

Project AWARE TA Tidbits

April 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

At the request of the RI Department of Elementary and Secondary Education, our team is developing an online directory of mental health resources. The directory will assist schools, community-based and faith-based organizations, and families seeking behavioral health resources. This online portal will offer basic information about the landscape of school mental health and behavioral health services and include a comprehensive list of resources around behavioral health and substance use prevention and abuse issues.

SOUTHEAST MHTTC

Our Center will be hosting a two-part discussion forum with Project AWARE SEA and LEA leaders, *Tipping & Sticking Points*. In this forum, Project AWARE leaders have the opportunity to engage in peer-to-peer learning on topics related to sustainability planning by discussing challenges they are facing as well as practices they have successfully implemented. The first meeting will be held virtually on March 29th. The follow-up meeting will be in person at the Southeastern School Behavioral Health Conference in Myrtle Beach, South Carolina.

MID-AMERICA MHTTC

The Mid-America MHTTC has been working with Project AWARE grantees in the region to develop resources and training booster sessions to support school mental health funding and sustainability, as some groups are wrapping up their funding years and others are just starting. It is our hope to host a hybrid training that includes 1) a refresher on the [National SMH Best Practices](#) and 2) targeted resources for funding and sustainability of school mental health services in schools.

NORTHWEST MHTTC

Our regional Center met with Project AWARE grantees as a lead kick-off event. We provided resources, next steps, upcoming meeting dates for monthly collaboration, and created a Google Drive to ensure access to all resources. Our team will continue to host monthly collaboration meetings that will focus on ongoing resource-sharing, problem-solving, and Q&A to move the work forward.

NORTHEAST & CARIBBEAN MHTTC

As adolescent social media use increases, schools and families in our region have expressed increased concern for the risk this use poses to teens' mental health. In response, our center is partnering with Stanford-trained physician, international speaker, and creator of the award-winning film *Screenagers*, Dr. Delaney Ruston, to deliver an online training for school staff and parents. Participants will examine the challenges and benefits of social media and gain practical strategies to support youth with responsible use. Event details and registration can be found [here](#).

GREAT LAKES MHTTC

At the request of our region's Project AWARE grantees, our Center is scheduling a 3-part learning series on screening. The sessions will cover selecting a screening, managing the data, and ethical follow-up and student support. They will take place on the following Wednesdays from 12-1pm CT: April 26, May 31, and June 21. We are also in the process of developing a team-oriented blueprint to assist teams in developing a student screening process based on current best practices. Registration links coming soon!

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: *Becoming a Trauma Informed School* (series), and *Prevention and Intervention Efforts to Address Bullying and School Violence*. Upcoming trainings include *Incorporating Cultural Responsiveness Within Schools*; *Equitable Decision Making*; *Body Image and Resilience*; *PBIS*; and *The PREPaRE Curriculum* (in-person workshops 1 & 2).

NATIONAL HISPANIC AND LATINO MHTTC

Our Center created five information sheets for Project AWARE grantees that summarize key findings from the *Caminos Longitudinal Study*, which follows a school-based sample of Latin American-origin families in suburban Atlanta, GA. Topics include ethnic discrimination, immigrant-specific threats, family and cultural factors, the impact of COVID-19, and recommendations for school leaders, educators, and school mental health providers to support Latinx youth & families.

CENTRAL EAST MHTTC

Our Center is providing technical assistance to the Maryland State Department of Education and Baltimore City Public Schools (BPCS) Project AWARE grantees to support the mental and emotional wellbeing of teachers through the use of the *Rhithm* app. Rhithm's check-in tool provides an opportunity for staff to reflect on how they're feeling. In under one minute, our emoji-based check-in tool helps students to build awareness on five key areas of wellness.

SOUTH SOUTHWEST MHTTC

In March, we provided a 3-day virtual workshop in FIRST, a transdiagnostic intervention consisting of evidence-based strategies to address anxiety, trauma, depression, and non-compliance. The workshop provided opportunities to practice new skills. Participants each received a FIRST manual and practiced flowcharts to select appropriate strategies. Participants will partake in follow-up coaching events for further support. Participants included AWARE and System of Care practitioners.

PACIFIC SOUTHWEST MHTTC

Our Center recently released two guides that all Project AWARE grantees are encouraged to access and disseminate widely: [Self-Harm and Suicide Awareness and Prevention in Childhood and Early Adolescence: A Resource for Elementary School Educators & School-Based Professionals](#) and [Young Children & Suicide Prevention: A Resource for Parents and Caregivers](#). A training series with the authors of these resources is scheduled in April to walk providers through the guides. Register for the series [here](#)!

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

Our Center is committed to providing community and culturally specific evidence-based technical assistance to Project AWARE grantees who serve American Indian and Alaska Native populations. We are currently hosting monthly learning collaboratives that bring together Project AWARE Grantees to share and explore the specific youth mental health needs of their communities.