

Project AWARE TA Tidbits

December 2022



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



Project AWARE TA Tidbits are technical assistance updates aimed at providing a birds-eye view of the impactful technical assistance, training, and collaboration/relationship-building activities each one of our Centers lead with Project AWARE grantees in their regions.

NEW ENGLAND MHTTC

At the request of the Rhode Island Project AWARE grantees, we are developing a guide to assist schools, community-based, and faith-based organizations as they help stakeholders access behavioral health resources. The guide will provide basic information and resources about school mental health and behavioral health issues. It will also contain a comprehensive list of resources offering support and services for behavioral health and substance prevention and abuse issues for children, families, and schools.

SOUTHEAST MHTTC

Last month, we conducted a needs assessment survey and hosted a quarterly call for the Project AWARE SEAs to learn more about current needs and priorities. Based on these activities, we planned a series of learning sessions and opportunities that will commence in January focusing on topics related to sustainability of school mental health programs and services. As one example, several sessions will focus on strategies to strengthen and sustain partnerships between community mental health providers and school providers.

MID-AMERICA MHTTC

At the request of one of our Project AWARE grantees, we hosted a 2-day in-person training (with virtual option) focusing on using the Classroom WISE package to enhance educator mental health literacy in their schools, districts and agencies. This workshop involved Project AWARE teams and other state school mental health teams across who worked together to complete the Classroom WISE online learning platform, review the resources available, and plan for strategic use of the Classroom WISE training package in alignment with their planned professional development.

NORTHWEST MHTTC

Our Northwest school mental health team is holding a meeting in December with Project AWARE grantees to co-design a bi-monthly collaboration and discuss technical assistance needs and offerings. We also have a monthly e-newsletter that we continue to send out to Project AWARE grantees to ensure their awareness and access to our most recent school mental health-related events and resources.

NORTHEAST & CARIBBEAN MHTTC

In response to the need to support school leaders' well-being and self-care, Project AWARE schools were invited to join our School Leaders' Support Collaborative. The collaborative is a six-week virtual support series for principals, vice principals, and other school leaders. Sessions provide the opportunity to share strategies for success and explore new ways to overcome common challenges and revisit personal and professional core values and how to integrate into work to increase work-life satisfaction.

GREAT LAKES MHTTC

In order to meet the need to increase outreach and engagement with school-aged youth and their families to promote mental health, we have developed an 8-part webinar series with PATCH (Providers and Teens Connecting for Health) on prioritizing youth engagement. We have 5 webinars remaining in the series (12/14, 1/11, 1/8, 3/8, 4/12, & 5/3). Project AWARE grantees are invited to access additional details about this training opportunity [here](#).

MOUNTAIN PLAINS MHTTC

At the request of our Colorado Project AWARE grantee, our Center helped sponsor their 2022 CDE Fall Conference: Reconnecting and Building Stronger Colorado School Communities and presented at two sessions: Suicide Safety Planning and Postvention in Schools and Response to Traumatic Stress using the MTSS Framework. Region 8 Project AWARE grantees meet together monthly as an opportunity to collaborate, share resources, and troubleshoot with their peers; this also provides an opportunity for additional TA supports from Region 8 if needed.

NATIONAL HISPANIC AND LATINO MHTTC

Our goal is to increase awareness to attend to [Hispanic and Latino students' mental health needs](#), promote the implementation of school mental health services that are [culturally appropriate](#), and encourage the use of promising and evidence-based practices. We are currently working on disseminating a second Project AWARE Grantee Needs Assessment to identify needs of Project AWARE grantees that serve Hispanic and Latino student populations.

CENTRAL EAST MHTTC

At the request of our Project AWARE partners, we have partnered with Dr. Mary Hodorowicz to develop two Motivational Interviewing (MI) in Schools products to support positive and prosocial communication between school staff and parents. One is a self-paced interactive module using avatars to replicate real world situations allowing participants to learn and practice MI communication skills. The second is a blended instructor-led series that includes opportunities for personalized expert feedback.

SOUTH SOUTHWEST MHTTC

As a follow up to the Dare to Lead Training held in June 2022 with 50 state AWARE leaders from Region 6, the SSW MHTTC attended and trained at the Arkansas School Behavioral Health Clinic Coordinator's Annual Fall Retreat in El Dorado, Arkansas. Natalie Fikac led this experiential training and walked through Dare to Lead and Stress Management and Resiliency Training content and strategies.

PACIFIC SOUTHWEST MHTTC

Every month we host a Project AWARE Community of Practice for our regional AWARE grantees to meet, collaborate and resource each other. Based on requests from AWARE grantees, we are developing two early child suicide/self-harm webinars. In addition, the California Department of Education requested a literature review of the MHTTC telehealth resources to produce a 2-3 page guide to post on their site for AB 130, which we are aiming to finalize at the end of the month.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

Our School Mental Health Program is committed to providing culturally informed, evidence-based products and training. We provide support, collaboration, learning collaboratives, and technical assistance to educators serving American Indian and Alaska Native youth. Beginning in January of 2023, we will provide monthly learning collaboratives to Project Aware grantees, as well as the larger audience.

To access additional information about the School Mental Health activities led by our Regional and Population-Focused Centers, please visit our MHTTC School Mental Health Initiative webpage [here](#).