



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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This work is supported by grant [#1H79SM081775-01](#) from the DHHS, SAMHSA.

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

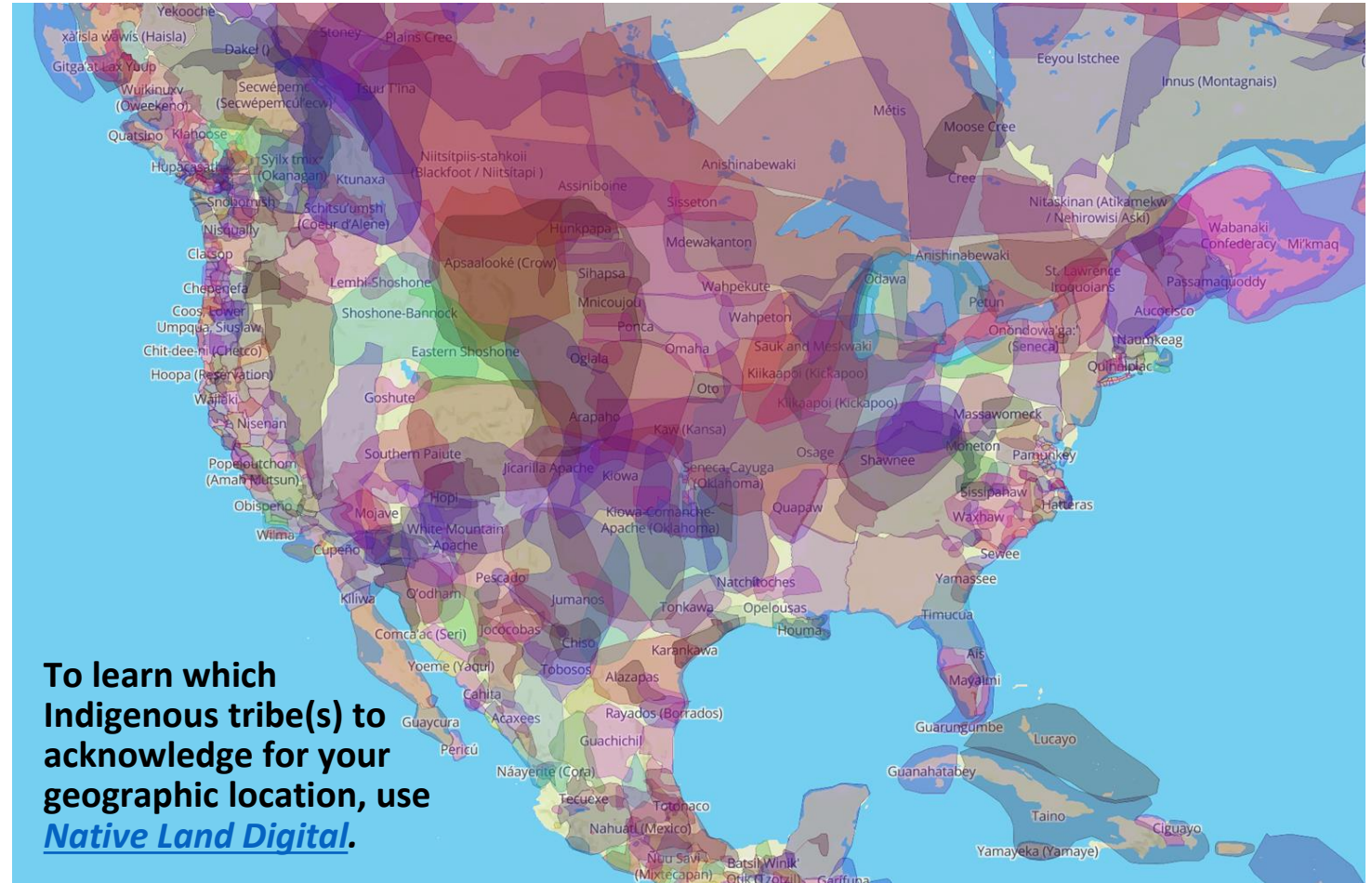
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

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.







Take  
HEART

## Ambassador Program



# Welcome

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



## **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

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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.

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## 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

