



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

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

## Information Session

October 14, 2021 @ 10:00 a.m.

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New England MHTTC

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Education Coordinator  
New England MHTTC



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Participant microphones will  
be muted at entry



If you have questions during the  
event, please use the chat



This session is being recorded and a  
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of today's session.



If you have questions after  
this session, please e-mail:  
[dana.asby@yale.edu](mailto:dana.asby@yale.edu).

**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**



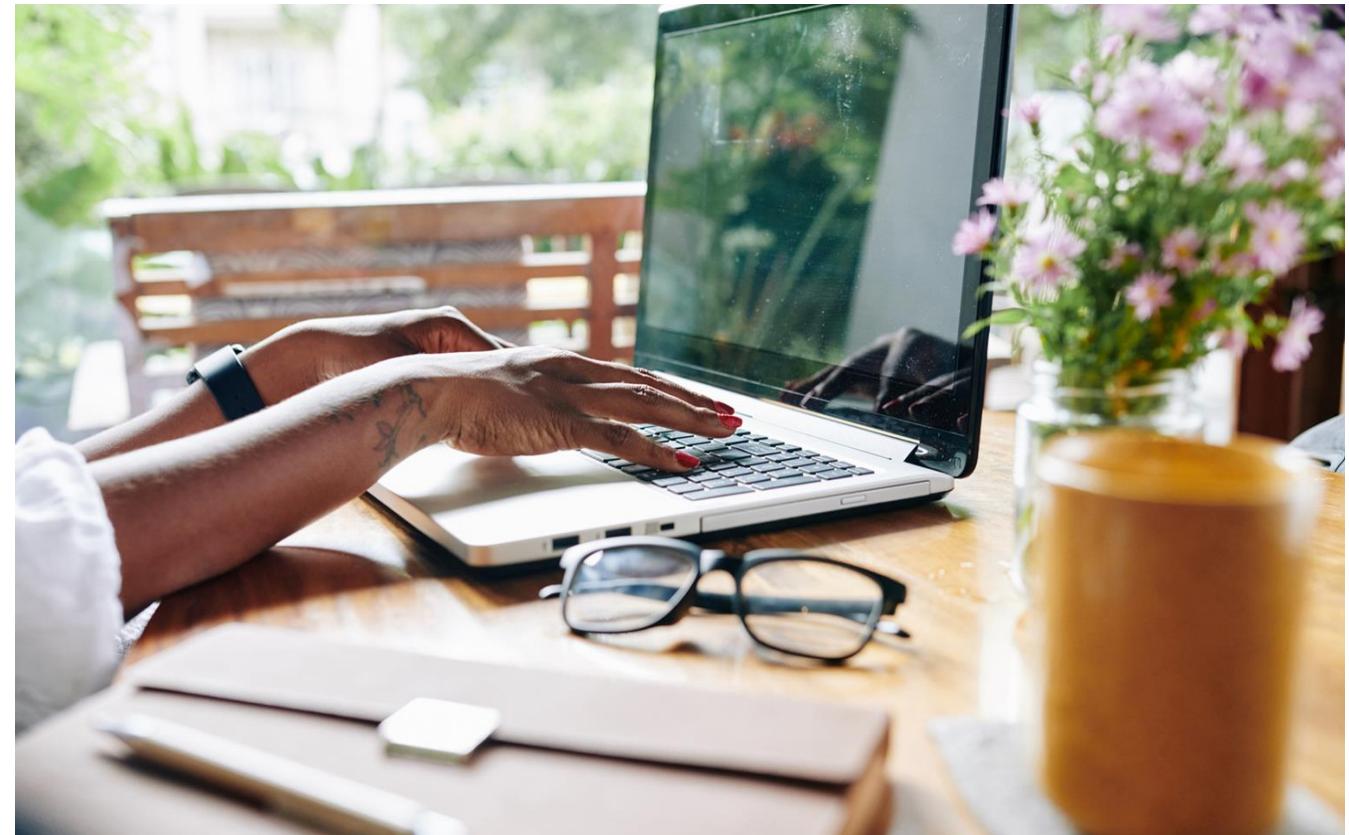
***Cultivating Compassionate School  
Communities that Respond to Trauma  
Effectively Information Session***  
October 14, 10:00 a.m.

