

# The Zoom Interface

The screenshot displays the Zoom Webinar interface. At the top, a status bar indicates "You are viewing David Terry's screen" and provides a "View Options" dropdown. Below this, a "Click here to maximize your session view" button and an "Enter Full Screen" button are visible. The main content area shows a slide from "TTC Technology Transfer Centers" with the text "Thank you for joining us today!" and "You will not be on video during today's session". A "Question and Answer" window is open, showing a test question and a text input field for asking questions. A "Zoom Webinar Chat" window is also open, showing a chat history and a text input field. The bottom toolbar includes buttons for "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave".

**Annotations:**

- Click here to maximize your session view**: A button to maximize the session view.
- Enter Full Screen**: A button to enter full screen mode.
- Question and Answer**: A window for asking and answering questions. It includes tabs for "All questions (1)" and "My questions (1)". A text input field is labeled "Type your question here...".
- Zoom Webinar Chat**: A window for chat. It includes a "To: All panelists" dropdown and a text input field. A note states: "Your text can only be seen by panelists".
- Audio Settings**: A button to adjust audio settings.
- Click Here to adjust your audio settings**: A button to adjust audio settings.
- Chat**: A button to open the chat window.
- Raise Hand**: A button to raise your hand.
- Q&A**: A button to open the question and answer window.
- Click here to leave the session**: A button to leave the session.
- Leave**: A red button to leave the session.

All attendees are muted. Today's session will be recorded.

# School Mental Health Summit

## *Emerging Stronger and More Resilient: Learning from the COVID-19 Crisis*



2-Day Virtual Conference  
August 31 – September 1, 2021



Northeast and Caribbean (HHS Region 2)

**MHTTC**

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



# Day 1: Session 1

9:00 am -10:00 am EST

## **Youth and You: Mental Health Through the Eyes of Teens**

# Today's Sessions

Session 2: 10:00 am– 11:15 pm EST

Trauma-Informed Approaches for School Mental Health Providers

Session 3: 11:30 am – 12:45 pm EST

Comprehensive School Mental Health: Addressing Elevated Stress to Trauma in Schools

Session 4: 1:15 pm – 2:30 pm EST

Taking Off the Mask: Showing Up as Your Authentic Self

# Today's Sessions

Session 5: 2:45 pm – 3:45 pm EST

Social and Emotional Learning (SEL) Champions Pave the Way!  
Elevating Teacher Leaders to Support Sustainable SEL

The full schedule and individual Zoom links can be found on our conference website.

Please visit:

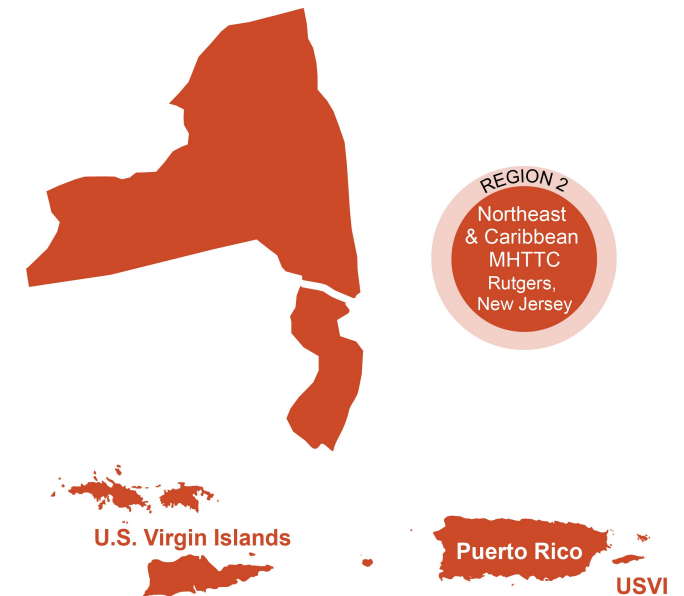
<https://mhttcschoolmentalsummit.rutgers.edu>

# About Us

## **Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC):**

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, etc.) to provide effective services to people with mental illnesses.

