



School Mental Health and Student Learning Archived Webinars

Creating Trauma-Informed Policies: A Forum for School and Mental Health Leaders

<https://youtu.be/rSZLGFSiZAK>

Presenters: Leora Wolf-Prusan, Rachele Espiritu, and Kristen Harper, Director of Policy for ChildTrends

Want to figure out how to create and develop policies that contribute to trauma-informed school environments? Tasked with ensuring trauma-informed work is sustainable and scalable at your school, district office, agency, department, or organization? During this session, we'll explore the four choice points leaders face; tips for successful policy development and implementation; and examples of current policy at the local, district, state, and federal levels from which you can choose and use for your own work. This session builds on concepts from the Pacific Southwest MHTTC Creating-Trauma Informed Policies [Practice Guide](#) and [Infographic](#).

Mental Health Literacy and Student Learning Outcomes: An Introduction

<https://youtu.be/BNzvfoO-62A>

Presenter: Leora Wolf-Prusan, Pacific Southwest MHTTC

Are you a school instructional leader who wants to learn about school mental health, or a mental health provider who wants to learn about the contexts of schools and student learning outcomes? Often, the conversations between educators and mental health providers are siloed and separated. This webinar provides a platform to bridge the conversation so that both perspectives can learn from one another to better support the students they serve. Together we will explore common mental health issues among students and their potential effects on learning outcomes; the relationship between socio-emotional development, student learning, and academic success; mental health in the classroom and school, including barriers to help-seeking and provision; and how to enhance our role as supportive adults for students with mental health and emotional challenges and strengths.

Trauma-Informed Suicide Prevention for Educators: Stories, Science, and Strategies

<https://youtu.be/XONTHsfXjB0>

Presenters: Leah Harris and Kelechi Ubozoh

Join Leah Harris and Kelechi Ubozoh in exploring what a trauma-informed suicide prevention approach for educators might look like. This webinar will begin with the perspective of a young person with lived experience of suicidal thoughts. Presenters will identify common myths and misconceptions about students and suicide and explore the vital importance of including students as partners in suicide prevention efforts. Examples of promising student-led initiatives, including peer-to-peer programs and school awareness campaigns, will be provided.

Working Together for Wellness: A Mindful Approach to School Site Leader and Teacher Collaboration for Whole School Wellness

<https://youtu.be/imkGW9M48Tg>

Presenters: Candice Valenzuela and The Teaching Well partners

Join The Teaching Well as we bring together diverse school site roles to share ways they have collaborated to create healthy and sustainable school climate for students, teachers and staff. Learning directly from teachers, school site personnel, and school leaders, together we'll consider the possibilities of integrating wellness into whole school staff development, leadership approaches, collaborative conversations, and support spaces for both teachers and students. Participants will hear firsthand accounts of the personal and professional benefits when school staff make wellness a central focus in their work plans, relational strategies, and overall school culture. This webinar uplifts the concept that whole school wellness is best achieved as a multi-year collaborative and iterative process between all members of a campus community.

When There is One School Counselor: Strategies to Reach All Students Nevertheless

<https://youtu.be/lplyBijidZM>

Presenters: Susan Harootunian and Shauna Bake, Nevada Project AWARE LEA Program Managers

The workload for a school counselor in a traditional role can be overwhelming, and students in need of mental or emotional support may be inadvertently overlooked. This webinar describes how shifting from a traditional counseling approach to a Multi-Tiered System of Support (MTSS) benefits both students and staff members who provide mental and/or behavioral support services. Strategies discussed include using data to identify students in need of support, expanding the effectiveness of the continuum of interventions, and thinking “out of the box” to engage non-traditional MTSS team members. The Project AWARE (Advancing Wellness and Resilience Education) Coordinators from two rural school districts in northern Nevada will share how an MTSS has transformed their districts and positively impacted the lives of students.

Supporting Students and Staff in the Aftermath of Crisis and Loss

<https://youtu.be/AHM9X04uYh4>

Presenter: David Schonfeld, National Center for School Crisis and Bereavement

Crisis and loss are common in the lives of students, whether due to a death or crisis involving a student's individual family or one that affects the entire school community. Major events have the potential to cause short- and long-term effects on the psychological functioning, academic achievement, emotional adjustment, health, and developmental trajectory of students.

Classroom educators and other school professionals can play a vital role in providing important support to students to promote their understanding of the event, minimize the academic impact through academic accommodations, help them learn coping strategies to accelerate their adjustment and minimize their distress, and minimize maladaptive coping mechanisms and behavioral difficulties. Yet most educators and other school professionals have had limited to no professional training in how to support students in the aftermath of crisis and loss.

