



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Get to know the Zoom Webinar Interface

The screenshot shows the Zoom Webinar interface with several key components and annotations:

- Top Bar:** Includes "Zoom Webinar", "You are viewing David Terry's screen", and "View Options".
- Session View:** A large purple box on the left contains the text "WELCOME!" and "Please note:" followed by a list of notes:
  - All attendees are muted
  - Today's session will be recorded
- Q&A Window:** A "Question and Answer" window is open, showing a "This is a test question!" and a "Type your question here..." input field. Annotations explain that users can switch between "All questions (1)" and "My questions (1)" and that the Q&A feature allows asking questions of the host and presenters.
- Zoom Webinar Chat:** A chat window on the right shows "Zoom Webinar Chat" and "To: All panelists". Annotations explain that the chat feature allows talking with other people and that the "To" field indicates who will receive the message.
- Audio Settings:** A "Select a Speaker" menu is visible, with an annotation pointing to the "Audio Settings" button in the bottom toolbar.
- Bottom Toolbar:** Includes "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave" buttons. Annotations point to the "Click Here to maximize your session view", "Click Here to adjust your audio settings", and "Click here to leave the session" buttons.



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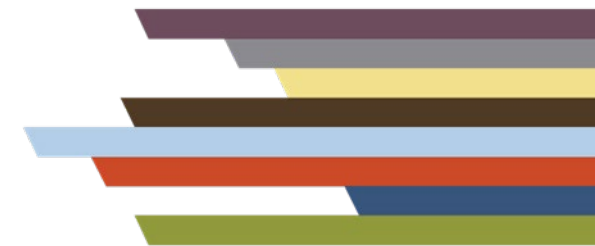
## MHTTC School Mental Health Curriculum *Always and Now* 8-Part Learning Series

FEBRUARY-MAY 2021



Presented by the MHTTC Network  
and National Center for School Mental Health

*Foundations of Comprehensive School Mental Health*

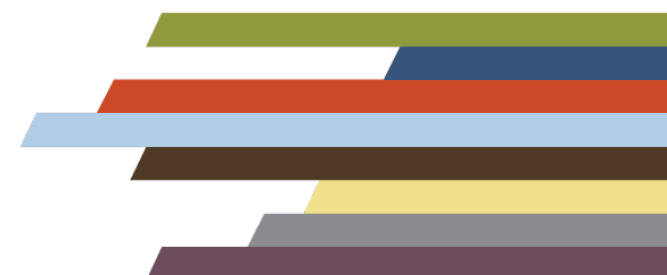
February 9, 2021



# Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A Pod
- Have an audio or tech issue? Use the Chat Box
- You will receive an email following the presentation on how to access a certificate of attendance
- Closed captioning is available!
- Follow us on social media:   @MHTTCNetwork

**Please Note:**  
**The session recording will be posted on our website within a few days.**



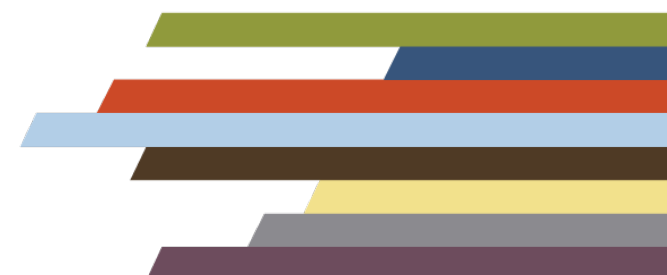


MHTTC

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- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
  - Develops and disseminates resources
  - Provides free local and regional training and technical assistance
  - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office