**Special focus on enhancing student mental health in schools.**

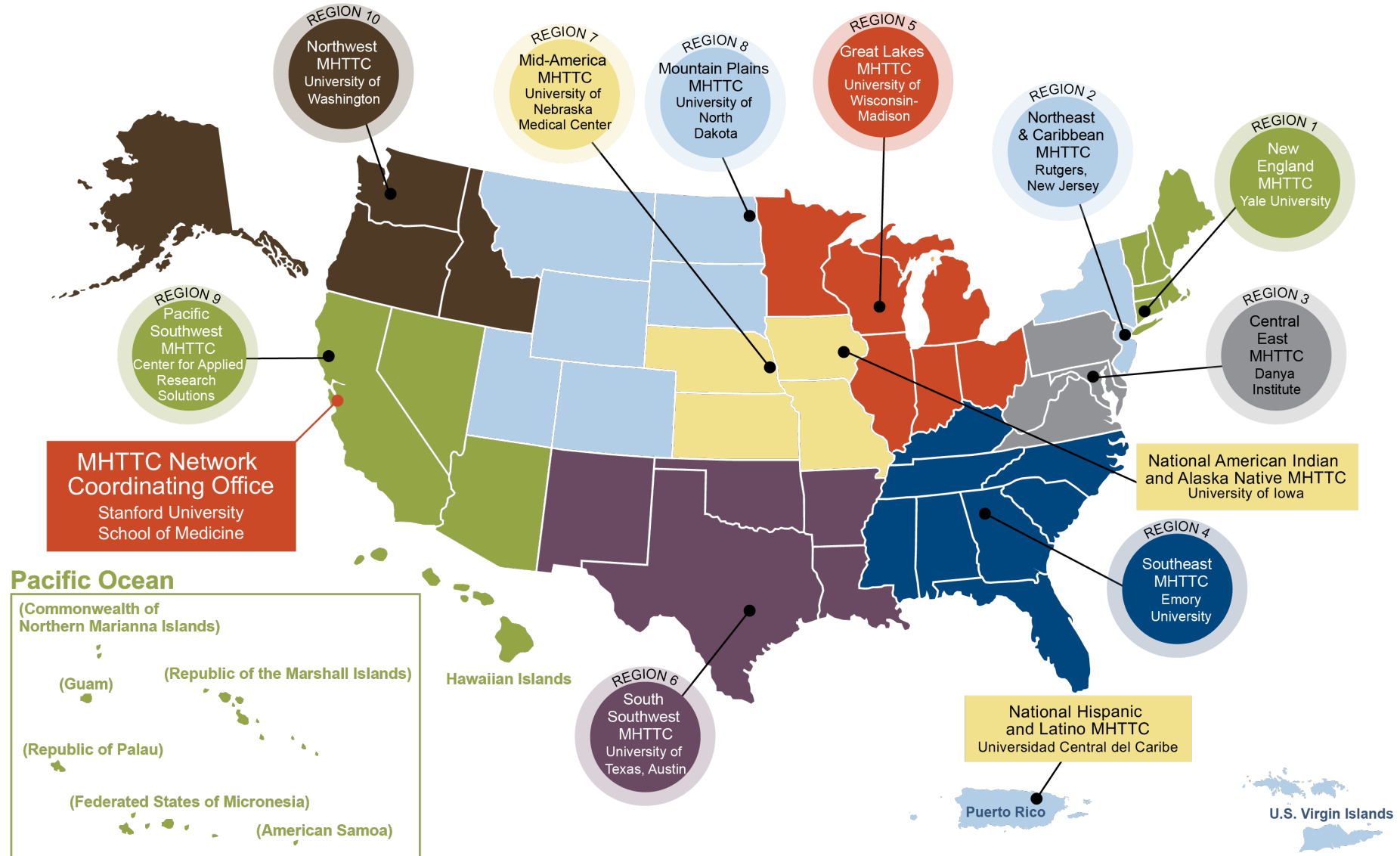




# MHTTC

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

## MHTTC Network



# School Mental Health Supplement

Supplemental funding was awarded to provide training and TA to teachers and school staff regarding student mental health (2018-2021)

## Focus on:

- Importance of mental health supports in schools
- Capacity to recognize and identify mental health concerns in students
- Best models of school-based mental health services
- Linking, as needed, to community-based services



## Trainings

- Youth Mental Health First Aid
- Trauma Informed Schools
- Cultivating Resiliency
- Suicide Prevention
- Social Emotional Learning
- Crisis Interventions
- School Refusal and Anxiety
- Self-Care

## Technical Assistance

- Individualized plans with schools
- Implementation of SMH
- Resource Mapping
- Needs Assessment
- Teaming
- Assessment
- Tiered Supports
- Funding



# Grow Your Knowledge and Skills

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<https://bit.ly/2mpmpMb>



# We Want Your Feedback!

- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# Video Recording Information

- *Please Note:*

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

# Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

# Your Interactions With Us

- Question and Answers
  - Q & A will occur at the end of the presentation.
  - Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
  - Note: your question is visible to all participants.
- Chat and Polls
  - Throughout the webinar, we will be asking for your input.
  - Use the Chat or Poll features in Zoom located on the task bar.
  - You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Our Presenters



