MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

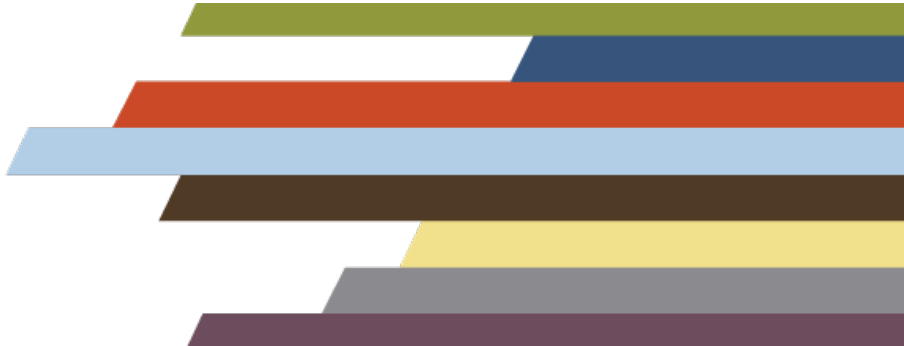
Supporting Effective School Mental Health Systems: The MHTTC Network

Molly Lopez, Ann Murphy, Erika Franta,
Jessica Gonzalez, & Heather Gotham

Mental Health Technology Transfer Center Network

SAMHSA

Substance Abuse and Mental Health Services Administration



Disclosure/Disclaimer

- The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA). No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.
- This work is supported by grant SM081726 from DHHS, SAMHSA

Agenda

- MHTTC Network & the National School Mental Health Curriculum
- Three examples of using the curriculum
  - State
  - District
  - Pre-service education of school mental health professionals
- Q & A

MHTTC Network

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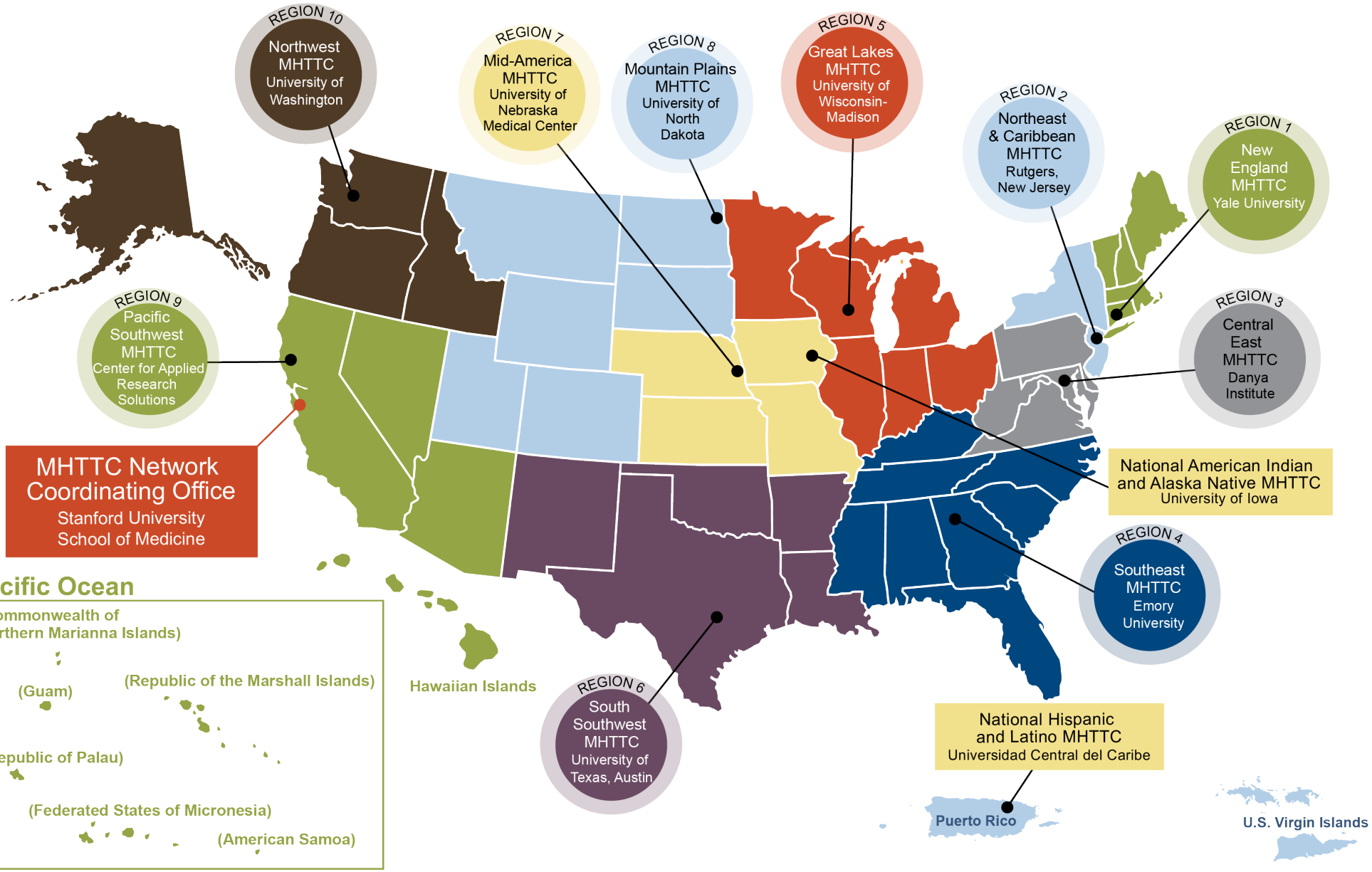

MHTTC Network Goals

- ***Technology Transfer**: Accelerate the adoption and implementation* of mental health related evidence-based practices spanning prevention, treatment and recovery
    - Provide free local and regional training and technical assistance
    - Develop and disseminate resources
    - Heighten the awareness, knowledge, and skills of the mental health workforce
- www.mhttcnetwork.org

How We Provide Training and TA

- Each Center develops a yearly workplan through needs assessments, advisory boards, and input from key stakeholders including state MH commissioners and SAMHSA Regional Administrators
- Centers consider:
  - Spread of services across the region/population
  - Intensity of services: universal, targeted, and intensive
  - Flexibility to respond to emerging needs
- Implementation science informs our strategies
  - Consider the context - what is really needed to move an evidence-based practice forward?
    - Organizational development, systems work, policy, training, technical assistance
  - Use implementation strategies specific to the need
  - Maximize impact on service delivery systems

School Mental Health Initiative

- Supplemental funding
- Expand training and TA on implementation of school-based mental health services

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After a School Tragedy…Readiness, Response, Recovery, & Resources

Acts of violence, suicide, and other tragedies affect many school communities. In 2018, there were 82 school shootings, the highest number since 1970 (CHDS, 2019). Death by suicide is currently the 2nd leading cause of death among teenagers, next to [car] accidents (CDC, 2018). In 2017, 2 out of every 100 teenagers made suicide attempts serious enough to require medical treatment; 7 out of 100 attempted suicide (CDC, 2019).

These tragedies have a wide-ranging impact on the school community that extends far beyond the events of the day. Secondary trauma and complicated grief affect students, families, and school staff in ways that may appear immediately following a school tragedy or weeks, months, or years later. Stoneman Douglas High School in Parkland, Florida is facing another wave of painful challenges after death by suicide of two student survivors of the March 14th, 2018, school shooting

Supporting Student Mental Health: Resources to Prepare Educators

Collaborating TTC: Global MHTTC
Publication Date: January 14, 2020

Developed By: MHTTC Network Coordinating Office

Engaging and Honoring Families as Partners in Supporting Student Mental Health

1:00pm - September 24, 2019 | Timezone: US/Ce

Hosted By: Mid-America MHTTC

Holiday Inn Des Moines Airport Co

Scaling Evidence-Based Treatments for Children: Lessons Learned in CT

1:00pm - April 30, 2020 | Timezone: US/Eastern

Hosted By: New England MHTTC

Pacific Southwest (HHS Region 9)

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Creating Trauma-Informed Policies:
ce Guide for School and Mental Health Leadership

By Leora Wolf-Prusan, EdD

Complicated Grief: Cultural Considerations When Working with Loss in Hispanic and Latino Students and Their Families

Publication Date: October 28, 2019

Developed By: National Hispanic and Latino MHTTC

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

2:00pm - October 8, 2020

Hosted By: National American Indian and Alaska Native MHTTC

COVID-19 Related School Mental Health Resources

- Access COVID-19 related SMH resources on our website, including:
  - Upcoming MHTTC Webinars
  - MHTTC Products
  - Resources from other reputable SMH organizations

https://bit.ly/mhttc-smh-covid-19

Responding to COVID-19
School Mental Health

Public health emergencies such as COVID-19 have a significant impact on students and their families, educators and the school mental health workforce, as well as the school mental health system.

Here we highlight MHTTC products and resources specific to school mental health that can be useful when coping with the effects of widespread public health crises. A compilation of school mental health resources from other reputable organizations is also available below.

