

The Zoom Interface

The screenshot shows a Zoom Webinar window with a dark header bar. The main content area displays the TTC logo and a 'Thank you for joining us today!' message. A 'Question and Answer' window is open, showing a list of questions and a text input field. A 'Zoom Webinar Chat' window is also open, showing a message and a 'To' field. The bottom toolbar contains icons for Audio Settings, Chat, Raise Hand, Q&A, and Leave. Callouts provide instructions on how to use the Q&A and Chat features.

Zoom Webinar You are viewing David Terry's screen View Options

Click here to maximize your session view Enter Full Screen

TTC
Technology Transfer Centers
Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us today!
You will not be on video during today's session

Question and Answer
All questions (1) My questions (1)
You 07:35 AM
This is a test question!
You can switch between questions you've asked and those asked by others using these buttons.
You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.
Type your question here...

Zoom Webinar Chat
The chat feature will allow you to talk with other people in today's webinar.
The To field will tell you who will receive your message. Be mindful of who you are chatting to.
To: All panelists
Your text can only be seen by panelists

Audio Settings Click Here to adjust your audio settings Chat Raise Hand Q&A Click here to leave the session Leave

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 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:

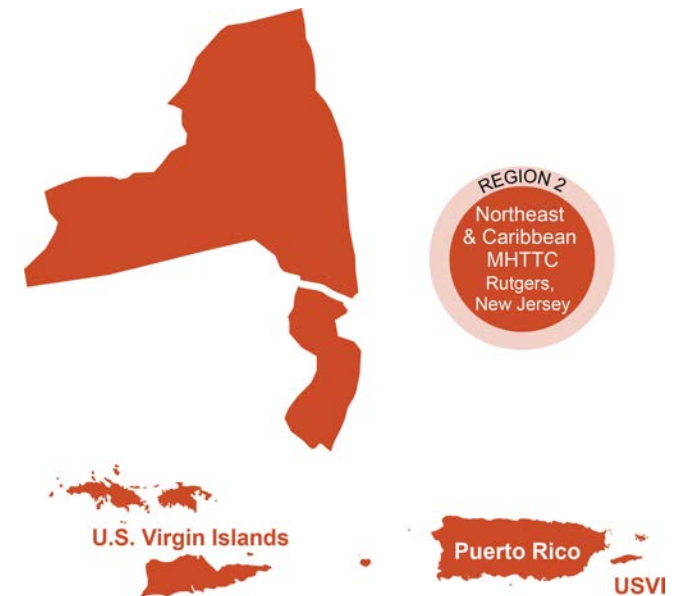
<https://mhttcschoolmentalsummit.rutgers.edu>

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.

