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2024 SPRING EDITION

# SCHOOL MENTAL HEALTH NEWSLETTER

EVENTS / RECORDED LEARNING SESSIONS / RESOURCES



Dear Friends,

We want to inform you that the MHTTC School Mental Health supplement will not continue after September 2024. SAMHSA funding has ended without a future opportunity.

For six years, the Northwest MHTTC School Mental Health team has served the school mental health workforce in Region 10 (Alaska, Idaho, Oregon and Washington) by curating timely and regionally-responsive events, developing tools for those in the field, and distributing critical resources.

Rest assured that you can continue to access MHTTC school mental health materials, along with a broad array of additional ones, through the NWMHTTC SMH team's home organization, the University of Washington School Mental Health Assessment, Research and Training (SMART) Center. While the supplement continues through the end of September, we invite you to start connecting with the SMART Center now.

- [Join the UW SMART Center mailing list](#) to continue receiving resource-rich newsletters
- Follow us on [Facebook](#)
- Engage with us on [X/Twitter](#)
- Connect with us on [LinkedIn](#)
- Subscribe to our [YouTube channel](#)
- Bookmark the [UW SMART Center website](#)

From our team to yours, thank you for your partnership over the past six years. We couldn't have done it without you and credit your engagement, feedback, and support for our collective success.

*"Don't be dismayed at good-bye. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends."*

– Richard Bach, *Illusions: The Adventures of a Reluctant Messiah*

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ICYMI

Please note this will be the final school mental health newsletter from the NWMHTTC school mental health team. Make sure to sign up for the SMART Center newsletter to stay up to date on all things school mental health. If you have additional questions about the transition, please reach out to [uwsmart@uw.edu](mailto:uwsmart@uw.edu).

In gratitude,

The NWMHTTC SMH Team

Kelcey Schmitz, Eric Bruns, Clynita Grafenreed, Casey Chandler, Jennifer Cohen, Elsa Ferguson, Nathaly Florez, Mari Meador, and Rayann Silva



### VISIT OUR WEBSITES

[NWMHTTC School Mental Health >](#)  
[University of Washington SMART Center >](#)

*The NWMHTTC sits on the traditional lands of the Duwamish and Suquamish people.  
We acknowledge the original inhabitants of this place past and present  
and honor with gratitude the lands and Tribes.*



## Looking Back

**What have you and the NWMHTTC SMH team accomplished over the past six years?**

Take a look at the highlights. What were your favorites?

What resources do you continue to refer to?

Let us know at [uwsmart@uw.edu](mailto:uwsmart@uw.edu).

**Region 10 School Mental Health Supplemental Summaries | Years 1–5**

- [Year 5 Summary](#)
- [Year 4 Summary](#)
- [Year 3 Summary](#)
- [Year 2 Summary](#)
- [Year 1 Summary](#)

**Stay tuned:**

We are currently in the process of migrating resources from NWMHTTC's website to the UW SMART Center site and will be sure to communicate these updates through the SMART newsletter.



## Moving Forward

As we transition to a **UW SMART Center Newsletter**, let us know what you'd like to read about – topics to include/not include; resources you are looking for. Contact us at [uwsmart@uw.edu](mailto:uwsmart@uw.edu).

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## National Observances



### [Autism Acceptance Month | World Autism Awareness Day \(Apr. 2\)](#)

*April*

This month we **#CelebrateDifferences** and neurodiversity by committing to support, understand, accept, include, and empower autistic people.

### [Mental Health Awareness Month | National Children's Mental Health Awareness Day \(May 9\)](#)

*May*

While mental health is always in the news and on our minds these days, this month we focus on ending the stigma attached to mental illness, working to expand the mental health workforce, and educating communities about accessing mental health supports.

This year's theme is **Take the Moment**. Together we can normalize the practice of taking moments to prioritize mental health care without guilt or shame.





### **School Nurse Day**

*May 8*

On this day, we honor school nurses and the critical role they play not only in attending to the physical health of our children, but also their mental health. Nurses are an essential part of building a comprehensive system of mental health support in schools.

**Thank you for all you do!**

### **Teacher Appreciation Week**

*May 6-10*

This week we honor the superheroes of our schools - teachers! Thank you for everything you do to educate our children, helping them to realize their full potential.

**We appreciate you!**





### Asian American and Pacific Islander Heritage Month (AAPI)

May

Throughout May, we celebrate Asians and Pacific Islanders in the U.S. for their many contributions made over generations and for their continued offerings that build on the beauty and diversity of our country.