**Jasmin Langomas**



**Sabih Hasan**



**Siddharth Vecham**

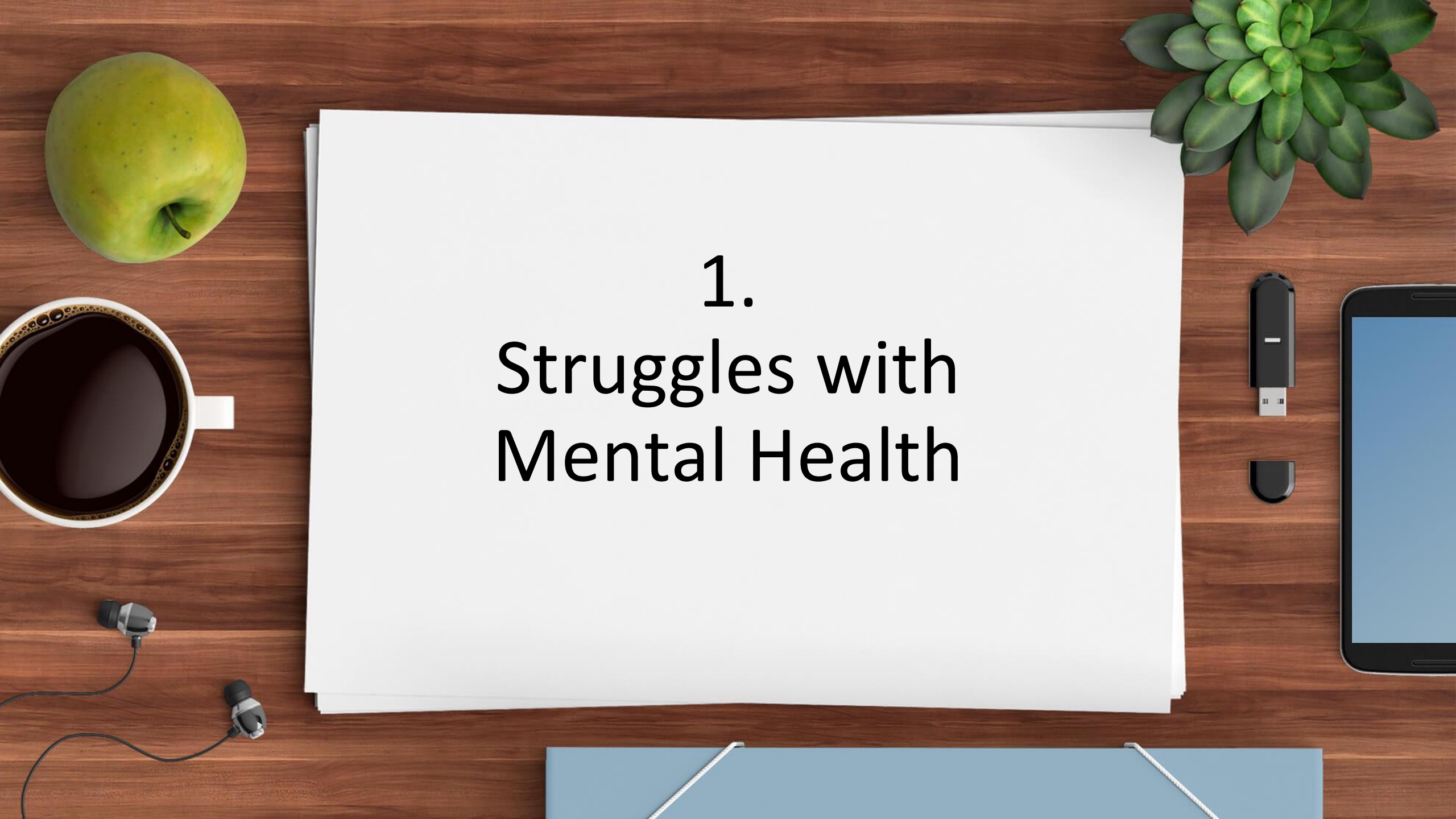




# Youth With You: A Teen's Mental Health in a School Setting

Jasmin Langomas & Sabih  
Hasan





# 1. Struggles with Mental Health



# School Struggles

- ❖ Transitional Troubles
- ❖ Relationship Rollercoasters
- ❖ Systematic Stress





# Personal Struggles

- ❖ Feelings of isolation
- ❖ Bullying
- ❖ Using extreme language
- ❖ Lack of resources