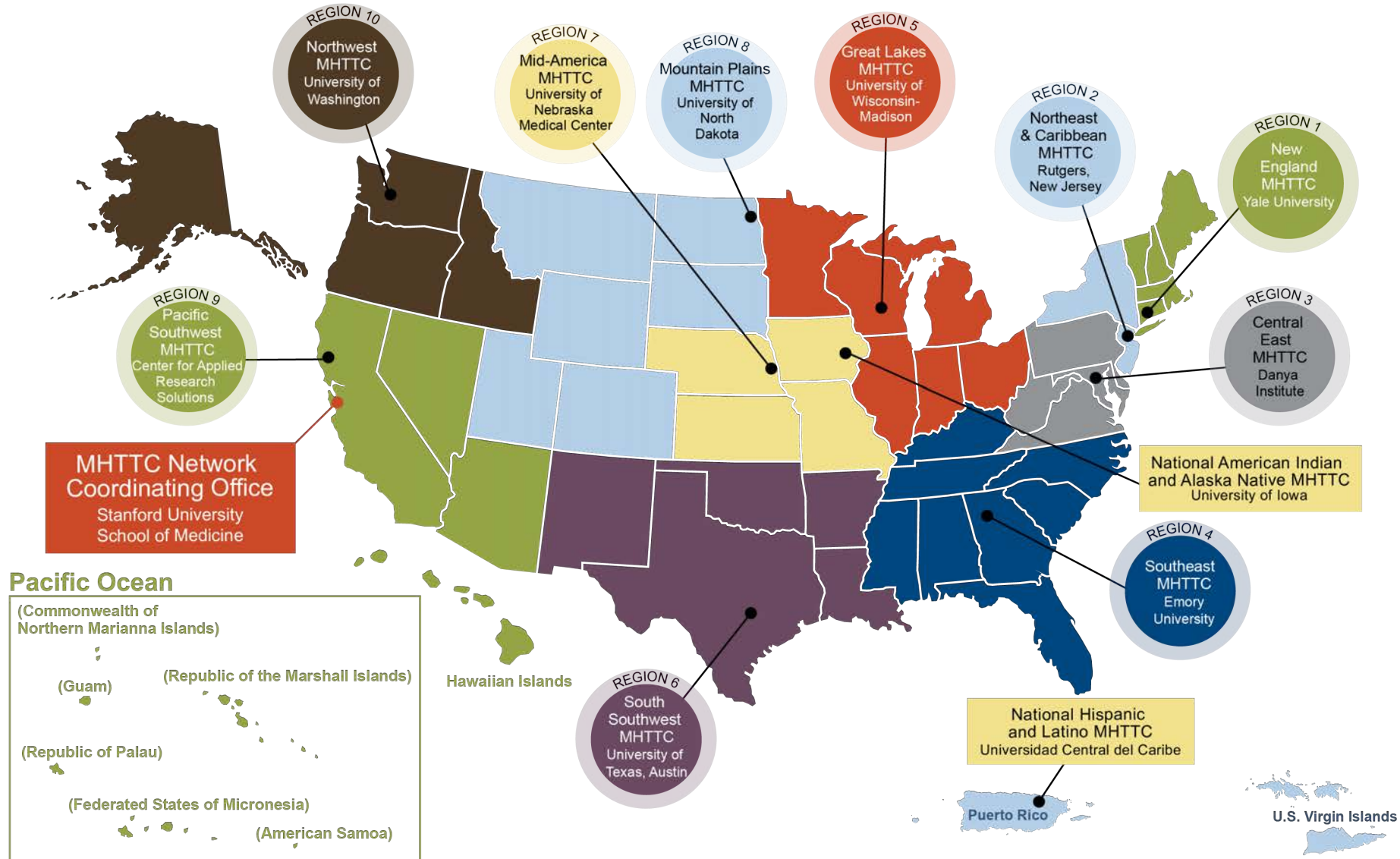




MHTTC

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



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Subscribe to receive our mailings.
All activities are free!

<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



Ashanti Branch M.Ed.

#MillionMaskMovement

unMASKing Healthy Relationships: Showing Up as Your Authentic Self



Building Character. Transforming Lives.

Ashanti Branch M.Ed.

