



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)

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

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

# *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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# Housekeeping Information



Participant microphones will  
be muted at entry



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



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of today's session.



If you have questions after  
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[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

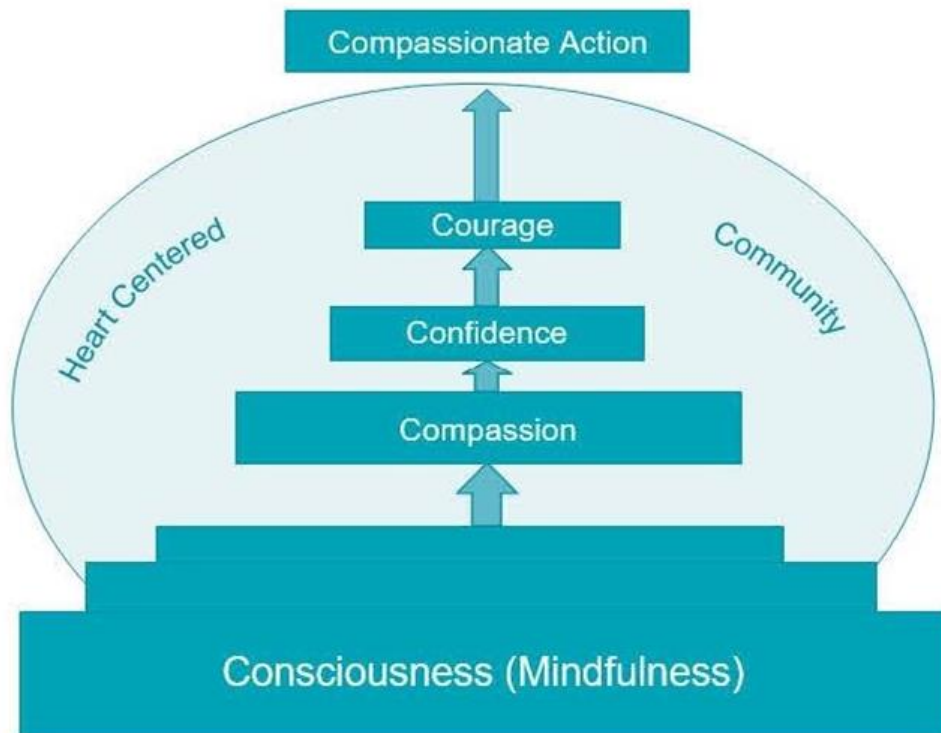


# Creating a Compassionate School Community

- 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

Online Learning & Continuing Education for Health and Behavioral Health Professionals

Username

Password

Password

Log in

Forgotten your username or password?



Our Courses

Search available courses

More



How to Use

Using HealthKnowledge

More



Need Help

Click below for support

More



New User

Create an account

More

Step 1

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

Step 2

Register for a HealthKnowledge Account



Register for an Account

There is no cost for your HealthKnowledge membership. Once you register for an account on HealthKnowledge.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:

