



Mid-America (HHS Region 7)

**MHTTC**

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

The Mid-America MHTTC’s school mental health program works with partners in education across HHS Region 7 to improve students’ access to mental health services. Our robust team of trainers have years of experience working in and with schools and districts to implement system-wide changes. School mental health was deemed a priority for our Center at its inception, however, through an annual supplemental award, we have been afforded more resources to devote to the cause

This report provides an overview of our work through the Mid-America MHTTC’s third grant year.



## Overview

The 2020-2021 school year posed unprecedented challenges to school personnel. Since early 2020, teachers, school psychologists, counselors, social workers, and building administrators have had to:

- Work with students via new, remote modalities;
- Support student learning and well-being while their families or caregivers face health, employment, or financial strain related to the pandemic; and
- Provide a compassionate voice for students who have been isolated from their peers for prolonged periods.

As many schools prepared for a return to in-person learning for 2021-2022, the focus of much of our training and technical assistance shifted to educator well-being, crisis response, and mental health care inequities.

## Equity and Accessibility

Our school mental health trainers approach all programming through the lens of diversity, equity, accessibility, and inclusion. Over the past two years in particular, we have had the honor of collaborating with other regional centers to develop training around racial injustices and respond to the changing needs during the pandemic.

**February - May 2021**  
Always and Now 8-Part Learning Series

3,094 attendees

**July/August 2020**  
Learning Forum: Supporting School Mental Health in the Context of Racial Violence

1,744 attendees

## Crisis Response

Crises come in many different forms and affect children and adolescents differently. For many students, COVID-19 dramatically altered routines, stoked a sense of loss of control, forced families into financial disarray, dismantled opportunities for social connection, and caused grief—not just for lives, but for the loss of life as they knew it.

June 2021

Expect the Unexpected:  
Preparing for Crises in  
Schools Webinar Series

152  
attendees

October 2020 - June 2021

Supporting School Mental  
Health During a Pandemic  
Learning Community

4  
teams

## Educator Well-Being

The Adult Resilience Curriculum (ARC) for Educators helps educators and their organizations navigate difficult times and overcome barriers to well-being that persist even in non-pandemic years. Through self-paced learning or institutional efforts, ARC provides the structure that is often missing from meaningful well-being programming.

Training Resources  
and Highlights

### ARC Modules Overview

This flier provides brief descriptions of content within each of the ARC modules.

### Well-Being Wednesdays: Taking Care of Educators Who Take Care of Kids Webinar Series

This monthly series walks attendees through each of the ARC modules in concise, 30-minute webinars.

### The Value of Teacher Well-Being: A Research Brief

This research brief describes common barriers to well-being, how teacher well-being impacts outcomes, how social-emotional learning (SEL) can improve teacher well-being, strategies for improving well-being, and steps that states, districts, and schools can take to improve teacher well-being.

## Foundational Resources

***National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools.*** Formerly the National School Mental Health Curriculum, this resource addresses issues that impact access and provision of mental health services in schools across the U.S.

***Classroom WISE.*** In June 2021, the MHTTC Network launched Classroom Well-Being Information and Strategies for Educators, or [Classroom WISE](#), a free three-part training package that assists K-12 educators in supporting the mental health of students in the classroom.