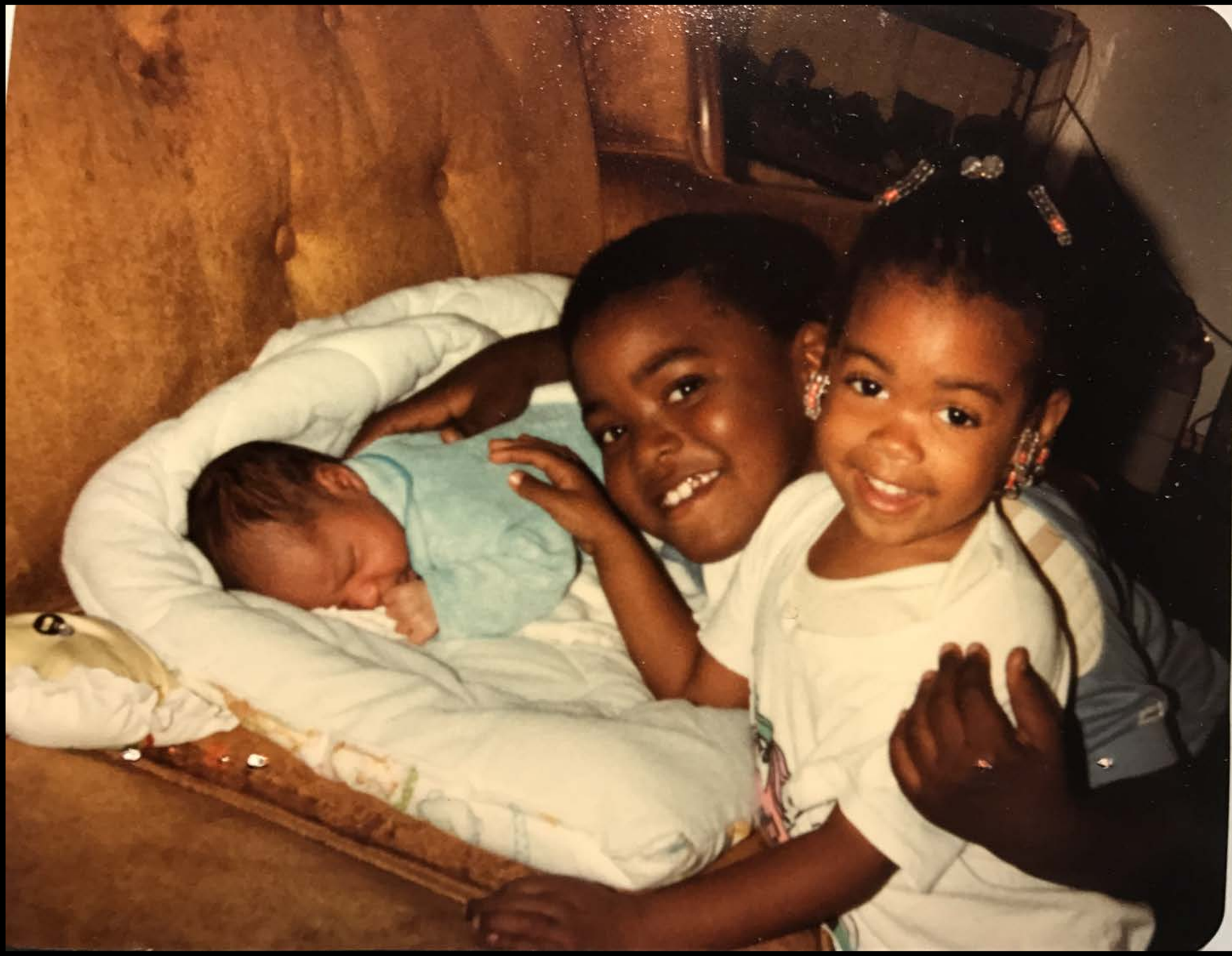
Founder & Executive Director, The Ever Forward Club

   @BranchSpeaks

   @everforwardclub

#everforwardclub #100kMasks #takingoffthemask

[Check IN.]





2010









Varun



Poorvaj Ravichandran Venkatr...



Ashanti - Oakland, California



Kartik Ravi



Sukanya



Sanjana



Aarthi Sundaresan



Bharat Radhakrishnan



Dharma



BP



Shreyas



Seema Y



Ramya Jayaraman



SAI



Athreya



Girish Swayambhu



Suraj Harikumar

[Branch in India.]



[Branch in Romania.]



[Branch in Nigeria.]



[Branch in Mexico.]



¿Eres feliz solo sonrisas?

[Branch in Australia.]



[Branch in Iceland.]

Ashanti Branch
The Masks You Live In:
#unMASKing Healthy Relationships
www.utis.online/ashanti

“The longest distance that most people travel is the 18 inches between the head and the heart, most people get stuck in their heads..”

EDUCATION SAVED MY LIFE

YOU CAN SEE THIS SIDE OF ME



[The Bad Teacher.]

