

# School Mental Health Initiative Year End Highlights

2020-2021



**MHTTC**

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

## ABOUT THE SCHOOL MENTAL HEALTH INITIATIVE

The MHTTC Network, established in 2018 and funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides technical assistance and training, creates and disseminates resources, and supports workforce development for the mental health field. Through the [School Mental Health Initiative](#), our Network focuses on the implementation of mental health services in schools and school systems.

Recently, 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 is responding to those needs by providing technical assistance, training, and resources across key issues, including provision of tele-mental health services, social isolation, grief, loss, and bereavement, mental health disparities and impacts of racial injustice, returning to school amidst COVID-19, educator well-being and self-care, and more.



393 events



38,182 attendees



313 products



1,357 course completions

## RETURN TO SCHOOL

This year, more schools reopened after conducting remote learning due to COVID-19. We compiled resources to address school mental health during COVID-19 and the anxiety of returning to school. These lists are continuously updated and contain resources from the MHTTC Network and other reputable mental health and school organizations.

*Having Difficult Conversations: A Guide for Providers, Teachers, and Parents* and *What Now? Supporting Students after a Mental Health Crisis* are just some of the resources available. You can access these free resources below:

- [Responding to COVID 19 – School Mental Health Resources](#)
- [Responding to COVID 19 – Anxiety & Return to Work/School Resources](#)

## EDUCATOR WELL-BEING

Educators are experiencing increased levels of on-the-job stress and burnout as they work to respond to the needs of their students, many of which have been amplified by the COVID-19 pandemic.

Our Centers have provided trainings and resources to help educators support their students while also taking care of themselves. Access these trainings and resources via our [MHTTC Products & Resources Catalog](#) and use keywords such as "well-being" and "burnout" and "self-care."

## SCHOOL MENTAL HEALTH BEST PRACTICES: ALWAYS AND NOW



This national 8-part learning series featured the *National School Mental Health Best Practices: Implementation Guidance Modules resource*. A panel of education and mental health leaders from across the United States provided examples for implementing those best practices always AND now, in light of the COVID-19 pandemic and its impact on school mental health.

Access the recordings and resources from this learning series [here](#).

## CLASSROOM WISE: WELL-BEING INFORMATION AND STRATEGIES FOR EDUCATORS



Developed in partnership with the National Center for School Mental Health, this FREE training package offers evidence-based strategies and skills for educators and school personnel to engage and support students with mental health concerns in the classroom.

In addition to a self-paced online course, a video library and resource collection are also available!

Access this free 3-part training package [here](#).

## HEALING COMMUNITIES IN THE CONTEXT OF RACIAL VIOLENCE



At the height of ongoing violence against marginalized groups, this two-part learning series was the continuation of a learning forum from 2020. Hosted in February-March 2021, this series was intended for students, families, educators, and school mental health professionals navigating the ongoing impact of racial violence in all forms on student mental health.

Access the recordings and resources from this learning series [here](#).

# SNAPSHOT OF SCHOOL MENTAL HEALTH ACTIVITIES FROM THE MHTTC NETWORK

## NEW ENGLAND MHTTC

***The Childhood-Trauma Learning Collaborative (C-TLC)*** prepares professionals in education and mental health to improve and support the mental health and resiliency of school-aged children. C-TLC resources include virtual trainings, book study opportunities, curated articles and other learning materials.

## SOUTHEAST MHTTC

Medicaid reimburses most eligible school-based services through one of two systems: fee-for-service and cost-based reimbursement. ***Financing School Based Services Through Medicaid*** resources provide an introduction to these cost-based reimbursement systems.

## MID-AMERICA MHTTC

***Communicating About School Mental Health*** is a virtual learning series that provides state and local education agencies with information about how to most effectively communicate about school mental health to audiences who may not have a background in education or mental health.

## NORTHWEST MHTTC

***Anchored In Our Roots*** is a wellness series developed with and for our BIPOC School Mental Health Providers. This recorded series provides resources to navigate the intersectionalities of their work, and strategies for anchoring their wellbeing, around their cultural and ancestral roots.

## NORTHEAST & CARIBBEAN MHTTC

***Supporting School Mental Health in the Wake of COVID-19: A Virtual Conference*** is two-day event that was held for K-12 educators, staff, and administrators focused on strategies to support students and educator mental health as they transition back to school (remotely or in-person).

## GREAT LAKES MHTTC

For children from racial and ethnic minority groups with ADHD, barriers to diagnosis and treatment can place them at greater risk of poor health and educational outcomes than their white peers. ***What Teachers Should Know about ADHD*** outlines disparities and the impact of ADHD on the learning and academic performance of all children.

## MOUNTAIN PLAINS MHTTC

School administrators and other school personnel are facing pressure to respond to the mental health needs of students. ***Promoting Positive Mental Health in Rural Schools*** provides resources to address the mental health training/technical assistance needs of schools serving rural and remote communities.

## NATIONAL HISPANIC AND LATINO MHTTC

***Suicide Prevention in Hispanic and Latinx Youth, the Impact of COVID-19 and Cultural Factors to Consider*** provides information about suicide and identifying suicide-related risk in Hispanic and Latinx youth. Evidence-based practices to utilize when screening for risk are also outlined.

## CENTRAL EAST MHTTC

***What Influences the Risk of Youth Suicide?*** This fact sheet helps teachers, school staff and other education stakeholders increase their awareness and understanding of suicide attempts and contributing factors among children and youth through age 18.

## SOUTH SOUTHWEST MHTTC

Schools are in a unique position to screen for social, emotional, and behavioral risks for students. ***School-wide Screening for Mental Health Concerns*** provides guidance for schools planning for school-wide screening activities and organizing their response to student risk through a multi-tiered system of support.

## PACIFIC SOUTHWEST MHTTC

***The Needs and Joys of our (Im)migrant\* Students, Families and Community Partners*** is a virtual learning series that unpacks nuances of students who are (im)migrants, newcomers, undocumented, transborder learners to strengthen our school mental health systems, services, practices & policies.

## NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

***American Indian & Alaska Native School Communities in the COVID-19 Pandemic*** combines peer-to-peer networking and sharing of resources and best practices from members of the Native school community who have had success in adapting to COVID-19 restrictions.

To access additional MHTTC activities and resources, visit the [Training and Events Calendar](#) and [Products and Resources Catalog](#) on the MHTTC website. Highlights related to the main MHTTC project and the Provider Well-Being Initiative are available [here](#).

## VOICES FROM THE FIELD

“This has me thinking and processing. Some great programming is going to come out of what you shared.”

I've been recommending MHTTC webinars to people who may not usually consider it – so much of this work has widespread interdisciplinary impacts. Eager to learn more.

These programs have been excellent and very helpful. Love that they are free and recorded. Super helpful.

Thank you so much for this conversation. It has made me re-think the type of work and therapist I want to be moving forward.”

## QUESTIONS?

Contact your Regional Center or National Focus Area Center Visit [www.MHTTCnetwork.org](http://www.MHTTCnetwork.org) and click on 'Your MHTTC'

You may also contact the MHTTC Network Coordinating Office at [networkoffice@mhttcnetwork.org](mailto:networkoffice@mhttcnetwork.org)

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