MHTTC Upcoming Events:

School Mental Health Wellness Wednesdays | Pacific Southwest MHTTC

All sessions take place at 2pm PT / 5pm ET

July 22 > Register August 5 > Register

Leading Trauma Informed School Systems Change - Before, During & After Pandemic Times | Southeast MHTTC

Session 1: July 28, 8:30am PT / 11:30am ET > Register
Session 2: Juy 30, 8:30am PT / 11:30am ET > Register

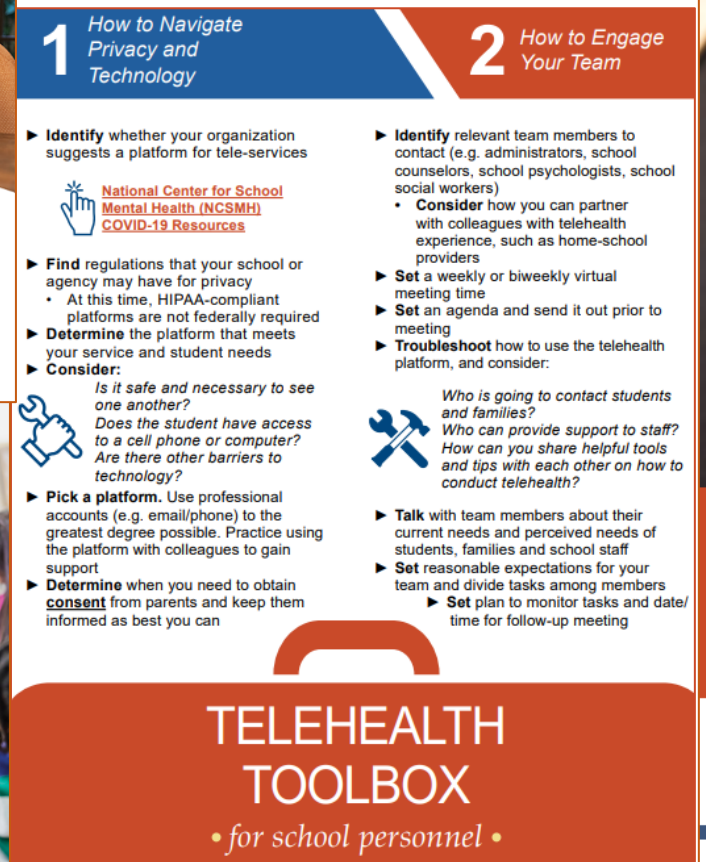
***The foundational content framing trauma informed practice will be the same for each session; the leadership spotlights will be different each session.

MHTTC Back-to-School Planning & Resources

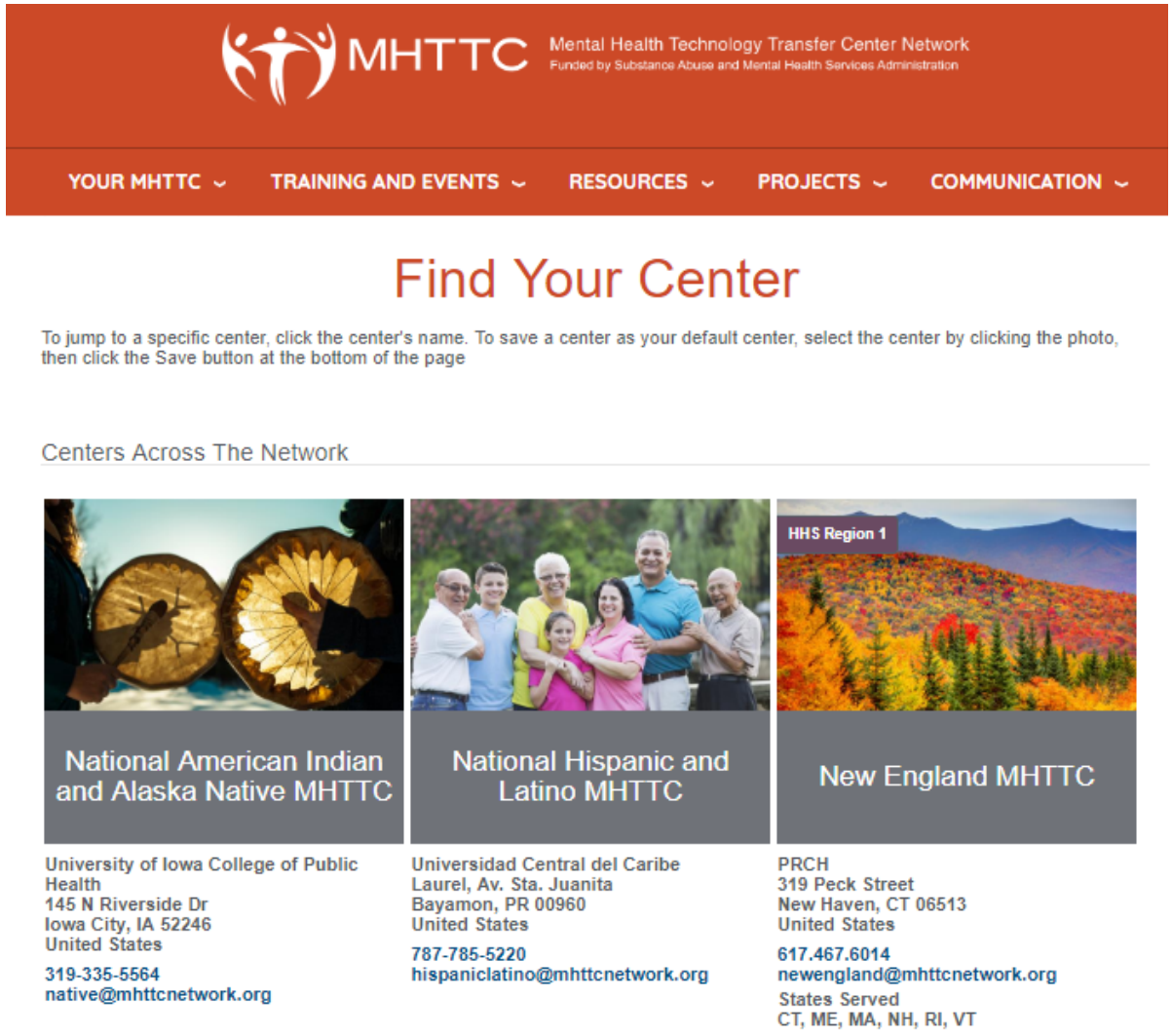
Financing School-Based Mental Health Services during a State Budget Crisis

Collaborating TTC: Southeast MHTTC
Publication Date: July 7, 2020

Developed By: Southeast MHTTC



Connect with the MHTTCs



Visit the MHTTC website:

www.mhttcnetwork.org

Click on "Your MHTTC"

- Regional Centers
- National American Indian & Alaska Native Center
- National Hispanic & Latino Center

National School Mental Health Curriculum: Guidance and Best Practices for States, Districts, and Schools

Co-developed by the Mental Health Technology Transfer Center (MHTTC) **Network** and the National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine.

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UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

NCSMH
NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

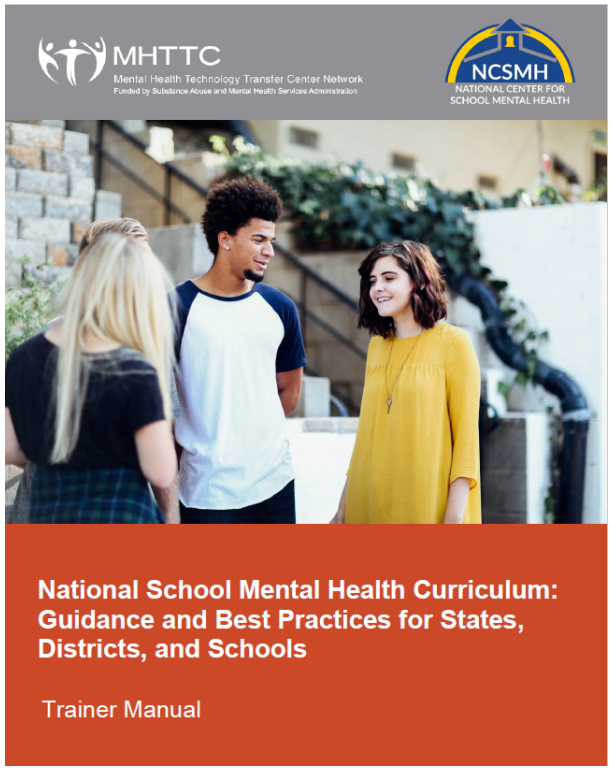
National School Mental Health Curriculum: Guidance and Best Practices for States, Districts, and Schools

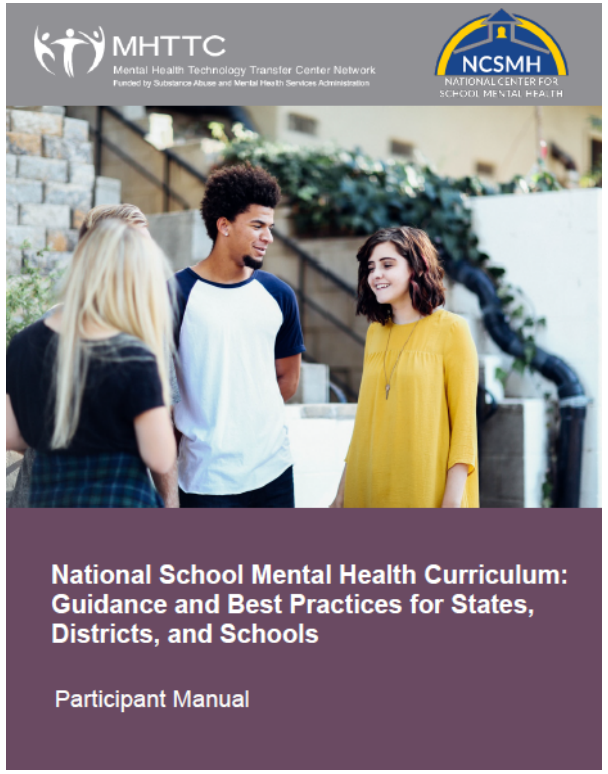
Core features of effective school mental health systems

The curriculum contains:

- Trainer manual
- Participant manual
- 8 slide decks
- 5 recorded virtual learning sessions

