School Mental Health Virtual Learning Series

July 2020-June 2021

Part I: Youth Perspectives on COVID-19, Racism, and Returning to School

Cultural Responsiveness and Equity Specialty Track

National Center for School Mental Health
Technology Support

- Slides will be posted on the NCSMH website (www.schoolmentalhealth.org) and emailed after the presentation to all registrants
- Use chat box for sharing resources, comments, and responding to speaker
School Mental Health Webinar Series

Description
The Central East MHTTC in collaboration with the National Center for School Mental Health is hosting a school mental health webinar series with a focus on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitive, and culturally responsive and equitable lens.

Objectives
• Gain increased awareness of high quality, sustainable multi-tiered system of school mental health supports and services
• Support trauma-informed systems in schools
• Discover the impacts of social determinants of health on student academic and social-emotional-behavioral success
• Learn to provide more culturally responsive and equitable services and supports
• Hear perspectives on school mental health from school, district and state levels
• Obtain insight into how youth, families, schools and communities can best work together to address student mental health needs
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Upcoming Webinars

• **Wednesday August 5th** 12-1p ET
  The School Health Assessment and Performance Evaluation System

**Monday, August 10th** 11-12:30p ET
• What Can Schools Do to Address Inequities, Racism, and Social Justice

More to be Scheduled September –June

1st Wednesdays of the Month, 3:00-4:00 ET
Commitment

• Racial and social justice lens

• Cultural responsiveness and equity

• Developing and modeling equitable and anti-racist policies and practices

• Learn, heal, grow together
Introductions

Dana Cunningham, Ph.D.
Brittany Patterson, Ph.D.
Perrin Robinson, M.S.
What do you hope to learn from this webinar?

Please type your responses in the chat box.
Acknowledgements

• Students and families
• National Center for School Mental Health schoolmentalhealth.org
• Central East Mental Health Technology Transfer Center (MHTTC), https://mhttcnetwork.org/centers/central-east-mhttc/home Central East MHTTC is managed by the Danya Institute
• Cultural Responsiveness and Equity Specialty Track CREtrack@som.umaryland.edu
Today’s Webinar

Goals of the webinar:
• Obtain the youth’s perspective on current events (COVID, racism, and returning to school)
• Provide adults an opportunity to listen and reflect on youth perspective

Webinar Format:
• View pre-recorded interviews with students
• Participants will have an opportunity to respond and reflect
Student Participants

- Requested teachers, school staff, and SMH clinicians submit names of students
- Parent consent and student assent were obtained
- Participants are students enrolled in public schools throughout Maryland
- Each student given opportunity to respond to each question
Meet the Students!
How would you describe what is happening right now?
Reflection
How would you describe COVID-19 and the impact of COVID-19 on students?
Reflection
How would you describe racism and the impact of racism on students?
Reflection
Group show of hands: Raise your hand if you or someone you know has been directly affected by COVID-19.
Group show of hands: Raise your hand if you or someone you know has experienced racism while in school.
Reflection
What questions about COVID-19 and/or racism do you have? What else do you want to learn about?
Reflection
Share one strategy you use to feel happy and healthy during these times.
Reflection
What else can adults within your school do to be helpful during this time or when you return to school?
Reflection
What is one thing you hope adults will learn from this webinar?
Reflection
CRE Specialty Track Key Takeaways

• Students are experiencing varied emotions but they remain resilient!
• The new learning structure needs to be designed to support all learners
• It is critical to maintain connections with youth during this time
• Youth have questions and want to be asked about their opinions
• Youth are learning from and observing the adults around them
• Adults should listen more than they talk when engaging with youth
Talking with Youth about COVID-19

- Just for Kids: A Comic Exploring the New Coronavirus
- COVIBOOK: Supporting and reassuring children around the world
  https://www.mindheart.co/descargables
- Why Can’t I Go to School?: A Printable Story
- Helping Children and Families Cope with the COVID-19 Pandemic
Talking with Youth about Race and Racism


- Talking About Race: [https://nmaahc.si.edu/learn/talking-about-race](https://nmaahc.si.edu/learn/talking-about-race)

Resources

Organizations/Services:

Black Emotional and Mental Health Collective - https://www.beam.community/

Black Mental Health Alliance - https://blackmentalhealth.com/

Black Mental Wellness – www.blackmentalwellness.com

Liberate Meditation – https://liberatemeditation.com/

Melanin & Mental Health – www.melaninandmentalhealth.com

Teaching Tolerance – https://teachingtolerance.org

Therapy for Black Girls – www.therapyforblackgirls.com

Therapy for Black Men – www.therapyforblackmen.org/
Join Us!

• Monday, August 10th 11:00 – 12:30pm EST
• Part II: What Can Schools Do to Address COVID-19, Racism, and Social Justice
• Register Here: https://us02web.zoom.us/webinar/register/WN_F5T0wHITRyCPSHdWdholOQ
Evaluation

Please complete the evaluation for this webinar.

Thank You

- Students and Families
- NCSMH schoolmentalhealth.org
- Cultural Responsiveness and Equity Practice Group CREtrack@som.umaryland.edu
- Central East MHTTC (managed by the Danya Institute)
  https://mhttcnetwork.org/centers/central-east-mhttc/home