



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 fourth grant year.



Overview

The 2021-2022 school year was a hopeful and challenging time for many of the schools in our region and nationally. While the impact of the COVID-19 pandemic improved, recovery for our school systems continued to be a focus. During this year, our school mental health professionals, school counselors, school psychologists, school social workers, and administrative teams have had to:

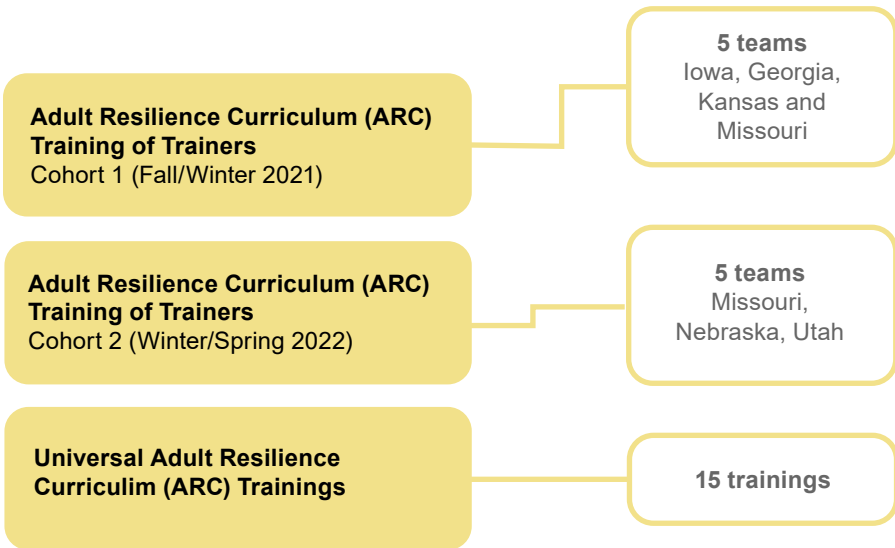
- Support the adjustment and engagement of students back into the school environment
- Uplift the well-being and academic success of students after a time period of ongoing stressors and non-traditional learning
- Bring to the forefront the needs of educators and school mental health professional well-being

Project AWARE and State-Wide Comprehensive School Mental Health Support: Nebraska School Mental Health Project

- Three-day virtual institute introducing the National School Mental Health Best Practices and Implementation Guidance, to increase understanding of implementing a comprehensive system that supports the whole student. Together, teams utilized the School Mental Health Quality Assessment tool to assess their current system, identify goals, and begin strategic planning.
- **14** state-wide local and/or regional teams participated in training.
- Additional training on SHAPE system and ARC for Educators Training of Trainers for teams involved was included.

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.



Additional Efforts

School Mental Health Provider Training

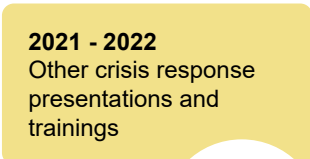
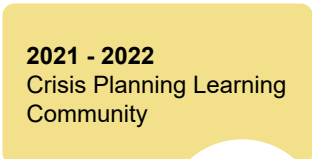
School mental health providers help support the mental health efforts of school buildings, while delivering evidence-based interventions that support the mental well-being of students. During the 2021-2022 school year, we hosted a regional learning community to support training, resource sharing, and collaboration of school mental health professionals focusing on:

- Comprehensive systems to support school mental health
- Strategies to engage and participate in school teams
- Information-sharing methods
- Approaches to managing school crises



Crisis Response

Crises come in many different forms and affect children and adolescents differently. For many students, crises can alter routines, stoke a sense of loss of control, force families into financial disarray, dismantle opportunities for social connection, and cause grief.



Educator Mental Health Literacy: Classroom WISE Introductory Webinar and Classroom WISE Learning Community

In partnership with the National Center for School Mental health, we hosted a learning community focused on introducing leadership teams to the Classroom WISE content, planning for implementation and roll-out, and supporting implementation for teams that have already started.