Downloaded 2,593 times since August 2019



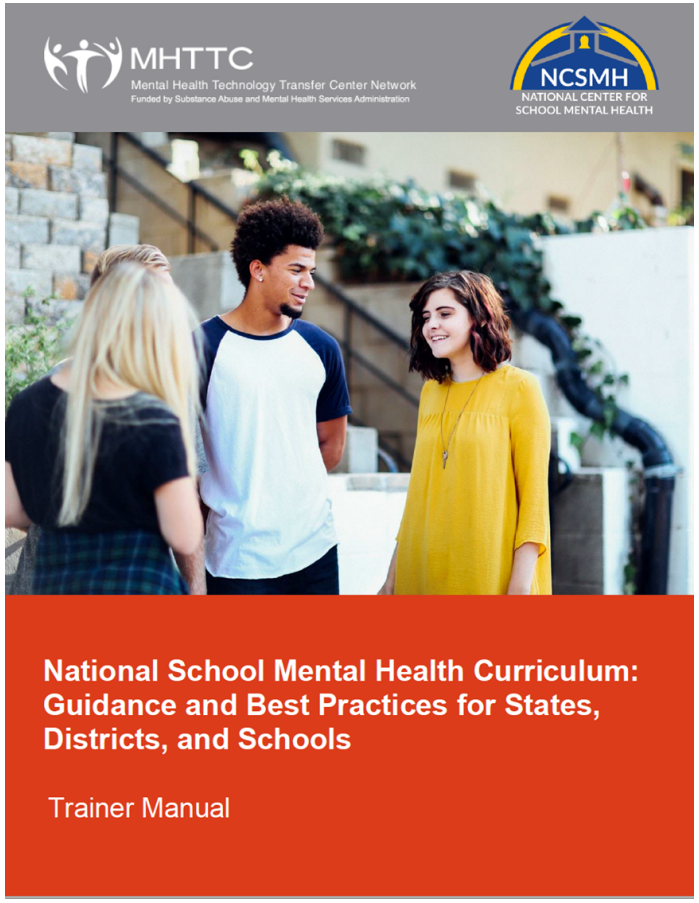


Available on the MHTTC Website!

http://bit.ly/3schoolmh-curriculum

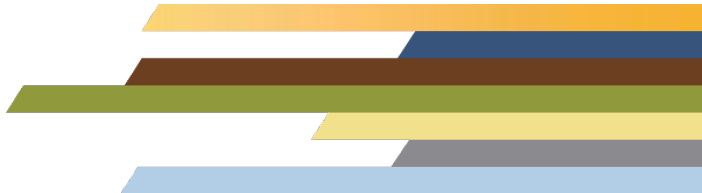
Curriculum Overview

- Mod 1: Foundations of Comprehensive School Mental Health
- Mod 2: Teaming
- Mod 3: Needs Assessment & Resource Mapping
- Mod 4: Screening
- Mod 5: Mental Health Promotion for All (Tier 1)
- Mod 6: Early Intervention and Treatment (Tiers 2/3)
- Mod 7: Funding and Sustainability
- Mod 8: Impact



Three Presentations: The National School Mental Health Curriculum

- Building State Capacity through the National School Mental Health Curriculum
  - Molly Lopez, PhD, South Southwest MHTTC
- Let's Start at the Very Beginning: Implementing Foundational Components of the National School Mental Health Curriculum
  - Ann Murphy, PhD, Northeast and Caribbean MHTTC
- Developing School Mental Health Training Using the National School Mental Health Curriculum
  - Erika Franta, PhD, Mid-America MHTTC



Building State Capacity through the National School Mental Health Curriculum

2020 Advancing School Mental Health Conference
October 2020

Molly Lopez, PhD
University of Texas at Austin

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SAMHSA
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South Southwest (HHS Region 6)

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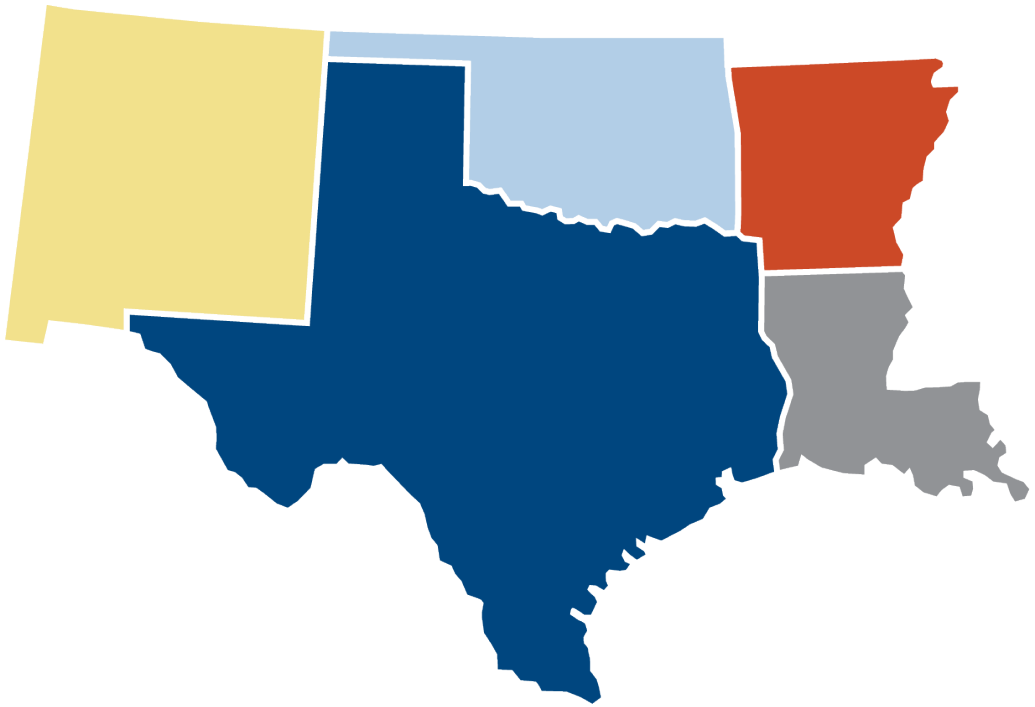


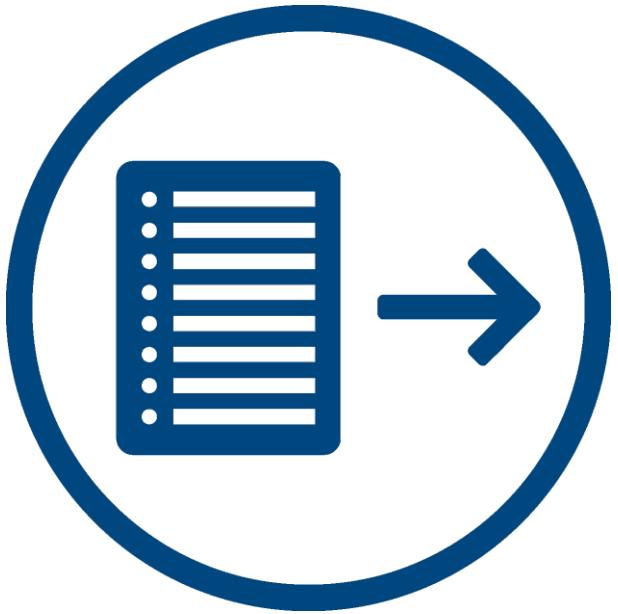
South Southwest MHTTC

The University of Texas at Austin
Texas Institute for Excellence in Mental Health
School of Social Work

Context of Texas School Mental Health

- Prior to 2019-2020, limited state-level focus on school mental health services; some schools have adopted PBIS
- In 2019, Texas Legislature passed several school mental health bills
  - Required training for educators and administrators
  - Required “safe and supportive school” teams
  - Required multi-tiered systems of support to address 8 domains of mental health & school climate

Context of Texas School Mental Health



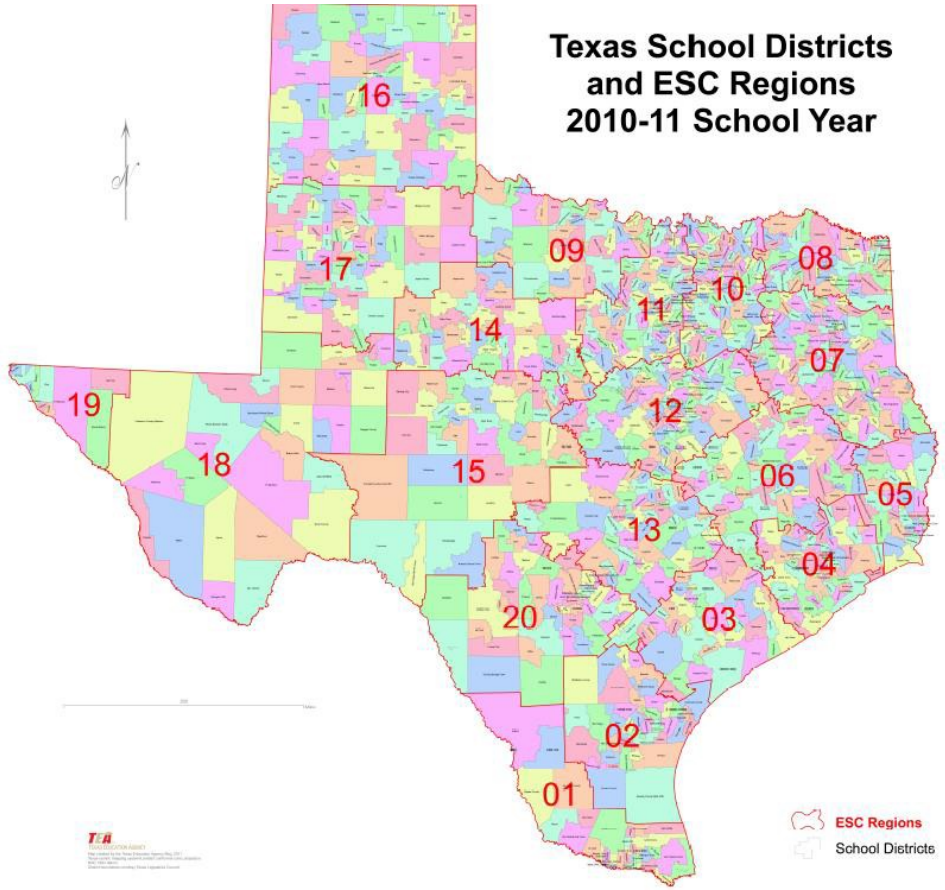
- School Mental Health Survey (2019-2020)
  - 27% of schools reported having a SMH team
  - 57% reported using campus data to identify MH needs
  - 24% collected suggestions from students or families on MH
  - 40% have readily available SMH resource directory/map
  - 50% reported having counseling for MH issues
  - 20% reported having trauma-informed programs