SUCCESS COACH

- 1 . I choose not to fail ...
- 2 . I am motivated ...
- 3 . Obstacles I have overcome...
- 4 . Obstacles I currently face ...
- 5 . I need help/support with ...
- 6 . To be successful I commit to ...

I will not fail this class because.....
I have to graduate and pass this class and all of my other classes.

I am motivated by.....
my parents because I have to do good in life and get a good career.

I will not fail this class because I know soon I'm going to put myself together and I know am going to do well.

I am motivated by my family because everyone in my family never made the right decision and I want to change that by me graduating school.

Obstacle that I have overcome in my life...
I almost overcome gangs and stuff like that.

Obstacles that I currently face are...
they are gangs.

Obstacles that I have overcome in my life is the fact that my dad is not with me no more and I had accept it now.

Obstacles that I currently face are school and how hard I do wanna do good in school but I always end up slacking off.

Thing I need help/support with are...
I need help with my homework and classwork.

to be so useful the commitment I make to myself myself and this class are...
to do my class work to do my home work and all of thing I have to do.

Things that I need help/support with are in school that I need people to help me rather than help me feel stupid.

To be successful the commitment I make to myself, my peers, and this class are, to stop goofing off take this class more serious and if anyone needs help I will try to help them.

Support Coach Signature

Student Signature Efrén Espinoza
Print Name Efrén ESPINOZA

Support Coach Signature

Student Signature
Print Name Julio Nieto

[YOUR TURN.]

1. Obstacles I have overcome...
2. Obstacles I currently face ...

obstacles that I have
overcome in my life
is drugs. And
my girlfriend being an ass.

obstacles that
I currently face are
some teachers being
boring, like my English
class.

obstacles that I have
overcome in my life...
I almost overcome gangs
and stuff like that.

obstacles that I
currently face are...
they are gangs.

obstacles that I have overcome in my life is the fact that my dad is not with me no more and I had accept it now.

Obstacles that I currently face are school and how bad I do wanna do good in school but I always end up slacking off.

Obstacle that I overcome was just make it to to the age I am.

Passing this math class.

11-8-04

I was going in a straight line to my destination
but I made a wrong turn and changed
my life. Now I don't know what to do
in the future I am just stuck in a road
that goes in circles forever until you find
a straight line back to the destination you wanted to go to.
But I haven't found that straight line.
But I will some day when I figure out what
to do in the future.

I think I might be a real estate agent
or a doctor, lawyer, cop, Army guy, or something
like that. But I still don't know my parents want
me to be a doctor but that takes too long.
I want to be a basketball player but I am too short.
I want to be a funny man but I might die.

Man, I hope you know that I am one of your biggest fans. I hope that you realize that sometimes we feel like we are going in circles but I assure you that you are headed somewhere. You are going to make the world take a look and realize how amazing you are.

Keep striving to be on top!! and your dreams will come true, even though you don't know what they are.



Branett

[Good Idea. **NOT Sustainable.**]

[Your **TURN.**]

[1. I am

Amazing

Superb

Special

Incredible

Beautiful.]

Awesome

Courageous

Creative

Resourceful

Love.]

[2. Write Down

A problem you want to solve this year

HINT: remove the inner critic.]

[3. Who Benefits

If you are successful who is the
primary beneficiary?

[4. One Action

What is one action you can take to
move your goal forward?

[The Ever Forward Club.]

Disclaimer: This Session is meant to create as space for us to talk about the masks that we wear in the world. My personal story includes a story of mental health issues and suicide.

This is not a provision of mental health services.

««GreetingLine»»

Congratulations, you are being invited to be one of the **founders** of, what I believe, is the most phenomenal club that has ever have been created, **The Ever Forward Club**. The reason it is the best student club that you have ever heard of is because **IT IS ALL ABOUT YOU!** It is designed so that you, as an individual and as a collective group can reach your goals.

If you have received this letter, not only are you being asked to be a member of this club, but you are being invited to be a member of the founding class. This means that you have an opportunity to develop the constitution and make decisions on how the club will be run.

