



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

New England Mental Health Technology Transfer Center (New England MHTTC)

SAMHSA #1H79SM081775-01

Yale Program for Recovery and Community Health
in partnership with
C4 Innovations, Harvard University Department of
Psychiatry, and the Center for Educational
Improvement

Take HEART Advocacy Training Program

Let's Work Together to Address and Reduce Trauma!

Thursday, November 3, 2022, 10:00 a.m. – 11:00 a.m. ET



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School Mental Health Initiative

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At the time of this presentation, Dr. Miriam E. Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the moderator and panelists and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

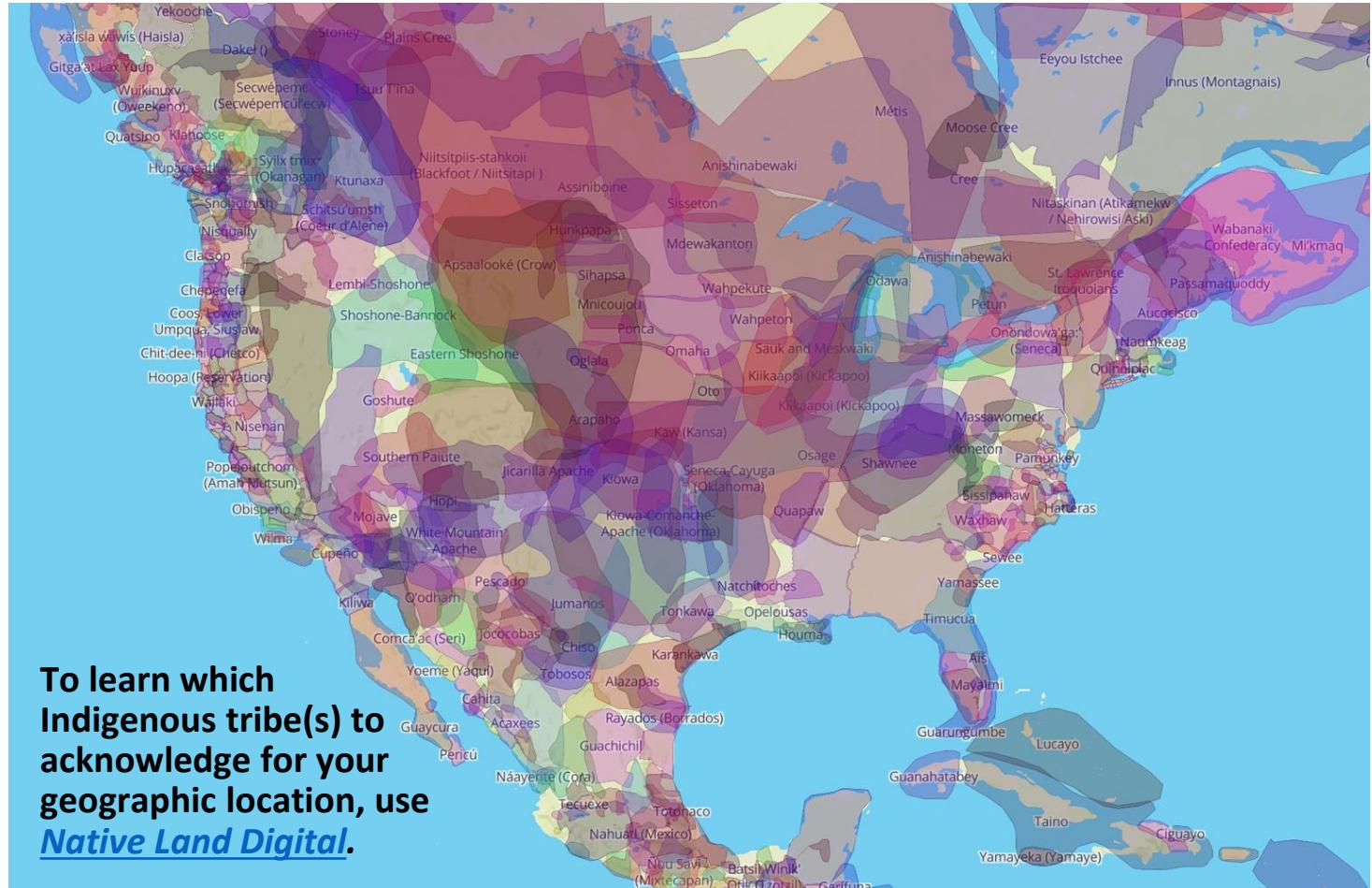
**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

Land Acknowledgement

As a committed ally, the New England MHTTC recognizes that the New England area is home to the ancestral land of many Native tribes.