# Personal Struggles

- ❖ Feelings of isolation
- ❖ **Bullying**
- ❖ Using extreme language
- ❖ Lack of resources





# Personal Struggles

- ❖ Feelings of isolation
- ❖ Bullying
- ❖ Using extreme language
- ❖ Lack of resources





# Personal Struggles

- ❖ Feelings of isolation
- ❖ Bullying
- ❖ Using extreme language
- ❖ Lack of resources





# Friends With Struggles

- Dealing with peers who are fighting battles against mental health
- Problems growing worse as the word quarantine swiftly gains popularity



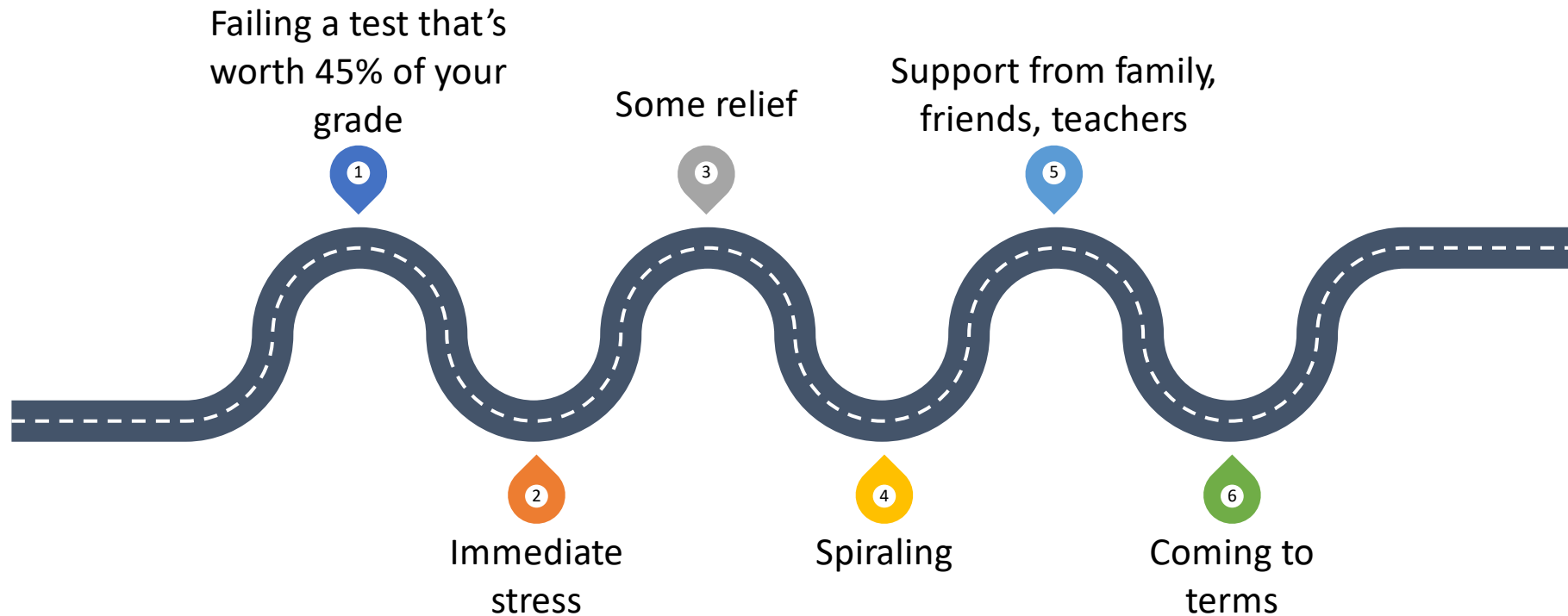


# Friends With Struggles

- What adults in education based environments could have done to help



# Roadmap of Emotions







## 2. How We Prevailed

# Connections and Bonds

## ❖ Friends/Teachers





# Connections and Bonds

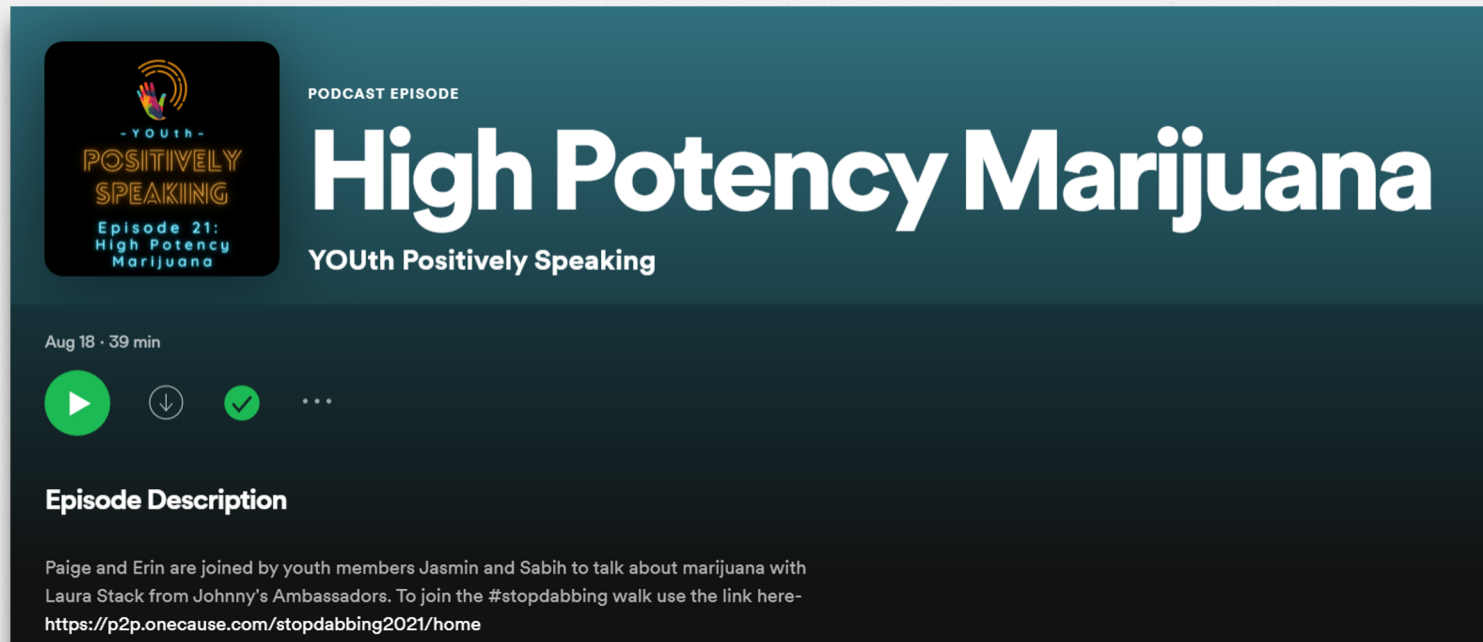
- ❖ After school clubs and their advisors