Context of Texas Education System

- 1,200 school districts
- Over 9,000 school campuses
- 20 Regional Service Centers

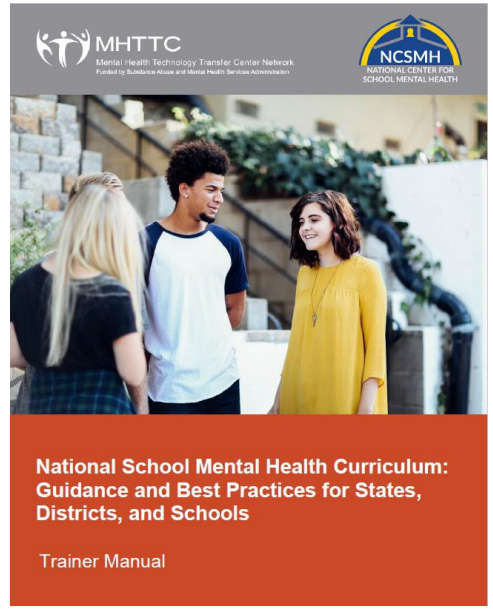
State statute says Regional Education Service Centers shall:

- Assist school districts in improving student performance in each region of the system;
- Enable school districts to operate more efficiently and economically; and
- Implement initiatives assigned by the legislature or the commissioner.



Professional Learning Collaborative

- Goal: Increase the capacity of ESCs to support implementation of comprehensive school mental health systems
- Strategies:
  - Establish SMH teams in each ESC
  - SHAPE training and regional access
  - Monthly webinars based on National SMH Curriculum
  - Monthly office hours for technical assistance
  - SEA provided incentive for use in small and rural districts



Bringing in Trauma-Sensitive Practices

- 3-Day Train-the-Trainer Workshop
- Based on AIR Trauma Sensitive Schools Training Package
- Integrating trauma implementation into SMH system
- Opportunity to address implementation approaches
  - Assessing and supporting readiness
  - Skills for transformational change
  - Enhancing coaching capacity

Trauma-Sensitive Schools
TRAINING PACKAGE

UNDERSTAND • BUILD • LEAD

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Continued Support for Regional Capacity

- Peer-to-peer learning opportunities
- Sharing of resources and best practices
- Targeted technical assistance based on SHAPE results
- Recognition for campus improvements or accomplishments
- Feedback loop to state policy partners

Stay Connected

Molly Lopez, PhD
mlopez@austin.utexas.edu

Facebook / Twitter: @SSWMHTTC
Newsletter: www.bit.ly/SSWNewsletter
Website: www.mhttcnetwork.org/southsouthwest

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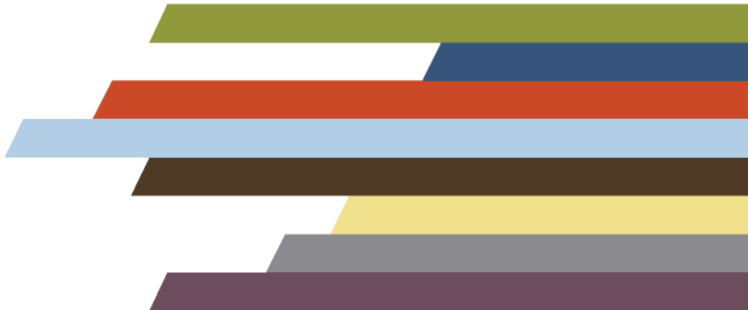

Let's Start at the Very Beginning: Implementing Foundational Components of the National School Mental Health Curriculum

Ann Murphy, Ph.D., CPRP
Northeast and Caribbean MHTTC
Rutgers, the State University of New Jersey

SAMHSA
Substance Abuse and Mental Health Services Administration

Northeast and Caribbean (HHS Region 2)
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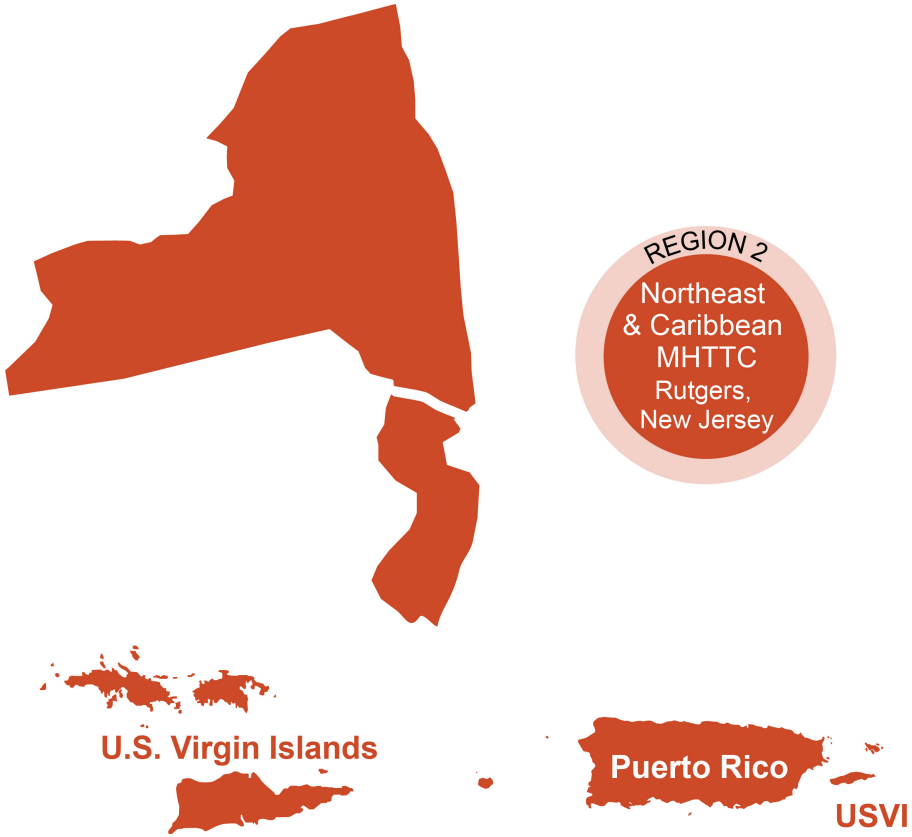
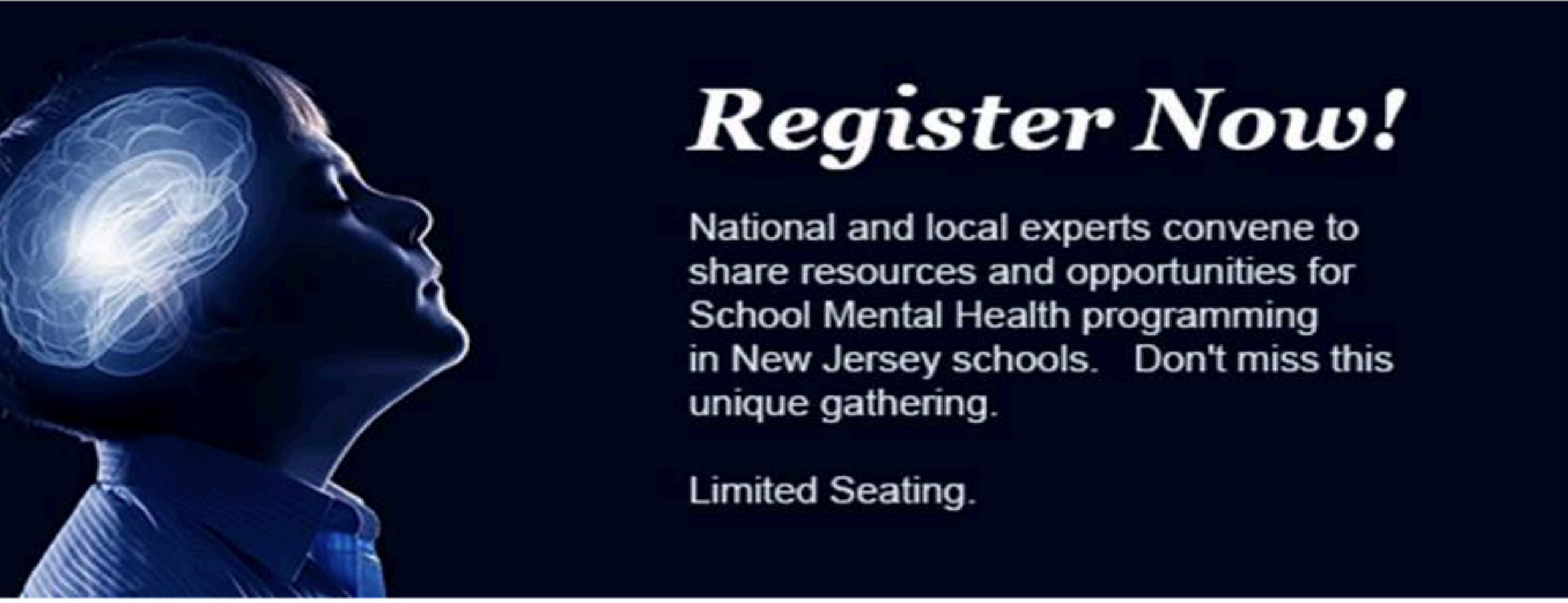
Northeast & Caribbean Region