Consistent with our values of community and inclusion, we acknowledge that all the places our distributed staff live and work, as well as where we provide services and hold events, are Indigenous lands.

To learn which Indigenous tribe(s) to acknowledge for your geographic location, use *Native Land Digital*.



Adapted from Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations Ttakimawekwe, Keely Driscoll, Meskwaki and Winnebago Nations Keokuk, Sean A. Bear, 1st. Meskwaki Nation for the Native Center for Behavioral Health



Take
HEART

Ambassador Program



Welcome

Help to spread the word about the importance of comprehensive school-based mental health services



Mental Health Technology Transfer Center Network
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Our School Mental Health Initiative:

- Develops and disseminates evidence-based resources to enhance school culture
- Prepares the school mental health workforce to extend trauma-skilled practices.



Our Mission

The mission of our School Mental Health Initiative is to **enhance school culture and prepare professionals in education and mental health to improve and support the mental health and resiliency of school-aged children** in the New England region, particularly those who have/are at-risk of experiencing trauma.

Working Together to Address and Reduce Trauma

Through this initiative, public and private Pre-K-12 schools in New England gain access to **evidence-based mental health resources** to enhance their awareness of childhood trauma and related neurobiological implications.

Our training and technical assistance supports focus on the **benefits of mindfulness practices for youth**, as well as ways to **strengthen, value, and increase social emotional competence, accelerate learning, and develop a sense of well-being** for students, teachers, and the wider school community.



Our Goal

Our efforts are designed to help schools cultivate compassionate school communities that buffer against the negative effects of trauma, build resilience for all students, and provide stress-relief and enhanced well-being for teachers and other school personnel, as well as students.

PREVENTION: Reduce the Causes

- Evaluate systems & hold them accountable
- Advocate for systems change
- Provide necessary resources equitably
- Educate
- Promote holistic wellness

DEVELOP PROTECTIVE FACTORS

- Foster nurturing adults
- Build compassionate and equitable environments
- Cultivate sense of community

SUPPORT YOUTH

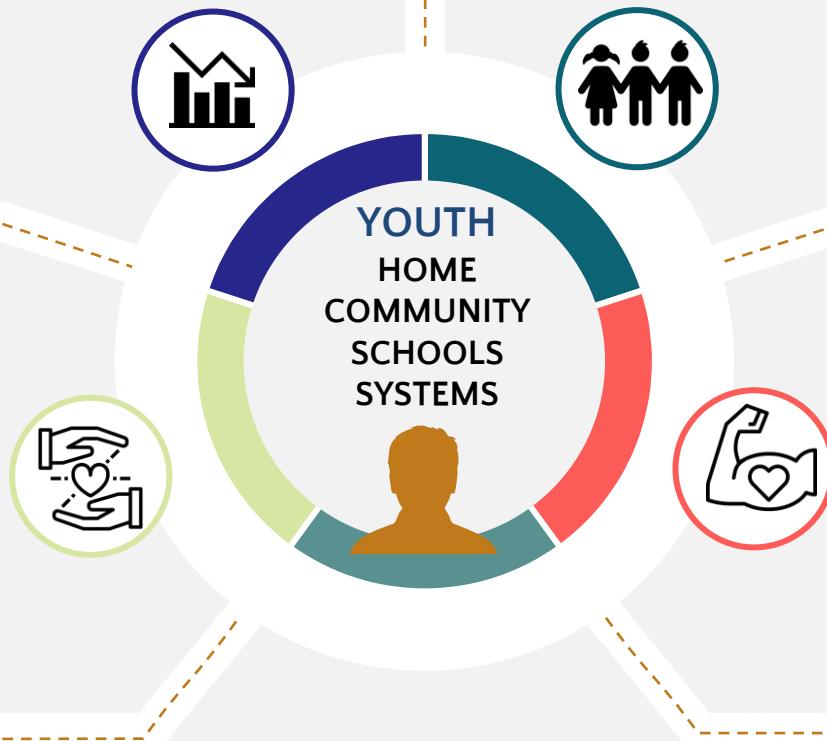
- Identify those in need
- Connect with resources
- Deliver schoolwide programming
- Create opportunity

BUILD RESILIENCY

- Increase sense of agency
- Increase SEL skill set
- Empower and lift voices of families and students

COMPASSIONATE SCHOOL MENTAL HEALTH MODEL

For Youth-Serving Systems, Schools, Communities, and Homes



Creating a Compassionate School Community

- Develop school/district wide foundational understanding of the **neurobiology of trauma and stress**
- Understand the benefits of using a **mindful approach to transformational leadership**
- Consider how **community collaborations** can support a **comprehensive school mental health** support system
- **Vision** together with all community stakeholders—family, students, staff, community-based organizations



Let's Learn Together!



