

# SCHOOL MENTAL HEALTH Y2 Report (August 2019-2020)



Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

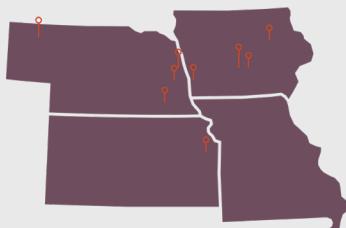
**School mental health** is a central component of the Mid-America MHTTC's training and technical assistance. Our Center's leadership planned to prioritize improving students' access to mental health services from Day 1, and an annual supplemental grant allows us to invest substantial resources into our work with school districts.

**This report provides an overview of our work through the Mid-America MHTTC's second grant year.**



## REALIZATION OF TECHNICAL ASSISTANCE (TA) INITIATIVES

### 2019-20 Learning Community



#### Fast Facts:

10 TEAMS  
82 PARTICIPANTS  
6 MONTHS  
3 STATES

**This learning community helped improve state and district capacity to implement effective multi-tiered systems of school mental health support.**

### Millard Public Schools (Omaha)

#### Fast Facts:

114 BEHAVIOR COACHES  
28 COACHES OF COACHES  
9 MONTHS  
24,000 STUDENTS REPRESENTED

**This TA helped implement a comprehensive training model for addressing behavioral and mental health across MPS's 35 schools in the Omaha area.**

## CURRICULUM DISSEMINATION

Training of Trainer Events • Demonstration Projects • Conference Presentations

The backbone of our school mental health training initiatives is the [\*\*National School Mental Health Curriculum\*\*](#), which provides in-depth guidance for implementing comprehensive school mental health in states, districts, and schools.

Topics in Education Symposium  
NOV 2019

Nebraska MTSS Conference Presentation  
SEPT 2019

School Mental Health Training of Trainers Modules  
JULY 2020

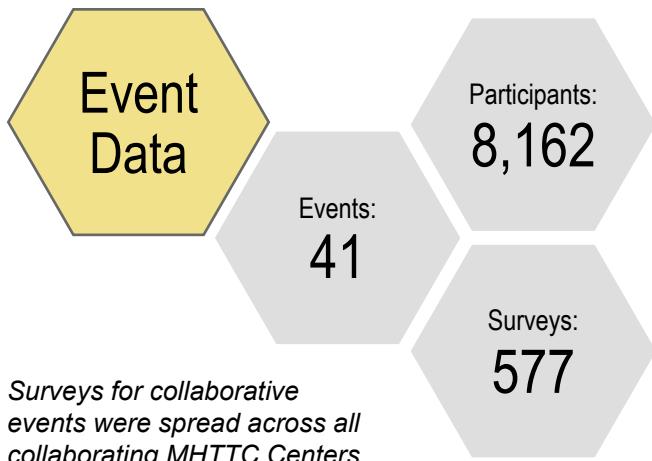
MH Services Professional Demonstration Project  
NOV 2019

## PANDEMIC RESPONSE

The outbreak of the COVID-19 pandemic in early 2020 spurred the development of nationwide programming and resources responsive to a slate of novel needs. The following resources were developed for school mental health providers:



## AUDIENCE



As a SAMHSA-funded entity, our Center is required to administer event feedback surveys to trainees. 577 school mental health trainees completed surveys and provided overall positive feedback.

93%  
Would  
recommend  
trainings to a  
colleague

90%  
Satisfied or very  
satisfied with  
overall quality of  
trainings

91%  
Strongly agree or  
agree trainings will  
benefit their PD  
and/or practice

## LOOKING TOWARD THE FUTURE



Burnout has always afflicted school mental health providers and educators, but the COVID-19 outbreak has worsened its impact. In summer 2020, our Center began planning training and technical assistance around the **Adult Resiliency Curriculum, or ARC**, geared toward enhancing teacher well-being.

This programming includes the development of a series of webinars, online training modules, and intensive TA with schools, districts, and other student-focused entities.