



**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Implementation Science-Based Technical Assistance: The Mental Health Technology Transfer Center Network

Heather J. Gotham, PhD, Director

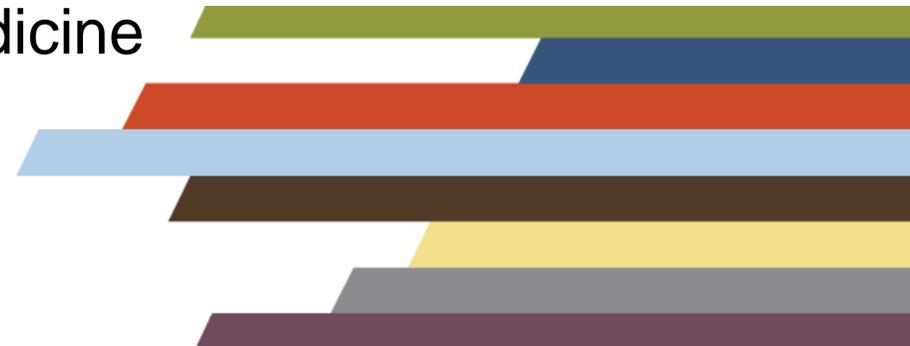
Jessica Gonzalez, MSW, School Mental Health Lead

MHTTC Network Coordinating Office

Stanford University School of Medicine

**SAMHSA**

Substance Abuse and Mental Health  
Services Administration



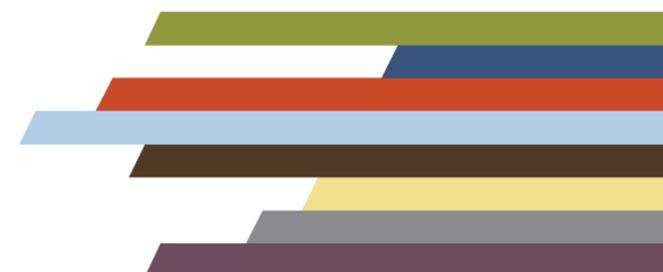
# Who is in the room?

Text **MHTTC** to **22333** to participate in our poll!



**MHTTC**

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





# What state are you from?



# What is your role?

Teacher

Student instructional support personnel

Counselor

Administrator

Health/mental health practitioner

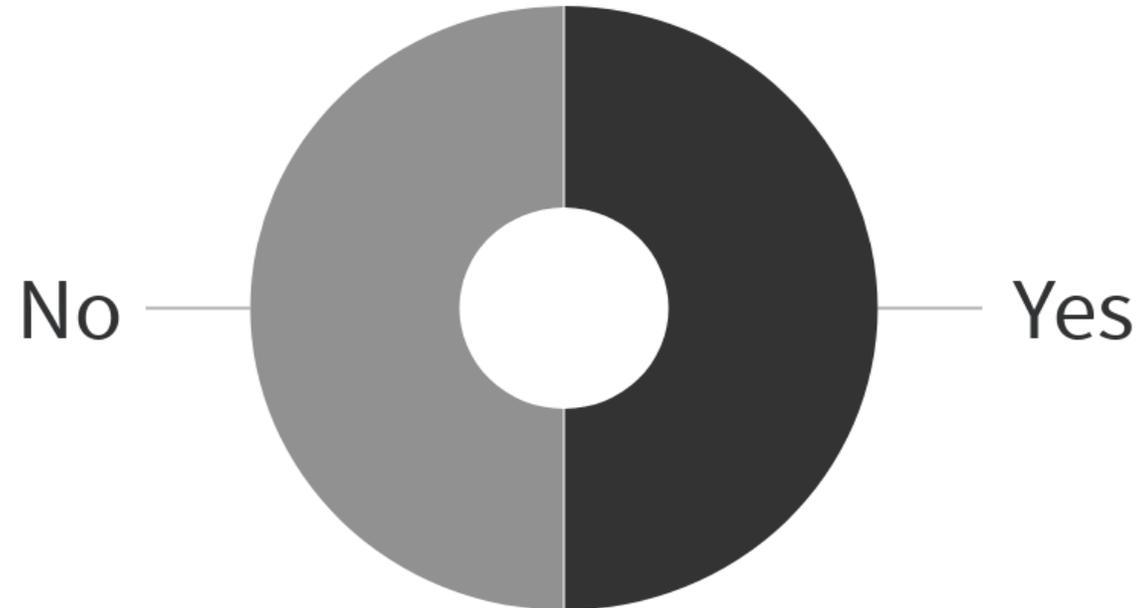
Researcher

Student

Other

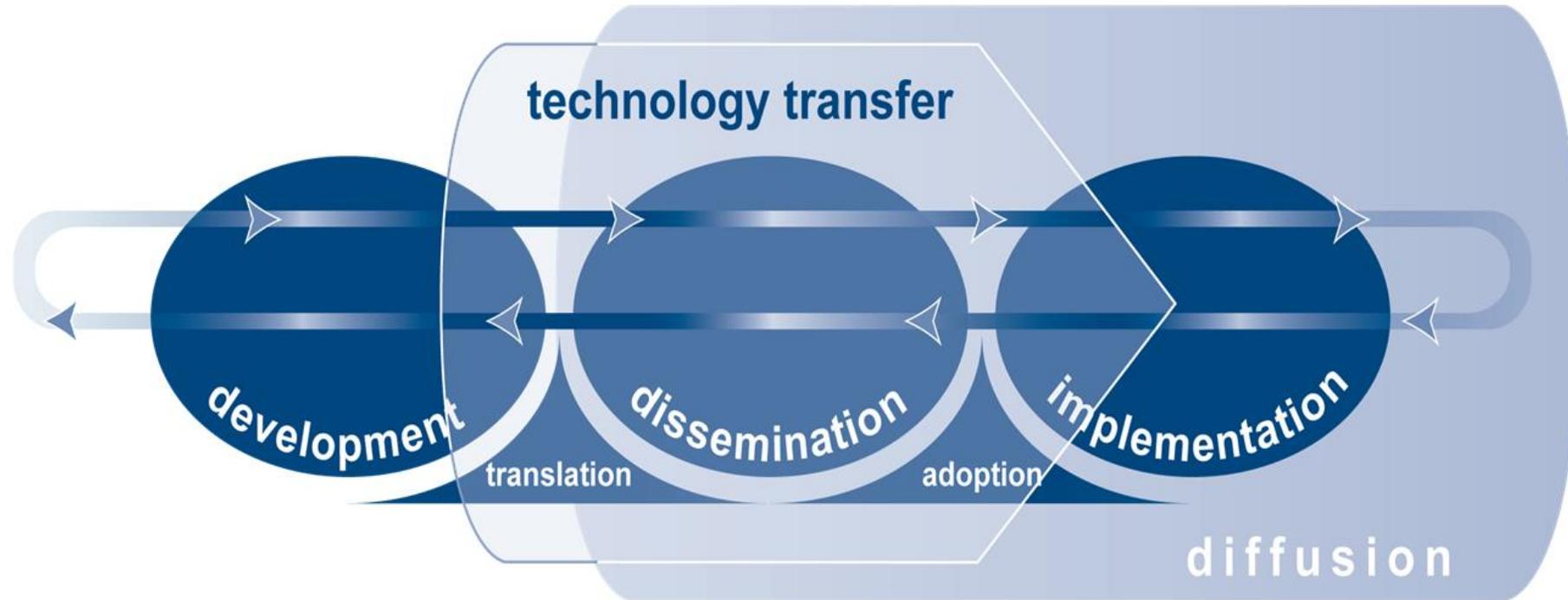
# Have you previously heard of the MHTTC Network?