# Connections and Bonds

- ❖ Outside school organizations



**PODCAST EPISODE**

**High Potency Marijuana**

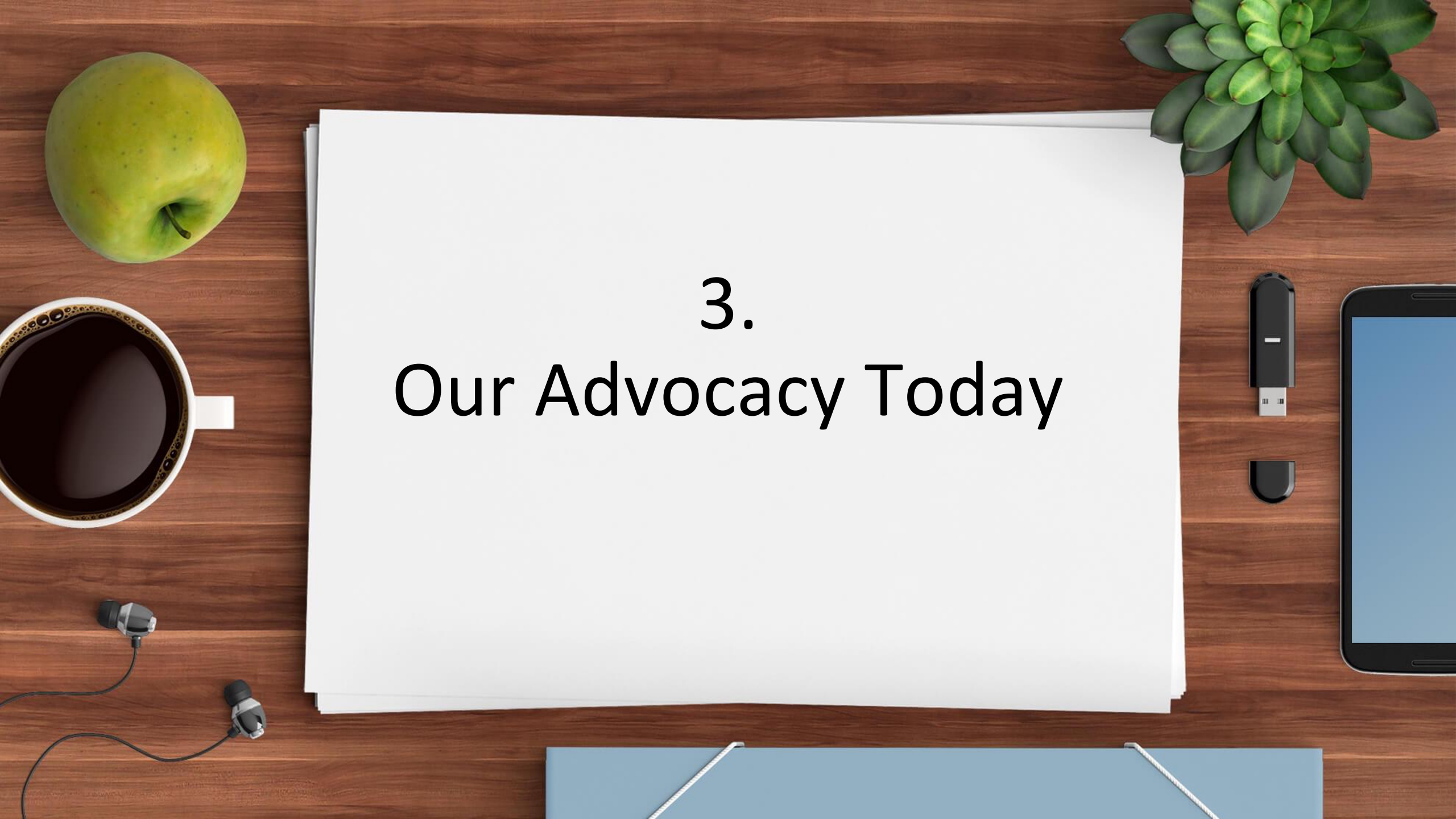
YOUth Positively Speaking

Aug 18 · 39 min

Episode 21: High Potency Marijuana

Episode Description

Paige and Erin are joined by youth members Jasmin and Sabih to talk about marijuana with Laura Stack from Johnny's Ambassadors. To join the #stopdabbing walk use the link here- <https://p2p.onecause.com/stopdabbing2021/home>