### Pride LGBTQ+

June

In June, we honor those who participated in the 1969 Stonewall uprising in NYC, which kicked off a movement to outlaw discrimination against LGBTQ+ individuals. The month is marked by colorful celebrations – most notably parades.





## Juneteenth

*June*

Juneteenth or Freedom Day commemorates the freeing of all enslaved people in the United States by Executive Proclamation and recognizes the Black community's ongoing struggle for equality to this day. It is a reminder of our painful history and an opportunity to celebrate resilience in the face of that pain.



## The University of Washington SMART Center Turns 10!

Ten years ago, the School Mental Health Assessment, Research, and Training (SMART) Center was launched to promote the use of evidence-based programs and practices to address the full range of social, emotional, and behavioral needs of students in general and special education contexts. The NWMHTTC School Mental Health Supplement grant is a project of the SMART Center. Learn more about the [SMART Center](#).



# Northwest MHTTC School Mental Health Events

2024  
SPEAKER  
SERIES

HOSTED BY NORTHWEST MHTTC & CO-SPONSORED  
BY UNIVERSITY OF WASHINGTON SMART CENTER



Thank you to those who joined us for the [2024 Speaker Series, hosted by The Northwest Mental Health Technology Transfer Center](#) and the [UW SMART Center](#).

We're incredibly grateful to our speakers for sharing their time, expertise, and wisdom with us. Throughout the six sessions, we explored evidence-based strategies to create a positive school climate, address universal screening, staff retention, and the intersection of bullying with youth mental health and violence.

If you missed any of the sessions, don't worry! The [webinar > recordings](#) and materials are available on our Speaker Series page.



HOSTED BY NORTHWEST MHTTC  
CO-SPONSORED BY UW SMART CENTER

## BULLYING PREVENTION IN ELEMENTARY AND MIDDLE SCHOOLS: FOUNDATIONS AND STUDENT OWNERSHIP



**VIRTUAL LEARNING | WEDNESDAY, MARCH 20, 2024**

10AM - 11:15AM AKT ▶ 11AM - 12:15PM PT ▶ 12PM - 1:15PM MT

**RHONDA NESE, Ph.D.**

ASSOCIATE PROFESSOR, DEPARTMENT OF SPECIAL  
EDUCATION AND CLINICAL SCIENCES  
SCIENTIST, PREVENTION SCIENCE INSTITUTE  
AFFILIATE FACULTY, PREVENTION SCIENCE PROGRAM  
**UNIVERSITY OF OREGON**

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### SESSION 5 RECORDING

#### [> Bullying Prevention in Elementary and Middle Schools: Foundations and Student Ownership](#)

#### Session Description

Session attendants will learn about school readiness for bullying prevention, what staff and students can do to create a safe school climate, and how school members and students can teach and reinforce prosocial behaviors.

#### Objectives:

- Core features of bullying prevention
- Increasing student buy-in and ownership

- Examples of student ownership from exemplar districts

## 2024 Events & Conferences

### [METRICS Center](#)

#### [Retention of School Mental Health Professionals](#)

*April 18*

METRICS provides support to states, districts, and schools with the goal of increasing students' access to highly qualified mental health professionals in their schools.

### [Northwest Positive Behavior Intervention & Supports \(NWPBIS\) Conference](#)

*April 24 - 26, 2024*

*Tacoma Convention Center, Tacoma WA*

Join educators and experts from all over for the longest running PBIS conference in the country. Set in the beautiful Pacific Northwest at the Greater Tacoma Convention Center, come for 2-3 days of learning, networking, and camaraderie.

- Workshops are on Wednesday, April 24th and exist as a stand-alone registration option or an add-on to the general conference.
- General sessions are on April 25th and 26th in several strands, including Tier 1, Tier 2, Tier 3, Mental Health, Equity, and Capacity Building. **Note: *The Mental Health strand is sponsored by the NWMHTTC!***



**Dr. Clynita Grafenreed**

**NWMHTTC / UW SMART Center  
Staff Member**

### **2024 NWPBIS Conference Keynote Speaker**

Dr. Grafenreed is a Licensed Psychologist (LP) and a Licensed Specialist in School Psychology (LSSP). Despite her educational attainments and accolades, Dr. Grafenreed considers herself first an educator, having spent nearly 30 years in education as a School Psychologist. Dr. Grafenreed has served Houston area school districts for 24 years, as a School Psychologist, and later as an Education Specialist at Region 4 Education Service Center in the Department of Special Education Solutions.