Yes A No B



# What is Technology Transfer?

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

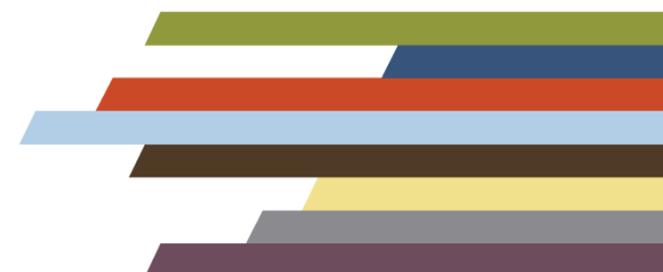


*Journal of Substance Abuse Treatment, 2011*



MHTTC

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



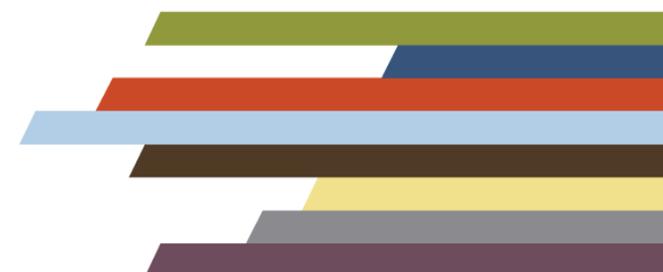
# MHTTC Network

- The MHTTC Network accelerates the adoption and implementation of mental health prevention, treatment, and recovery support evidence-based practices
- Funding for this 5-year project began on August 15, 2018
  - Regional Centers - \$750K/yr + \$500K/yr for School Mental Health Supplement
  - National Focus Area Centers - \$500K/yr + \$500K/yr for School Mental Health Supplement
  - Network Coordinating Office - \$600K/yr + \$300K/yr for School Mental Health Supplement