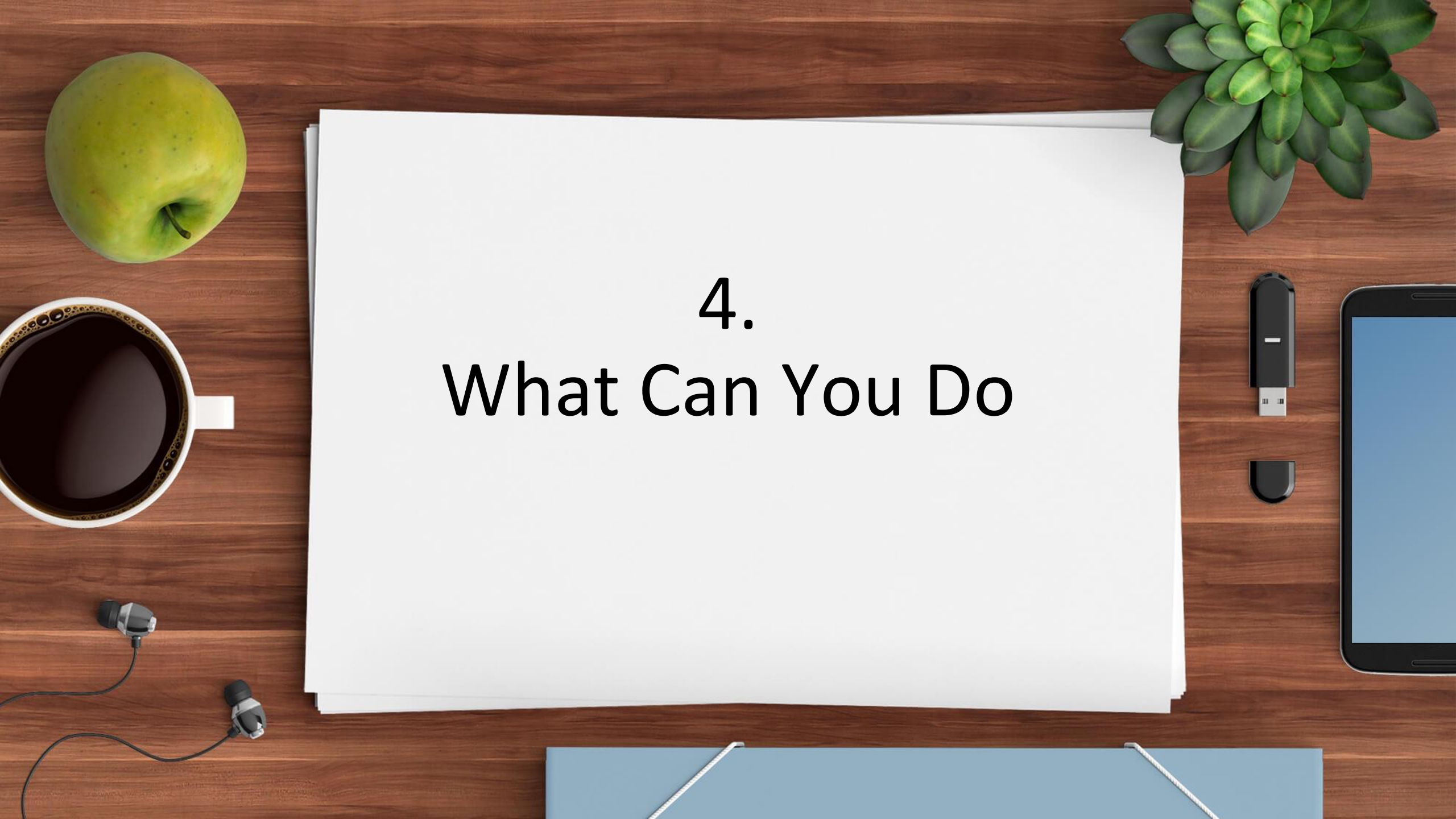
# 3. Our Advocacy Today





# Organization Involvement

- ❑ Prevention Groups (LMTI, SADD)
- ❑ Advisory Boards (Voice of Youth, Empower Somerset)
- ❑ Trainings (A Call To Men)



# 4. What Can You Do





## DOs

- Showcase a friendly attitude to students
- Provide/list resources
- Use your authority to instill change
- Lead by example
- Encourage club/advocacy involvement

## DON'Ts

- Ignore the signs of someone suffering
- Brush off a student's emotions

## OTHER ADVICE

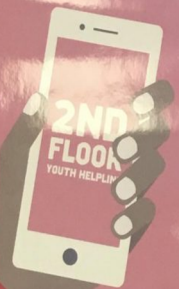
- Keep your learning space inclusive
- Take the time to listen to students





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- SUICIDE
- DRUGS
- SEX
- ABUSE
- MENTAL HEALTH
- DIVORCE
- WEIGHT
- AND MORE