While at Region 4, the largest Education Service Center in Texas, Dr. Grafenreed led the Texas Behavior Support (TBS) Network, a Texas Education Agency with the goal of building capacity in Texas schools for Positive Behavioral Interventions and Supports (PBIS).

During her tenure at Region 4, she helped develop the Texas Equity Summit, an annual conference designed to address key issues related to school discipline, equity, school climate, and PBIS as the lead for the TBS Network.

Dr. Grafenreed also created the Region 4 Equity Collaborative, which was designed for leaders of districts and charter schools that had been identified as “Significantly Disproportionate” in discipline. The Equity Collaborative introduced district and charter school leaders to educational equity and equity literacy as a tool to address and eliminate disproportionality in school discipline.

Dr. Grafenreed currently serves as a Training and Technical Assistance Coordinator at the University of Washington’s School Mental Health Assessment, Research, and Training (SMART) Center and the NWMHTTC.

## **Highlights from the Field**



## APBS Conference Recap

In early March, NWMHTTC SMH staff presented at the 2024 Association for Positive Behavior Support conference in Chicago.

**Mari Meador** and **Rayann Silva** were joined by **Alice Amaya**, Pasco School District (WA), and **Brandon Riddle** of ESD105 (WA) to lead a session on *Comprehensive Social Emotional Behavioral Mental Health Screening: A State-wide Approach*.

**Tawni Barlow**, Medical Lake School District (WA), **Angie Withers** and **Michelle Sorensen**, Richland School District (WA), and **Alice Amaya** presented with **Kelcey Schmitz** on *Transforming the Landscape of School Mental Health in Washington State*.

**Dr. Clynita Grafenreed** lead a session on *Parents Can Do This Too: Using PBS Strategies with Your Child's School*.

The 2025 conference is scheduled for March 12-15 in St. Louis.



Join the Effort.  
 Serve your Community.  
 Advance your Career.  
 Statewide Opportunities.  
 Work towards a more  
**JUST FUTURE.**

## Attention MSW Students!

The *Workforce for Student Well-being Initiative* (WSW), is actively recruiting members for the Year 2 cohort. Please spread the word to any interested, diverse and committed applicants.

WSW is a collaborative effort between the UW SMART Center and School of Social Work, the Washington Office of Superintendent of Public Instruction, and the Washington Association of School Social Workers.

The program offers financial support, academic mentoring, and professional development opportunities for second year MSW students in Washington state who are committed to working as social workers in high-need public schools or tribal schools for at least two years following graduation.

Interested students can find more information and [application materials on the WSW website](#).

**The deadline for applications is April 30, 2024.**

Please help us recruit diverse and committed applicants by using the social media posts and images provided to the left between now and April 30th. Tag your partners and networks plus UW SMART Center.

**Questions:**

Contact Rachel Barrett | [rbarrett@uw.edu](mailto:rbarrett@uw.edu)



