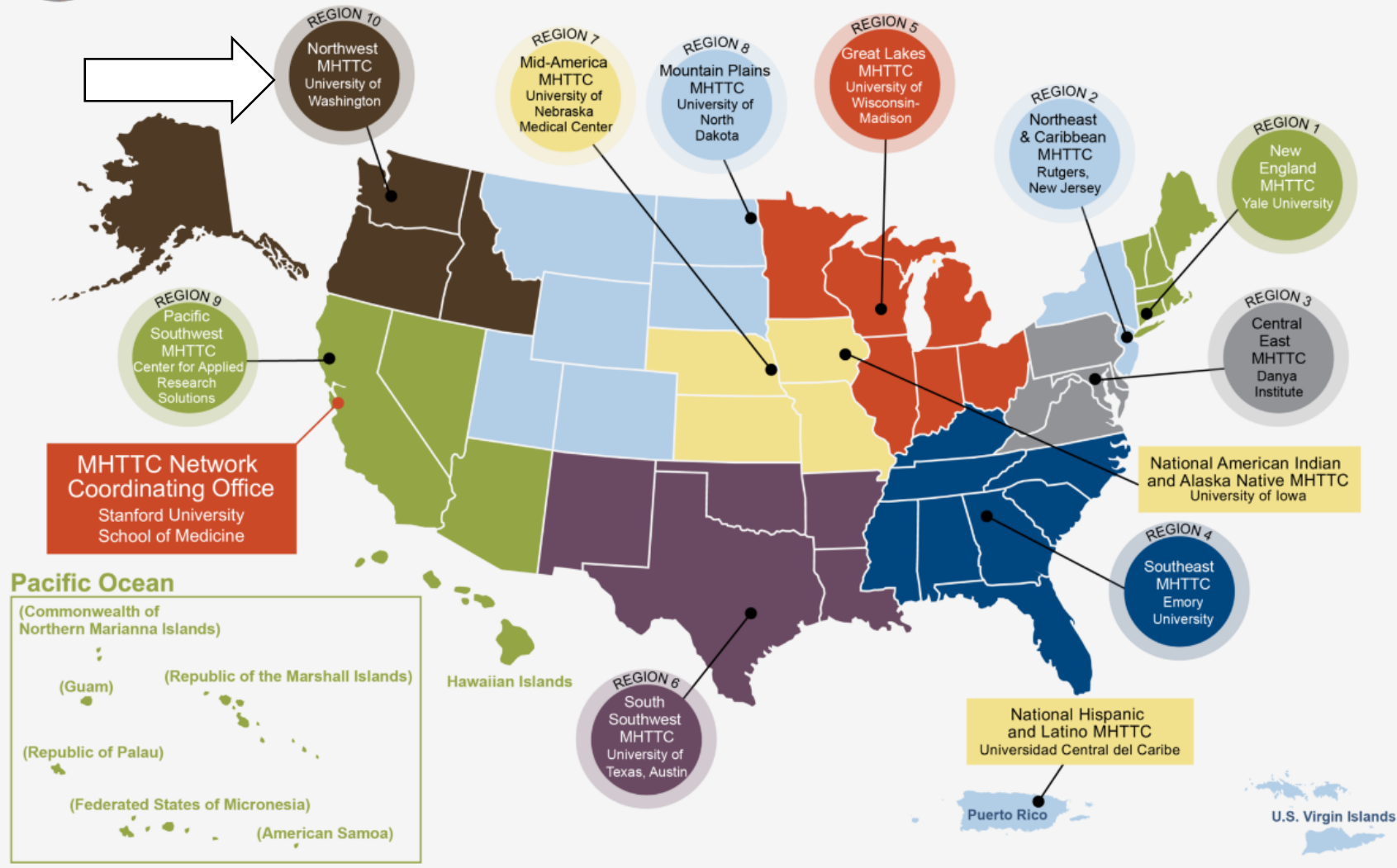
Mental Health Technology Transfer Center (MHTTC) Network



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MHTTC Network



Visit the MHTTC website at <https://mhttcnetwork.org/>



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SMART

School Mental Health Assessment
Research & Training Center

Get in touch!