- Overview of *Cultivating Compassionate School Communities that Respond to Trauma Effectively*
- Developing a Culture of Compassion in Your School Community
- Gaining Skills to Implement Compassionate School Practices
- Professional Development Options for Leaders
- Joining our Community of Practice
- How to Enroll in the Course

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

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

- FREE 12-hour online course for states, districts, and schools to build or refine a trauma-informed comprehensive school mental health support system
- 12 hours of CEUs available
- Action Plan to guide implementation of recommendations



# *Cultivating Compassionate School Communities...*

## Session Topics

1. An Introduction to the Course *Compassionate School Communities that Respond to Trauma Effectively*
2. Neurobiology of Trauma and Stress
3. Mindfulness, Trauma, and Mental Health
4. Mindful Leadership
5. Compassionate School Mental Health Model and Heart Centered Learning
6. A Compassionate School Response to Tragedy
7. Trauma-Informed Mental Health Screening
8. Collaboration Is Key
9. Including Student and Family Voice
10. Cultural Humility and Courageous Conversations
11. Visioning for a Compassionate School Community
12. Key Learnings from *Compassionate School Communities that Respond to Trauma Effectively*

# Course Features

- **Self-paced**
- **Pre- and post-test** to measure knowledge growth
- **Case studies** to apply learning immediately
- **Variety of learning materials** including videos, articles, and interactive virtual learning
- **Reflection opportunities** to use new strategies and tools to improve school culture and mental health supports
- **Action Plan** to guide implementation of practices

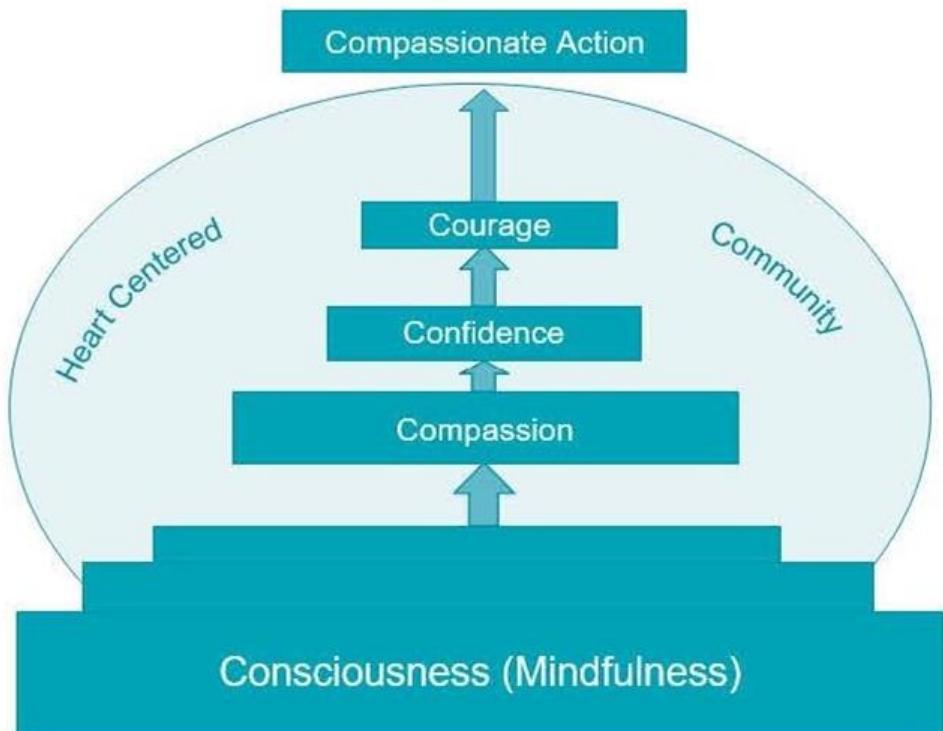


# Creating a Compassionate School Community

- 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



# Gaining Skills to Implement Compassionate School Practices



- Get guidance on trauma-informed recommendations for mental health screening
- Learn how to implement Heart Centered Learning practices
- Design crisis response teams and plans
- Apply the *Compassionate School Mental Health Model* to your needs