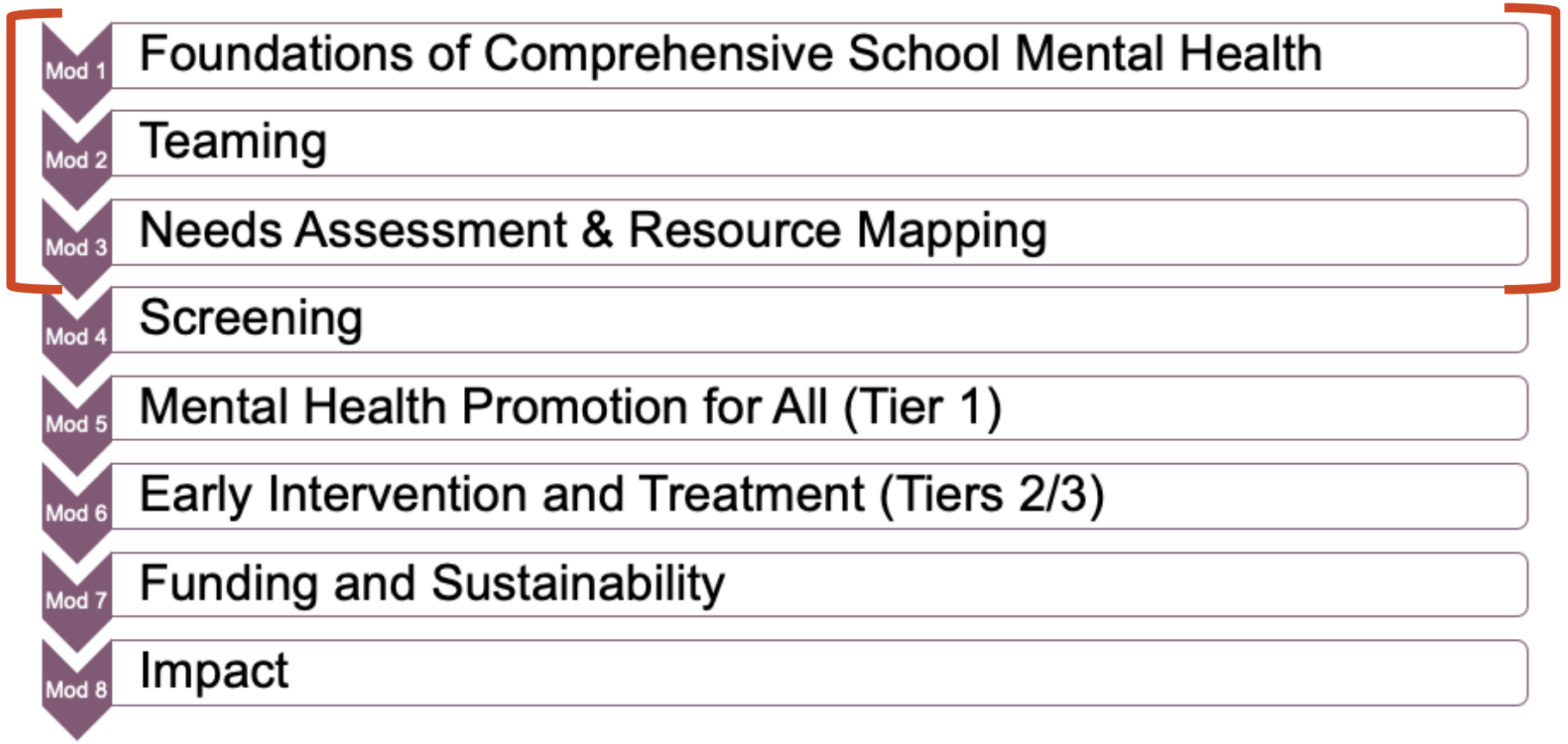
School Mental Health Summit
for New Jersey's Education Leaders

July 2019

N.J. high school student killed, 3 other teens seriously injured in crash the day after prom

Updated May 13, 2019; Posted May 13, 2019

Where to Begin?



Service Provider	Service Overview	Sites	Tier	Student Criteria	Notes
INTERNAL RESOURCES					
Behavior Management Procedures	Remedial responses to Code of Conduct issues	NHS HMS MAS	2	• Referrals by staff	
Check In-Check Out (CICO)	CICO is an intervention used to help students with repeated behavioral issues by seeking more frequent contact with adults, requiring accountability for school attendance and/or need clearer behavior expectations. Students receive an individualized CICO sheet with skills/goals to achieve, are monitored daily and receive feedback on a daily basis. Parents receive a bi-weekly report of the student's progress.	HMS	2	• A combination of three or more critical incidents • Two or more teachers have exhausted the teacher managed infraction form • Referral by parents, counselors, I&RS, or teachers	
Center for Evaluation and Counseling	Provides child protective clinical services, individualized treatment services aimed at enhancing family functioning, coordinate linkage and expansion of community resources for the delivery of services to clients involved in child maltreatment.	MAS	2,3	• Referral made based on presenting problem • Support skill building in social-emotional core skills (Lions Quest)	
Center for Prevention and Counseling (CFPC)	Provides substance abuse services such as evaluation, counseling, treatment; SEL and G&T programs (HMS) and Footprints (MAS).	NHS HMS MAS	1,2	• Substance use concerns • Court involved students • Girls with social-emotional concerns who may benefit from group interaction	• Grant funded, no insurance
Child Study Teams	Address special education needs, assess imminent safety needs, make appropriate referrals, and conduct function-based problem solving.	NHS HMS MAS	2,3	• In need of special education services, school-based counseling, suicide-homicide risk assessment	
…m	Staff intervention and monitoring for students who may be impacted by substance use, abuse, or addiction.	NHS HMS	2	• Referrals by staff or I&RS Team	
	…chool based counseling and function-based problem	NHS HMS MAS	1,2,3	• Social-emotional support for school issues … by st…	

Supporting Response to Trauma & Crisis

- Professional Development
  - Trauma Informed Care
  - Student Anxiety & Stress Management Support
  - Self-Care
- Consultation
  - Crisis Management Plan
- Support for Counselors

SHAPE

School Health Assessment
and Performance Evaluation System

What is SHAPE?

A **free**, interactive tool designed to improve accountability, excellence, and sustainability in school mental health in schools, districts, and states/territories.

Learn More

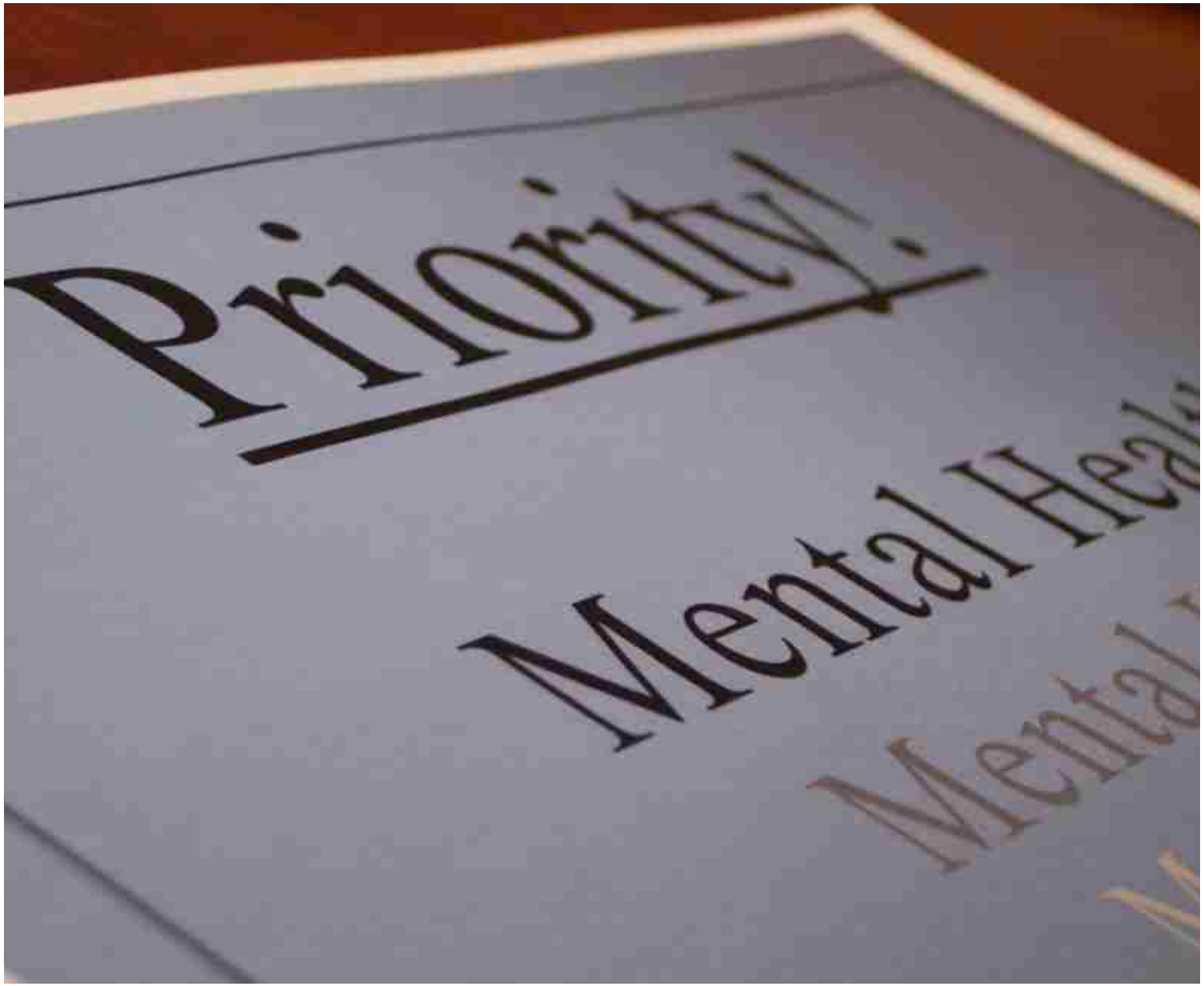
Strengths & Needs

- Strengths
  - School climate
  - Positive behavior & relationships
  - Positive discipline practices
  - Social emotional learning
- Needs
  - Teaming
  - Needs assessment & resource mapping
  - Tier 2 & 3 supports
  - Screening
  - Assessing Impact

1. Teaming

2. Resource Mapping

3. Screening



Grow Your Knowledge and Skills

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Subscribe to receive our mailings.
All activities are free!

https://bit.ly/2mpmpMb

Northeast and Caribbean (HHS Region 2)
MHTTC Mental Health Technology Transfer Center Network
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Connect With Us!