This workshop helps school professionals learn basic skills in how to talk with and support individual students or the entire class/school as they struggle to understand and cope with a crisis or loss in their lives. Dr. Schonfeld draws on over 30 years' experience in school crisis response and pediatric bereavement to illustrate key points.

Interconnected Systems Framework (ISF) 101 - An Introduction

<https://youtu.be/3EizOKVP8cY>

Presented by Susan Barrett, MA, and facilitated by the school mental health leads of the Northwest MHTTC (Kelcey Schmitz) and the Pacific Southwest MHTTC (Leora Wolf-Prusan)

The interconnected systems framework (ISF) is a strategy to align all social-emotional-behavioral interventions through one system at the state or regional, district, and school level. ISF builds on the success of social service platforms and provides specific steps for integration and alignment to create healthier schools. This webinar kicks off the ISF learning series ("West Coast ISF Party") with a look at how we can effectively implement and lead ISF installation. This session explores concepts from the newly released [ISF 101 Fact Sheet](#).

Interconnected Systems Framework 201 - When School Mental Health Is Integrated Within a MTSS - What's Different Reminder

<https://youtu.be/mOEolmuzAkk>

Presented by Susan Barrett, MA, and joined by school district- and system-based ISF practitioners from the Northwest and Pacific Southwest regions

The Northwest MHTTC and Pacific Southwest MHTTC continued the "West Coast ISF Party"! This is part two of a three-part distance learning series that focuses on the three topics of the newly released ISF Fact Sheet Series (see the [ISF 201 Fact Sheet](#)). ISF enhances multi-tiered systems of support (MTSS) by integrating student mental health and wellness into the existing structures. It engages a broader range of partners, involves a wider scope of data, and expands interventions to address mental health. Presenters share their ISF implementation challenges, celebrations, and lessons learned.

Interconnected Systems Framework 301 - Installing an Integrated Approach

<https://youtu.be/3jfqDQVSOOk>

Presented by Susan Barrett, MA, and joined by school district- and system-based ISF practitioners from the Northwest and Pacific Southwest regions

ISF is most transformative at the local level. This webinar details the installation process at the district, community, and school level that results in a comprehensive ISF action plan. Explore the installation process more in the [ISF 301 Fact Sheet](#).

School Mental Health Wellness Wednesdays

<https://youtu.be/TDi0wJUNUXY>

<https://youtu.be/eniVaXXcQ2M>

<https://youtu.be/bWZonGh4dNY>

Presented by the Meaning Makers Collective

Educators and school mental health leadership are resilient, creative, and tenacious, but they need support to be able to provide support. In this period of stress and uncertainty, now is the time to gather and resource one another. In collaboration with the Meaning Makers Collective, we were pleased to offer three School Mental Health Wellness Wednesdays. Each Wellness Wednesday is a 60-minute virtual session for the school mental health workforce to connect, reflect, and support each other.

Planning for School Crises During A School Crisis

<https://meet60318086.adobeconnect.com/mhttcwebinarschoolcrises/event/registration.html>

Presented by Stephen Brock, PhD and Yesmina Luchsinger

No crisis response is perfect. Crises, including the COVID-19 pandemic, will reveal gaps in crisis preparedness. While it can be hard to reflect on our preparedness while we are focused on responding to the crisis at hand, this session creates space to learn and adapt. During this presentation, Dr. Stephen Brock guides us through key school crisis preparedness actions. He provides an overview of the third edition of PREPaRE, a curriculum that contains current research and strategies for integrated school safety and crisis prevention, planning, response, and recovery efforts. He also discusses how to adjust school crisis response plans to accommodate the reality of a global pandemic. Yesmina Luchsinger shares her crisis planning and response lessons learned as a state leader, including the development and dissemination process of the Pandemic Preparedness Guide the state released in March 2020.

Supporting Grieving Students During a Pandemic

<https://meet60318086.adobeconnect.com/mhttcrecordedwebinarsupportinggrievingstudents/event/registration.html>

Presenter: David Schonfeld, National Center for School Crisis and Bereavement

Bereavement outside the context of a crisis is common – the vast majority of children experience the death of a close family member or friend. These deaths have a significant and often long-term impact on learning, social and emotional development, behavior, and adjustment. This presentation provides practical suggestions on how schools can talk with and support grieving children in general. The current pandemic is associated with a large and growing number of deaths. Physical distancing, including lengthy school closures, makes it difficult for schools to provide support to grieving students using traditional means. This presentation also highlights the unique challenges for supporting students during the pandemic and describe free resources from the Coalition to Support Grieving Students that can be used to address these challenges.