

# HIGHLIGHTS FROM Year 2

August 2019 -  
August 2020



A Whole Child, Whole Community Approach  
School Mental Health

Janet Johnson, Yup'ik Language and Culture Director, Lower Yukon School District, Alaska



## SCHOOL MENTAL HEALTH



The School Mental Health Supplement to the Northwest MHTTC supports the school mental health workforce across Region 10 which includes the states of Alaska, Idaho, Oregon, and Washington.

"The state education agency has greatly benefited from MHTTC's partnership in supporting districts to implement MTSS with an explicit focus on mental health supports. The Northwest MHTTC SMH team has been extremely collaborative in leveraging the supports of MHTTC to partner and align work across numerous partners and efforts." - **Justyn Poulos, Director of MTSS, Washington Office of Superintendent of Public Instruction**



61  
Events



4,546  
Attendees



58  
Products



93%  
Satisfied



97%  
Recommend



Visit our Website: <https://bit.ly/NWSMH>



"Thank you for what you guys do through the NW MHTTC and SMART. A price cannot be put on the value I place in the information you guys have provided. It has been incredibly useful for my line of work."  
- **Sierra Jackson, QMHA Culture of Care Coach, Jefferson County ESD, Oregon**



## Notable Year 2 Activities



### The Well-Being Series - Increased Programming and Partnerships in the COVID-19 Era

- 34 Webinars
- 38 Products
- 3,068 Participants



### Expanded Service Provision & Partnerships in Alaska and Idaho

- 7 Conference Sessions and 1 Keynote (ID & AK).
- Team-based ISF trainings for 38 participants from 10 districts (ID).
- Trained 19 clinicians and 32 classroom teachers on Evidence-Based Practices for Trauma in Schools (ID).
- Strengthened collaboration with the Alaska Special Education Services Agency (SESA).



### School Mental Health Strand at the 18th Annual Northwest PBIS Conference and Pre-Conference

- Sponsored 20 Conference Sessions, a Keynote and hosted an exhibit table.
- SMH Lead, Kelcey Schmitz, was recognized as PBIS Champion.



### Post-COVID Increases to Reach & Online User Engagement

- Increased web traffic to SMH-related pages on the MHTTC website by 830%.
- 9,937 additional views on YouTube videos.
- Doubled open rate for newsletters.

## Region 10 Engagement

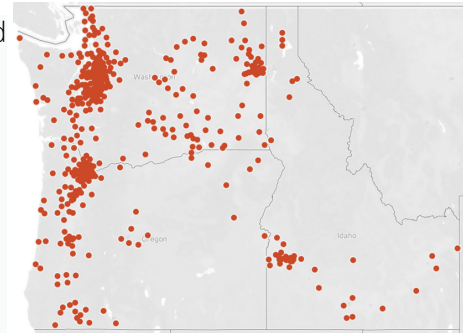
### Alaska



"The NWMHTTC has made significant efforts to understand the needs of rural and remote schools and those of the Alaska native population. The feedback from school districts on the NWMHTTC technical assistance, training and resources has been extremely positive." - **Lyon Johnson Education Specialist, Special Education Service Agency, Alaska**

### Idaho, Washington, & Oregon

"We are appreciative of their leadership and guidance, and we feel more confident that we are moving in the right direction when the Northwest MHTTC SMH Team is part of the guidance." - **Andrea Bowman, Assistant Director of Student Services, Central Kitsap School District, Washington**



## Cross-Network Collaborations

Leveraging partnerships within the MHTTC network resulted in the co-production of several virtual learning events in Year 2.

- **Supporting School Mental Health in the Context of Racial Violence**  
A two-part learning series for students, families, educators, and school mental health professionals who are navigating the impact of racial violence on student mental health.
- **Interconnected Systems Framework Webinar Series Webinars and Discussion Hours** A three-part webinar series with subject matter expert, Susan Barrett, MA, and field experts followed by six discussion hours.

## An Unprecedented Year

"Our school district leaders have found much needed support and guidance through resources provided by the Northwest MHTTC. Through countless webinars, newsletters, and even conference scholarships, the Northwest MHTTC has guided our district in defining what mental health for all can truly look like in these unprecedented times." - **Britta Centoni, Whole Child Program Coordinator, Central School District, Oregon**



Northwest (HHS Region 10)

**MHTTC**

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



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