## PREVENTION: Reduce the Causes

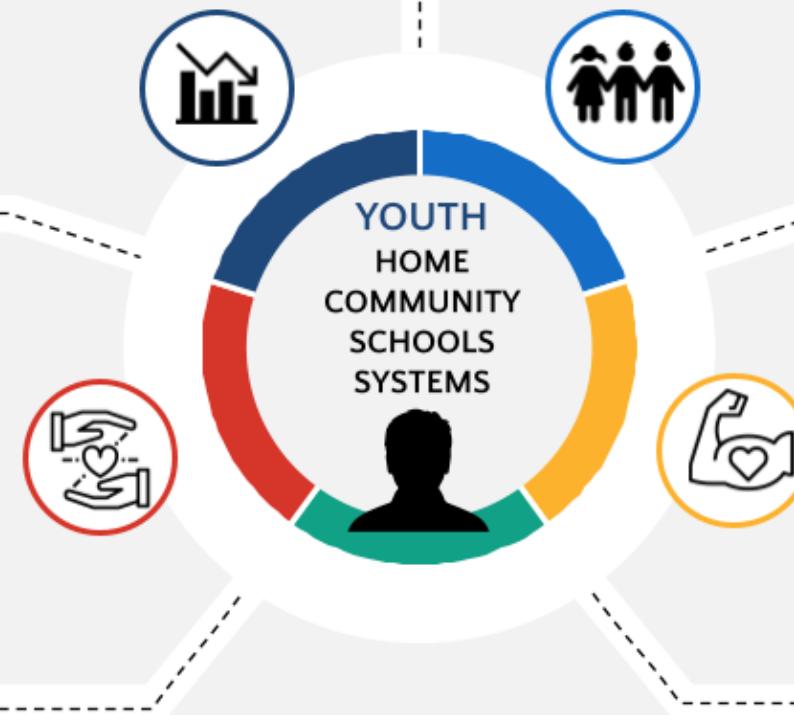
- Evaluate systems & hold them accountable
- Advocate for systems change
- Provide necessary resources equitably
- Educate
- Promote holistic wellness

## 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*

# Professional Development Options for Leaders

# Implementation Considerations: State, District, and School



- **State Level** – Employees in departments of education and/or mental health can take the course and distribute the most useful resources to districts and schools
- **District Level** – District administrators can take the course as individuals or convene a district team of school mental health professionals, school administrators, and other educators to complete the course.
- **School Level** – School administrators may choose to have all staff take the course or ask school mental health professionals or another leader to guide all staff or a team of select staff members through the course.

*We advise any leaders wishing to use this course to take it as an individual before guiding teams through the course.*

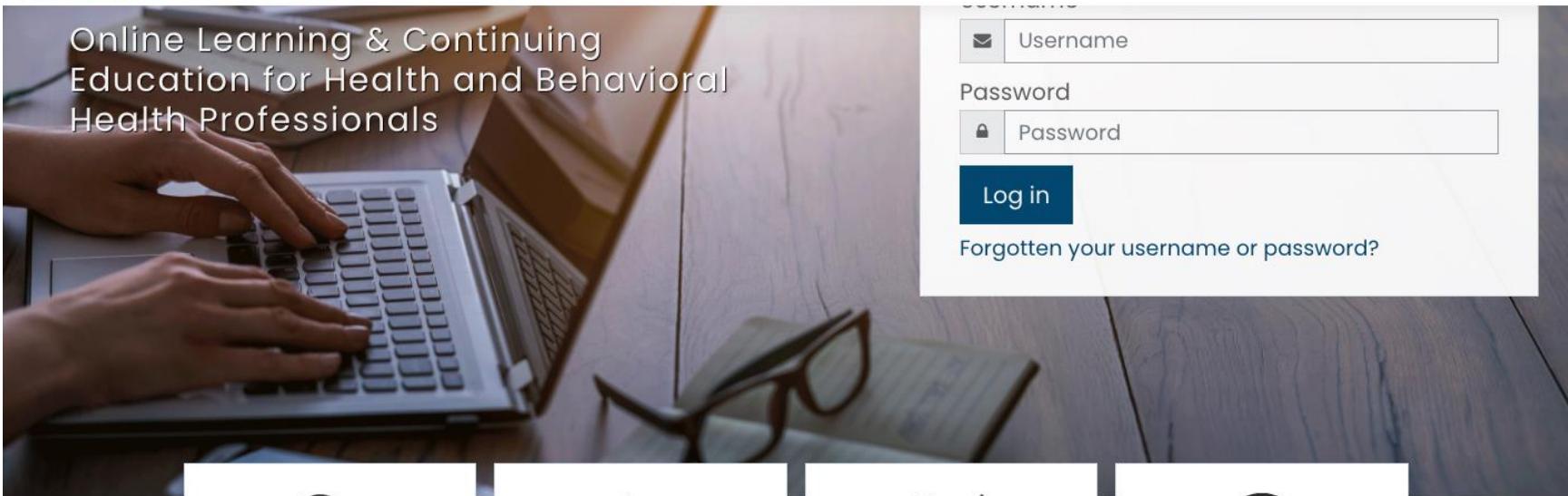
# Learn Alongside Your Peers in our Community of Practice