MHTTC

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



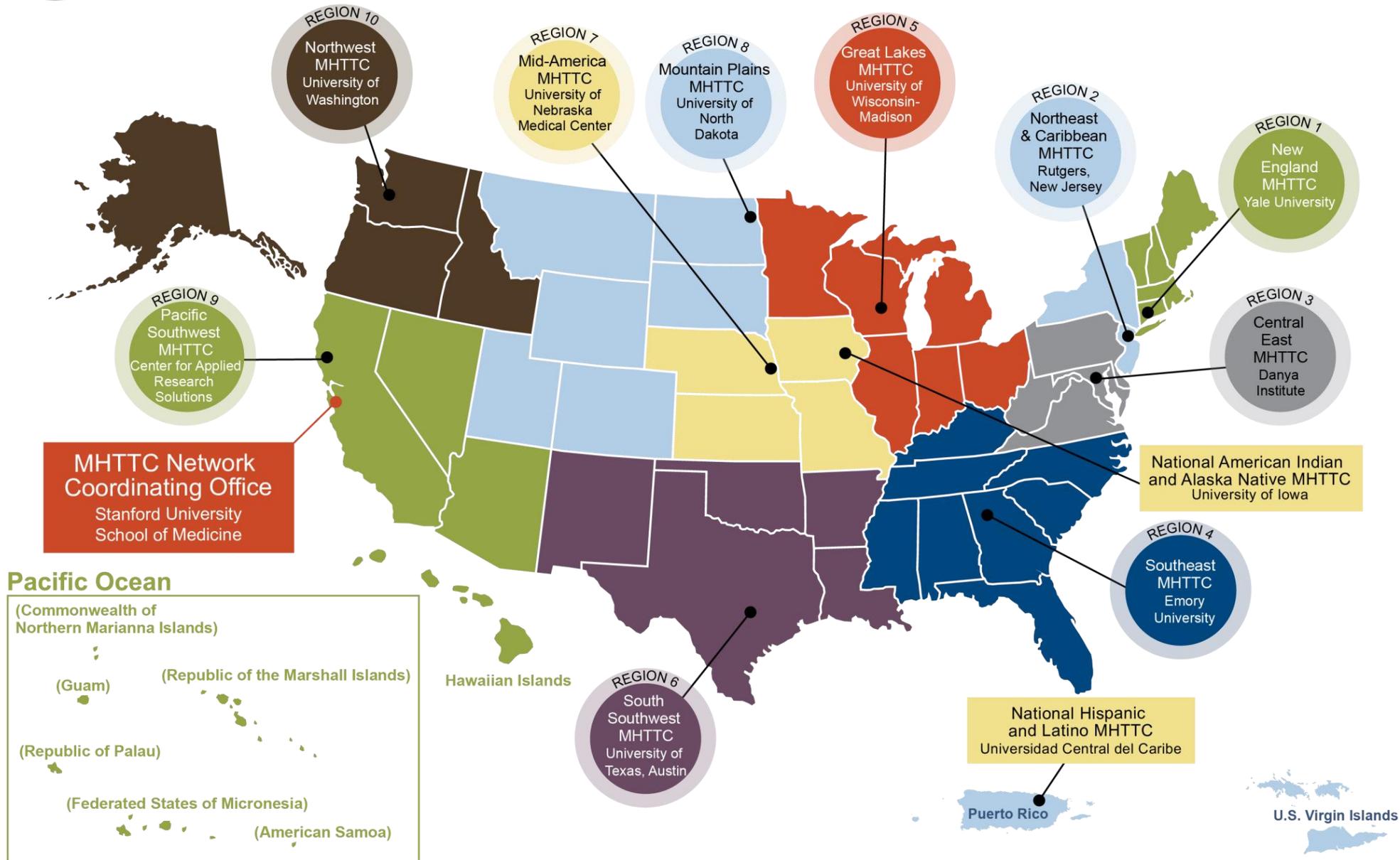


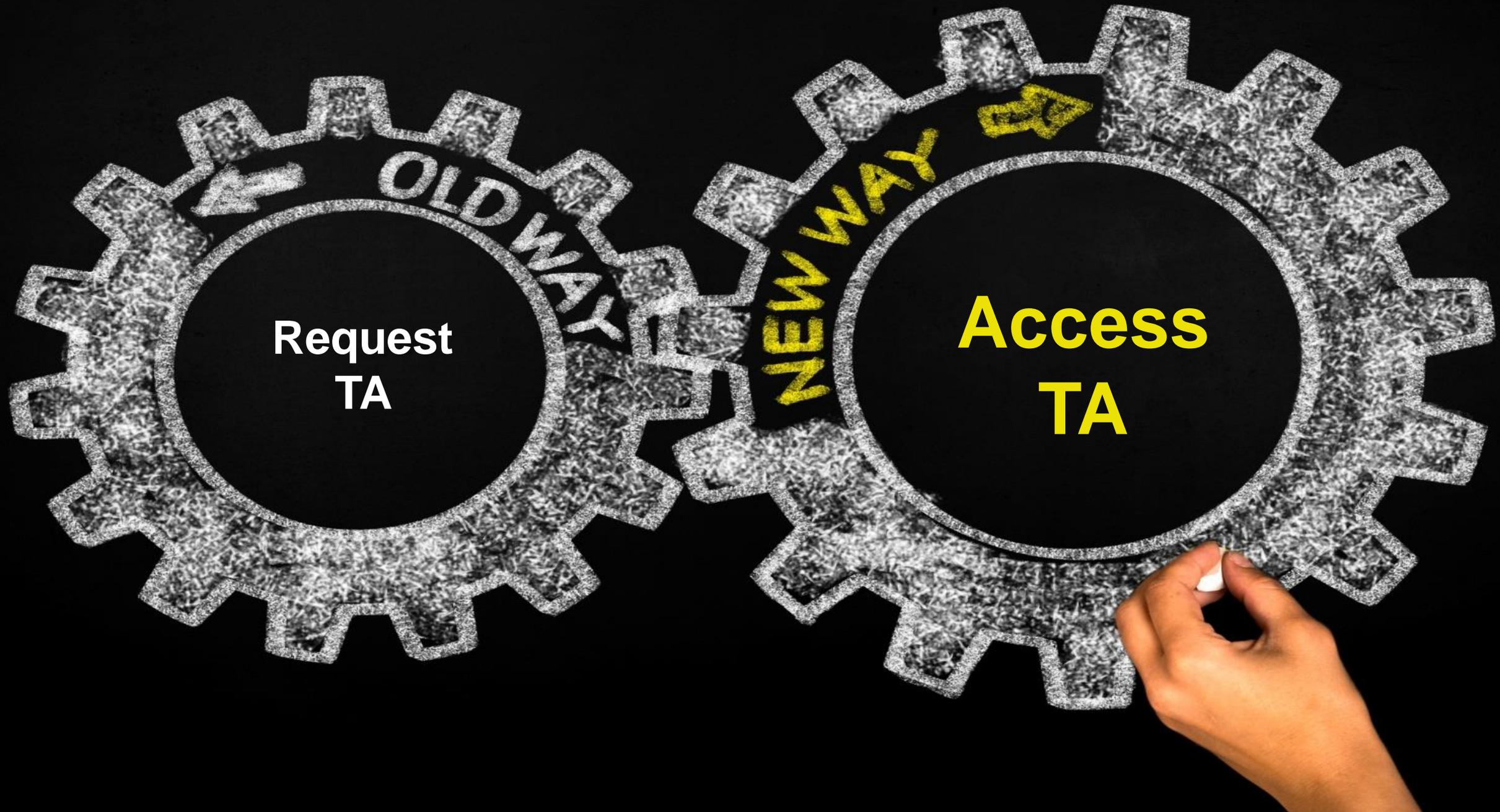
# MHTTC

## Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# MHTTC Network





Request  
TA

OLD WAY

NEW WAY

Access  
TA

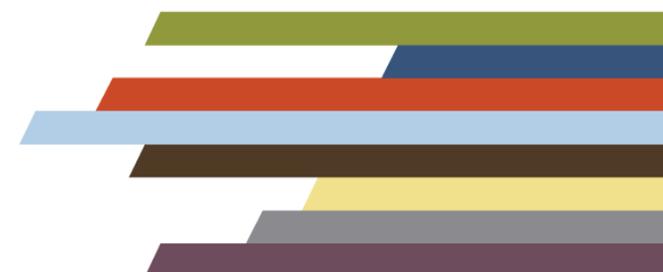
# How We Provide Training and TA

- The TTCs develop yearly workplans through needs assessments, advisory boards, and input from key stakeholders including state MH commissioners and SAMHSA Regional Administrators
- Centers consider:
  - Spread of services across the region/population
  - Intensity of services: universal, targeted, and intensive
  - Flexibility to respond to emerging needs
- Implementation science informs our strategies
  - Consider the context - what is really needed to move an evidence-based practice forward?
    - Organizational development, systems work, policy, training, technical assistance
  - Use implementation strategies specific to the need
  - Maximize impact on service delivery systems



MHTTC

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



# MHTTC Events & Products

Website has searchable calendar and products database

NORTHEAST & CARIBBEAN MHTTC NAVIGATION [Go to Center](#)

[Back to Product & Resources listing](#)



**Webinar: Part 2 Older Adults and Serious Mental Illnesses**  
Publication Date: March 28, 2019  
Developed By: **Northeast & Caribbean MHTTC**  
Keywords: Evidence Based Practices | Mental Health | Older Adults | Serious Mental Illness (SMI) treatment

SOUTH SOUTHWEST MHTTC NAVIGATION

[Back to event listing](#)

## The Incredible Years® Basics and Home Visiting Parent Education Training Programs

8:00am - April 22, 2019

Hosted By: **South Southwest MHTTC**

Commons Conference Center  
10100 Burnet Road  
Bld 137, Balcones Room  
Austin, TX 78758  
United States



Northwest (HHS Region 10)  
**MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

August 7, 2019

**Research Brief: The importance of human relationships, ethics and recovery-orientated values in the delivery of CBT for people with psychosis**  
*Alison Brabban, Rory Byrne, Eleanor Longden & Anthony P. Morrison (2016)<sup>1</sup>*



## Mental Health is Public Health

8:00am - May 7, 2019

Hosted By: **Central East MHTTC**

MidAtlantic AIDS Education and Training Center  
100 Cranberry Woods Drive  
Cranberry Township, PA 16066  
United States



## Suicide Risk Assessment Training

9:30am - May 31, 2019 | Timezone: US/Eastern

Hosted By: **Southeast MHTTC**

Pacific Southwest (HHS Region 9)



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



## Crisis Intervention Team Leadership Course

1:00pm - March 17, 2019

Hosted By: **Mid-America MHTTC**

## School and Work Coaching for Youth at Clinical High Risk for Psychosis



HARVARD MEDICAL SCHOOL  
Department of Psychiatry

Beth Israel Deaconess Medical Center

the brookline center  
for COMMUNITY MENTAL HEALTH

## FACTSHEET

THE WHY, WHAT, AND HOW:  
ADDRESSING THE SOCIAL DETERMINANTS  
OF MENTAL HEALTH IN THE  
PACIFIC SOUTHWEST REGION  
BY TAMU NOLFO, PHD



# MHTTC Online Courses



[www.HealthKnowledge.org](http://www.HealthKnowledge.org) - under *Mental Health Services*



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

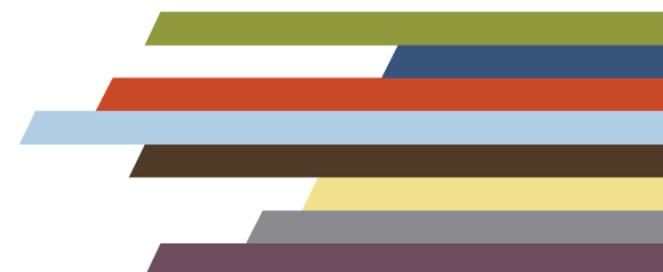


**[Violence Risk Assessment and Management](#)**

**[The Psychiatrist's Guide to Population Management of Diabetes](#)**

## Courses in Development

- ABCs of cultural & linguistic competence
- School MH referral pathways
- Orientation to MH for skilled nursing home direct care staff
- Primary care providers working with people with mental illness
- CBT for psychosis



# School Mental Health Initiative

- Two-year supplement
- Topics include: assessment, intervention, referral, trauma-informed care, cultural competence, mental health awareness, financing, etc.
- National School Mental Health Curriculum
  - 8 modules following national school mental health quality indicators
  - Trainer & participant manuals, slide decks, 5 virtual sessions
  - Available on the website

## Financing School-Based Mental Health Services in Medicaid Managed Care



12:00pm - August 7, 2019 | Timezone: US/Eastern

Hosted By: **Southeast MHTTC**



**MHTTC**

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



**NCSMH**  
NATIONAL CENTER FOR  
SCHOOL MENTAL HEALTH



Pacific Southwest (HHS Region 9)