WHAT IS IT?

A club where students work together on issues that encourage, support, and assist help each other to reach their personal & academic goals and at the same time building a community of learners that are not afraid to work hard, think big, reach for the stars, and believe that they can have anything and everything that they have ever dreamed of.

WHY YOU?

You are a "**champion**". You are a special person who I believe will make this an amazing club and also help to make this club an amazing experience for others. «First_Name», there is a fire inside you waiting to burn through; you are special to this SLZ community and it is time to start showing why.

HOW DOES IT WORK?

Well, it starts with YOU; there will be only ONE opportunity to express your interest in being a **founder** of this amazing club. It is important that you attend because we will begin building a community and getting to know each other better.

We will have our informational meeting on this **Monday, May 24, 2004 @ 3:30 pm** in room P-8. Please be on time and plan to spend about 30 min - 1 hour. If there is any reason that you feel that you cannot make it on Monday, Please contact me As Soon As Possible in room P-8 or at 317-3039.

Ever Forward,

Mr. Branch

Original Invitation to founding members of EFC in May 2004

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Ever Forward,

Mr. Branch



MILK
JUGZZ



MILK
JUGZZ



TEXT
T
#1

Why do I run? And why do you keep trying to help me? It's so confusing and it hurts me to run from you but I feel like you shouldn't be doing this for me. Why are you there for me when my own blood won't move a finger? It's confusing I don't have anything but love you branch Thankyou.

I love you too Brother!

I am only doing for you what I wanted someone to do for me when I was your age.

But I need you to stop asking why I care. Because you don't believe my answer when I tell you. If you ever start feeling like I am trying to get something from you, then you can ask that question again.

I care about you Alberto because you are an amazing young man, you are smart, honest, caring, thoughtful and you have a big Heart. I believe you need to do some Radical Self Care. We need to have a conversation for that. And

TEXT
T
#2

Fri, Dec 25, 1:07 AM

Merry Christmas 🎁🌲. I am sad that I don't get to see you anymore. But I respect your choices.

I have been here for you ... regardless of what story you are Telling yourself.

I am still here for you!

Friday 1:56 AM

Just wanna wish you a happy New Years. Hope everything goes well for you and you reach all your goals. Just know I have nothing against you I'm in a crazy place in my life. I don't want you to hurt over me. I'm a horrible person you don't need me in your life I need you but I'm choosing to keep my distance because the only one who would be hurt at the end from this friendship is you. I love you Branch please stay safe....💙







“...when we ignore our feelings, or suppress them, they only become stronger... If we don't express our emotions, they pile up like a debt that will eventually come due.”