Phone: **(908) 889-2552**

Email: northeastcaribbean@mhttcnetwork.org

Website:
https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home

Like and follow us on social media!

Facebook: Northeast & Caribbean MHTTC

Twitter: @necmhttc

LinkedIn: @Northeast and Caribbean MHTTC

Mid-America (HHS Region 7)

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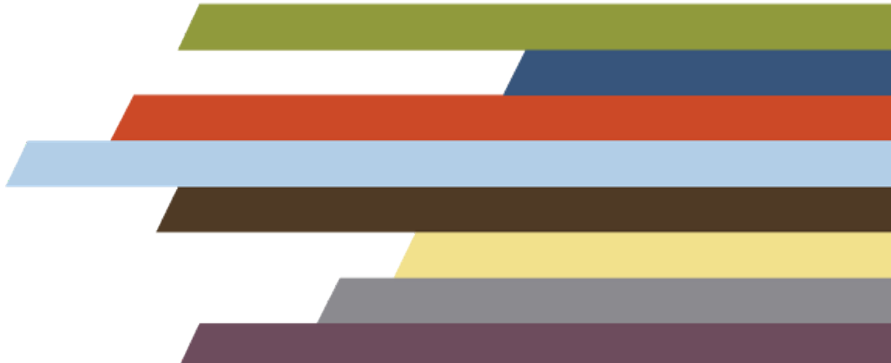
Developing School Mental Health Training Using the National School Mental Health Curriculum

SAMHSA

Substance Abuse and Mental Health Services Administration

UNMC

MUNROE-MEYER INSTITUTE



Erika Franta, PhD, LP

School Mental Health Program Director
Mid-America MHTTC

Assistant Professor, Psychology
Munroe-Meyer Institute
University of Nebraska Medical Center

Agenda

- Mid-America (MHTTC)
- Implementation of National SMH Curriculum
- Pre-service SMH training
- Lessons Learned

Dr. Brandy Clarke is our Project Director.

SAMHSA grant awarded to Dr. Joseph Evans at the University of Nebraska Medical Center (Grant #: H79SM081769).

Established in 2018 and tasked to provide continuum of training and technical assistance in evidence-based practice and mental health services across MO, IA, NE, and KS.

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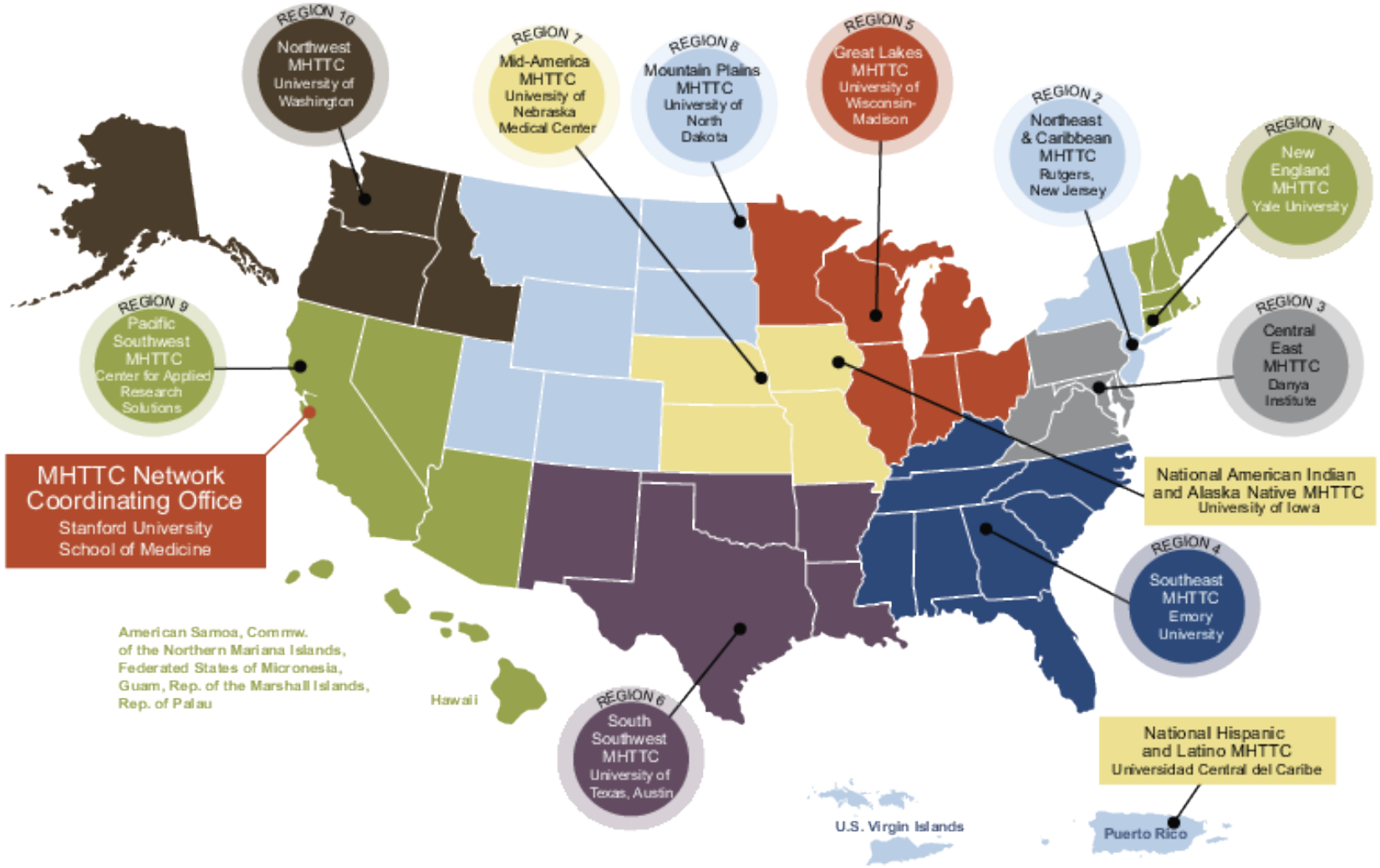
MHTTC Network