**MHTTC**

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



## Creating Trauma-Informed Policies: Practice Guide for School and Mental Health Leadership

By Lepra Wolf-Prusan, EdD

## Engaging and Honoring Families as Partners in Supporting Student Mental Health

1:00pm - September 24, 2019 | Timezone: US/Central

Hosted By: **Mid-America MHTTC**

Holiday Inn Des Moines Airport Conference Center

## Suicide Prevention Forum for Families and School Students

6:30pm - April 2, 2019

Hosted By: **Central East MHTTC**

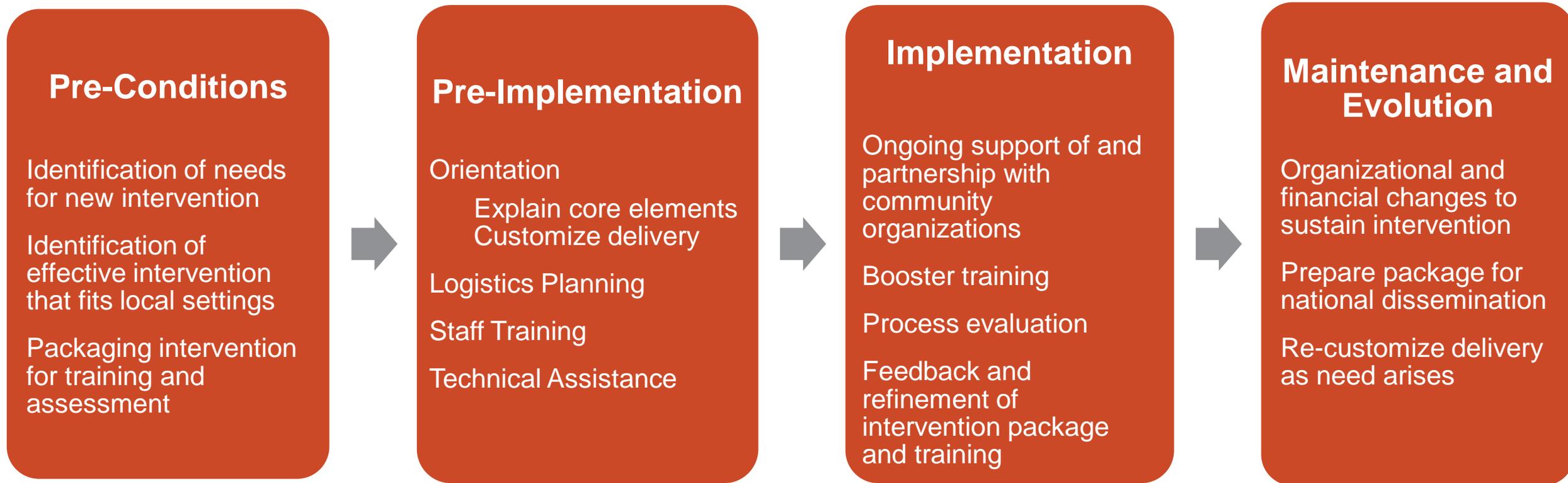
Severna Park High School



## National School Mental Health Curriculum: Guidance and Best Practices for States, Districts, and Schools

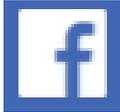
Trainer Manual

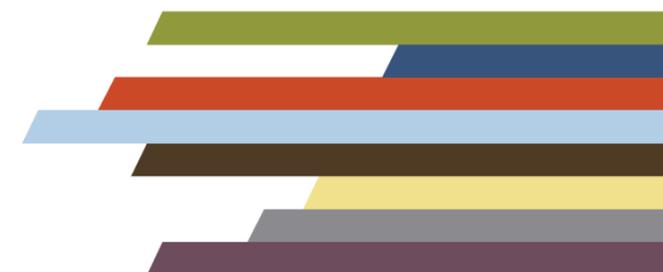
# Using Implementation Science to Plan Effective Training and Technical Assistance: Replicating Effective Programs Plus Framework



# How to Reach Us



- Visit our website!  
[www.MHTTCnetwork.org](http://www.MHTTCnetwork.org)
-   @MHTTCNetwork
- Subscribe to our eNewsletter  
*MHTTC Pathways*





Pacific Southwest (HHS Region 9)

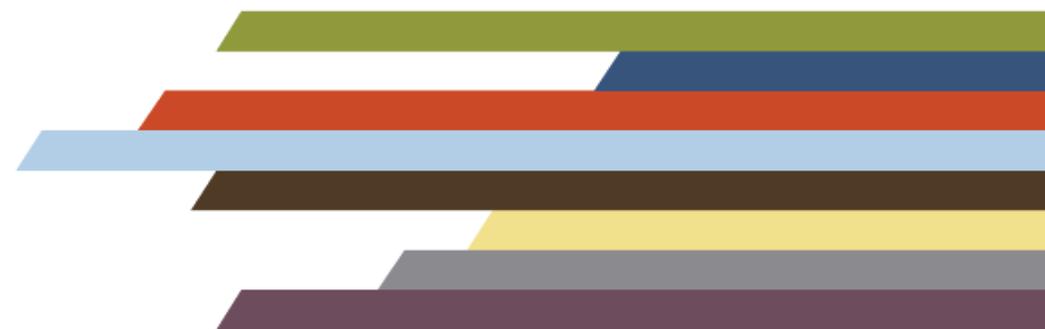
**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Pacific Southwest Mental Health Technology Transfer Center School Mental Health Initiative

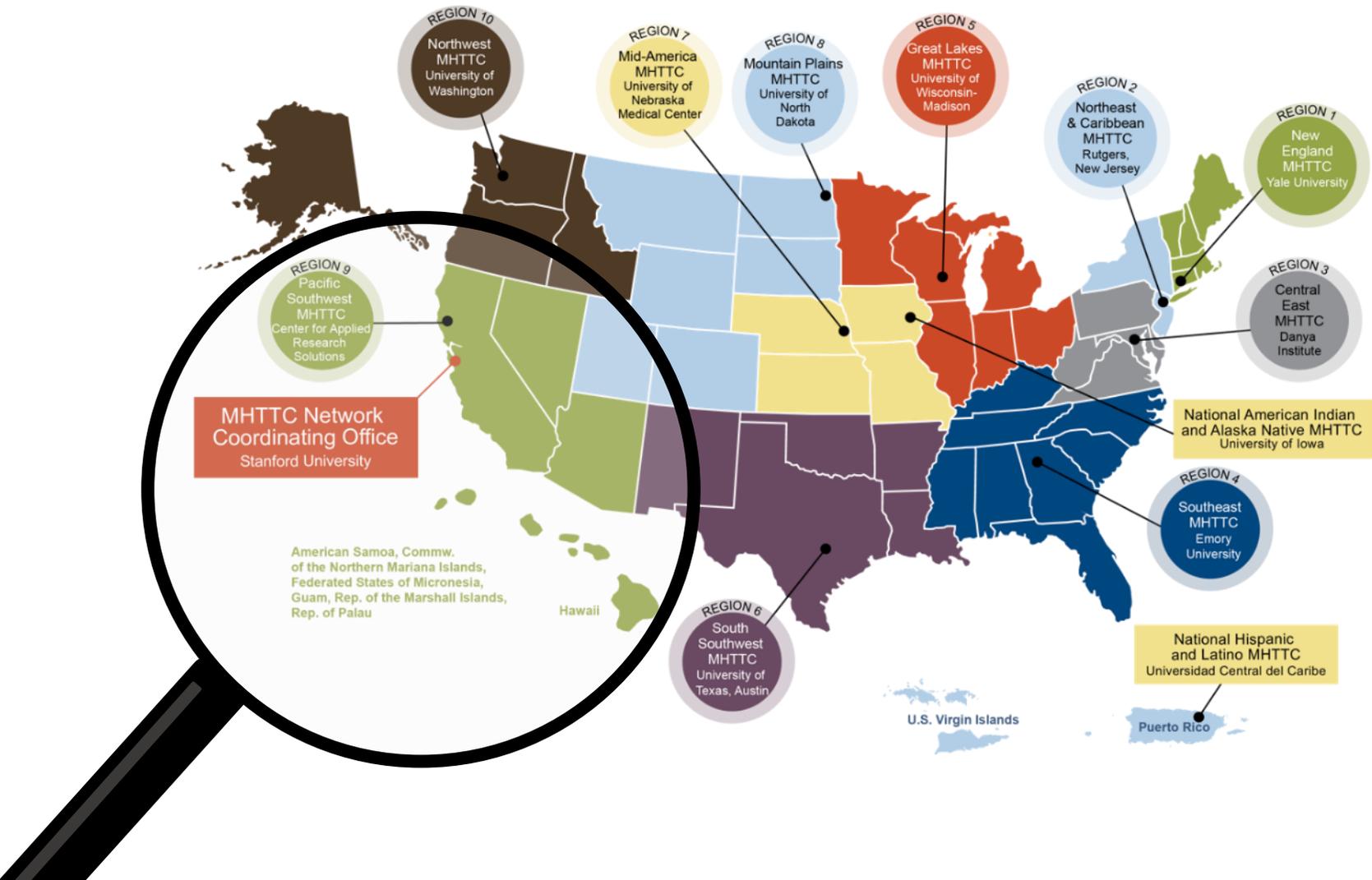
Leora Wolf-Prusan, EdD, School Mental Health Lead  
Pacific Southwest MHTTC



### Guiding Questions:

- What supports school mental health practitioners to adopt evidence-based practices?
- In what ways is the region expanding evidence-based practices to include community defined evidence?
- What are the region's resources, existing practices, policies and programs, and leadership actions that can be adopted and adapted in other areas?

# Pacific Southwest Mental Health Technology Transfer Center (MHTTC)



# **Pacific Southwest Mental Health Technology Transfer Center (MHTTC)**

## **Our Role**

We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care.

## **Our Goal**

To promote evidence-based, culturally appropriate mental health prevention, treatment, and recovery strategies so that providers and practitioners can start, strengthen, and sustain them effectively.

# What does this look like?

## Services available

No-cost training, technical assistance, and resources

Webinars & virtual learning

Monthly newsletters

Products (issue briefs, guides, etc)

Regional Trainings & Forums (professional development, conferences, school mental health Train the Trainers)

Individual coaching & consultation

### School Mental Health Feature

#### Fall School Mental Health Webinar Series

**Our Fall School Mental Health Webinar Series will begin in September.** Have a topic request? Email Leora ( [Lwolf@cars-rp.org](mailto:Lwolf@cars-rp.org) ) with topic ideas, presenters, or requests for a repeat from this year's series.