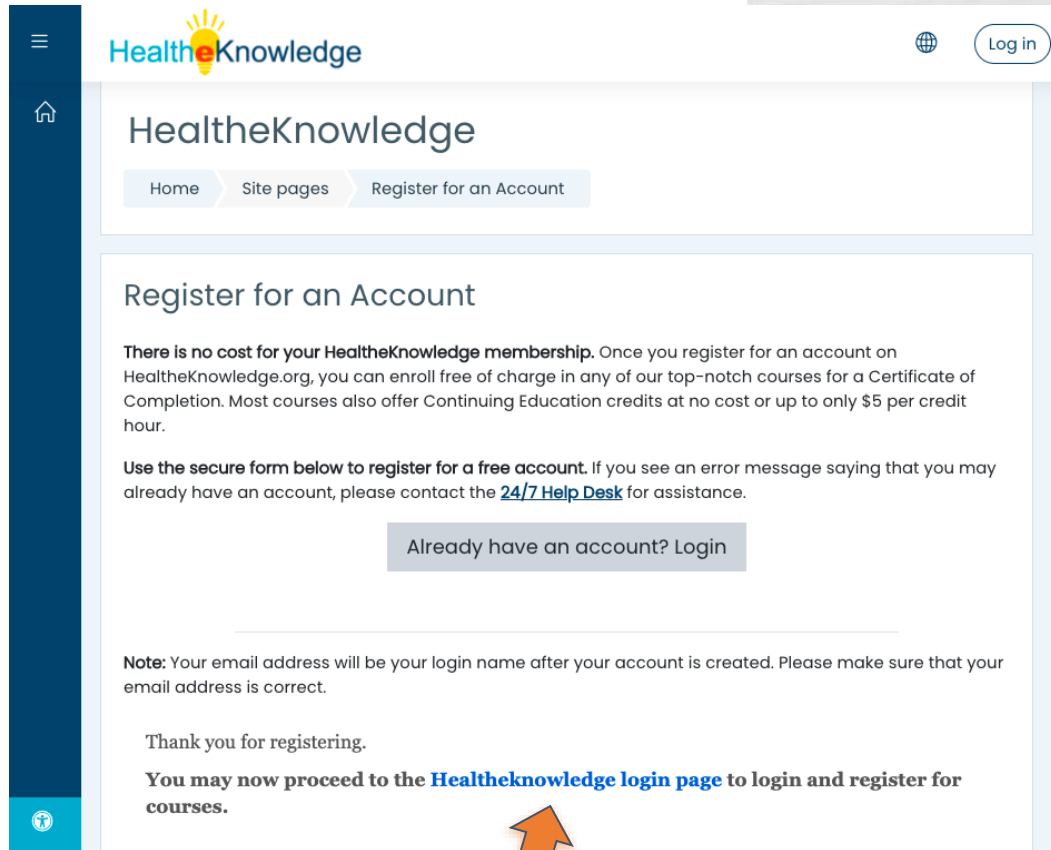
Organization:

Address 1:

Address 2:

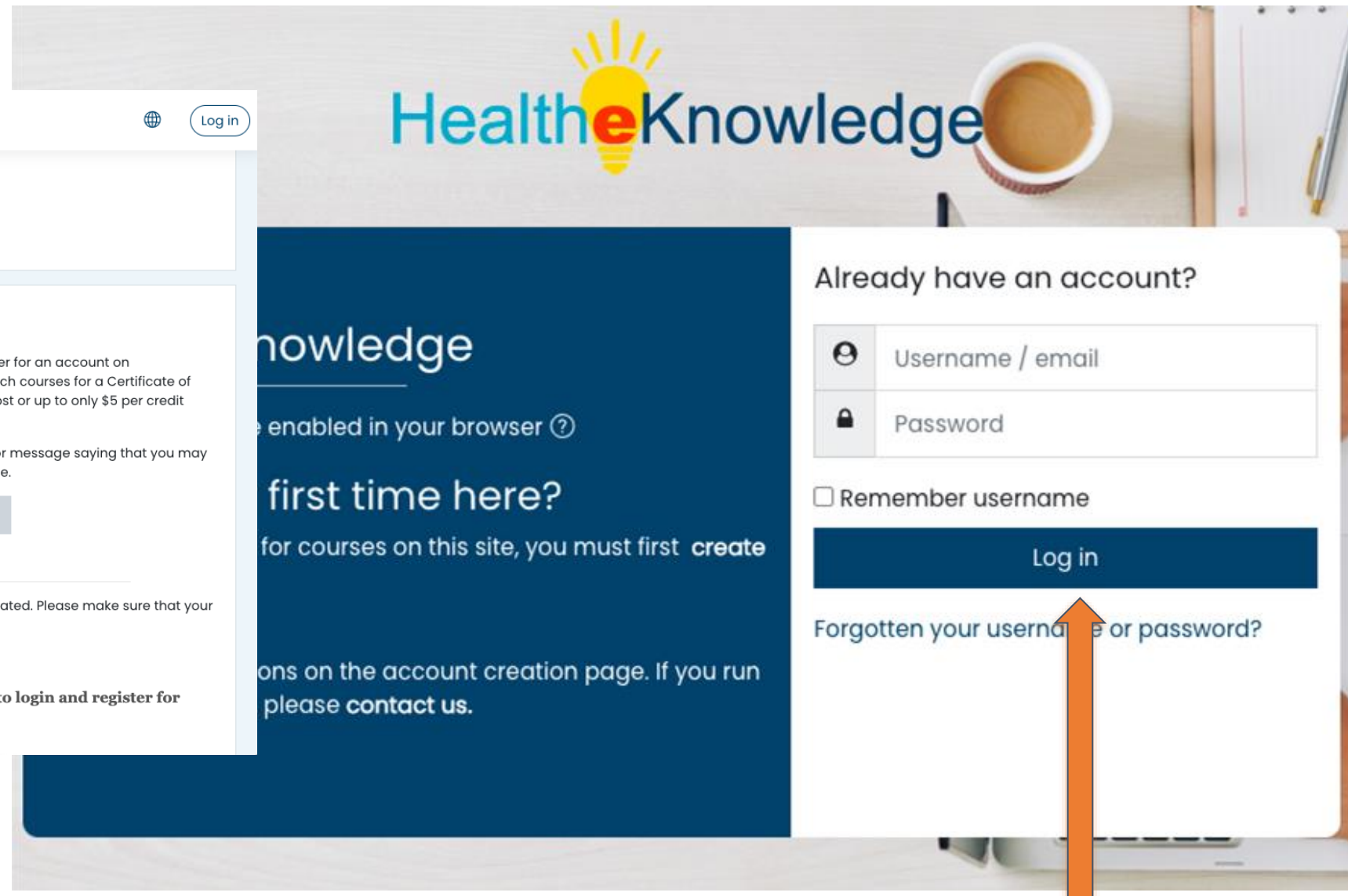
City:

