



# EFFECTIVE PRACTICES TO SUPPORT MENTAL HEALTH IN SCHOOLS

## Free One-Day Workshops

### INTENDED AUDIENCE: YOUR TEAM!

*District administrators, principals, special educators, paraeducators, school psychologists, and related service providers (i.e., mental health provider, BCBA, social worker, OT/PT/SLP)*

### TRAINING LOCATIONS AND EVENT INFORMATION:

#### SITKA

MONDAY, MAY 1ST 9:00AM - 3:00PM  
Harrigan Centennial Hall  
330 Harbor Drive, Sitka, AK 99835

#### ANCHORAGE

THURSDAY, MAY 4TH 9:00AM - 3:00PM  
The Lakefront Anchorage  
4800 Spenard Road, Anchorage, AK 99517

#### NOME

SATURDAY, MAY 6TH 9:00AM - 3:00PM  
Old St. Joseph's Church  
102 Division Street, Nome, AK 99762

### CLICK > [HERE TO REGISTER](#)

There is **no registration fee** to attend the training. *Attendees are responsible for paying/booking their own travel and lodging.*

**NOTE:** When booking at The Lakefront Anchorage, please request to reserve a room in the AARC block for a discounted rate.

“Mental health and wellness have profound implications for our students, their academic success, and their overall outcomes, and we know that youth facing mental health challenges are more likely to receive services in a school-based setting.”

*-Miguel Cardona, U.S. Secretary of Education*

Join us for this one-day workshop with your school or district team to learn more about:

- Anxiety, depression, and impacts of trauma
- Crisis response and recovery related to behavioral health in small and large-scale critical incidents and disasters
- Common mental and behavioral health symptoms, as well as underlying contributing factors that play out in a classroom setting, and effective practices and strategies to support all students within a Multi-Tiered System of Supports.
- The role of School and District Leadership in implementation and strategies for school and system leaders.
- New autism research and interventions to support autistic students within an MTSS.
- Free resources from state, regional and national TA centers

National, regional and state mental health technical assistance providers, practitioners, licensed mental health professionals, and researchers with the University of Washington School Mental Health Assessment, Research and Training Center will help you get your journey started, or enhance, implementation of effective systems, data and practices to integrate student mental health and wellness.

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### OUR PRESENTERS



**SUSAN BARRETT, MA**  
National Center on PBIS  
Implementer Partner, Director at  
Center for Social Behavior Supports  
at Old Dominion University, Co-  
developer of the Interconnected  
Systems Framework



**DR. CLYNITA GRAFENREED**  
Licensed Psychologist and School  
Psychologist, Training  
and TA Coordinator at UW SMART  
Center, Project AWARE TA Co-Lead,  
Former state lead for PBIS Training  
and TA



**DR. KURT HATCH**  
Faculty Director of the Educational  
Administration Program and  
Professor of Practice, UW Tacoma  
and former school principal and  
educator leading PBIS



**DR. JILL LOCKE**  
UW SMART Co-Director,  
Associate Professor, Psychiatry &  
Behavioral Science, Licensed Child  
Psychologist, Autism Researcher



**DR. KIRA MAUSER**  
Clinical Psychologist, Snohomish  
Psychology Associates LLC,  
Associate Teaching Professor,  
Seattle University, Owner &  
Consultant, Astrum Health LLC,  
Co-Developer, Health Support  
Team LLC



**KELCEY SCHMITZ, MSED**  
Director of Training and TA, UW  
SMART Center and School Mental  
Health Director for Northwest  
MHTTC

### KEYNOTE SPEAKER

Susan Barrett, Center on PBIS, is one of the national developers of a comprehensive school mental health approach called the Interconnected Systems Framework and will share a step by step process to integrate all your social, emotional, behavioral and mental health supports into one single system, select evidence-based practices, and use data including screening and progress monitoring, for decision making and expand your teams to include family, youth and other partners.

Come with your school mental health questions and bring a team and join us for the day and return with tools, tips, tangibles and practical takeaways that don't add more "load" for your building or district from leaders in the field.

### WHO ARE WE

The [University of Washington SMART Center's](#) Training and TA team supports schools, districts, regional service centers and states to install school mental health supports within an MTSS across the Northwest region. For the last 5 years, UW SMART Center has been home to the school mental health supplement of the [Northwest Mental Health Technology Transfer Center](#) supporting the school mental health workforce in Alaska, Idaho, Oregon and Washington.

### QUESTIONS

Contact Kendra Wolf [kwolf@sesa.org](mailto:kwolf@sesa.org)



*Accept. Understand. Empower. Support.*

[www.alaskaARC.org](http://www.alaskaARC.org)