

Project AWARE TA Tidbits

January 2024



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



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 is carrying out a needs assessment for Project AWARE grantees in our region and their affiliated organizations. The purpose of this needs assessment is to determine the type, topic, and format of technical assistance (TA) that they require. The findings of this assessment will be used to create focused, collaborative peer support and TA sessions and products for the Project AWARE grantees in our upcoming Community of Practice.

CENTRAL EAST MHTTC

Our Center is launching our Motivational Interviewing (MI) for Communication with Families virtual interactive program for our Project AWARE partners. Participants will learn about MI and practice skills through the use of interactive virtual scenarios who were designed with input from educators. Because the program is asynchronous, participants can access at their convenience. The program provides feedback as the participants move through the scenario and can start over as many times as they wish allowing them to practice until achieving proficiency.

GREAT LAKES MHTTC

Our Center recently hosted a 2-part webinar series on Collaboration for High Quality School Mental Health Services. The webinars and accompanying resources compiled in collaboration with external service providers, families, and advocates are now available for Project AWARE grantees to access [here](#) and [here](#).

MID-AMERICA MHTTC

We were so excited to host all of the Region 7 Project AWARE teams at the national pre-conference event in New Orleans for the Annual Conference on Advancing School Mental Health! Coming up, we will be engaging in a second 2-day training with Kansas AWARE grantees in January about how we engage in school mental health teaming across our multi-tiered systems. Teams will learn about the [National SMH Implementation Guidance Modules](#) and [SHAPE System](#) resources and work through case examples utilizing best practices.

PACIFIC SOUTHWEST MHTTC

Our Center will be offering Project AWARE peer support sessions every two months beginning in February, a place for regional AWARE leaders to resource each other and connect. Leora Wolf-Prusan (SMH field director) is also facilitating the Project AWARE Nevada team retreat virtually at the end of January. Programming in planning includes reflective supervision, photovoice, KidNET, harm reduction practices in schools, and ways to support Project AWARE Hawaii post Maui wildfire.

NORTHEAST & CARIBBEAN MHTTC

In response to Project AWARE's initiative for establishing sustainable school-based mental health programs, our Center will conduct a needs assessment to evaluate each grantee's current status and support requirements. After assessing responses, we'll provide customized training and technical assistance addressing overall needs. Training topics may encompass Comprehensive School Mental Health, Family and Community Partnerships for School Mental Health, an introduction to POWER, and instruction on [Classroom CIE WISE](#). Training sessions will also provide the opportunity to share strategies for success and explore new ways to overcome common challenges at the school level.

SOUTHEAST MHTTC

Our Center helped host a preconference session for Project AWARE leaders at the 2023 Advancing School Mental Health Conference, including facilitating a regional breakout session. At the bimonthly meeting for Project AWARE SEA leaders on December 12th, 2023, we discussed key takeaways from the conference and facilitated peer learning on emerging topics of interest. The next bi-monthly meeting for SEA leaders will be held February 15th, 2024.

SOUTH SOUTHWEST MHTTC

Our Center wrapped up another "Suicide Prevention in Schools – Best Practices and Protocols" training and "Building a Practice to Support Educator Wellness & Trauma-Informed Classrooms" training-of-trainers and learning collaborative this past fall. At the request of Region 6 Project AWARE grantees, a Supporting Students Exposed to Trauma (SSET) training and learning community began in January 2024. We also have Mindful Self-Compassion for Educators launching in Spring 2024, and two separate webinar series addressing cyberbullying and human trafficking.

MOUNTAIN PLAINS MHTTC

Our Center meets with our Project AWARE grantees monthly to collaborate, share resources, and troubleshoot concerns. Trainings offered during this past quarter addressed individual crisis intervention, group crisis response, triage & stabilization, staff wellness, supporting transgender and gender diverse students, and assessing self-injurious behaviors. Upcoming trainings will address mental health stigma among adolescents; anxiety & depression identification and management; an overview of eating disorders, effective school accommodations, and treatment; and a Community of Practice event on building capacity of school personnel to promote positive mental health in indigenous youth.

NORTHWEST MHTTC

The [2024 Virtual Speaker Series: Promoting a Positive School Climate for Student Mental Health: Effective Data, Systems, and Practices](#) continues! In November, 138 people attended the session "Comprehensive Universal Screening: A Statewide Approach." Rayann Silva and Mari Meador from NWMHTTC and UW SMART presented along with a district partner, Kristi Greenaway Cirignano, from Tacoma Public Schools. The next session is "The Journey of a Change Agent" presented by Dr. Nikole Hollins-Sims on February 8, 2024.

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](#).