Country:



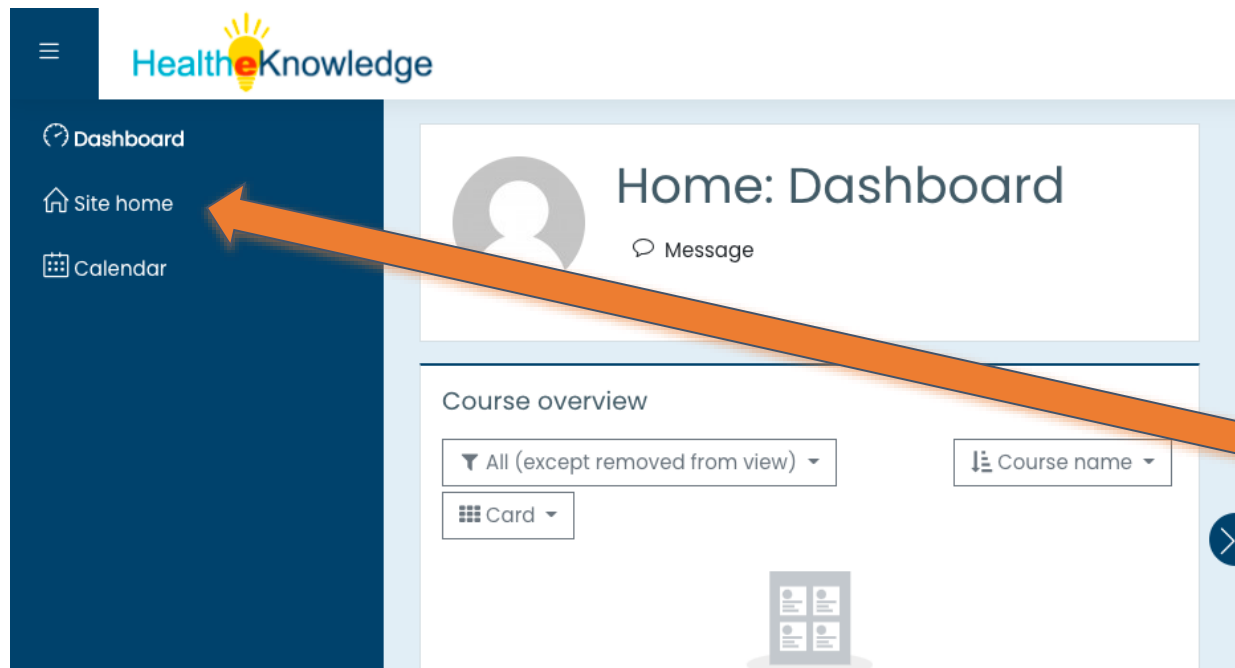
**Step 3**

**Click  
“Healthknowledge  
login page.”**



**Step 4**

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

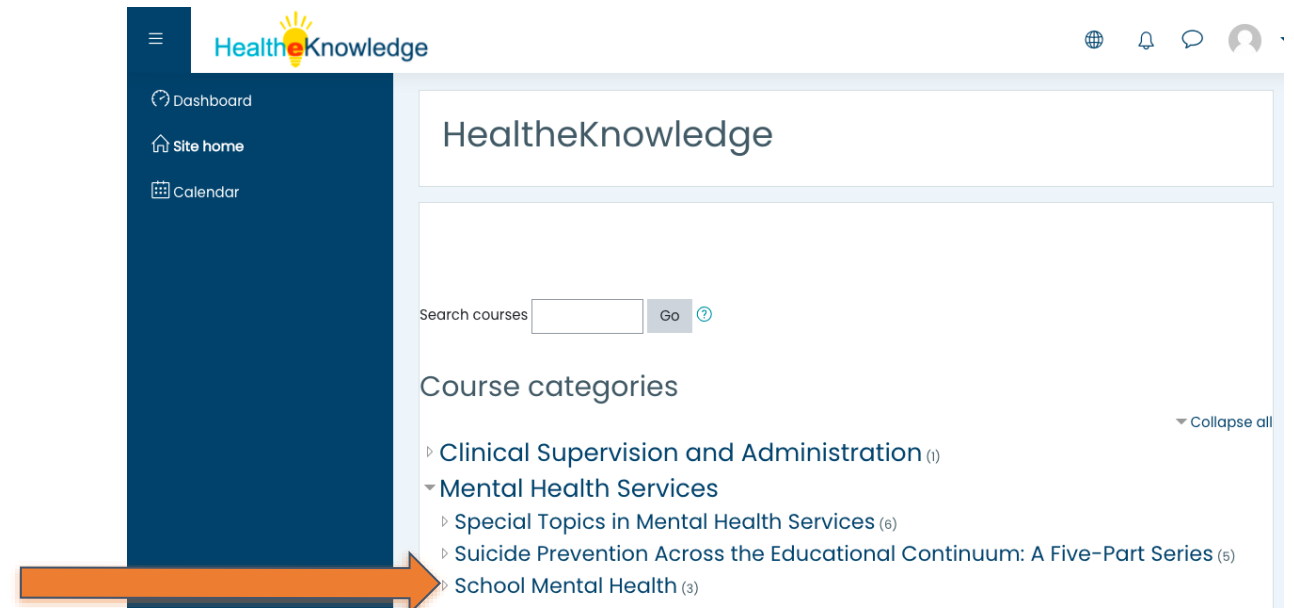


**Step 5**

**Click “Site home.”**

**Click “School Mental Health.”**

**Step 6**



## 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 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!



-  Grades
-  Dashboard
-  Site home
-  Calendar
-  Course sections <
-  My courses <

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.

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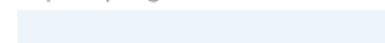
A **certificate of completion** is available after completion of course with a passing grade of 80% or higher and completion of feedback survey.

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### Introduction

