

MHTTC School Mental Health Initiative Year End Highlights

2021-2022



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 provides technical assistance and training, creates and disseminates resources, and supports workforce development for the mental health field. Through our [School Mental Health Initiative](#), our Network focuses on the implementation of mental health services in schools and school systems.

In the last year, we provided training and technical assistance to the school mental health workforce across a variety of topics, including trauma; grief, loss, and bereavement; staff and educator retention, recruitment, and wellness; prevention and intervention for school crises; mental health support and positive mental health promotion for BIPOC and LGBTQ+ students; and suicide prevention and postvention.

Over the last year, the MHTTC Network conducted [intensive technical assistance projects](#) focused on school mental health that had a significant impact on mental health prevention, treatment, or recovery support services. We also developed [resources](#) to help schools as they continue to navigate the effects of the COVID-19 pandemic on students, families, educators, and school mental health professionals.



321 events



20,692 attendees



301 products



6,357 course completions

PROJECT AWARE TA PARTNERSHIP

In 2021, the MHTTC Network began a TA partnership with the 59 SAMHSA-funded Project AWARE (Advancing Wellness and Resiliency in Education) grantees, conducting a [needs assessment](#) to identify priority needs. These needs include working with diverse populations to provide culturally responsive and inclusive practices, mental health literacy, awareness, and stigma, and school mental health funding and sustainability. The MHTTC Network is supporting Project AWARE grantees with:

- Resource identification, including access to already planned MHTTC TA events and available resources.
- Provision of TA and training across Project AWARE grantees in a region, among Tribal grantees, and for grantees that have needs for Hispanic and Latino student populations.
- Connections with other regional and cross-regional Project AWARE grantees for peer support. Opportunities and connections to resources from other SAMHSA-funded TA centers.
- Consultation on leadership and workforce development, as it relates to the goals of the projects.

Over the past year, the MHTTC Network released 39 products and resources and hosted 127 events for Project AWARE grantees, with 8,906 participants attending these events.

DISSEMINATION AND IMPLEMENTATION OF CLASSROOM WISE



[Classroom WISE](#) is a free 3-part training package that assists educators and school staff in supporting student mental health. The MHTTC Network partnered with the Maryland Department of Education and Oregon Department of Education to offer [state-specific versions of Classroom WISE](#) for professional development.

During the 2021-22 school year, the MHTTC Network partnered with the [National Center for School Mental Health](#) to assist 13 schools in adopting Classroom WISE. School teams that received all available technical assistance (i.e., orientation session, [written guide](#), virtual sharing sessions, and individual facilitation meeting with Classroom WISE developers) were more likely to adopt Classroom WISE.

VIOLENCE IN SCHOOL COMMUNITIES



School communities continue to navigate the ongoing impact of racial violence, gun violence, and student suicides on student mental health. The MHTTC Network created a [resource page](#) to address crises in school communities and how to move forward in the aftermath of these crises.

In early 2022, the MHTTC Network led a 7-session [Community of Practice](#) to explore the roles and responsibilities of school staff and systems in supporting a school's healing ecosystem within the context of racial violence. 97% of the 368 participants were very satisfied or satisfied with the overall quality of the Community of Practice.

SNAPSHOT OF SCHOOL MENTAL HEALTH ACTIVITIES FROM THE MHTTC NETWORK 2021-2022

Below are highlights of the regional and population-focused school mental health activities provided by our Centers over the last year.

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

The report, **Medicaid and School Mental Health Services**, describes how schools can finance school mental health services through Medicaid. In addition, the report was presented in a [virtual learning session](#) that provides an overview of Medicaid and how Medicaid finances school mental health services.

MID-AMERICA MHTTC

The **Nebraska School Mental Health Project** consisted of training for Educational Service Units on best practices for implementing comprehensive systems of school mental health. Follow-up technical assistance included engagement in strategic planning related to SHAPE assessment results and identifying goals for implementation.

NORTHWEST MHTTC

Anchored in Our Roots Virtual Healing Session Series was a community of practice that included a six-session virtual healing experience exclusively for BIPOC school mental health providers. Participants also shared their ideas and practices for healing, enriching the learning of the group.

NORTHEAST & CARIBBEAN MHTTC

The **POWER Program** incorporates techniques found to be effective across adolescents with emotion-related mental and behavioral health needs, including motivational interviewing, behavioral skills training, cognitive-behavioral therapy, and acceptance and commitment therapy.

GREAT LAKES MHTTC

The **Classroom WISE Discussion Guide** was designed to enhance the Classroom WISE content by providing educators a guide for discussion, evaluation, and practice, which may lead to even better outcomes and strengthening of student supports, especially for students experiencing mental health distress.

MOUNTAIN PLAINS MHTTC

Trauma Responsive Practices in Education Training of Trainers was a 3-day interactive, in-person training of trainers with a focus on foundational trauma-informed knowledge, based on Healthy Environments and Response to Trauma in Schools (HEARTS). Virtual follow-up training was conducted 1- and 3-months after the initial training.

NATIONAL HISPANIC AND LATINO MHTTC

Day 1 of the 2-day conference, **Navigating Behavioral Health Complexities in the Midwest**, covered migration, detention, and separation trauma, bullying, Latinx LGBT+ youth, and cultural considerations for addressing mental health issues and racial discrimination among Latino and Hispanic children and youth.

CENTRAL EAST MHTTC

A companion to Classroom WISE, **Cultural Inclusiveness and Equity WISE (CIE-WISE)**; 2-hour online course, videos, resources) engages K-12 educators and school staff in learning and reflection to promote cultural self-awareness and understanding of the impact of social injustices on students.

SOUTH SOUTHWEST MHTTC

The **School Mental Health Coaching Academy** focused on enhancing skills of regional trainers and coaches in engaging school staff in change processes, identifying root causes of barriers, addressing equity within school mental health, and creating strategic plans for implementation. Eligible participants were certified as school mental health coaches within their state.

PACIFIC SOUTHWEST MHTTC

Pacific Southwest School and Mental Health Grief Readiness Series is a virtual learning series that brought forth a deepened grief sensitivity and the framework and vocabulary for participants to develop a grief readiness plan for their workplace departments or organizations. This plan could support clients or students, their workforce, or both.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

Sacred Seeds is a one of a kind, introductory curriculum and training on special education advocacy for those serving American Indian and Alaska Native students with disabilities. Those that successfully completed the course received a Sacred Seeds IEP Advocate Certificate.

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 are available [here](#).

VOICES FROM THE FIELD

“The information was very valuable and I like how it addressed racial disparities among minority groups.”

I believe this will help educators realize the importance of their interactions with students. I think this will help teachers have some resources to better support students' emotional needs.

I will have open conversations within my community on the climate of schools and other youth servicing resources.”

It was very eye-opening to think about how to be better at embracing the students in the community with compassion and understanding.”

QUESTIONS?

Contact your Regional Center or National Focus Area Center Visit www.MHTTCnetwork.org and click on 'Your MHTTC'

You may also contact the MHTTC Network Coordinating Office at networkoffice@mhttcnetwork.org

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