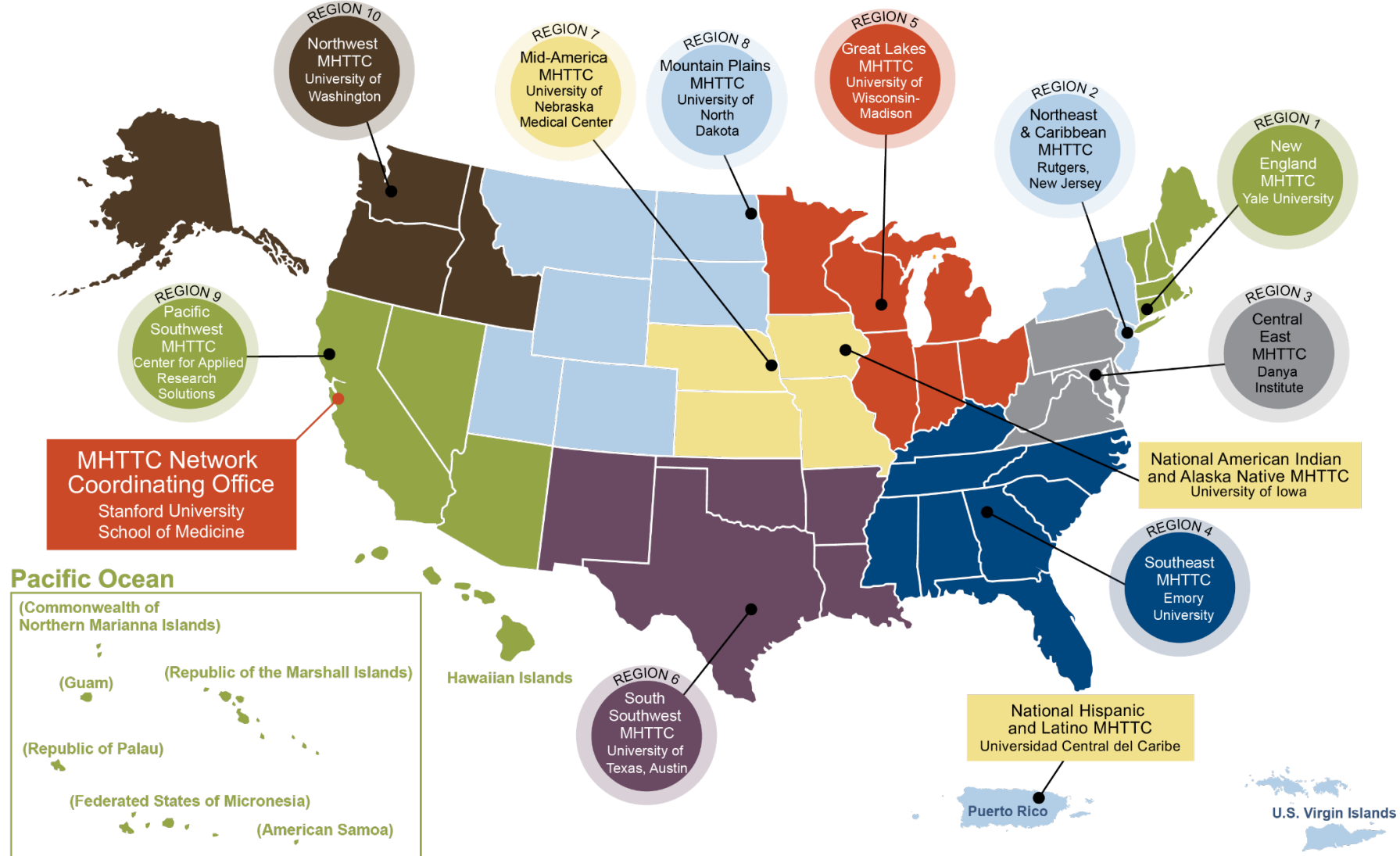
# Connect with Your MHTTC at [www.mhttcnetwork.org](http://www.mhttcnetwork.org)



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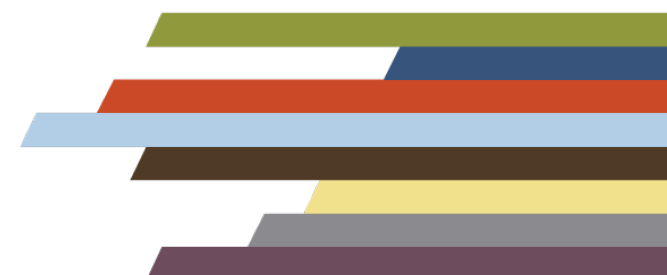
**MHTTC Network**



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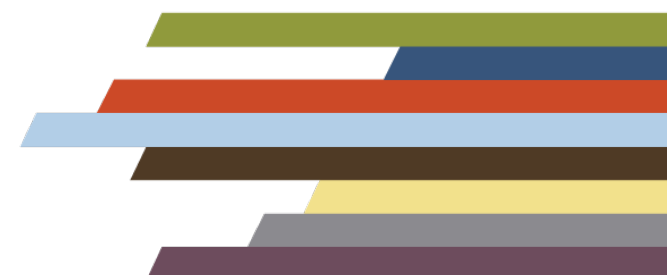
At the time of this presentation, Tom Corderre served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the moderator and panelists and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.