Webinar topics must focus on: school mental health evidence-based practices; school mental health literacy; school violence prevention and crisis response; or trauma-informed school policy, practices, or programs.

#### Join Us!

#### School Mental Health Learning Collaborative



#### Pacific Southwest School Mental Health Learning Collaborative

Along with our fellow MHTTCs, we are pleased to announce an opportunity to join our Pacific Southwest School Mental Health Learning Collaborative!

This year, the National Center for School Mental Health (NCSMH) and the National MHTTC Network collaborated to create a national curriculum for school mental health, including a train-the-trainer for school district leadership. [The Curriculum is now available](#) (learn more below).

The Pacific Southwest School Mental Health Learning Collaborative is an opportunity to **bring this exciting new Curriculum to schools in our region.**

**Want to learn more about joining our regional Collaborative and getting trained in the new Curriculum (or becoming a trainer)?** Register for one of the following 30-minute information sessions:

- August 15 | 2 p.m. ET / 11 a.m. PT / 8 a.m. HT | [Register](#)
- August 16 | 4 p.m. ET / 1 p.m. PT / 10 a.m. HT | [Register](#)
- August 23 | 12 p.m. ET / 9 a.m. PT / 6 a.m. HT | [Register](#)

## Ethical Considerations and Strategies for Improving Shared Decision Making in Civil Commitment and Involuntary Hospitalization

Tuesday, May 28 | 6:00-7:15 p.m. ET / 3:00-4:15 p.m. PT / 12:00-1:15 p.m. HT

[Register](#)

This webinar will explore civil commitment law through the lens of civil liberties for young adults of transition age. We will consider the ethical tensions between a provider or family member's desire to help a young person experiencing serious mental illness and the young person's autonomy. Presenters will discuss the importance of shared decision making and provide strategies for improving the process for youth and their families. [Learn more about the webinar and presenters.](#)

[Register](#)

## Understanding and Advancing Mental Health Equity for Young Adults

Tuesday, July 9 | 6:00-7:15 p.m. ET / 3:00-4:15 p.m. PT / 12:00-1:15 p.m. HT

[Register](#)

Young adults of transition age have elevated rates of mental health challenges, yet they often do not receive services. This puts young adults of transition age at greater risk for homelessness, justice involvement, and education and employment challenges. This webinar will focus on strategic practices that health departments and mental health agencies can take to advance mental health equity. [Learn more about the webinar and presenter.](#)

[Register](#)

# 2018-2023 Focus Area: Youth & Young Adults of Transition Age



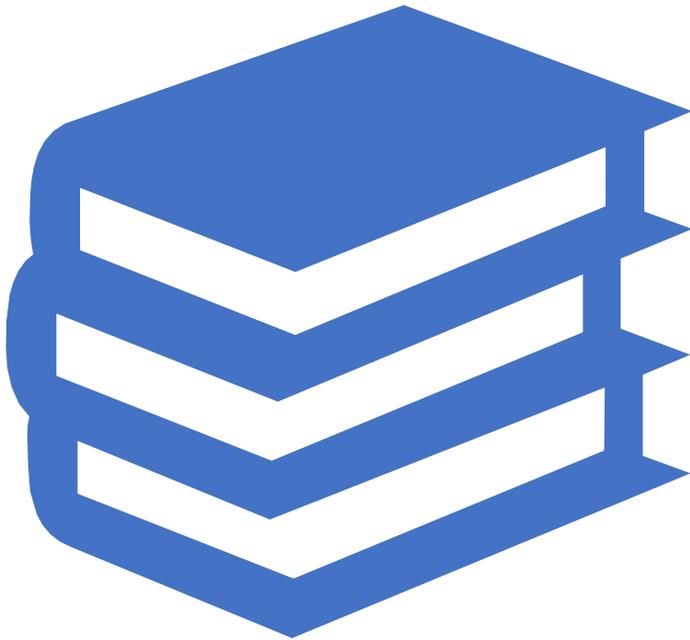
# 2019-2020 Focus: School Mental Health

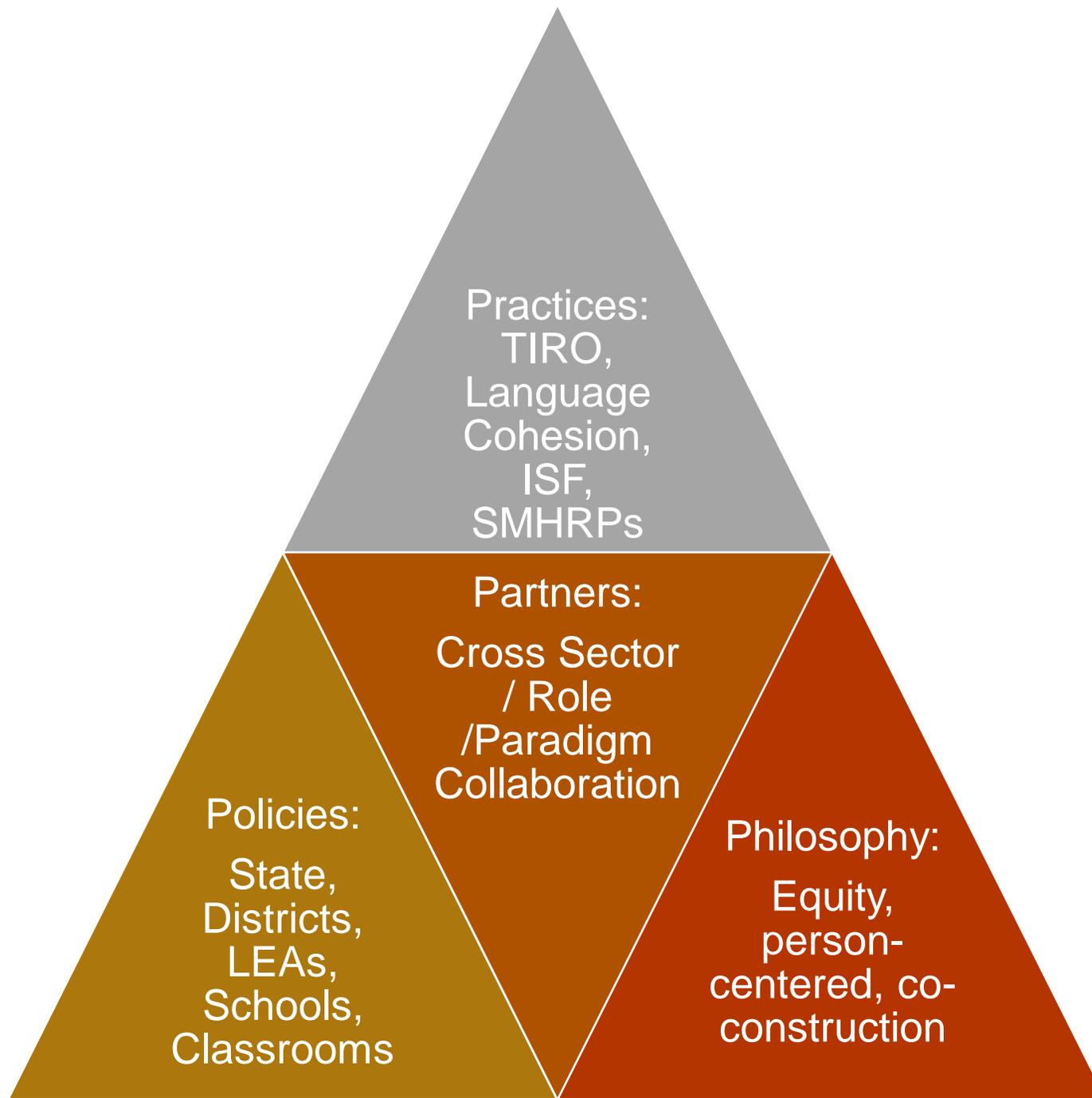
- **School mental health programs, policies & practices**

- Evidence based practice implementation support (trauma informed & resilience oriented programs, policies and practices, school mental health referral pathways )
- School mental health literacy and leadership development