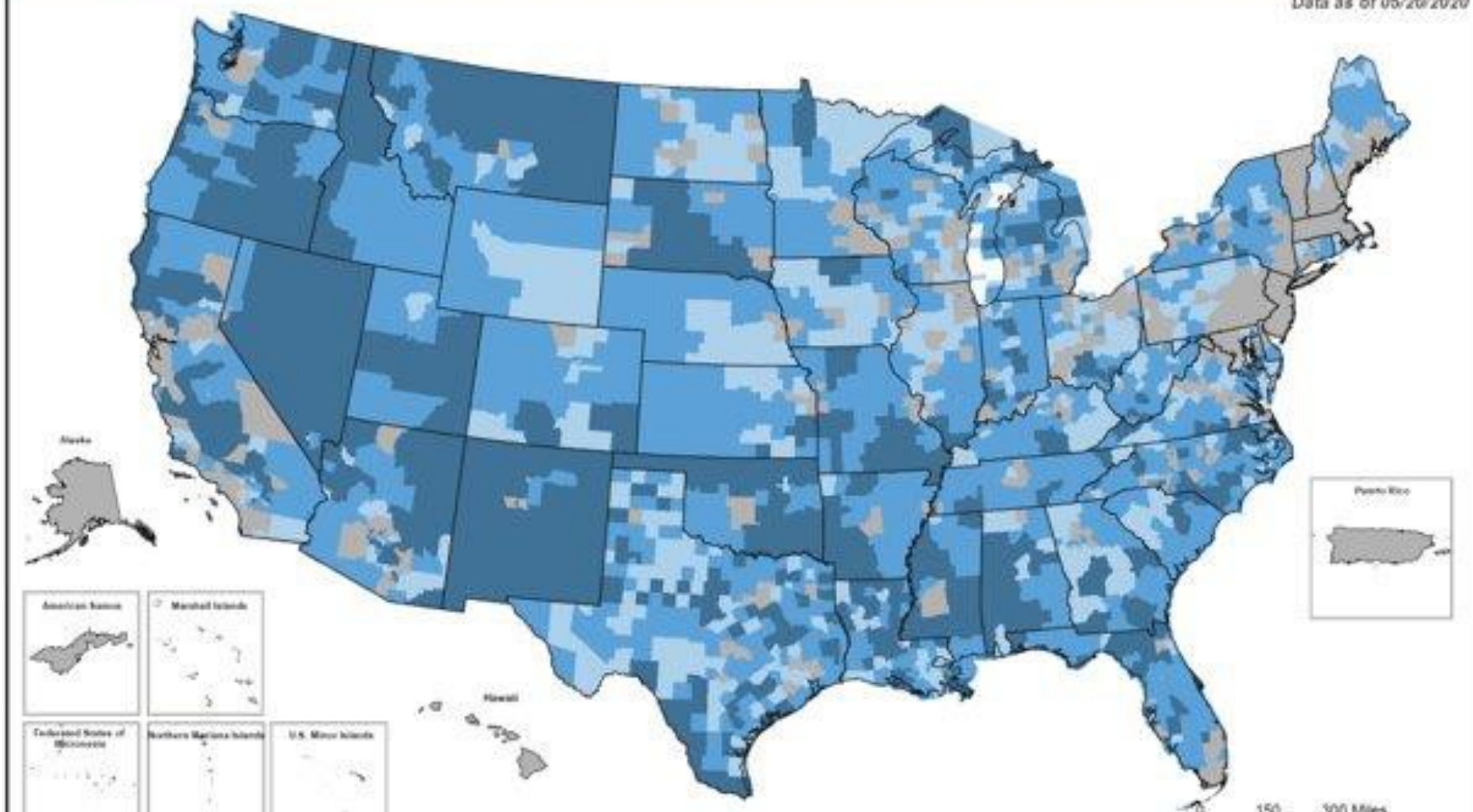


Visit the MHTTC website at https://mhttcnetwork.org/

HRSA
Health Resources & Services Administration

Health Professional Shortage Areas (HPSA) - Mental Health

Data as of 05/20/2020

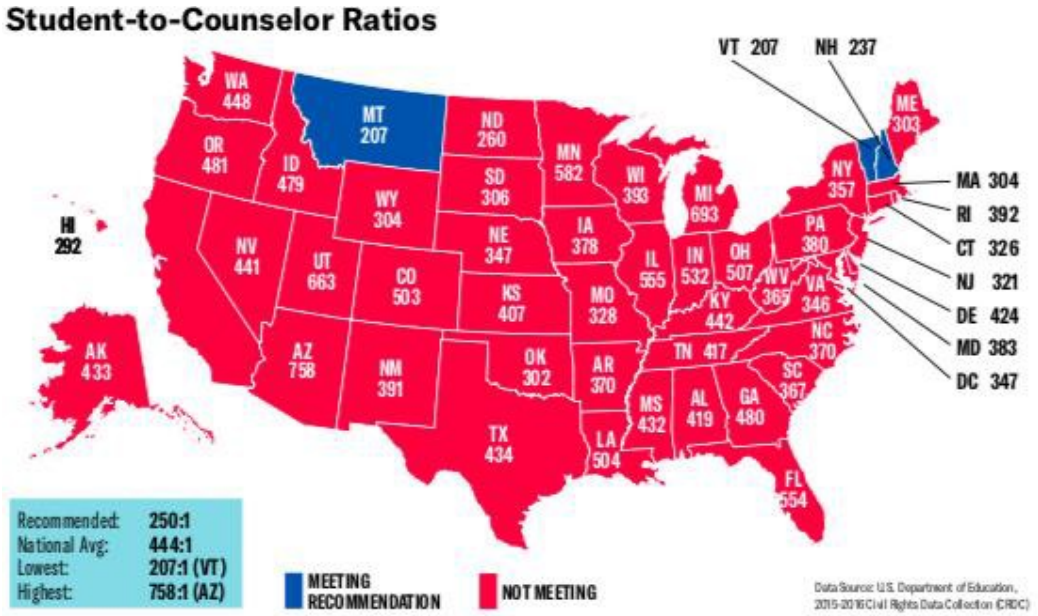


Scale bar only applies to contiguous U.S.

HPSA Scores are developed for use by the National Health Service Corps to determine priorities for the assignment of clinicians. Scores range from 1 to 25 for primary care and mental health, 1 to 26 for dental health. The higher the score, the greater the priority.

Prepared by:
Division of Data and Information Services
Office of Information Technology
Health Resources and Services Administration

Data Source:
Please refer to data source page on Map Gallery
https://data.hrsa.gov/maps/map-gallery

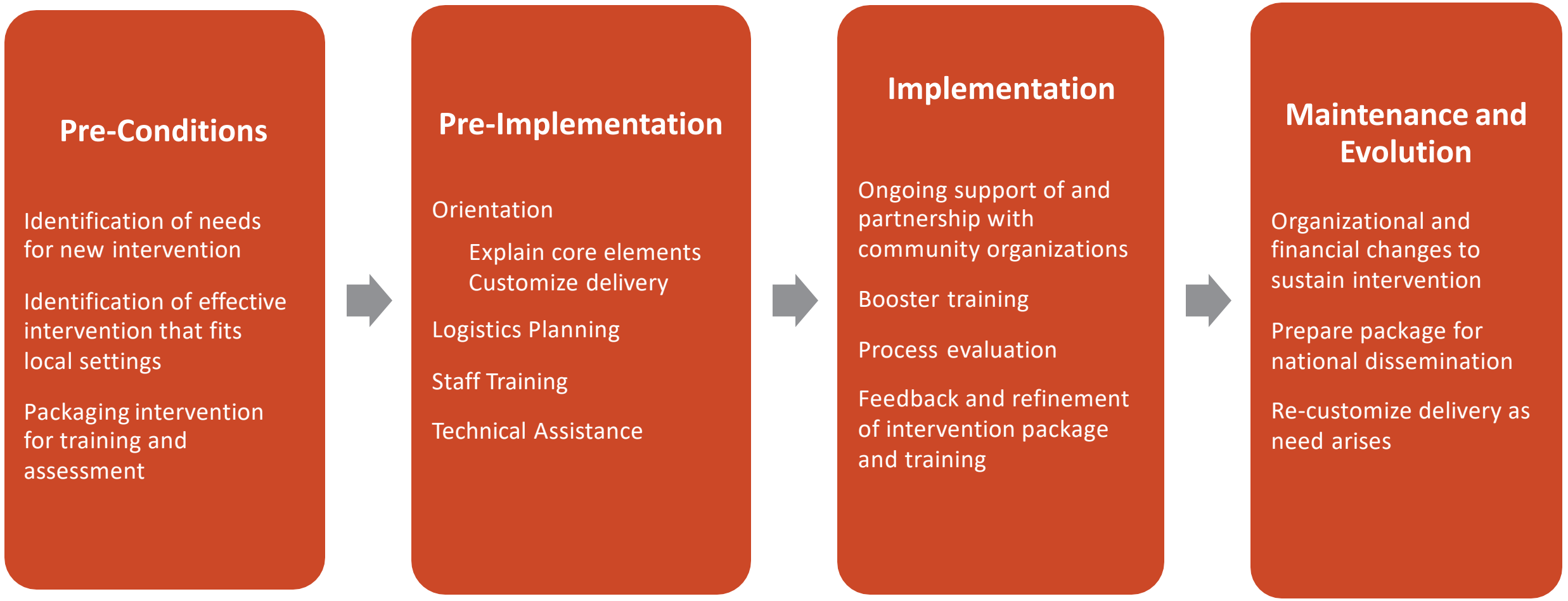


Availability in Schools

Adolescent Mental Health

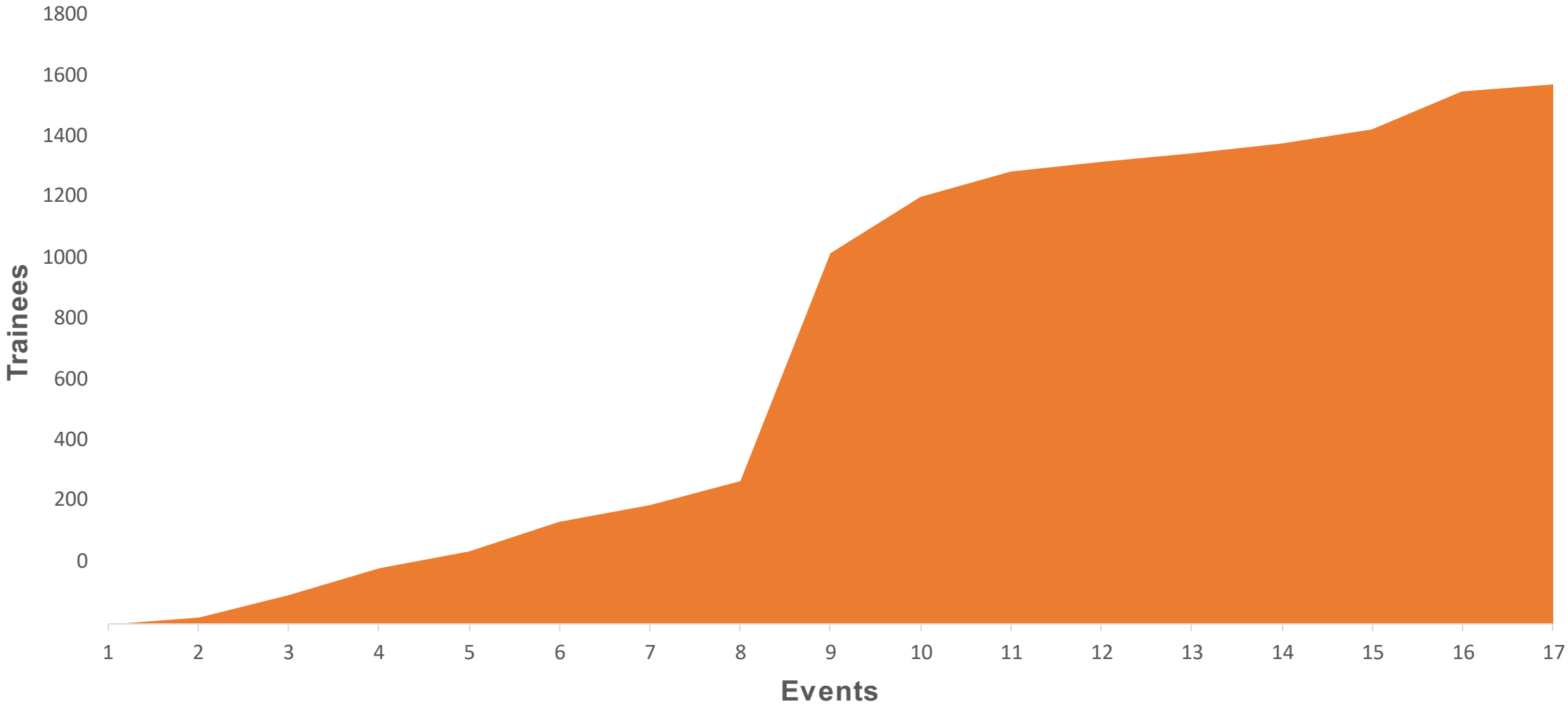
(9-12 grades; 2017)	IA	KS	MO	NE	Nat'l
Depressive Symptoms	29%	25%	31%	27%	31%
Depressive Episode	14%	13%	14%	13%	13%
Suicidal Thoughts	20%	16%	21%	16%	17%
Suicide Attempt	9%	7%	9%	8%	7%