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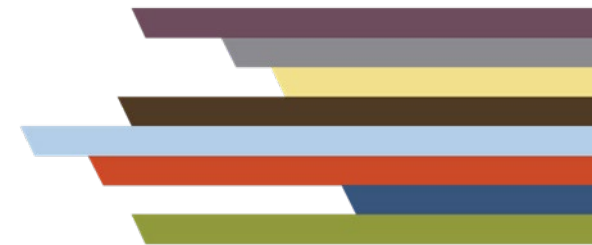
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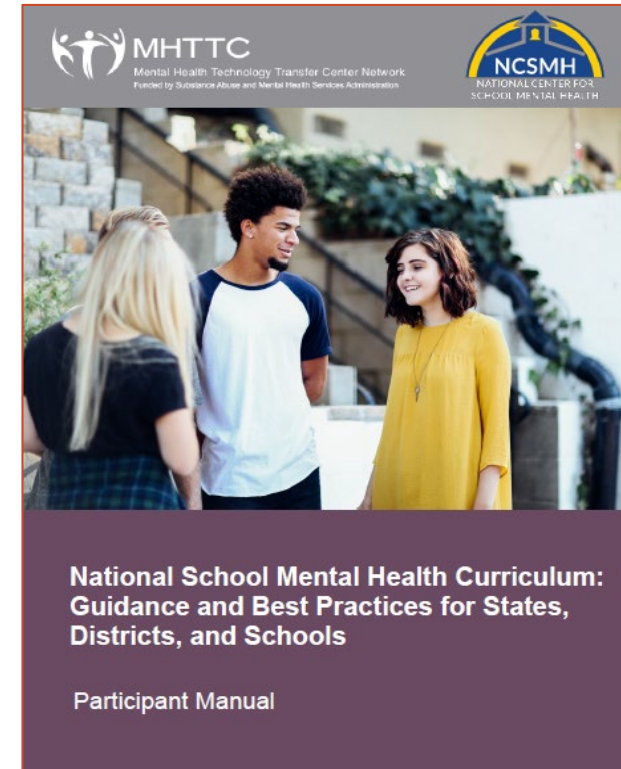
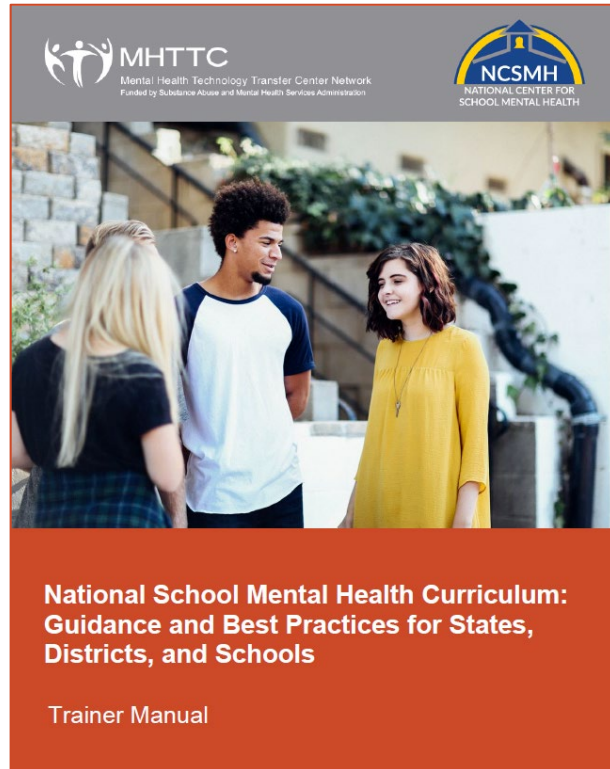
*Foundations of Comprehensive School Mental Health*

February 9, 2021





# National School Mental Health Curriculum: Always & Now



Available on the MHTTC Website:  
<http://bit.ly/access-smh-curriculum>

# Panelist from the National Center for School Mental Health



**Dr. Sharon Hoover** is a licensed clinical psychologist and Professor at the University of Maryland School of Medicine, Division of Child and Adolescent Psychiatry, and Co-Director of the National Center for School Mental Health. She currently leads NCSMH efforts to support states, districts and schools in the adoption of national performance standards for quality and sustainability of comprehensive school mental health systems. Dr. Hoover has led and collaborated on multiple federal and state grants, with a commitment to the study and implementation of quality children's mental health services.





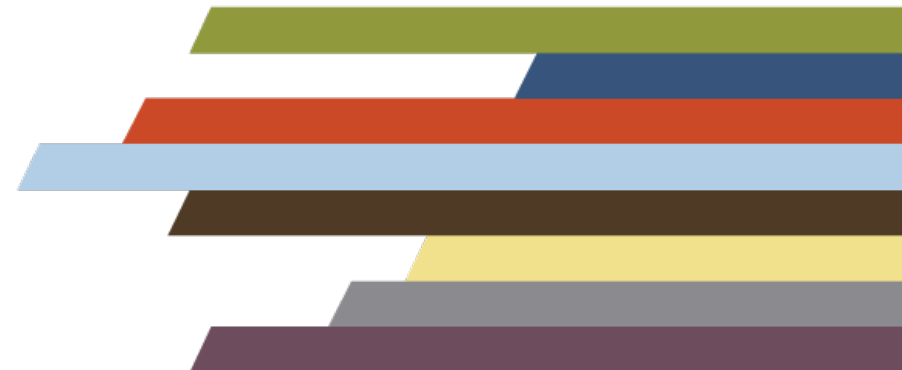
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# Module 1: Foundations of Comprehensive School Mental Health

National School Mental Health Curriculum



# Curriculum Overview

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- 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

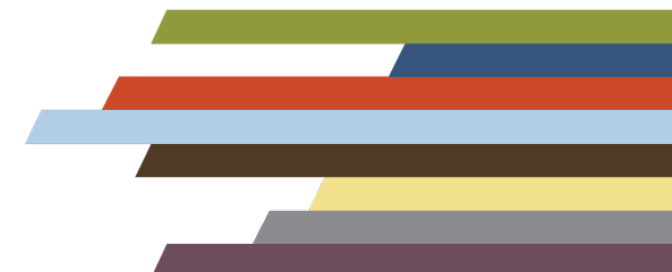
# Target Audience

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**District teams** that can influence, develop, and oversee school mental health systems at the school district and building levels.