Join us for this monthly T/A hour where curriculum developers and trainers from the New England MHTTC are available to answer your questions and receive feedback about course improvements.

*Help us co-create our Implementation Guide!*



# How to Enroll in the Course



**Our Courses**  
Search available courses  
[More](#)

**How to Use**  
Using HealtheKnowledge  
[More](#)

**Need Help**  
Click below for support  
[More](#)

**New User**  
Create an account  
[More](#)

**Step 1**

Go to [healtheknowledge.org](https://healtheknowledge.org) and click “More” under “New User.”

**Step 2**

**Register for a  
HealtheKnowledge  
Account**

Register for an Account

There is no cost for your HealtheKnowledge membership. Once you register for an account on HealtheKnowledge.org, you can enroll free of charge in any of our top-notch courses for a Certificate of Completion. Most courses also offer Continuing Education credits at no cost or up to only \$5 per credit hour.

Use the secure form below to register for a free account. If you see an error message saying that you may already have an account, please contact the [24/7 Help Desk](#) for assistance.

Already have an account? [Login](#)

Note: Your email address will be your login name after your account is created. Please make sure that your email address is correct.

First Name:

Last Name:

Organization:

Address 1:

Address 2:

City:

Country:  United States



## HealtheKnowledge

[Home](#) [Site pages](#) [Register for an Account](#)

### Register for an Account

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Use the secure form below to register for a free account. If you see an error message saying that you may already have an account, please contact the [24/7 Help Desk](#) for assistance.

[Already have an account? Login](#)