- **School violence prevention, intervention & postvention**

- Suicidal ideation and response
- Crisis readiness, response, recovery (including school shootings & community based violence)
- Key partner: The National Center for School Crisis and Bereavement





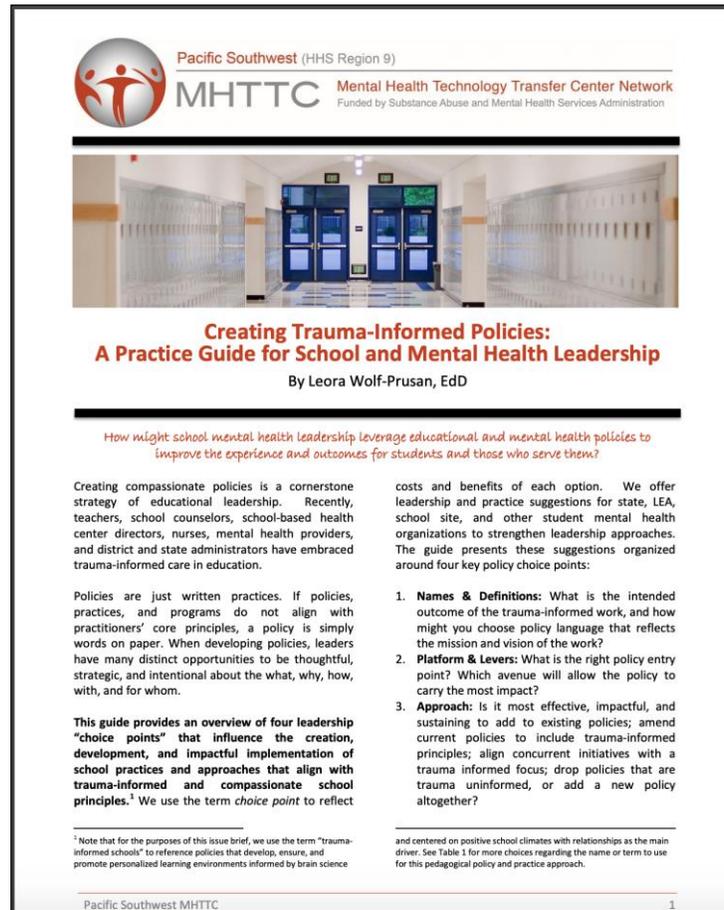
# Implementing for Impact

## *Our Guiding Questions*

1. What do we need to **interrupt/disrupt** that contributes to crisis and harm?
2. What do we want to **reconceive/reimagine** prevent/avoid crisis and harm?
3. What do we need to **generate/create** to achieve optimized function?



# Example: Supporting School Mental Health Leadership Development



Pacific Southwest (HHS Region 9)  
**MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Creating Trauma-Informed Policies:  
A Practice Guide for School and Mental Health Leadership**  
By Leora Wolf-Prusan, EdD

*How might school mental health leadership leverage educational and mental health policies to improve the experience and outcomes for students and those who serve them?*

Creating compassionate policies is a cornerstone strategy of educational leadership. Recently, teachers, school counselors, school-based health center directors, nurses, mental health providers, and district and state administrators have embraced trauma-informed care in education.

Policies are just written practices. If policies, practices, and programs do not align with practitioners' core principles, a policy is simply words on paper. When developing policies, leaders have many distinct opportunities to be thoughtful, strategic, and intentional about the what, why, how, with, and for whom.

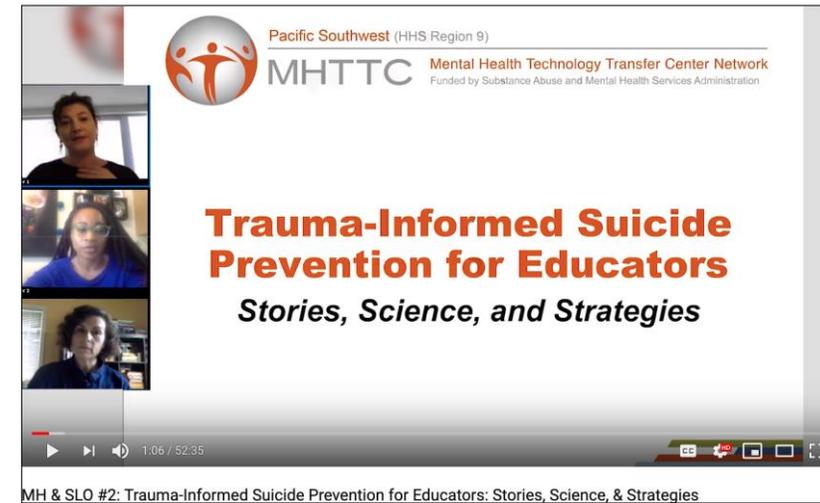
This guide provides an overview of four leadership "choice points" that influence the creation, development, and impactful implementation of school practices and approaches that align with trauma-informed and compassionate school principles.<sup>1</sup> We use the term *choice point* to reflect

costs and benefits of each option. We offer leadership and practice suggestions for state, LEA, school site, and other student mental health organizations to strengthen leadership approaches. The guide presents these suggestions organized around four key policy choice points:

1. **Names & Definitions:** What is the intended outcome of the trauma-informed work, and how might you choose policy language that reflects the mission and vision of the work?
2. **Platform & Levers:** What is the right policy entry point? Which avenue will allow the policy to carry the most impact?
3. **Approach:** Is it most effective, impactful, and sustaining to add to existing policies; amend current policies to include trauma-informed principles; align concurrent initiatives with a trauma informed focus; drop policies that are trauma uninformed, or add a new policy altogether?

<sup>1</sup> Note that for the purposes of this issue brief, we use the term "trauma-informed schools" to reference policies that develop, ensure, and promote personalized learning environments informed by brain science and centered on positive school climates with relationships as the main driver. See Table 1 for more choices regarding the name or term to use for this pedagogical policy and practice approach.

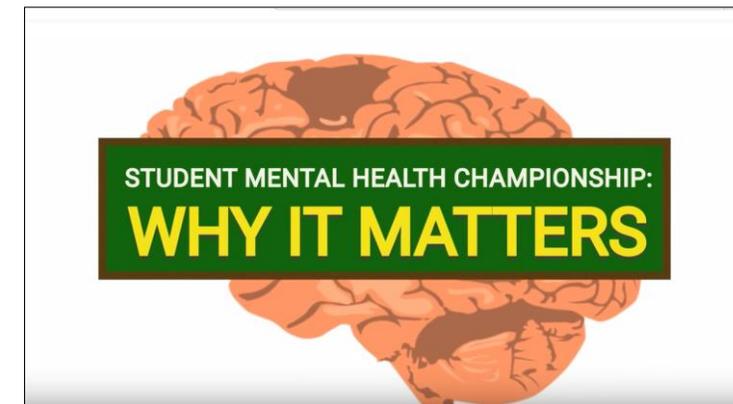
Pacific Southwest MHTTC 1



Pacific Southwest (HHS Region 9)  
**MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

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

MH & SLO #2: Trauma-Informed Suicide Prevention for Educators: Stories, Science, & Strategies



All products, archived webinars, newsletters and more can be found on our [website](#).

# Example: Learning Institutes



All products, archived webinars, newsletters and more can be found on our [website](#).