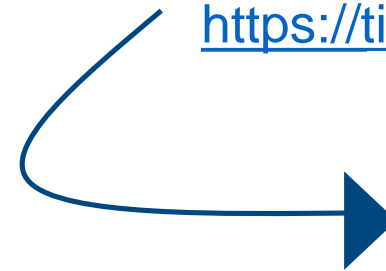
Email: kelcey1@uw.edu and mlucy@uw.edu

Websites:

- MHTTC: <https://tinyurl.com/nwsmh>
- UW SMART Center: <https://depts.washington.edu/uwsmart/>

Sign up for our Newsletter!

<https://tinyurl.com/smh-news>



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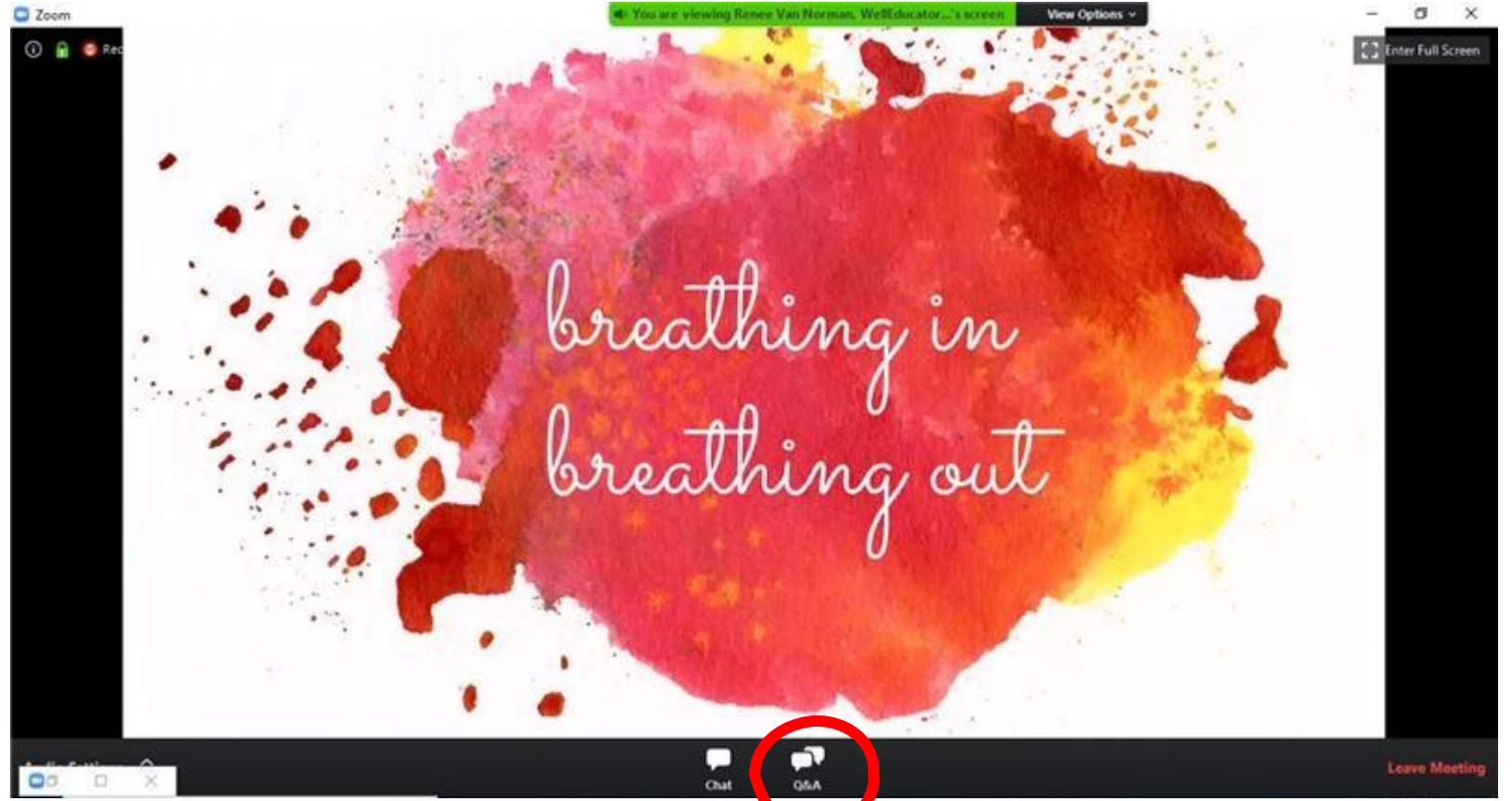


