



The Mid-America MHTTC's school mental health team is devoted to improving student access to mental health services. Through training and technical assistance for educators, school mental health professionals, and administration teams, we disseminate evidence-based research that informs and invites improvement within school mental health systems. This subject area was deemed a priority for the Mid-America MHTTC at our inception, and it has since then been supplemented by an annual award — allowing us even more resources to devote to this important cause.

This report provides an at-a-glance overview of our work during the Mid-America MHTTC's fifth grant year.



Overview

During the 2022-2023 school year, our team focused heavily training to build an infrastructure to support **comprehensive school mental health** implementation work within our region and with our Project AWARE sites.

Comprehensive school mental health: an all-encompassing framework that promotes well-being for students and staff, social and emotional learning, and education on mental health and prevention.

Implementation of Comprehensive School Mental Health Systems

As part of our efforts to improve access to mental health services for students, we worked alongside multiple partners to disseminate comprehensive school mental health trainings in HHS Region 7 — Missouri, Iowa, Nebraska, and Kansas.

- **Classroom WISE (Well-Being Information and Strategies for Educators) Training of Trainers 2022** - 37 attendees, 86% reported being satisfied or very satisfied with the event
- **Mental Health Professional Partnership Booster Session 2022: Teaming and Referral Processes: Tier 1 Systems and Implementation**- 35 attendees, 93% reported being satisfied or very satisfied with the event
- **Nebraska School Mental Health Project Booster Session 2023: Addressing School Mental Health Through MTSS** - 12 attendees, 88% reported being satisfied or very satisfied with the event
- **Missouri Comprehensive School Mental Health 2023: National Best Practices** - 12 attendees, 86% reported being satisfied or very satisfied with the event
- **Technical Assistance sessions with Project AWARE/state level leaders from 3 out of 4 HHS Region 7 states** - 19 sessions, 5 (NE), 8 (MO), 6 (KS)

Educator Well-Being

Adult Resilience Curriculum (ARC) for Educators helps educators and their organizations navigate difficult times and overcome barriers to well-being. Through self-paced learning or institutional efforts, ARC provides the structure that is often missing from meaningful well-being programming. We disseminate our ARC content through a 10-part video module series and an interactive online workbook.

Adult Resilience Curriculum (ARC) Training of Trainers

2 cohorts
(Fall/Winter)
(24 participants)

Educator Well-Being Summit: Addressing Barriers Using Design Thinking

50 participants

Universal and Targeted Adult Resilience Curriculum (ARC) Trainings

5 trainings
(258 participants)

Adult Resilience Curriculum (ARC) for Educators

3000+ webpage views,
600+ Vimeo views

Additional Efforts

School Mental Health Provider Training

School mental health providers help support the mental health efforts of school buildings through the delivery of evidence-based interventions to students. During the 2022-2023 school year, we relaunched our School Mental Health Provider Learning Community for these professionals. Each session explored a new topic, including:

- Comprehensive systems to support school mental health
- Strategies to engage and participate in school teams
- Information-sharing methods
- Approaches to managing school crises

2022-2023
SMH Provider Learning
Community
41 participants

Supporting the Mental Well-being of LGBTQIA+ Youth in Schools

This five-part series focused on the many ways school professionals can provide safe and supportive school environments for LGBTQIA+ students. The series consisted of a foundational webinar covering gender development and terminology, three webinars focusing on each tier of the multi-tiered system of support, and a cumulative Q&A panel. We partnered with the Center of Excellence on LGBTQ+ Behavioral Health Equity to promote.

288 participants

From our audience:

- "The Q/A answers were very insightful. I really liked the way Jordan provided background information and defined terminology in a way that didn't make me feel like I should have already known this."
- "Speaker presented sensitive information in user-friendly language."
- "I appreciated the speakers comfort level in talking about the topic as well as the examples she provided to help connect the concepts to real situations."