**We're here to help**

2NDFLOOR is a confidential and anonymous helpline for New Jersey youth and young adults. We are here to help you find solutions to the problems that you face at home, at school, or anywhere else.

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Available on the App Store

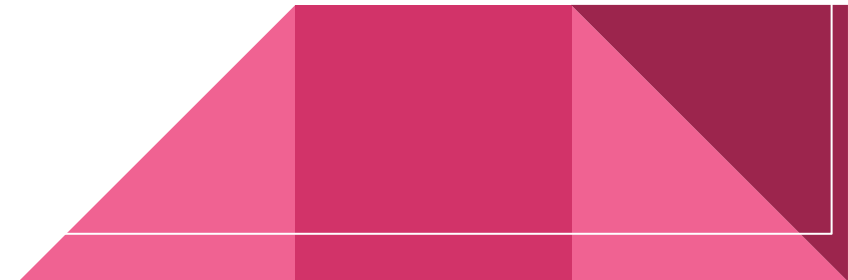
\*Funded by the Department of Children and Families

**2NDFLOOR**  
**888-222-2228**  
YOUTH HELPLINE

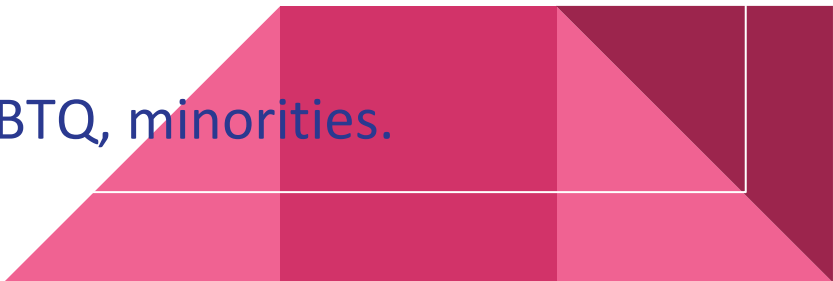
# Youth with You: The Teen Perspective on Mental Health

# Youth Mental Health is a Pressing Problem

- 9.7% of youth face severe depression.
- LGBTQ youth and children of color are even more vulnerable.
- Isolation and loneliness among top 3 causes for those suffering with anxiety or depression.