- Do you have the resources you need to learn more about and share the urgency and importance of comprehensive school-based mental health systems?
- What questions do you have about building or deepening relationships to collaborate on school-based mental health?

The Current Challenges We Face

Recent national surveys of young people show alarming increases in the prevalence of mental health challenges—in 2019, one in three high school students and half of female students reported persistent feelings of sadness or hopelessness, an overall increase of 40% from 2009.

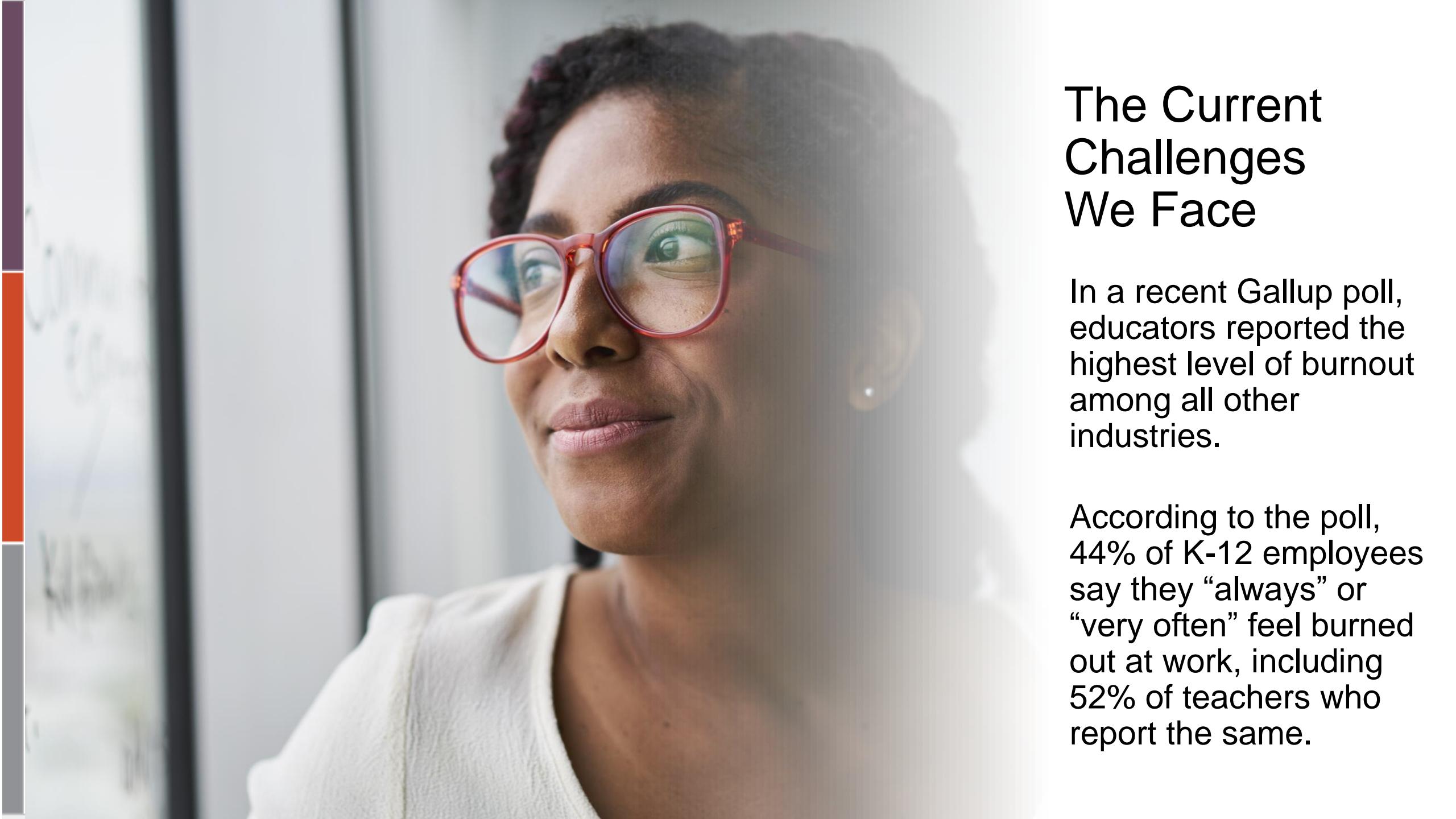


The Current Challenges We Face

Even before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with up to 1 in 5 children ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder.

Source: U.S. Department of Health and Human Services, 2021



A close-up photograph of a woman with dark skin and curly hair, wearing red-rimmed glasses and a white t-shirt. She is looking slightly to the left with a thoughtful expression. The background is a plain, light-colored wall.

