



THE WELL-BEING SERIES

Connections During COVID-19: Mental Wellness Webinars For Families & Educators

ACCESS ALL EVENT RECORDINGS & MATERIALS HERE: bit.ly/Well-beingNW

The Well-Being Series is a variety of virtual learning opportunities for kids, families, and educators focusing on mental wellness and suicide prevention -- and a wealth of relevant information and access to school mental health experts in one spot.

This document provides an complete list of all the helpful links shared throughout the series.

Presentation PDFs & Related Resources:

1. Ambiguous Loss: Grieving in the Time of COVID-19:

- o Presentation PDF: <https://bit.ly/ambiguous-loss-PDF>

2. Educator Wellness Webinars:

- o Educator Wellness #1 Guided Notes Presentation: <https://bit.ly/ed-wellness-1-notes>
- o Educator Wellness #2 Guided Notes Presentation: <https://bit.ly/34XROaO>
- o Educator Wellness #3 Guided Notes Presentation: <https://tinyurl.com/Educator-Wellness-Notes-3>
- o Educator Wellness #3 Presentation Resources: <https://bit.ly/ed-wellness-3-resources>
- o Educator Wellness #4 Guided Notes Presentation: <https://bit.ly/ed-wellness-4-notes>

3. LEARN® Saves Lives Suicide Prevention Training

- o Presentation PDF: <https://bit.ly/3dPqP51>
- o LEARN® Saves Lives Suicide Prevention One Pager: <https://bit.ly/2UUzeeT>

4. Building Protective Factors for Yourself and the School Community: The School Leader Series Landing Page:

- o School Leader #1 PowerPoint Presentation: <https://tinyurl.com/School-Leader-1>
- o School Leader #2 PowerPoint Presentation: <https://tinyurl.com/School-Leader-2-Presentation>
- o School Leader #3 PowerPoint Presentation: <https://bit.ly/school-leader-3>
- o School Leader Series Resource List: <https://tinyurl.com/SchoolLeaderResourcesNW>

5. Psychological First Aid (PFA) – Listen, Protect, Connect

- o PowerPoint Presentation: <https://tinyurl.com/PFA-Presentation>
- o Listen, Protect, Connect 1-Pager: <https://tinyurl.com/listen-protect-connect>
- o USDOE PFA Helpful Hints Handout: <https://tinyurl.com/USDOE-Helpful-Hints>
- o PFA COVID-19 Sample Questions: <https://tinyurl.com/PFA-COVID-Questions>





Northwest MHTTC Web Pages:

1. Overall Northwest MHTTC Pages:

- Northwest MHTTC Website: <https://mhttcnetwork.org/centers/northwest-mhttc/home>
- School Mental Health Webpage: <https://mhttcnetwork.org/centers/northwest-mhttc/school-based-mental-health>
- School Mental Health Newsletter Sign Up: <https://tinyurl.com/smh-news>

2. Event Landing Pages:

- Well Being Series: <https://bit.ly/Well-beingNW>
 - Ambiguous Loss: Grieving in the Time of COVID-19: <https://tinyurl.com/ambiguous-loss>
 - Be Our Lunch Date? A "Think Tank" Time: A Gathering of School Mental Health Practitioners to Surface School Mental Telehealth Needs and Resources: <https://bit.ly/2y6Y834>
 - Building Protective Factors for Yourself and the School Community: The School Leader Series: <https://mhttcnetwork.org/centers/northwest-mhttc/building-protective-factors-yourself-and-school-community-school-leader>
 - Creating Trauma-Responsive Schools Webinar Series: <https://bit.ly/2OR24Lr>
 - Educator Wellness Webinars: <https://mhttcnetwork.org/centers/northwest-mhttc/educator-wellness-webinar-series>
 - LEARN® Saves Lives Suicide Prevention Training: <https://mhttcnetwork.org/centers/northwest-mhttc/learnr-saves-lives-suicide-prevention-training-parentscaregivers-followed>
 - Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19: <https://bit.ly/supportingMHDuringCOVID>
 - Student Life Skills to Survive & Thrive During COVID-19 & Beyond: <https://tinyurl.com/student-life-skills>
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Partner Websites:

- Association of Washington Schools Principals (AWSP): <http://www.awsp.org/>
 - Charlene Ray: www.charleneray.com
 - Cher Anderton: www.cheranderton.com
 - Child Trends: <https://www.childtrends.org/>
 - DBT in Schools: <https://www.dbtinschools.com/>
 - DBT in Schools YouTube: <https://tinyurl.com/DBT-YouTube>
 - Forefront Suicide Prevention Center: <http://www.intheforefront.org/>
 - Northwest PBIS Network: <https://pbisnetwork.org/>
 - Northwest Prevention Technology Transfer Center (PTTC): <https://pttcnetwork.org/centers/northwest-pttc/home>
 - Pacific Southwest MHTTC: <https://mhttcnetwork.org/centers/pacific-southwest-mhttc/home>
 - SAMHSA: <https://www.samhsa.gov/>
 - Sound Supports: <http://soundsupportsk12.com/>
 - WellEducator: <https://welleducator.com/>
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Additional Resources:

- AWSP: How Do We Grade During the Shutdown? “Do No Harm” is the Answer by Kurt Hatch: <https://tinyurl.com/grading-do-no-harm>
- AWSP/WASA 2020 Summer Conference: <https://tinyurl.com/awsp-wasa-2020conf>
- CASEL SEL Standards State Scan: <https://casel.org/wp-content/uploads/2018/09/csi-scorecard-sept2018.pdf>
- Crisis Text Line: <https://www.crisistextline.org/>
 - Text “HOME” to 741741
- Interconnected Systems Framework Overview: <https://ksdetasn.org/resources/1286>
- (Book) Learning to Improve: How America’s Schools Can Get Better at Getting Better: <https://www.carnegiefoundation.org/resources/publications/learning-to-improve/>
- Magareeshi Website: www.magareeshi.com
- (Video) Morning Mindfulness: Jefferson-Lincoln’s SEL Program: <https://www.youtube.com/watch?v=X95oVsu-2hs>
- National PBIS TA Center: www.pbis.org
- National PBIS TA Center Pandemic Resources: <https://www.pbis.org/announcements/4-resources-to-support-students-during-the-pandemic>
- National Suicide Prevention Lifeline:
 - 1-800-273-8255
 - Press 1 for Veterans services
 - Ayuda En Espanol (24/7): 1-888-628-9454
- NWPBIS Professional Development Opportunities: <https://pbisnetwork.org/professional-development/>
- National Wraparound Initiative: <https://nwi.pdx.edu/>
- The Wraparound Process: A Tier 3 Component of Schoolwide PBIS: <https://depts.washington.edu/wrapeval/sites/default/files/presentations/4.The%20Wraparound%20ProcessA%20Tier%203%20Component%20of%20School-wide%20PBISEricBruns%20T3W%20for%20NWPBIS.pdf>

Questions?

- Contact Kelcey Schmitz at kelcey1@uw.edu or Megan Lucy at mlucy@uw.edu.

Want more information and school mental health resources?

- Visit the Northwest MHTTC's [School Mental Health page](#) and [sign up for our monthly newsletter](#) for regular updates about events, trainings, and resources available to the Northwest region.

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