# Successes



**Quick, responsive resourcing:**

[Response to the Terrorist Attacks in New Zealand](#)



**Diversified Learning Opportunities-  
Issue Brief + Infographic + Webinar  
+ Trainings: Creating Trauma-  
Informed Policies**

A Practice Guide for School & Mental Health Leadership (1624 downloads; 105 webinar participants; 28 intensive learning participants)

Grief Sensitive Schools/Leading through Loss (149 participants on Supporting Students through Crisis & Loss webinar; 164 Grief Sensitive Schools for School Counselors training in Nevada; 81 participants in Supporting Children, Staff, and Schools at Times of Crisis and Loss training in California)



**Partnering & Collaborating**

NCO, Northwest ISF Party in Y2, National Center for School Crisis & Bereavement, BEAM, etc

# Lessons Learning



**Equitable outreach & engagement**



**Culturally competent technical assistance**



**Intersecting with broader mental health fields & our focal area, youth of transition age**



**On-going, repetitive learning vs on—offs**

# Contact the Pacific Southwest MHTTC

Email: [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org)

Phone: (844) 856-1749

Website: [www.MHTTCnetwork.org](http://www.MHTTCnetwork.org)

**Join the PS MHTTC Newsletter!**

<https://tinyurl.com/pacsw-mh-news>

**Let us know about your  
TTA needs and topic interests.**

[www.surveymonkey.com/r/MHTTCneedsassessment](http://www.surveymonkey.com/r/MHTTCneedsassessment)



National Hispanic and Latino

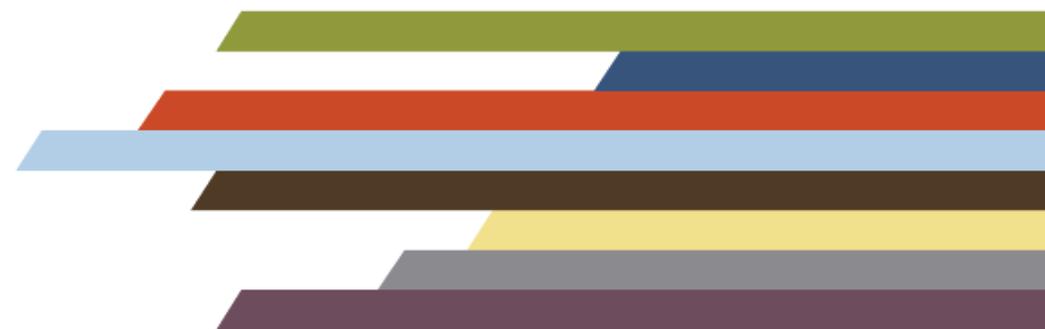
MHTTC

Mental Health Technology Transfer Center Network

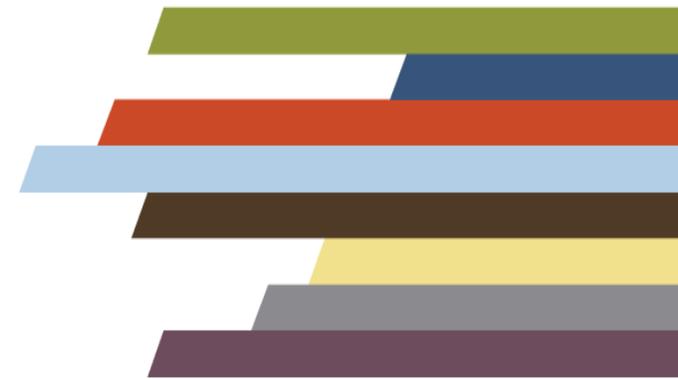
Funded by Substance Abuse and Mental Health Services Administration

# National Hispanic and Latino Mental Health Technology Transfer Center School Mental Health Initiative

Christine Miranda, Ph.D., MPHE  
Training & Content Specialist  
National Hispanic and Latino MHTTC



**What is the National Hispanic and Latino  
Mental Health Technology Transfer Center and  
what do we related to school mental health?**



# NHL-MHTTC Staff

**Ibis Carrión, PsyD**

- Director

**Miguel Cruz-Feliciano, PhD**

- Project Evaluator

**Isa Velez, PsyD**

- Trainer and Content

**Darice Orobítg, PsyD**

- Trainer and Content Consultant

**Christine Miranda, PhD, MPHE**

- School-Based Trainer and Content Specialist

**Carlos Barsy, MPsy**

- School-Based Trainer and Content Consultant

**Edmarie Díaz Rodríguez, BA**

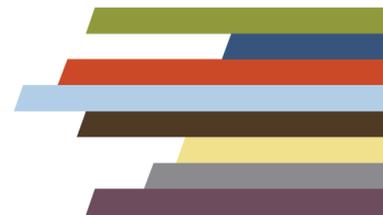
- Administrative Assistant

**Carmen Andújar-Cantres, BA**

- Logistic and External Affairs Liaison

**Cindy Lou Negrón-Matos, MA**

- Web and Social Media Content Publisher



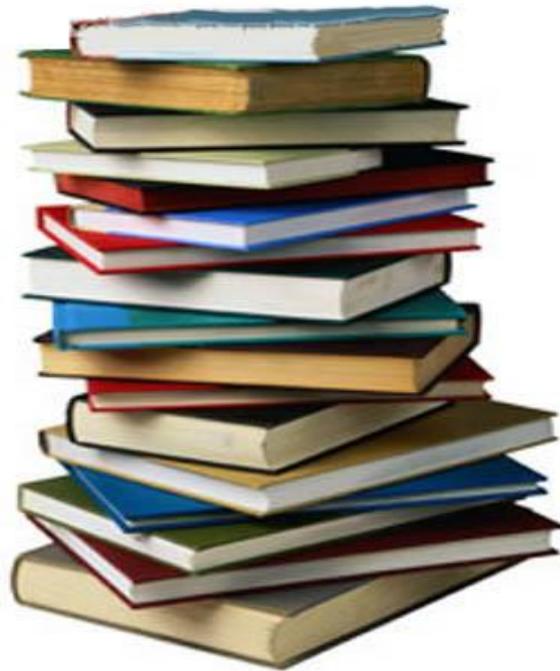
# Role of the National Hispanic and Latino MHTTC

- Serve as a key subject matter expert and resource for school mental health workforce across the U.S. and its territories to ensure:
  - High-quality services;
  - Effective mental health treatment;
  - Recovery support services; and
  - Implementation of evidence-based and promising practices



Help reduce health disparities among Hispanic and Latino youths experiencing mental disorders.

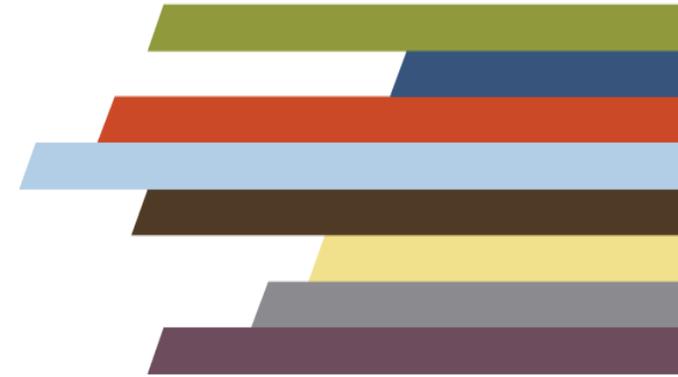
# SCHOOL-BASED MENTAL HEALTH SERVICES (SBMH)