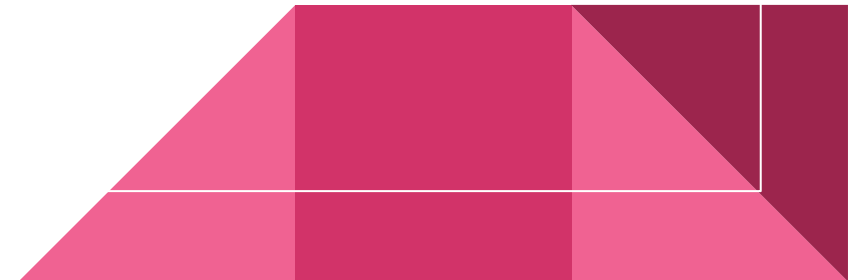
# What Schools Can Do

- Help provide resources and screening confidentiality.
  - Reassure students there is nothing wrong with them even if they have an mental health issue.
  - Educate parents on the issue, focusing on groups with less knowledge.
  - Focus on students prone to mental health problems e.g. LGBTQ, minorities.
- 

# Importance of Confidentiality

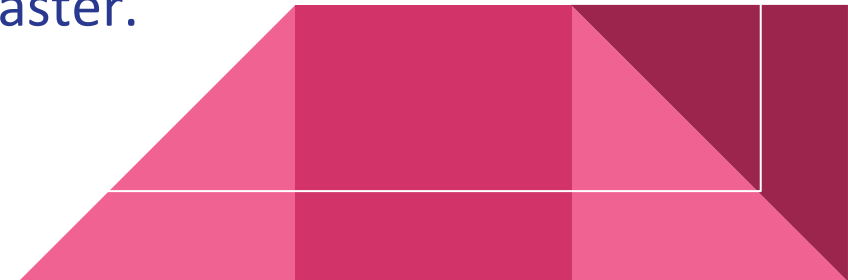
- Many students fear social isolation if issues revealed, teens with publicly known issues avoided.
- Fear of not fitting in.
- Many teens don't have supportive parents or family, fear reprisal

Confidentially assuages these fears and makes teens more likely to get help.



# Parents Need to be Educated

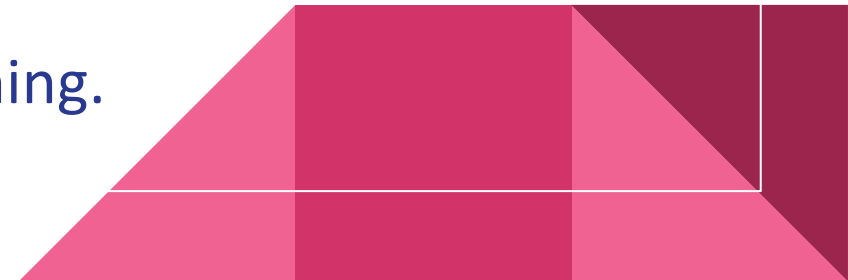
- Many parents do not know about prevalence of mental health issues among youth.
- Parents, especially immigrants, have no knowledge about mental health on the whole.
- Parents trust pillars of communities, such as school.
- Parents know their children the best and recognize issues faster.





# Effect of Covid

- Lockdowns have prevented or reduced socialization, leading to a sense of isolation.
- Students lost a sense of normalcy, combined with news surrounding the pandemic felt even more anxious than usual.
- Students can feel anxious returning to in-person learning.





# Thanks!

# Question and Answer



Please enter any questions for presenters using the Q&A feature in the toolbar.

# Evaluation Information

- The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.
- At the end of today's training please take a moment to complete a brief survey about today's training.



# We Want to Hear From You!

- Guide our educational, training, and technical assistance efforts
- Tell us your training needs
- Responses are anonymous
- Use the QR code or link in follow-up email



TRAINING NEEDS  
ASSESSMENT



# Resources

- Helplines and Support
- National Suicide Hotline - 1-800-273-8255
- NAMI - 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)
- Mental Health America- 1-800-273-TALK (8255), text MHA to 741741
- SAMHSA's National Helpline - referral and information - 1-800-662-HELP (4357)
- SAMHSA's Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746





Next Session:

**Trauma – Informed Approaches for  
School Mental Health Providers**

10:00 am- 11:15 am EST

# Connect With Us

- Phone: (908) 889-2552
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<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>
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