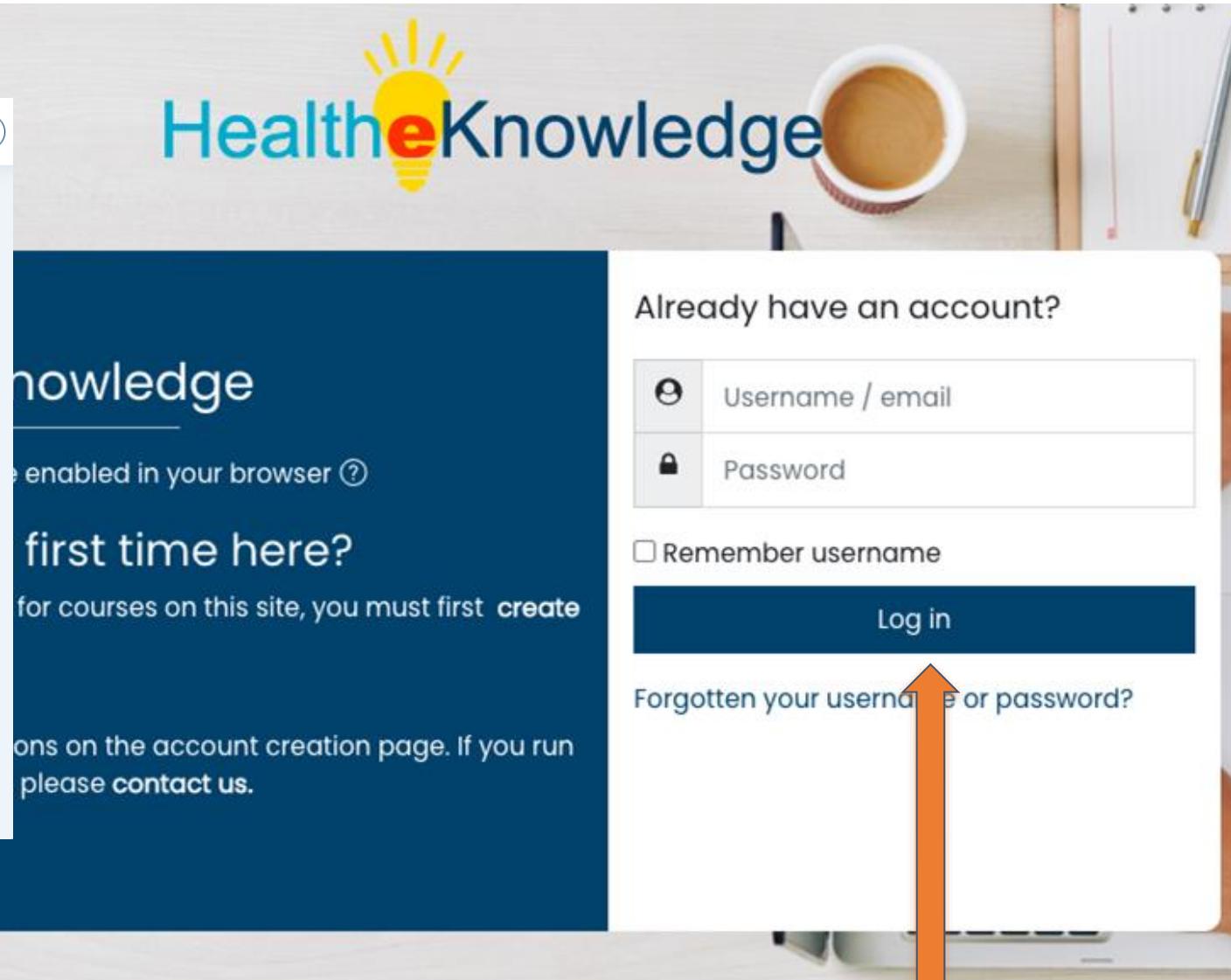
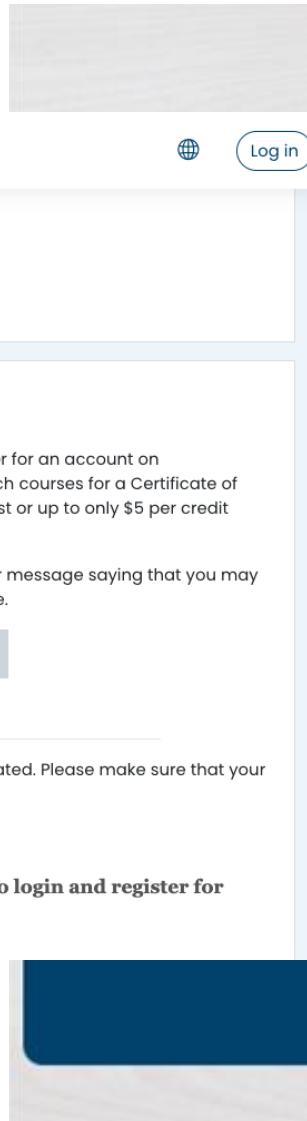
**Note:** Your email address will be your login name after your account is created. Please make sure that your email address is correct.

Thank you for registering.

You may now proceed to the [Healtheknowledge login page](#) to login and register for courses.

**Step 3**

**Click  
“Healtheknowledge  
login page.”**



**Enter your username and password and log in.**

Home: Dashboard

Message

Course overview

All (except removed from view) Course name

Card

**Step 5**

**Click “Site home.”**

HealtheKnowledge

Search courses  Go

Course categories

▼ Collapse all

- ▷ Clinical Supervision and Administration (1)
- ▷ Mental Health Services
- ▷ Special Topics in Mental Health Services (6)
- ▷ Suicide Prevention Across the Educational Continuum: A Five-Part Series (5)
- ▷ School Mental Health (3)

