

Project AWARE TA Tidbits

October 2023



MHTTC
Mental Health Technology Transfer Center Network
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Project AWARE TA Tidbits are technical assistance updates aimed at providing a birds-eye view of the impactful technical assistance, training, and collaboration/relationship-building activities each one of our Centers lead with Project AWARE grantees in their regions.

NEW ENGLAND MHTTC

Our Center's School Mental Health Initiative recently led a learning session titled Enhancing Awareness of Positive Emotions to Reduce Risk for Suicidal Behavior in Youth. Participants learned how to describe positive and negative attentional biases that may contribute to suicide risk and specific strategies to increase one's attention to positive emotions and experiences. All Project AWARE grantees are welcome to access the session recording by visiting our website [here](#).

SOUTHEAST MHTTC

Our Center has been responding to technical assistance requests from grantees including planning one-on-one implementation coaching. We have invited AWARE leadership and staff to an [in-person pre-conference](#) ahead of the 2023 Annual Conference on Advancing School Mental Health. We expect all states to be represented and look forward to helping facilitate peer-to-peer learning among grantees. Lastly, our grantees are completing a needs assessment and we will host a quarterly call with AWARE leads on October 12th to discuss.

GREAT LAKES MHTTC

At the request of a Project AWARE Grantee in one of our states, we recently completed a 2-day virtual training with three state level teams across mental health. The training focused on outlining the [National SMH Best Practices](#) with a specific focus on utilizing the School Health Assessment and Performance Evaluation (SHAPE) System for quality improvement planning state-wide. Visit our [Center website](#) to learn more about upcoming trainings and events in our region.

MID-AMERICA MHTTC

We established new partnerships with our new AWARE grantees this year and are working with them to provide training around the National SMH Best Practices and Implementation Guidance - with emphasis on Teaming and the School Mental Health Quality Assessment tool on SHAPE. These trainings will be targeted to AWARE grantees and will be offered to other LEAs state-wide, in hopes of creating consistency and strong systems state-wide. With previous AWARE grantees, we are hosting a virtual booster session focusing on applying the best practices to multi-tiered systems of support.

PACIFIC SOUTHWEST MHTTC

To respond to needs across our region and asks for support from AWARE leaders in Hawaii, Nevada and California, we hosted [Grief Recovery & Renewal Considerations After Wildfire](#), in collaboration with the School Crisis Recovery & Renewal Project and the Youth and Young Adult Specialty Program of the Pacific Southwest MHTTC. 55 participants joined together to learn about native Hawaiian grief work, listen to wildfire recovery leaders from Butte County (CA), and learn about climate resilience youth leadership, vicarious grief and trauma. We will be creating a learning summary and offering more processing spaces for follow up support.

NORTHEAST & CARIBBEAN MHTTC

This fall, we will hold an orientation for new grantees to introduce Comprehensive School Mental Health (CSMH) as an approach to support system-wide positive school climate, social and emotional learning, and mental health and well-being. We will highlight the positive impacts of implementing a CSMH system and outline the critical elements of CSMH. The session will also provide mental health resources that can be utilized within schools. Opportunities to discuss current needs and training requests will be provided.

CENTRAL EAST MHTTC

Our Center has invited our Project AWARE partners to an upcoming Suicide Prevention Conference that we are sponsoring for the Maryland Department of Health's Office of Suicide Prevention. We will be facilitating a conversation between Project AWARE partners and suicide prevention experts from around the region with a focus on suicide prevention and mental health in school settings.

SOUTH SOUTHWEST MHTTC

Our Center will host our second "Building a Practice to Support Educator Wellness & Trauma-Informed Classrooms and Campuses" TOT. This training was created in partnership with Texas Project AWARE answering the needs of Goal 4 – Infrastructure Building. Texas Project AWARE LEAs and all twenty Texas Education Service Centers School Mental Health Teams will be trained to be able to train LEA leaders in this curriculum. In addition, we are hosting a monthly Learning Collaborative with trainees.

MOUNTAIN PLAINS MHTTC

Project AWARE grantees meet monthly to collaborate, share resources, and troubleshoot concerns. Our Upcoming trainings will address staff wellness, individual crisis intervention, classroom/group meetings and stabilization, eating disorders, identification and management of mood disorders, implementation science for youth mental health, assessing self-injurious behaviors, understanding and supporting transgender and gender diverse students, and a Community of Practice Event on building capacity of school personnel to promote positive mental health in indigenous children and youth. Visit our [Center website](#) to learn more.

NORTHWEST MHTTC

Our Center, in collaboration with the UW SMART Center, will present the [2024 Virtual Speaker Series: Promoting a Positive School Climate for Student Mental Health: Effective Data, Systems, and Practices](#). In alignment with SAMHSA's Project AWARE priority areas and input from Region 10 AWARE grantees, six sessions will cover evidenced-based strategies to address case identification and community case detection (i.e., universal screening), staff retention and/or managing staff shortages, and bullying and its intersection with youth mental health and violence.

To access additional information about the School Mental Health activities led by our Regional Centers, please visit our MHTTC School Mental Health Initiative webpage [here](#).