District teams may include:

- School District Leaders (e.g., Superintendent, School Board)
- School Administrators (e.g., Principal, Assistant Principal)
- District Mental Health Director or Student Services Supervisor (e.g., Director of Student Services, District Supervisor School Psychologists/Social Workers/Counselors)
- Community Behavioral Health Agency Supervisor/Director (e.g., clinical director of an agency that provides school-based services in the district)
- Youth/Family Advocate or Consumer



Each module aligns with the **national performance domains and indicators** of comprehensive school mental health system quality.

**National School Mental Health Quality Assessment (SMH-QA; NCSMH, 2019)**

## Best Practices

- Quality indicators have best-practice guidelines
- Used to self-assess indicator implementation and guide strategic quality improvement planning

**SHAPE** School Health Assessment and Performance Evaluation System

What is **SHAPE**?  
Your **FREE** assessment tool designed to improve school mental health system quality and trauma responsiveness at the school, district, and state levels.

Learn More

**Take a Tour**

From our program quality and trauma responsiveness assessments and feedback reports to our extensive library of free and low-cost screening and assessment measures, SHAPe delivers the tools you need to improve your school or district's mental health programs and increase your grant funding opportunities. Take the tour to learn more.

I want to sign up for:

Myself My School My District My State

SHAPe helps districts and schools improve their school mental health systems! **HOW?**

SHAPe users map their school mental health services and supports. Assess system quality using national performance standards. Receive custom reports and strategic planning guidance and resources. Utilize additional SHAPe features including the Screening and Assessment Library and Trauma-Responsive Schools Assessment and Resources. Use state and district dashboards to collaborate with schools in your region.

**SHAPe Features**

School & District Profiles, Quality Assessment & Resources, District & State Dashboards, Screening & Assessment Library, Trauma-Responsive Schools Assessment & Resources.

**School Mental Health Matters**

Youth are **8x more likely** to complete mental health treatments in schools than in other community settings.

3/4 of youth who receive mental health services access them in schools.

Positive school climate integrated with social emotional learning **improves school safety** and decreases bullying.

Students who participate in social emotional learning programs improve academic performance by **11 percentage points**.

**Put your star on the map**

92 schools have earned Gold Star Status

112 school districts have earned Gold Star Status

28 states have schools or districts with Gold Star Status

Learn More

# School Health Assessment and Performance Evaluation (SHAPe) System

[www.theSHAPeSystem.com](http://www.theSHAPeSystem.com)

SHAPe helps districts and schools improve their school mental health systems! **HOW?**



# Assessments & Reports

With a SHAPE account, you can assess, track, and advance your school or district's quality improvement goals and assess trauma responsiveness across multiple areas. You'll get free, customized reports to drive your action planning, share your performance with key stakeholders, and help you monitor your progress over time.

The screenshot shows the SHAPE web application interface. At the top, there is a navigation bar with the SHAPE logo, the text 'School Health Assessment and Performance Evaluation System', and links for 'About Us', 'Contact Us', 'Take a Tour', and 'Sign Up'. A 'Log in' button is also present. The main content area displays a report titled 'Teaming - Complete'. The report features the SHAPE logo and the text 'Quality Domain | Teaming'. Below this, there is a section for 'OVERALL COMPOSITE SCORE: 5' with a progress indicator. A bar chart shows the following scores for five categories: 'Have multidisciplinary team' (5), 'Promote efficiency' (4), 'Use meeting best practices' (6), 'Promote data sharing' (5), and 'Connect to community resources' (5). Below the chart is an 'About Teaming' section with a definition and a list of five self-assessment criteria:

- 1) having a multidisciplinary school mental health team;
- 2) having streamlined teams that avoid duplication and promote efficiency;
- 3) having a productive meeting structure;
- 4) having a system in place to promote data sharing among team members; and
- 5) having well-established working relationships with community mental health.

At the bottom of the page, there is a footer with the NCSMH logo, contact information for the National Center for School Mental Health (737 West Lombard Street, 4th Floor, Baltimore, MD 21201), phone numbers (410) 706-0980 and (410) 706-0984, email csmh@som.umaryland.edu, and links for 'About Us', 'Take a Tour', and 'Sign Up'. A privacy policy link is also present.



# Targeted Resources & Guides

Our comprehensive resource library includes public access resources hand selected by a team of school mental health experts. Sort resources by topic to hone in on specific team goals or generate ideas for action steps related to your own improvement goals.