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- This webinar is being recorded.
- Participants are muted with videos off.
- Use Q & A feature to ask questions.
- Chat feature only allows you to discuss with presenters.



Student Life Skills to Survive & Thrive During COVID-19 & Beyond



Join Doctors Jim & Lizz Mazza & family in their living room as they teach kids the basics of emotional regulation and specific skills such as mindfulness, distress tolerance and interpersonal effectiveness—essential skills at any time, but even more critical during COVID-19. Our kids -- all of us -- are upended emotionally right now.

Tune in with your kids to help you reduce conflict and to keep this pandemic in perspective.

- Tune in to DBT in Schools YouTube live Tuesdays and Thursdays at 10:00 am Pacific Time
- Video recordings of each lesson will be available after each session.
- It is not necessary to watch these lessons in order. ***You can join in the series at anytime and catch up with the recorded videos!***
- Register for two live Q & A discussion hours with the Mazza's on May 19th and June 16th.
- **Audience:** Parents, students, educators, and more!

>>Website: bit.ly/DBTSeries



Weekly Schedule:

- **April 21, 2020 (Lessons 3 & 4): Core Mindfulness - Wise Mind & What Skills**
- **April 23, 2020 (Lessons 4 & 5): Core Mindfulness - What & How Skills**
- **April 28, 2020 (Lesson 17): Emotional Regulation - Check the Facts**
- **April 30, 2020 (Lesson 17): Emotional Regulation - Opposite Action**
- **May 5, 2020 (Lesson 18): Emotional Regulation - Accumulating Positive**
- **May 7, 2020 (Lesson 19): Emotional Regulation - Building Mastery & Coping Ahead**
- **May 12, 2020 (Lesson 21): Emotional Regulation - Wave Skill: Mindfulness of Current Emotions**
- **May 14, 2020 (Lesson 3): Core Mindfulness - Wise Mind**
- May 19, 2020 (Q&A for Parents) **Requires Registration**
- May 21, 2020 (Lesson 2): Dialectical Thinking
- May 23, 2020 (Lessons 27 & 28): Interpersonal Effectiveness - GIVE & FAST
- May 26, 2020 (Lesson 26): Interpersonal Effectiveness - DEAR MAN
- May 28, 2020 (Lesson 28): Interpersonal Effectiveness - Evaluating Options
- June 2, 2020 (Lesson 7): Distress Tolerance - Self-Soothe
- June 4, 2020 (Lesson 8): Distress Tolerance - TIP
- June 9, 2020 (Lesson 10): Distress Tolerance - Radical Acceptance
- June 11, 2020 (Summary Q&A for Students): Putting It All Together & Preparing for Summer
- June 16, 2020 (Q&A for Parents) **Requires Registration**



>>Website: bit.ly/DBTSeries



Dr. Lizz Dexter-Mazza



Dr. Jim Mazza



Dr. Jennifer Stuber

