

Project AWARE TA Tidbits

February 2023



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

We are offering our Healthcare and Educators working to Address and Reduce Trauma (HEART) Ambassador Training Series to all Project AWARE Grantees, which includes action-oriented training on facilitating collaborations between school communities and community healthcare workers, which has focused on mental health literacy and compassionate school practices to support whole school well-being.

SOUTHEAST MHTTC

In January, our Center hosted an AWARE Quarterly Meeting with SEA leaders to facilitate peer learning and provide updates on upcoming opportunities for training and technical assistance. In addition, grantees identified topics pertaining to sustainability of school mental health programs (including funding, staffing, and communication) as priority topics for trainings. Based on this feedback we will host a virtual learning session, "Communication 101 for School Mental Health: Connecting to School Administrators" on January 25th.

MID-AMERICA MHTTC

Our Center has been collaborating with Project AWARE grantees within our region to apply for additional grant funding to support state-wide efforts at increasing training of school mental health professionals. Further, Mid-America MHTTC is hosting a 2-day virtual training of trainers on the *Adult Resilience Curriculum for Educators*, an educator well-being framework geared at creating systemic and individual change to enhance and support well-being. Project AWARE grantees from within and outside of our region will be in attendance.

NORTHWEST MHTTC

Our Northwest school mental health team is held a meeting in December with Project AWARE grantees to co-design a bi-monthly collaboration and discuss technical assistance needs and offerings. As with previous years, Region 10 will continue the tradition of a monthly State Leads Collaboration Meeting. Our first session will immediately follow the Project AWARE Grantee Orientation on February 22nd at 1PM PT.

NORTHEAST & CARIBBEAN MHTTC

Our Center recognized that students in middle and high schools were lacking evidence-based Tier 2 interventions. Understanding this critical need, we've partnered with the Devereux Center for Effective Schools to create a manualized group intervention: The POWER Program (Positive Outcomes With Emotional Regulation). Project AWARE schools are invited to participate in a collaborative workshop to receive support for the implementation of the program and training to facilitate the 8-session group curriculum. Dates include: [February 15](#), [February 23](#), and [February 27](#).

GREAT LAKES MHTTC

As part of the *Supporting Resilience for Children and Youth Series*, we will be offering a session on assessment and screening, as requested by our Project AWARE grantees. This session will be offered on March 2, titled *Supporting Resilience: Part 5 – Overview of Assessment & Screening: What's the Difference and Why Use Them?* Information on the series in its entirety is now available [here](#).

MOUNTAIN PLAINS MHTTC

Our Project AWARE grantees meet monthly as an opportunity to collaborate, share resources, and troubleshoot with their peers. Training topics offered relevant to the needs in our region during this time period included: *Confronting Implicit Bias in Society and Ourselves* (series); *Neuro-Sequential Model in Education* (series); and *Becoming a Trauma Informed School* (series). We will also be holding an in-person training during the spring in Utah on PREPaRE, a prevention and intervention training for schools to implement to effectively manage a crisis situation.

NATIONAL HISPANIC AND LATINO MHTTC

We recently disseminated a second Project AWARE Grantee Needs Assessment to identify needs of Project AWARE grantees that serve Hispanic and Latino student populations. Based on the results, our Center will develop infographics in English and Spanish to better assist mental health providers on the following topics: 1) Stigma; 2) Parent Involvement; 3) Trauma-Informed Prevention on Drug Use; and 4) Suicide Prevention.

CENTRAL EAST MHTTC

Following key informant stakeholder interviews conducted in January 2023 with Project AWARE grantees, we will provide up to 4 topical trainings on the following topics: Staff retention and/or managing staff shortages; engaging and ensuring the inclusion of student voices; promoting family and community empowerment to strengthen positive school climate; collaboration between school and community settings; and development of meaningful and sustainable partnerships between schools and community partners.

SOUTH SOUTHWEST MHTTC

At the request of the Region 6 Project AWARE grantees, our Center hosted and provided content for the [6th Annual Advancing Behavioral Health Conference](#), started the six month School Mental Health Coaching Academy Series for SMH leaders, will host a SMH Sustainability Workshop and SHAPE Training, a Suicide Prevention in Schools: Best Practices and Protocols Workshop, and offer tuition and travel for Project AWARE teams at the TBRI Practitioner Training in June 2023,

PACIFIC SOUTHWEST MHTTC

Based on requests for more training on grief literacy in the workplace, we held *Getting Grief Ready*, a two-part series with the National Center for School Crisis & Bereavement and Workplace Resilience. Stemming from intensive TA we held for the Commonwealth Northern Mariana Islands Project AWARE team in Year 4, we offered the series *Fostering our Health Equity Literacy: Exploring the CLAS Standards as a Blueprint for Education, Healthcare, and School Mental Health Systems Collaboration*, open to Project AWARE grantees, our entire region and beyond.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

We have been working with our Project AWARE tribal grantees to develop a training for educators focused on indigenous cultural competence, proficiency, and humility in educators, asset-based education for indigenous learners, and valuing indigenous knowledge systems. We are also working to provide training in motivational interviewing, HIPAA, Teen Mental Health First Aid, training, violence prevention and facilitating groups.