- Marc Brackett Ph.D.
Yale Center for Emotional Intelligence

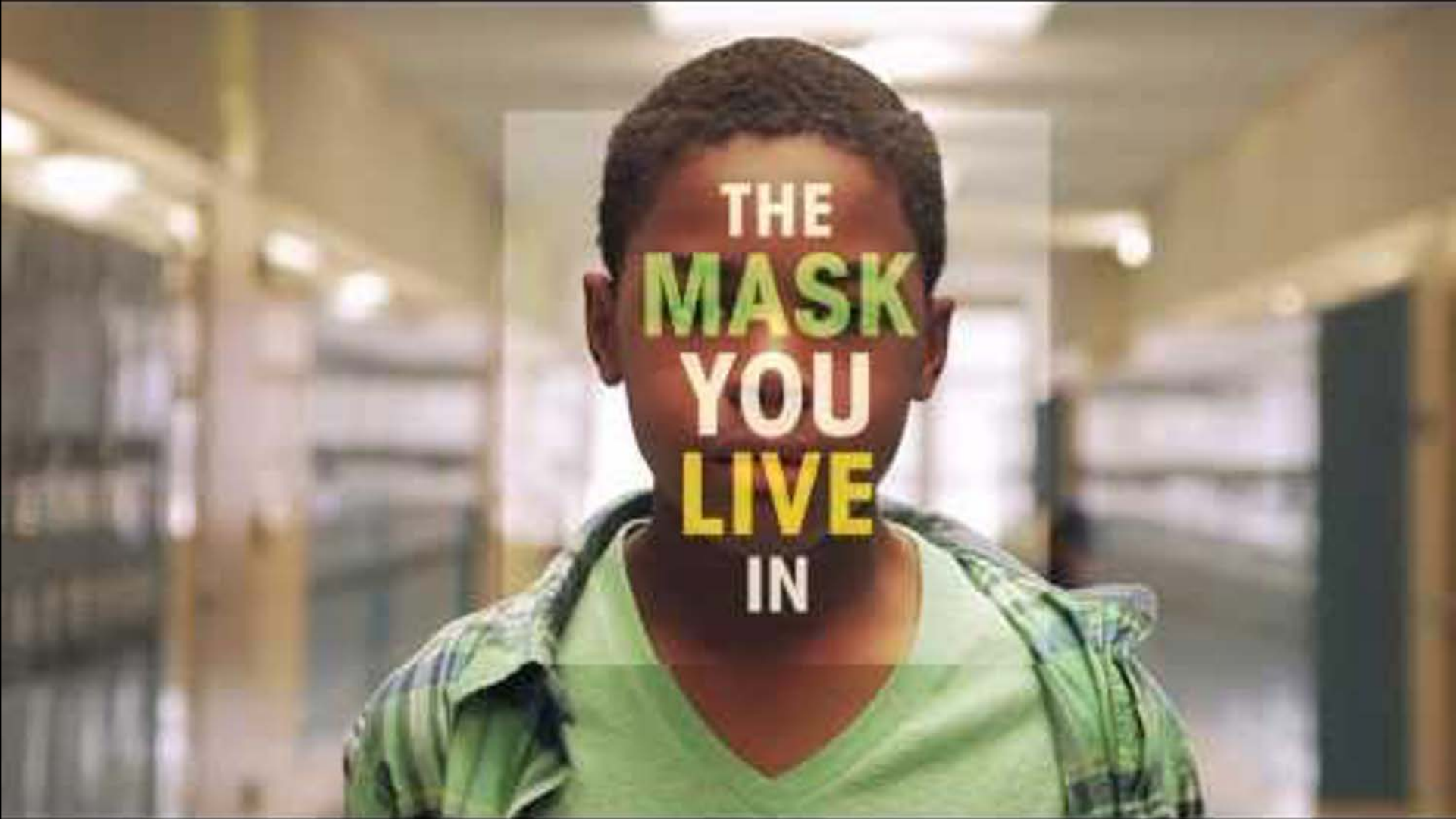


[The MASK You Live In.]







A young man with short dark hair is looking directly at the camera. He is wearing a light green V-neck t-shirt under a darker green and blue plaid button-down shirt. The background is a blurred indoor setting, possibly a hallway or office, with warm lighting. Overlaid on his face is the text "THE MASK YOU LIVE IN" in a bold, sans-serif font. The word "THE" is white, "MASK" is green, "YOU" is white, "LIVE" is yellow, and "IN" is white.

THE
MASK
YOU
LIVE
IN

[I'm going to share my
story and want to let
everyone in the room know
it includes a story of mental
health issues and suicide.]

[The Letter.]

3/4/15

10.30

Dear mom, mr branch and family
I am planning to kill my self 3/4/15 or
3/5/15 or 3/6/15. I have been studying
what i am gonna do to commit suicide. I:

LOVE TAKES OFF
MASKS THAT WE
FEAR WE CANNOT
LIVE WITHOUT AND
KNOW WE CANNOT
LIVE WITHIN

- JAMES BALDWIN



[Taking Off The Mask.]

www.100kmasks.com



30,000+
Mask Collection



1600+
Active Volunteers



12+
Countries Joined



420+
Workshops Conducted

Join Our #100kMasks Challenge



DRAW YOUR MASK >

SIGN UP YOUR TEAM HERE

[GO TO MASK GALLERY >](#)

Instructions

1

Draw a mask on the left side.