Health Disparities, Racism, Equity



(Kilbourne et al., 2007)

Extending Our Reach in School Mental Health

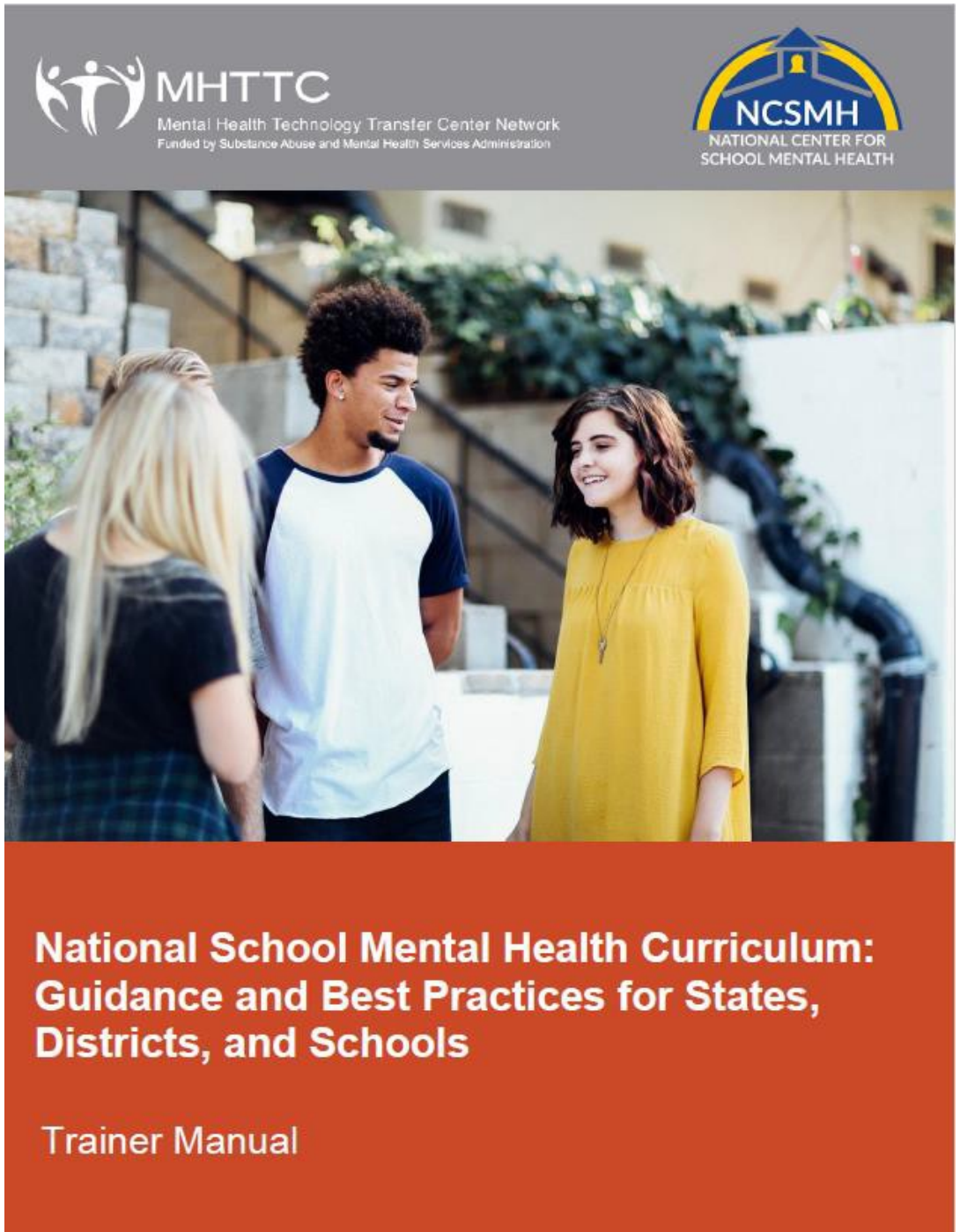


Implementation Phase

- Intensive Training and TA
  - Regional School Mental Health Learning Community Series
  - Demonstration Projects
    - Local Districts
    - Graduate Training Programs

Co-developed by the Mental Health Technology Transfer Center (MHTTC) Network and the National Center for School Mental Health (NCSMH) with financial support from SAMHSA.

This work is supported by grant SM081726 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



Rural setting

Masters-plus level trainees

Part-time experiential learning

School-Based Experiences

School Mental Health Services

Demonstration Project A

Demonstration Project A
Training Plan

One-time, Large-Scale Training Bootcamp

Booster Sessions

Pro-Seminar

Demonstration Project B

- Urban Setting
- Pre/post-doctoral psychology trainees
- Year-long, full-time training experience
  - School comprehensive clinical services
- School-Based Experiences
  - Psychological assessment and consultation
  - Intensive behavior consultation

Demonstration Project B
Training Plan

MULTIPLE WEEK TRAINING BOOTCAMP

MONTHLY DIDACTICS

GROUP SUPERVISION

Didactic Learning

SYSTEMS-BUILDING

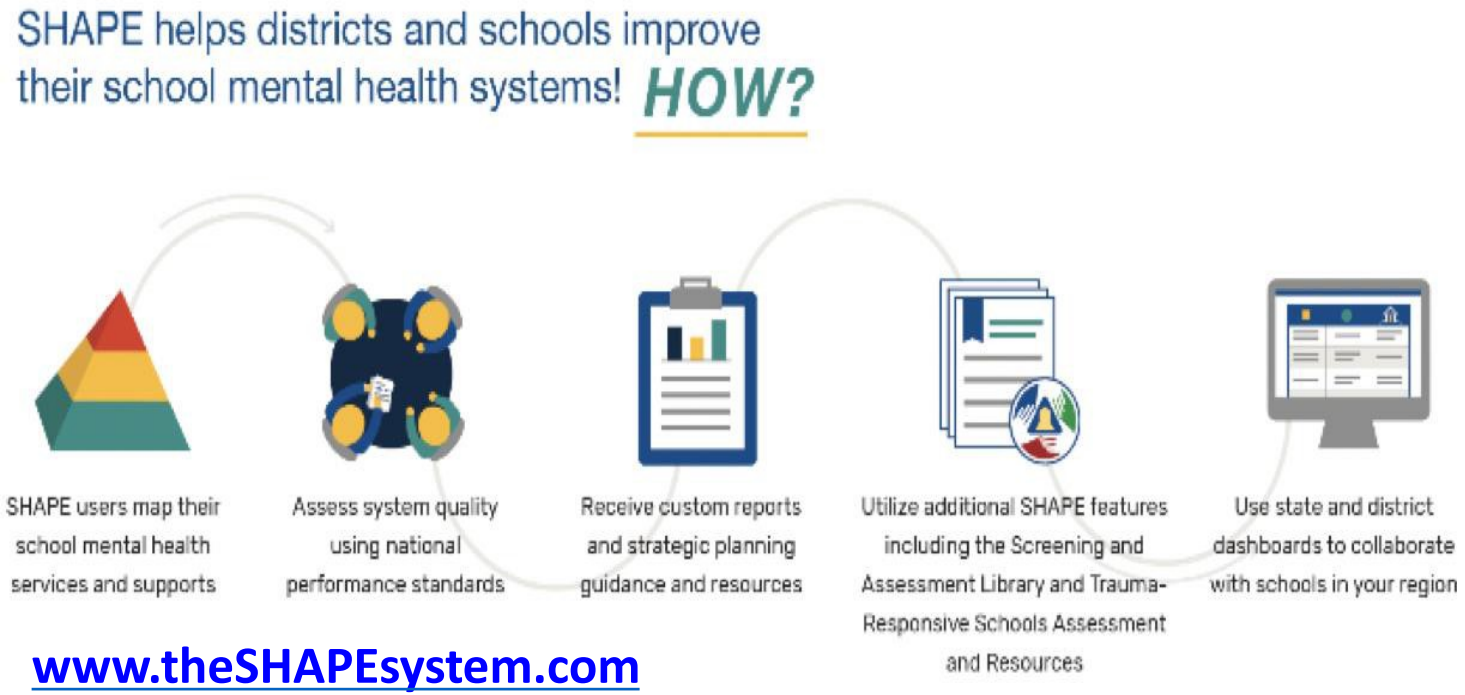
SKILL-BUILDING

National School Mental Health Curriculum

Module 1	Foundations of Comprehensive School Mental Health
Module 2	Teaming
Module 3	Needs Assessment & Resource Mapping
Module 4	Screening
Module 5	Mental Health Promotion for All (Tier 1)
Module 6	Early Intervention and Treatment (Tiers 2/3)
Module 7	Funding and Sustainability
Module 8	Impact

The School Health Assessment and Performance Evaluation (SHAPE) System

A public-access, web-based platform developed for education and mental health leadership to document the landscape of school mental health and then to engage in a quality improvement process to enhance these systems.



Lessons Learned

IDENTIFY LOCAL PARTNERS

CONSIDER FUNDING OPTIONS

ENGAGE STAKEHOLDERS THROUGHOUT THE PROCESS

ELICIT FEEDBACK FROM PARTNERS REGULARLY

SCAN ME

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