**WA STATE MSW  
STUDENTS:**  
Free training,  
mentorship &  
scholarships  
up to \$30,000!

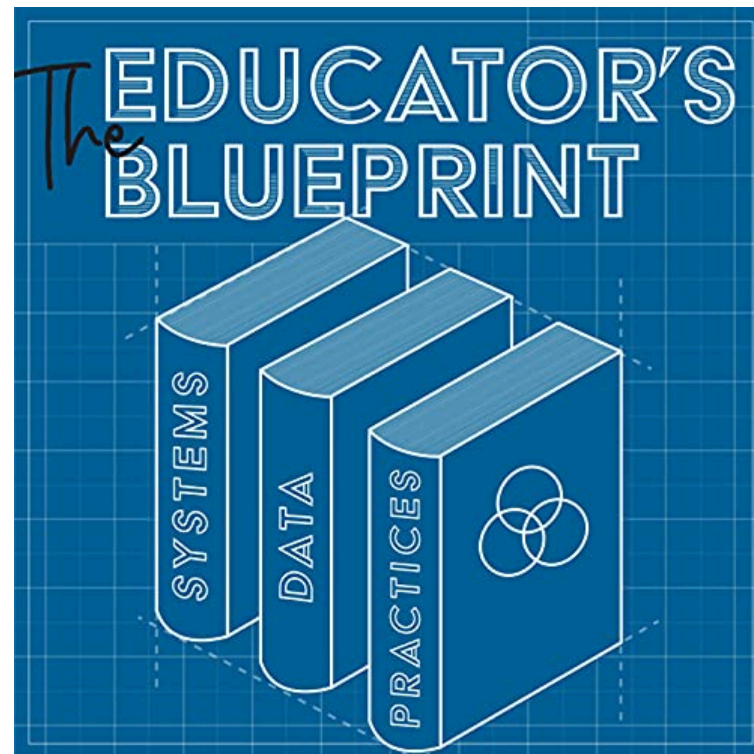


**APPLY & LEARN MORE:**  
<https://bit.ly/wswinitiative-apply>

### [Podcast | Episode 64: Prioritizing Mental Wellness for Everyone in the System](#)

Join us as we begin to thoughtfully unpack mental health in school systems with Kelcey Schmitz, Director of Training and Technical Assistance at the University of Washington SMART Center and Dr. Kurt Hatch, Director for the Education Administration Program at University of Washington-Tacoma.

They truly take us from the boardroom to the classroom and back again. Reminding us of implementation science, principals as the most consequential roles, and how to begin proactively predicting and protecting students', staff's, and families' mental wellness.







### [Podcast | PBISApps Expert Instruction Ep 38: Mythbusters - There Are Some Students Skewing Our Schoolwide Data](#)

In this episode, we challenge the common misconception that some students' data skew our schoolwide trends and make it difficult to make decisions. Join our training, technical assistance and implementation team members, Rayann Silva M.Ed and Mari Meadow, M.Ed as they dig into what we mean when we say, "All means all."

Together, they talked about the unintended consequences of excluding some students from schoolwide data, and what it truly means to include every student's experience in our schoolwide decisions. For more information about the resources shared in this episode, check out the following link: Role of social worker [at all three tiers](#) from Washington State Association of School Psychologists [Behavioral Health Coalition](#)

## UW SMART Legislative Priorities - WA

The 2024 SMART Center Legislative Agenda discusses the intersection of human-centered design, implementation science, and school-based mental/behavioral health services. It outlines a pathway to recovery and resilience for children and youth, addressing the mental health crisis exacerbated by the COVID-19 pandemic and societal challenges we face.

### LONG-TERM PRIORITIES

- Support the School Mental Health Workforce in Washington State
- Build Statewide Infrastructure for Equitable Social Emotional Learning
- Eliminate Isolation and Restrict/Reduce Restraint
- Directly fund School Behavioral Health in Washington

### SHORT-TERM

- Expand the growing Washington Workforce for Student Well-Being (WSW) Certificate Program
- Mental Health Literacy Education

[View Document > Here.](#)



## 2024 School Mental Health LEGISLATIVE PRIORITIES





Help for Educators: Behavior Support Planning  
ibestt Coaching and Collaboration Tool

**Participate in our Study to Examine the Efficacy of the ibestt Tool!**

ibestt— Integrating behavior support and team technology.

ibestt is an app that helps teachers and schools implement a team-based student support process.

## **ibestt— Integrating Behavior Support and Team Technology**

See how ibestt helps teachers and schools implement a team-based student support process. Using a web-based system, a team of coaches and teachers move through the steps of the behavior planning process—from student assessment, to intervention, and then progress monitoring. The ibestt application facilitates team collaboration, and creates a central place to track and view intervention data.

**Is ibestt right for your school?**

**[Learn how to access this great resource and participate in the study > Here.](#)**

## Mental Health Literacy Champion

Congratulations to [Chad's Legacy Project](#) for being recognized as a Mental Health Literacy Champion for its Mental Health Instruction (MHI) Resource Library!

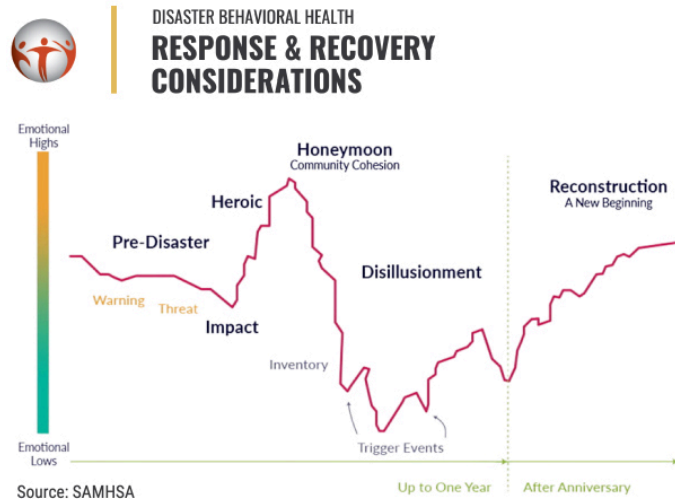
MHI - <https://lnkd.in/eY3xWfZv> - is an online resource library for educators developed by Chad's Legacy Project in collaboration with the UW SMART Center. [The library includes K -12 curricula and presentations](#) identified as effective in addressing at least one of the 4 components of mental health literacy (MHL).