2

Write 3 words on the Front of Mask that represent qualities you let people see

3

Write 3 words on the Back of Mask that represent the things you don't usually let people see.

4

Click Submit

The screenshot shows a digital workspace for creating a mask. At the top, there is a toolbar with various drawing tools (brush, eraser, selection) and a text editor showing 'Arial' font and size '20'. The workspace is divided into two main sections: 'FRONT OF THE MASK (Drawings + words)' on the left and 'BACK OF THE MASK (Words Only)' on the right. A 'SUBMIT MASK' button is located in the top right corner. Several callout boxes provide instructions: 'Use tools to draw your mask', 'Choose size of your brush', 'Choose Colors for your brush', 'Customize your text. Click and drag your text anywhere within Mask area.', and 'Submit your mask once you are done'. Two red callout boxes at the bottom of the workspace provide specific instructions: 'Use this area to draw your mask' (with a mask icon) and 'Use this area to write your qualities' (with a pen icon). At the bottom of the workspace, there are two text input fields: 'Qualities and characteristics of yourself that you gladly let others see?' and 'What are the qualities and characteristics of yourself that you don't let others see?'. A red bar at the very bottom contains the text 'Skip tips and instructions?' and a 'SKIP' button.

Skip tips and instructions?

SKIP

Outgoing



Funny

Nice

*Over
Idealistic*

Sensitive

PARTICIPATE IN THE

#MilMaskMove

#MILLIONMASKMOVEMENT



SERIOUS



UNBOtherED

FUN



GUILT

AFRAID

BETRAYED

PARTICIPATE IN THE

MILLION MASK MOVEMENT

OPTIMISTIC



GENEROUS

LOVING

Stubborn

Survivor

Adverse to
uncertainty

PARTICIPATE IN THE

MILLION MASK
MOVEMENT



30,000+

Mask Collection



1600+

Active Volunteers



12+

Countries Joined



420+

Workshops Conducted


Join Our **#100kMasks Challenge**



[DRAW YOUR MASK](#)

[SIGN UP YOUR TEAM HERE](#)

[GO TO MASK GALLERY >](#)



**100 THOUSAND
MASKS
CREATED BY
THE STUDENTS AT
HIGH SCHOOL FOR
RECORDING ARTS
LOS ANGELES**



[Taking Off **The Mask**. Part 2]



There is **no greater** battle in life
than the **battle between**
the **parts of you** that want to be healed
and the parts of you that are **comfortable**
and **content** remaining broken.