Topic's progress



### Neurobiology of Trauma & Stress

# Mental Health Technology Transfer Center School Mental Health Resources

# Resources from the MHTTC Network





ACCESS FREE TRAINING RESOURCES

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

# C-TLC Virtual Training Library

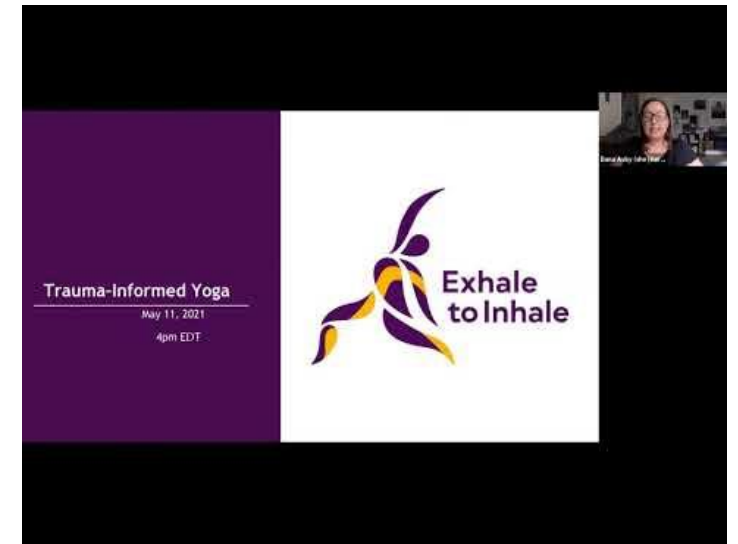
Choose a learning track in our **Virtual Training Library** and begin your journey toward compassionate school mental health practices that support school staff, students, parents, and the wider school community, including:



**COMPASSIONATE SCHOOL  
MENTAL HEALTH**



**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-imagining 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

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

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

*Thank  
you*