## SUPPORT YOUTH

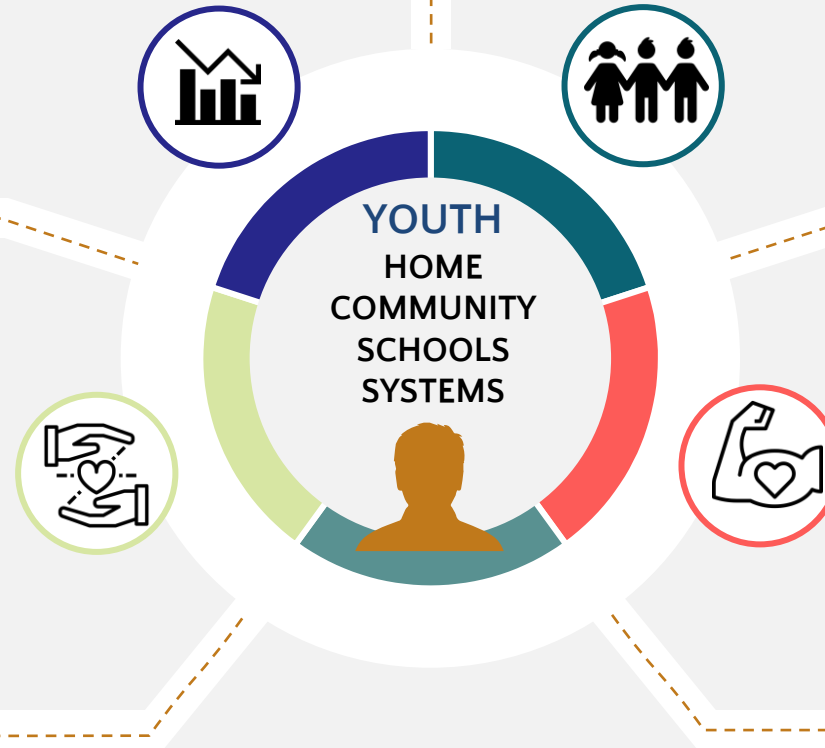
- Identify those in need
- Connect with resources
- Deliver schoolwide programming
- Create opportunity

## DEVELOP PROTECTIVE FACTORS

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

## 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.

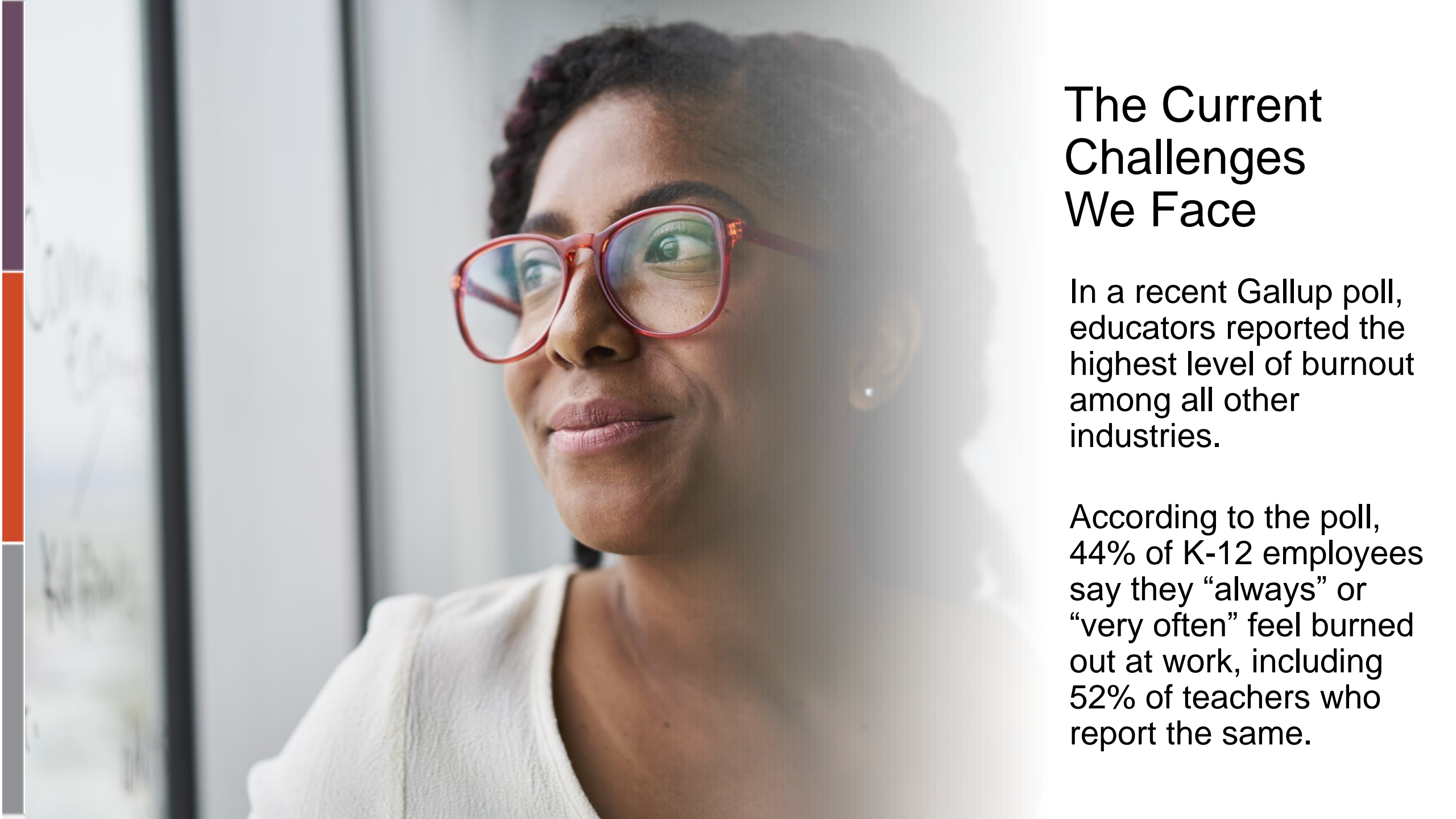


# The Current Challenges We Face

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 portrait of a woman with dark skin and curly hair, wearing red-rimmed glasses and a white top. She is looking slightly to the left with a thoughtful expression. The background is a blurred office setting with a window and a whiteboard.