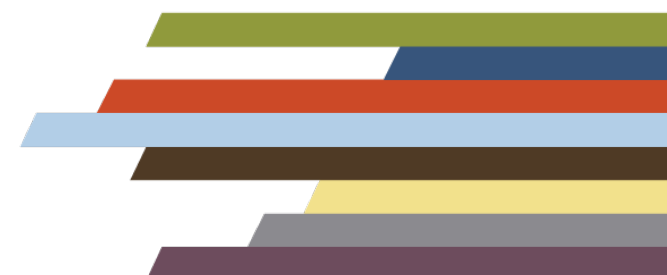
The collage features several key documents:

- PromotePrevent 3 Bold Steps:** A Framework for Effectively Implementing Evidence-Based Programs and Practices (EBPs). It includes an introduction, key findings, and a three-stage framework for implementation.
- SHOPE Quality Guide:** Needs Assessment/Resource Mapping. This guide provides a process for identifying and mapping resources to address student needs.
- Blueprint for Authentic Engagement:** A document with a central graphic showing a group of people in a meeting, surrounded by icons representing various stakeholders and processes.

# Comprehensive School Mental Health Systems

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- Provide a **full array of supports and services** that promote positive school climate, social emotional learning, mental health, and well-being, while reducing the prevalence and severity of mental illness
- **Built on a strong foundation of district and school professionals**, including administrators and educators, specialized instructional support personnel (e.g., school psychologists, school social workers, school counselors, school nurses, other school health professionals) in **strategic partnership with students, families, and community health and mental health partners**
- Assess and address the **social and environmental factors** that impact health and mental health



# Core Features

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- Educators and Student Instructional Support Personnel
  - Adequate staffing and support
  - Trained to address student mental health in schools
- Collaboration and Teaming
  - Youth and families
  - Community health/mental health and other partners
- Multitiered System of Supports
  - Mental health promotion support (Tier 1)
  - Early intervention and treatment services and supports (Tiers 2-3)
- Evidence-Informed Services and Supports
- Cultural Responsiveness and Equity
- Data-Driven Decision-Making

## Reflection:

Which core features are your district doing very well – throughout the district or in select school(s)?

Which core features do you wish were more consistently present in all your schools?

How do you think families would respond to the question of which core features are the school or district doing well?

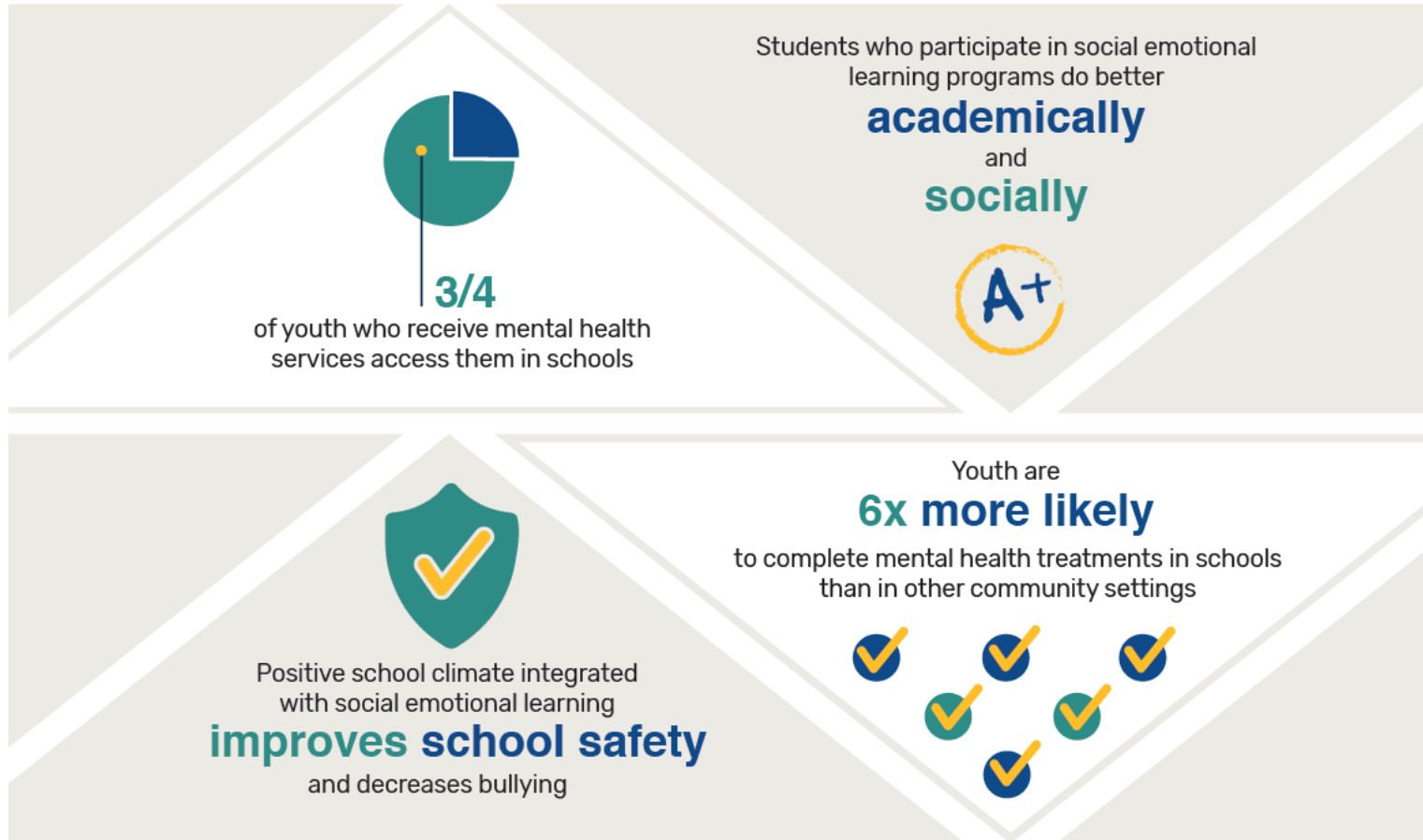
## Comprehensive School Mental Health Core Features Checklist:

- Educators and Student Instructional Support Personnel
  - Adequate staffing and support
  - Trained to address student mental health in schools
- Collaboration and Teaming
  - Youth and families
  - Community health/mental health and other partners
- Multitiered System of Supports
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# **The Value of Comprehensive School Mental Health**

# School Mental Health Impact

## School Mental Health *Matters*



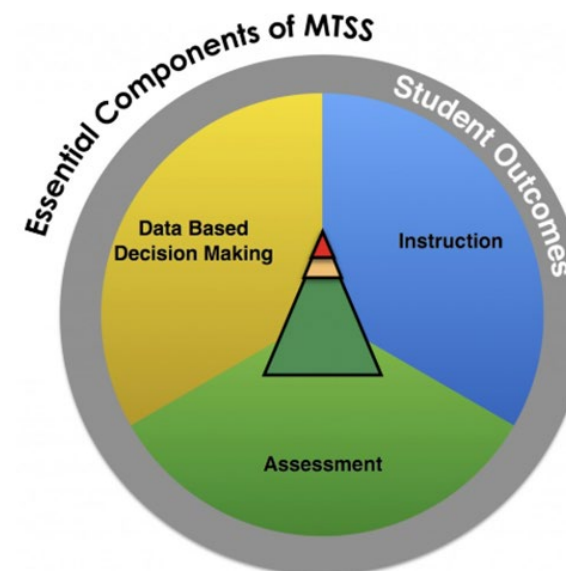
NCSMH, 2019

# District Example

## Boston Public Schools Comprehensive Behavioral Health Model



<https://cbhmboston.com/>



Every child deserves a safe and supportive school...

CBHM promotes positive school climate and social and academic success for all students. It is a comprehensive model that integrates tiered supports and services within a school according to student needs, and recognizes family and community partnerships as an integral part of a school's success.

We are so glad you are here!



# State Example

## Wisconsin's School Mental Health Initiative

- 3 supporting grants:
  - Safe Schools Healthy Students
  - Project AWARE
  - School Climate Transformation
- State School Mental Health Framework

[www.schoolmentalhealthwisconsin.org/](http://www.schoolmentalhealthwisconsin.org/)



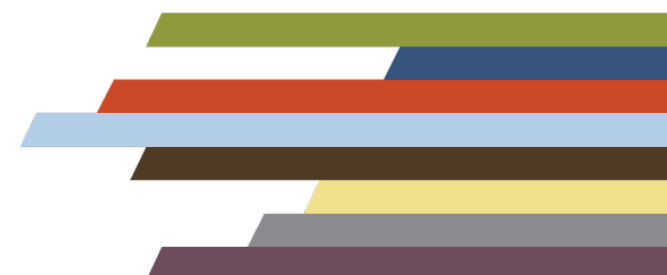


## Discussion

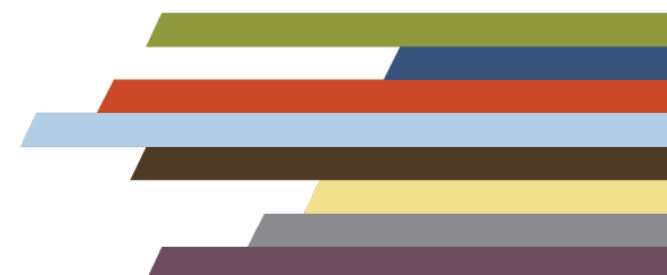
How does this content fit with your district's understanding and implementation of the core features of comprehensive school mental health?

## Strategic Planning

- State a specific goal for your district related to comprehensive school mental health.
- List 3 potential action steps to move this goal forward.