**Step 6**

**Click “School Mental Health.”**

**Step 7****Click here!**

School Mental Health

Home Courses Mental Health Services School Mental Health

Course categories: Mental Health Services / School Mental Health

Search courses  Go 

  
**School Mental Health**  
Cultivating Compassionate School Communities that Respond to Trauma Effectively  
[View Description and Enroll](#)

  
**School Mental Health**  
Classroom WISE: Well-Being Information and Strategies for Educators  
[View Description and Enroll](#)

  
**School Mental Health**  
Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)  
[View Description and Enroll](#)

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

[View Description and Enroll](#)

Cultivating Compassionate School Communities that Respond to Trauma Effectively 

This 12 hour course offers recommendations to cultivate a compassionate school community that will 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.

Participants will learn how to implement the Compassionate School Mental Health model being used to enhance services to schools and districts in the New England Mental Health Technology Transfer Center's Childhood Trauma-Learning Collaborative. Learn about the neurobiology of trauma and toxic stress, how it affects staff and student well-being, and best practices for preventing, responding to, and alleviating the effects of trauma. Get guidance on developing a vision to transform into a compassionate school community that includes the voices of many stakeholders. Gain understanding of how a compassionate school mental health support system can help schools create systems, policies, and protocols to prevent, address, and recover from tragedies and crises including staff or student suicide, school violence, natural disasters, and global pandemics.

All of these activities, including case studies, will allow for knowledge application and prepare participants to consider implications for schoolwide implementation.

*This course was developed by the New England Mental Health Technology Transfer Center with funding by the Substance Abuse and Mental Health Services Administration (SAMHSA).*

12 hour Certificate of Completion Available

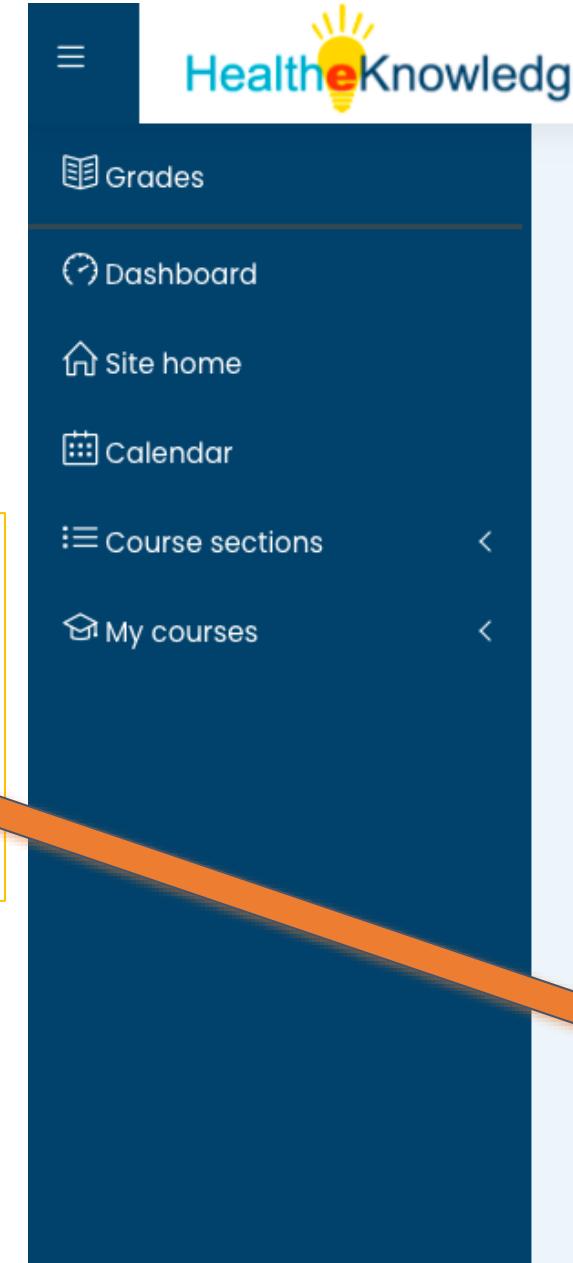
NAADAC, NBCC, ASWB

REGISTER NOW AND BEGIN COURSE

**Step 8****Click here!**

## Step 9

Click  
“Introduction”  
to get started  
with the  
course!