# 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.





# 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.

## **HEART-focused supports to help school teams:**

- 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.



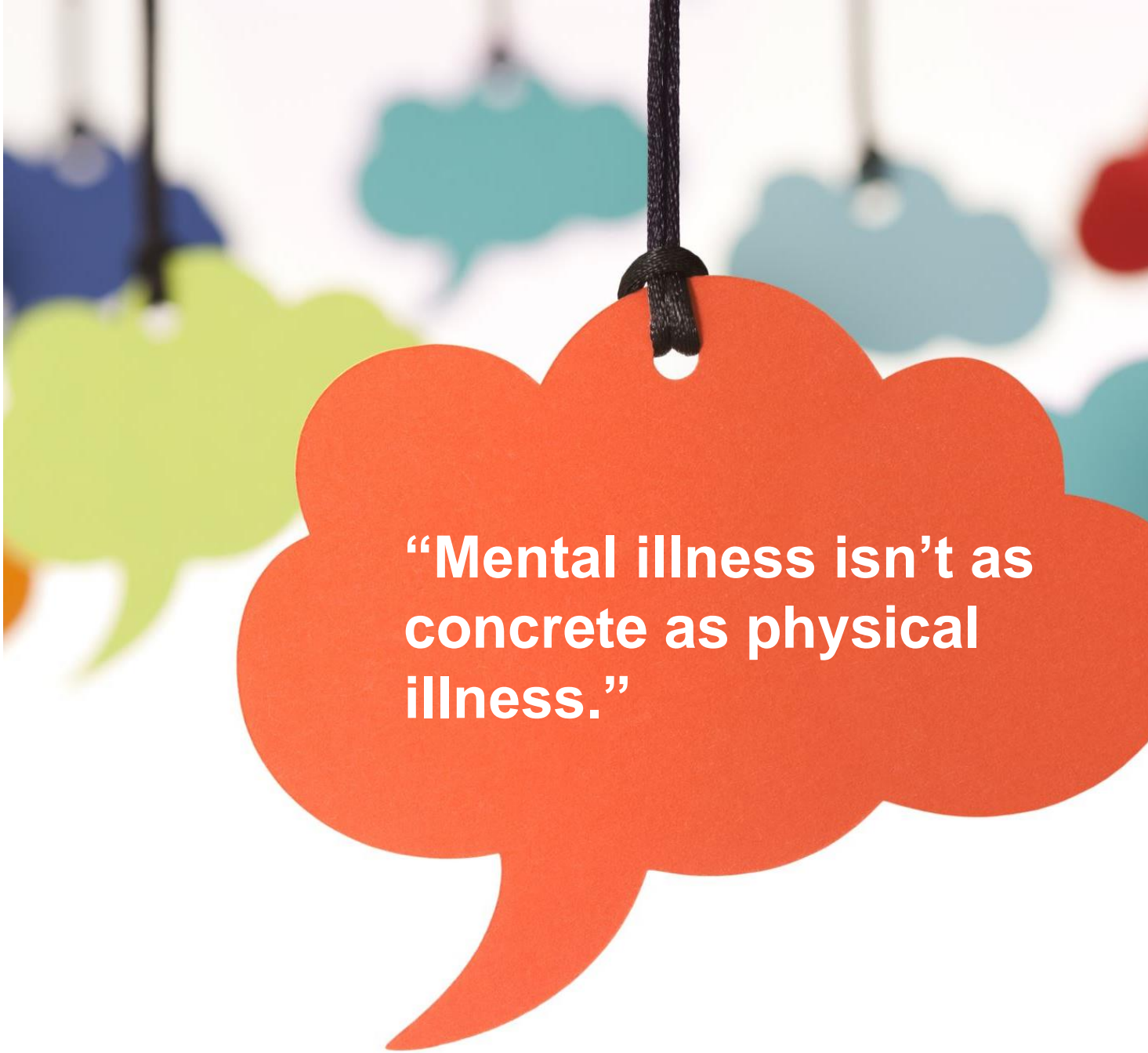
# Challenges Ahead!

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



**“Mental illness isn’t as concrete as physical illness.”**

A close-up photograph of a person's hand holding a silver pen and writing on an orange sticky note. The hand is positioned in the center-left of the frame. In the background, several other colorful sticky notes (orange, green, purple, yellow) are visible, some attached to a surface. The lighting is soft and focused on the hand and the note being written on.

## 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



**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





## Online Course



[\*Sign up for this 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



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link below:

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

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# Contact Us

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*Thank  
you*