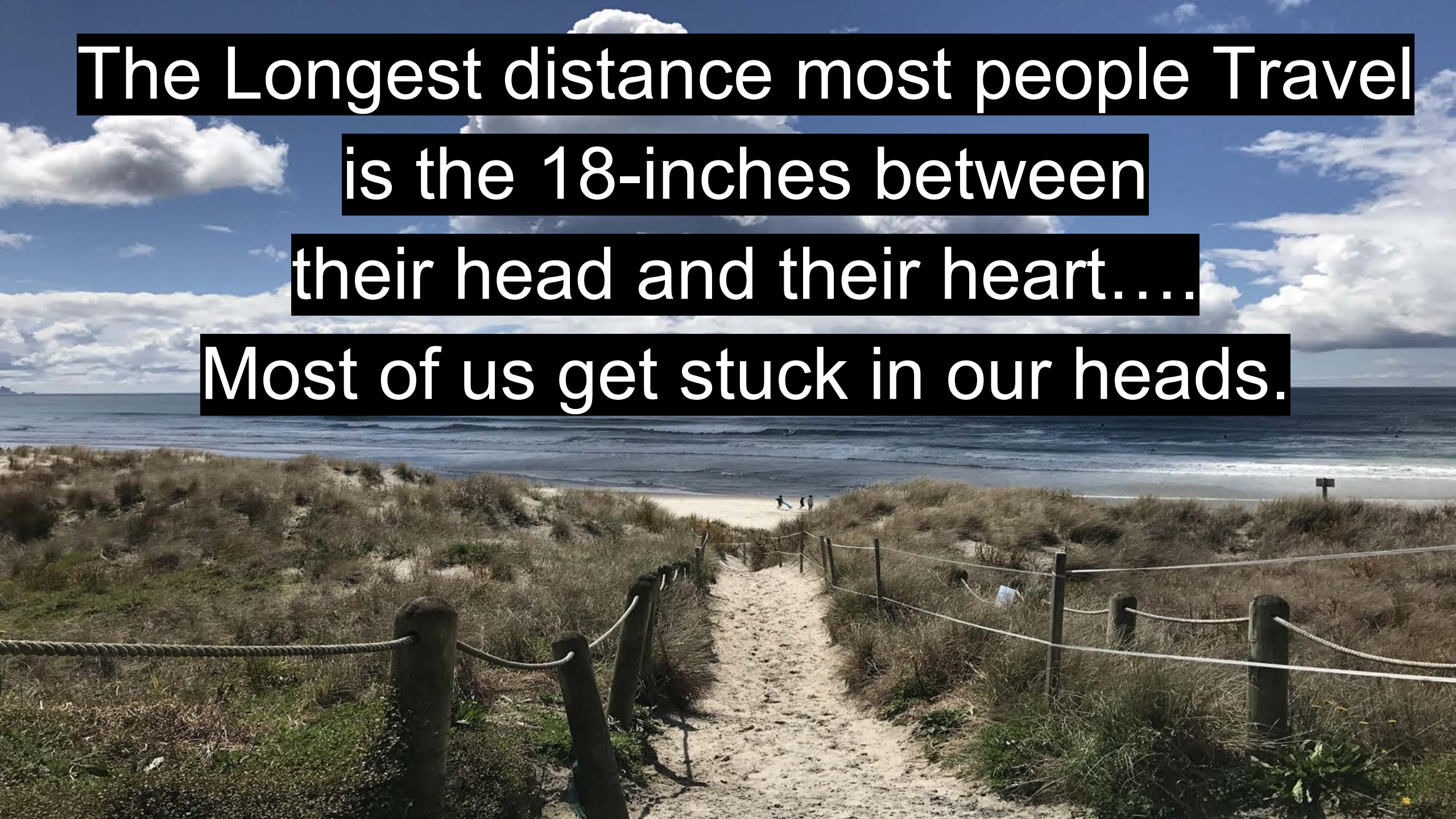
- Iyanla Vanzant

[A GIFT]

Thank you later to Mr. branch

Dear Mr. branch : I wanna thank you for being
there for me. If it wasn't for you I wouldn't
probably be here right now. I hope to see you
next year because I need somebody
with or how I'm feeling and you is one of those
people I can talk to and I want to thank
that for you.

THANK you



The Longest distance most people Travel
is the 18-inches between
their head and their heart....
Most of us get stuck in our heads.



[Call to ACTION]



EVER FORWARD
SIEMPRE ADELANTE

**JOIN THE MOVEMENT HAS TOUCHED
5000+ STUDENTS TO YOUR SCHOOL –
AND MAKE IT YOURS**

AS FEATURED IN THE
AWARD-WINNING
DOCUMENTARY
"THE MASK YOU LIVE
IN"

TAKING OFF THE MASK WORKSHOP IN A BOX



**BRING THE BOX TO YOUR
COMMUNITY**

SCAN THE QR CODE OR HEAD TO
[TINYURL.COM/EFC-BOX](https://tinyurl.com/EFC-BOX)

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
- 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:

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

2:45 pm- 3:45 pm EST

Connect With Us

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

- *Like and follow us on social media!*
- Facebook: Northeast & Caribbean MHTTC
- Twitter: @necmhttc
- LinkedIn: @Northeast and Caribbean MHTTC