The screenshot shows the Health eKnowledge platform's navigation menu on the left side of the screen. The menu items are: Grades, Dashboard, Site home, Calendar, Course sections, and My courses. The 'Course sections' item is currently selected, as indicated by a blue background and a downward arrow icon to its right. A large orange arrow points from the text in the yellow box on the left towards the 'Introduction' section of the course list.



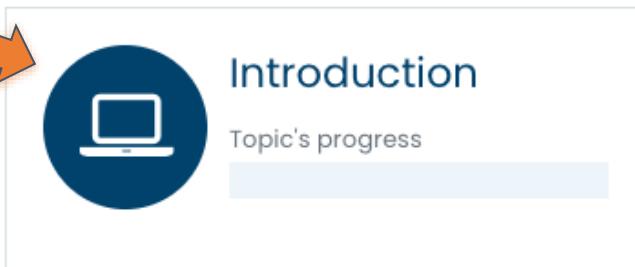
Transfer Center's Childhood Trauma-Learning Collaborative.

- Learn about the neurobiology of trauma and toxic stress, how it affects staff and student well-being, and best practices for preventing, responding to, and alleviating the effects of trauma.
- Get guidance on developing a vision to transform into a compassionate school community that includes the voices of many stakeholders.
- Gain understanding of how a compassionate school mental health support system can help schools create systems, policies, and protocols to prevent, address, and recover from tragedies and crises including staff or student suicide, school violence, natural disasters, and global pandemics.

All of these activities, including case studies, will allow for knowledge application and prepare participants to consider implications for schoolwide implementation.

A **certificate of completion** is available after completion of course with a passing grade of 80% or higher and completion of feedback survey.

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This is a course topic card for the 'Introduction' section. It features a blue circular icon with a white laptop computer. To the right of the icon, the word 'Introduction' is written in a large, bold, dark blue font. Below 'Introduction', the text 'Topic's progress' is displayed in a smaller, dark blue font, followed by a horizontal progress bar that is mostly empty.



This is a course topic card for the 'Neurobiology of Trauma & Stress' section. It features a blue circular icon with a white laptop computer. To the right of the icon, the text 'Neurobiology of Trauma & Stress' is written in a large, bold, dark blue font.

# Mental Health Technology Transfer Center School Mental Health Resources

# Resources from the MHTTC Network



**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

Supporting Student and  
Staff Mental Health and  
Well-Being Training  
Library

# C-TLC Virtual Training Library

Choose a learning track in our **Virtual Training Library** and begin your journey toward compassionate school mental health practices that support school staff, students, parents, and the wider school community, including:

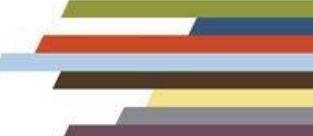


COMPASSIONATE SCHOOL  
MENTAL HEALTH

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**MHTTC** Mental Health Technology Transfer Center Network  
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**Psychosocial Deprivation & Neurocognitive Functioning:**  
Long-term effects on cognition, the brain, and mental health  
Sonya Troller-Renfree, PhD  
Teachers College, Columbia University

Presentation Date: January 14, 2020



NEUROSCIENCE &  
TRAUMA/TOXIC STRESS



TRAUMA-RESPONSIVE  
PRACTICES

# C-TLC Resource Directory



**Back to School After  
COVID-19**



**Cyberbullying in the  
Information Age**



**Collaborating on Compassionate,  
Comprehensive School Mental Health**



**Equity in Education**



**Re-imaging Education in  
the Era of COVID-19**



**Using Mindfulness Techniques to  
Bolster Mental Health in Schools**

# Upcoming Training Topics

- Early Psychosis
- Equity-focused School Mental Health
- Community Schools
- Suicide Prevention
- Comprehensive School Mental Health
- Identifying and Addressing Trauma





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# Contact Us

[www.mhtcnetwork.org/newengland](http://www.mhtcnetwork.org/newengland)

[newengland@mhtcnetwork.org](mailto:newengland@mhtcnetwork.org)

[martha.staeheli@yale.edu](mailto:martha.staeheli@yale.edu)

[dana.asby@yale.edu](mailto:dana.asby@yale.edu)

*Thank  
you*



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