# Panel Discussion



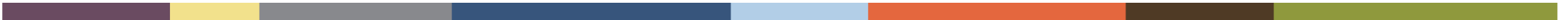
# Panelists



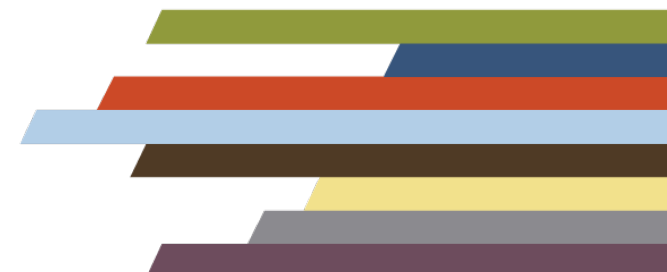
**Pia Escudero** a mental health leader and social work professional with over 30 years of experience in mental health and health programs for the Los Angeles Unified School District. As Executive Director of the Student Health and Human Services (SHHS) Division, she directs the services of over 2000 school mental health and health professionals including social workers, nurses, pediatricians, child psychiatrists, human relations and restorative practices experts, wellness programs and positive behavior intervention and supports district wide.



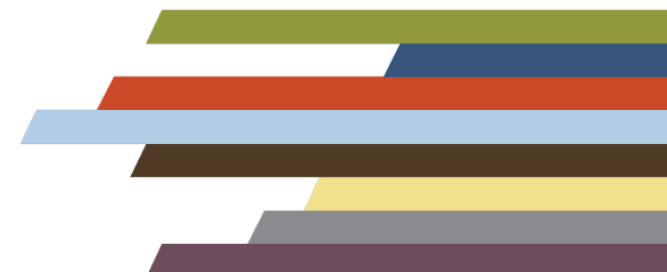
**Dr. Dana Milakovic** is a mental health and trauma specialist with experience in school mental health, community mental health, pediatric neuropsychology, school administration, and school psychology. In her current role, she is focused on strengthening schools by applying neuropsychological research to mental health integration in schools, trauma-sensitive schools, school climate, substance use disorders, and improving mental health services for children across Pennsylvania.



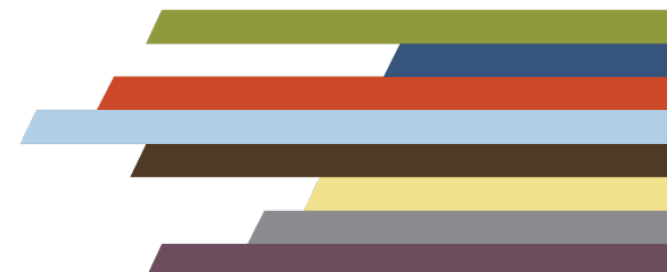
- What is your experience utilizing this curriculum in your state?
  - How has the curriculum been helpful?
  - What are some positive outcomes/successful results that have come out of your effort through implementation of the curriculum?



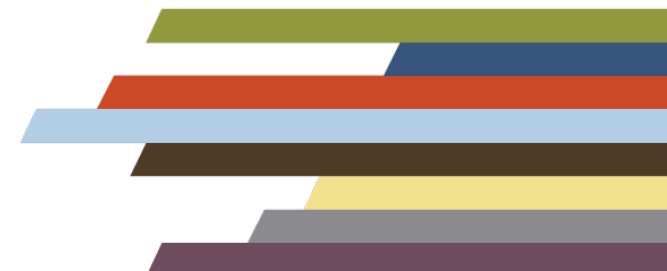
How can this curriculum/framework be useful for very well established school mental health systems versus one that is just starting out?



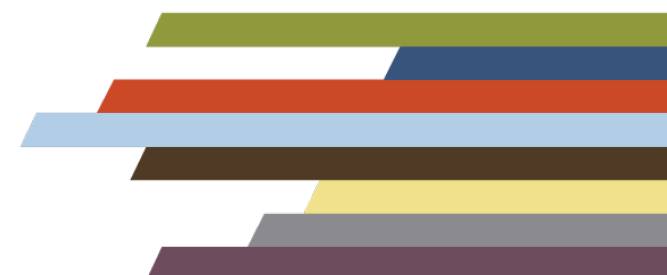
- What has changed in your school/district/state related to comprehensive school mental health services NOW because of the pandemic?
  - What have you had to adopt or change or learn to do differently?



What are some of the challenges that you encountered and how did you address these challenges?

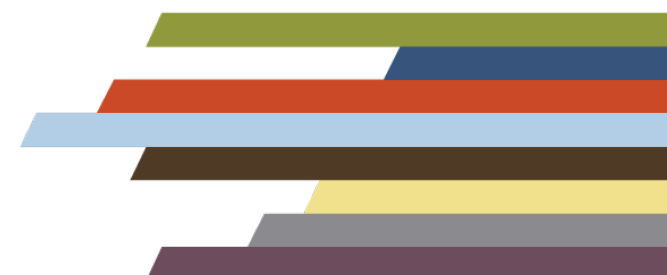


- What has been your experience in adapting this curriculum to diverse populations in your school/district/state?
  - What considerations do we need to be aware of?