The Current Challenges We Face

In a recent Gallup poll, educators reported the highest level of burnout among all other industries.

According to the poll, 44% of K-12 employees say they “always” or “very often” feel burned out at work, including 52% of teachers who report the same.

The Current Challenges We Face

We must also recognize the impact of mental health concerns on families.

When a family member is affected, there may be struggles around issues of access, stigma, family norms, cultural considerations, and a range of other issues related to the care, support, and encouragement their loved one needs.



How Can We Help Students, Families, and School Staff?

- Increase mental health awareness and literacy
- Increase stakeholder outreach and engagement
- Develop advocacy platforms and take concrete action steps that support the mental health and well-being of everyone in the school building





Healthcare workers and
Educators Addressing
and Reducing Trauma

HEART
COLLECTIVE

SAMHSA
Substance Abuse and Mental Health
Services Administration

HRSA
Health Resources & Services Administration

*Helping school teams promote holistic mental health
supports for everyone in the school community.*

LEARN MORE:

The HEART Collective is supported by the New England region's Technology Transfer Center (TTC) Network, including the New England Addiction TTC, the New England Prevention TTC, and the New England Mental Health TTC.





HEART-focused supports to help school teams:

What is the Take HEART Ambassador Program?

This is a training and technical assistance activity designed to give you the strategies, tools, and resources you need to help you spread the word about the importance of comprehensive school-based mental health services.

- Promote well-being and advocate for improved school mental health supports and resources
- Access evidence-based strategies to initiate conversations in school and community settings about the importance of holistic mental health supports
- Increase stakeholder involvement and disseminate public health and mental health literacy campaigns and materials



JOIN US!

Create an equity-focused, trauma-responsive system of care for your school/district.

WAYS TO ENGAGE

01

Get educated and spread the word about the urgency and importance of school-based mental health supports.

02

Engage and listen to stakeholders as you plan for collaborations that support the mental health and well-being of your school community.

03

Vision, plan, and monitor the implementation of compassionate school practices.

04

Promote hope and fill your toolkit with a cohesive strategies and practices that works together to reduce and respond compassionately to trauma.

Challenges Ahead!

The pandemic brought new attention to mental health concerns. But you may encounter challenges when beginning conversations about the urgency and importance of comprehensive school-based mental health systems of care and collaborations with youth-serving entities who can deliver enhanced wraparound services.



Things to Consider

- Lack of education, interest, training
- Lack of resources
- Concerns around resource management
- Family norms
- Cultural considerations
- Stigma
- Concerns around conflicts in schools/families/communities



A close-up photograph of a person's hand holding a silver pen, writing on a small orange sticky note pinned to a white wall. The wall is decorated with several other colorful sticky notes in orange, yellow, purple, and green. The person is wearing a grey long-sleeved shirt and a small silver ring on their ring finger. The background is slightly blurred.

Make A Note and Join Us to Access:

- Professional Development Around Compassionate School Practices
- Concrete advocacy, fundraising, communications, and engagement strategies
- Talking points, infographics, and other materials to help you convey the urgency of comprehensive school-based mental health supports

Schedule of Events

Thurs., December 8, 2022

Mental Health Literacy for Students,
Families, and School Staff

Thurs., January 12, 2023

Activate Your Power:
Ways to Operationalize Stakeholder
Engagement

Thurs., February 9, 2023

Compassionate School Practices: Vision,
Plan, and Monitor for Success

Thurs., March 9, 2023

Compassion in Action:
School-Based Mental Health Advocacy
Strategies and Tips



REGISTER NOW

**All sessions begin at
10:00 a.m. ET.**

Our live events will
include “Office Hours”—
featuring practical
guidance, training
exercises, and Ask the
Expert opportunities!

Opportunities Abound!

- Earn CE credits
- Connect with Experts
- Build Community

Learn about funding opportunities to support your on-the-ground efforts to promote the mental health and well-being of everyone in your school community.



Mental Health Technology Transfer Center School Mental Health Resources



Mental Health Technology Transfer Center Network
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National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Trainer Manual



Classroom **WISE**

Well-Being Information and
Strategies for Educators



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**Cultivating
Compassionate
School
Communities
that Respond to
Trauma
Effectively**

Sign up for this course!

Online Course

- 12 ~1-hour modules, with **12 hours of CE credits** available
- Self-directed with **implementation guides for district and school use** over the course of the school year or semester
- **Appropriate for all school staff**, including leadership, classroom and specials teachers, school mental health professionals, agency-based mental health professionals working with schools, and other stakeholders invested in school-based mental health



Complete Our Evaluation
Scan the QR Code or follow the
link below:

<https://ttc-gpra.org/P?s=566716>

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*Thank
you*



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