The SMART Center was proud to collaborate on this critical resource.

[View contributions > here](#)



**MHTTC School Mental Health Resources**



## Disaster Behavioral Health: Response and Recovery Considerations | Northwest MHTTC

From wildfires to school shootings, we need to be prepared to support the mental health of students, staff and families in our school communities when disaster strikes.

This concise resource is a critical tool in building your response plans.

[View/Download Considerations here >](#)



## Classroom WISE

Well-Being Information and Strategies for Educators

### Classroom WISE | MHTTC Network

Classroom WISE (Well-Being Information and Strategies for Educators) is a FREE 3-part training package that assists K-12 educators and school staff in supporting the mental health of students in the classroom. The program provides self-guided, online courses, video library + resource collections, and a website focused on educator mental health literacy.

[Access Classroom WISE >](#)



## HealthKnowledge Free Online Courses | MHTTC Network

The MHTTC Network has developed online courses currently available through [Healthknowledge.org](https://www.healthknowledge.org). HealthKnowledge offers high-quality, on-demand or instructor-led courses that are open to the public. Courses are free for a certificate of completion, and [yearly membership options](#) are available for purchase to gain access to other HealthKnowledge resources and earn unlimited CE credits.

[View Free Courses > Here](#)

**NEW**

**National and State Articles, Tools and Resources**



### [Anxiety: A Brief Overview](#)

### [Black Children and Adolescents Can Achieve Greater Heights With Research-informed Policies and Practices](#)

### [Differences in Perceptions of School Climate Based on Students' Identities: school Climate Evaluation](#)

This series of evaluation briefs explores the relationship between (a) school climate (as measured by the Brief School Climate Survey for elementary and secondary students), (b) student-level demographics, and (c) PBIS Fidelity (as measured by the Tiered Fidelity Inventory (TFI)). All briefs in this series include the same introductory information about the importance of school climate and details of the school climate survey. This brief examines the relationship between PBIS fidelity and perceptions of school climate.

### [I-MTSS Research Network - New Resources](#)

### [Journal of Trauma Studies in Education, Vol. 2 No. 3 \(2023\): "Special Issue on Grief as an Invitation to](#)

## [Heal: Extending Trauma-Informed Pedagogies, Research, and Praxis](#)

### [Race-based Trauma: Impact of Racism and Colonialism on Children and Families](#)

#### Recorded Videos from PBIS Leadership Forum

- [Embedding Crisis Response and Threat Assessment within MTSS](#)
- [PBIS Leadership Forum Keynote: Silver Linings: A Pathway to Healthy Future - Lucille Eber](#)

### [Social Media and Adolescent Health](#)

#### In Case You Missed It!

##### [Healthy Youth Survey Press Release \(WA\)](#)

"The statewide 2023 Healthy Youth Survey (HYS) results are now available, representing the voices of over 217,000 Washington students in grades 6-12. The survey focuses on the health and well-being of young people. In 2023, students reported improved health behaviors and mental health along with increased social support. While concerns remain, the findings suggest positive changes in adolescent health and well-being. These results are an opportunity to carry this momentum forward and continue focusing on prevention and resiliency among youth in Washington."

##### [Stress in America 2023: A Nation Recovering from Collective Trauma](#)

The COVID-19 pandemic, global conflicts, racism and racial injustice, inflation, and climate-related disasters are all weighing on the collective consciousness of Americans.

##### [WA Schools to teach LGBTQ history](#)

What to know about WA's law requiring LGBTQ+ history in public schools | Seattle Times Article.



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View our last newsletter > [Winter 2024](#)

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Stay Connected / Contact us



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## **W** UNIVERSITY of WASHINGTON

The overarching mission of the School Mental Health Assessment, Research, and Training (SMART) Center is to promote high-quality, culturally-responsive programs, practices, and policies to meet the full range of social, emotional, and behavioral (SEB) needs of students in both general and special education contexts.

The UW SMART Center is a national leader in developing and supporting implementation of evidence-based practices (EBPs) in schools, including prevention, early intervention, and intensive supports.



*Disclaimer: The views, opinions, and content expressed in this newsletter do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*