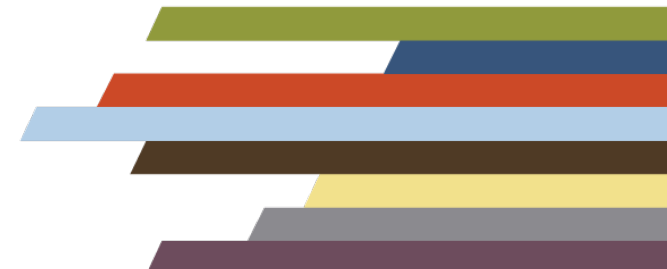




What are some recommendations you would make for schools that are just starting out or that are in the initial phase of utilizing the School Mental Health Curriculum?

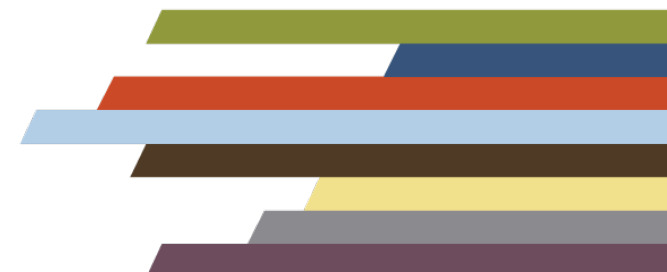


# Q&A with Presenters

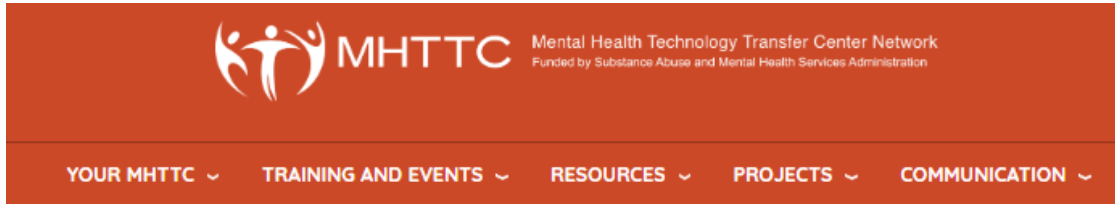


# Next: Optional Regional Breakout Sessions

The post-session Regional Breakout sessions are intended for participants to have an informal moderated discussion regarding content from the live session, contextualized for their specific region.



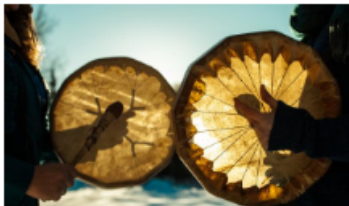
# Connecting with the MHTTC in your region



## Find Your Center

To jump to a specific center, click the center's name. To save a center as your default center, select the center by clicking the photo, then click the Save button at the bottom of the page

### Centers Across The Network



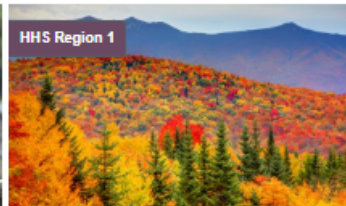
National American Indian and Alaska Native MHTTC

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National Hispanic and Latino MHTTC

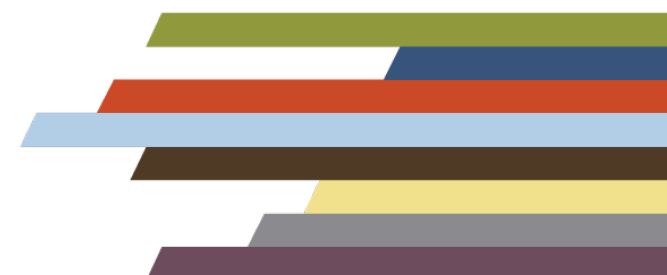
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New England MHTTC

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CT, ME, MA, NH, RI, VT

**For information about local, state, and regional school mental health training and technical assistance activities, including with the National School Mental Health Curriculum, access your MHTTC Regional Center at <https://mhttcnetwork.org/centers/selection>**



# Upcoming Learning Sessions:

- February 23: *Teaming*
- March 9: *Needs Assessment and Resource Mapping*
- March 23: *Screening*
- April 13: *Mental Health Promotion for All (Tier 1)*
- April 27: *Early Intervention and Treatment (Tiers 2 and 3)*
- May 11: *Funding and Sustainability*
- May 25: *Impact*



**Register now:**

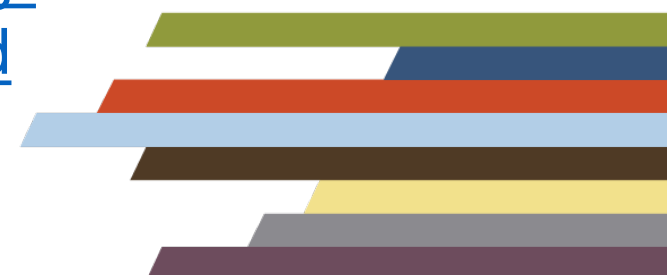
<https://bit.ly/smh-always-and-now>

# Access the Curriculum on the MHTTC Website

You can access the National School Mental Health Curriculum (trainer and participant manuals, slide decks for each module, and additional resources) on the MHTTC website!



<https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/national-school-mental-health-curriculum-and-related>



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