National Hispanic and Latino

**MHTTC**

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

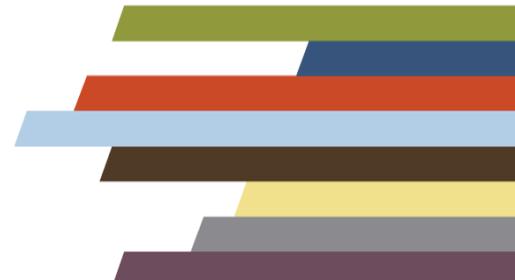


# School-Based Mental Health Project Goals

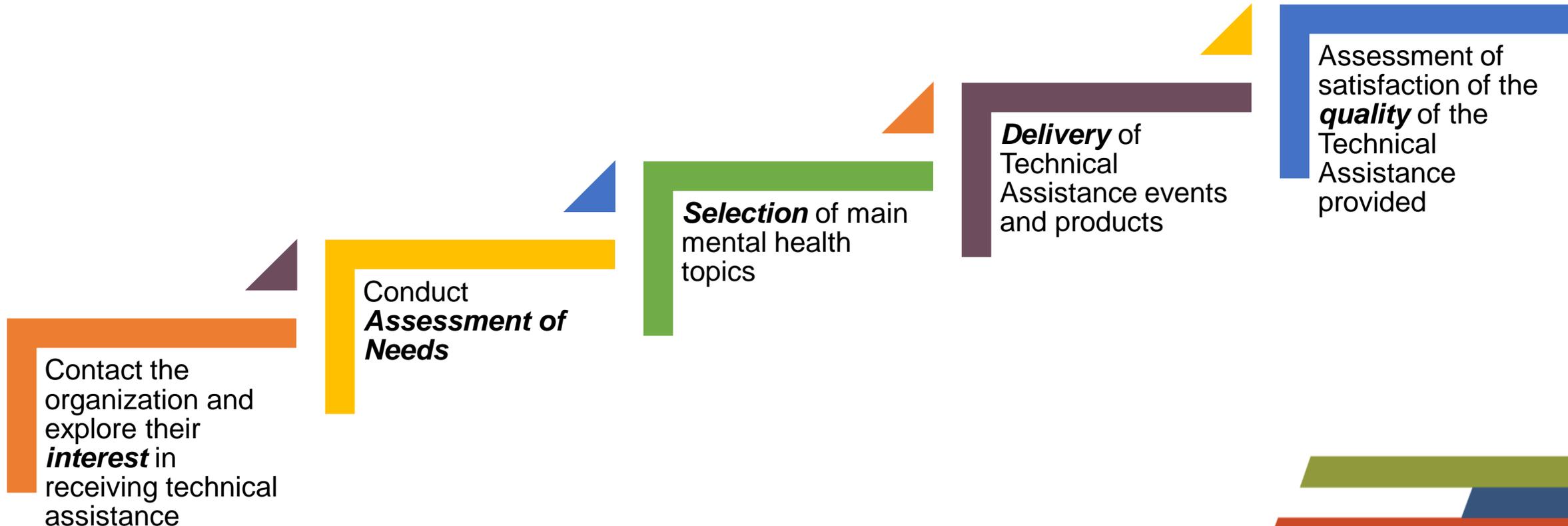
Awareness on the importance of school-based mental health services that are culturally appropriate and when not possible, adequate linkage services.

Strategies on how to effectively implement mental health services culturally responsive to Latino culture.

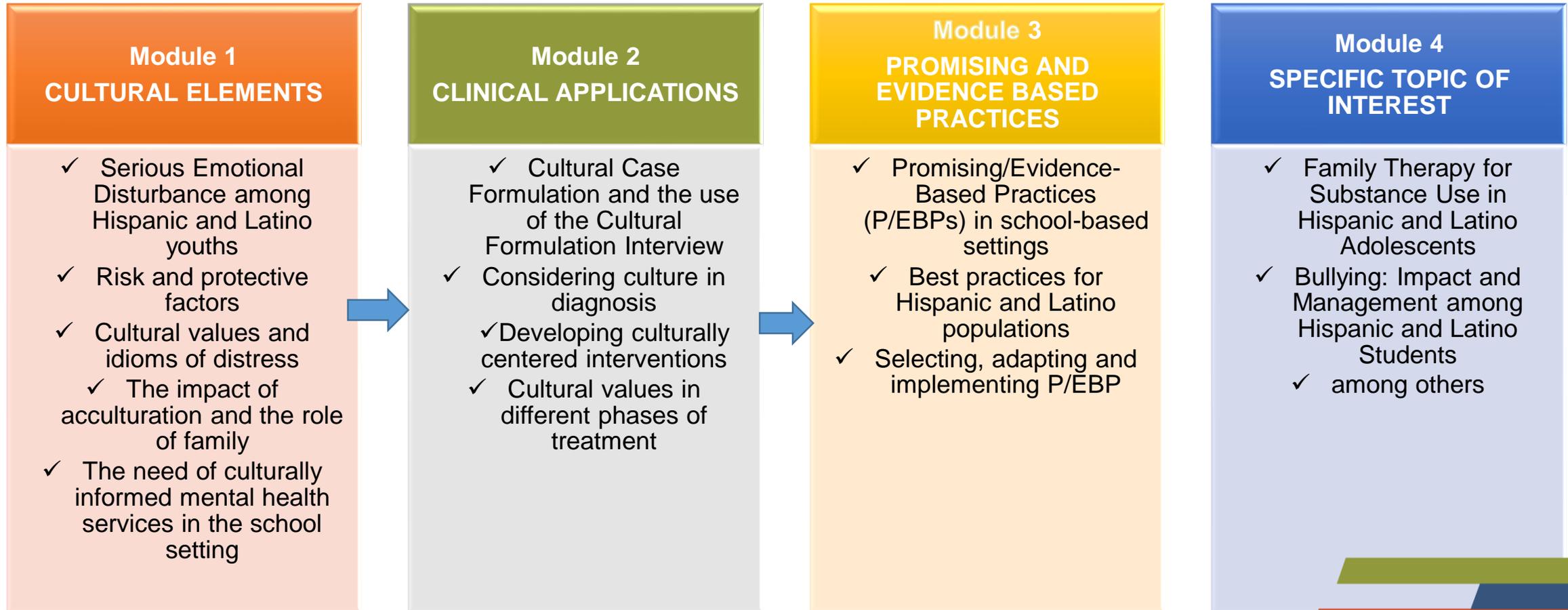
Presentation of best models and approaches available in the provision of services along with core element consideration for implementation or adoption.



# SERVICE DELIVERY MODEL



# Technical Assistance Modules



# School-Based Mental Health



National Hispanic and Latino  
MHTTC

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



## School-based Mental Health Services for Hispanic and Latino Children and Youth

Training, technical assistance and capacity building assistance for school personnel on effective service provision.

### Who We Are?

The National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC), was established to develop and maintain a collaborative network to support resource development and dissemination, training and technical assistance, and workforce development for mental health professionals serving Hispanic and Latino populations and communities throughout the U.S. mainland and the Caribbean. The NHL-MHTTC is under the direction of the Institute for Research, Education and Services in Addiction (IRESA), and housed at the Universidad Central del Caribe, School of Medicine, in Puerto Rico, and supported by the Substance Abuse and Mental Health Services Administration (SAMSHA) of the U.S. Department of Health and Human Services. *The School-Based Mental Health (SBMH) Program for Hispanic and Latino Children and Youth*, a special focus of the NHL-MHTTC, is led by our multidisciplinary staff and advisory board with representation from across U.S. regions, different states and the Caribbean.

### Know the Facts

Hispanic and Latinos constitute the largest ethnic minority population in the U.S. at 58.9 million or 18.1 percent, while Latino children are the largest ethnic minority group at close to 26% and growing. Special considerations are needed to understand the diverse cultural, socioeconomic, environmental, and political factors that daily impact the lives of Hispanic Latino children and youth. These include:

- Increase knowledge of risk and protective factors, interventions for social determinants of health and adverse childhood events – which may negatively impact socio-emotional, physical and cognitive development.

### What We Do?

The School-Based Mental Health Program (SBMH) works specifically with schools, organizations and professionals to strengthen their capacity for providing cultural and linguistically responsive mental health information and services to Hispanic and Latino children, youth and their families through training, technical assistance, and capacity building assistance. Our goal is to:

- ✓ **Increase awareness on SBMH services that are culturally appropriate.**
- ✓ **Promote** the use of promising and evidence-based practices for children, youth, families and communities.
- ✓ **Disseminate** information on effective strategies and implementation of mental health services responsive within a cultural context.

### Why Schools-Based Mental Health?

SBMH programs are ideal for Hispanic and Latino students because they reduce barriers to access due to stigma, lack of transportation, scheduling, parental work schedules, and lack of health insurance. School settings are ideal venues to deliver promising and evidence based mental health practices and services because:

- ✓ Schools are community-based settings and neutral environments.
- ✓ School personnel are often aware of the difficulties experienced by children, youth and families.
- ✓ SBMH personnel can offer culturally competent information addressing familial misconceptions and knowledge gaps about the causes of mental health problems and their treatments.

- Social determinants of health include a lack of access to quality health and mental healthcare, food insecurity, housing instability, exposure to interpersonal violence, difficulty accessing affordable transportation and a toxin free environment.
- Adverse childhood events include separation from parents, country and/or language; threats of deportation, discrimination and exposure to interpersonal and community violence.

## Why School Based Mental Health

School Based Mental Health programs are ideal for Hispanic and Latino students because they reduce barriers to access due to:

- Stigma
- Lack of transportation
- Scheduling
- Parental work schedules
- Lack of health insurance



Training, technical assistance and capacity building assistance for school personnel on effective service provision Hispanic and Latino children, youth and their families

### Contact us

hispaniclatino@mhttcnetwork.org  
https://mhttcnetwork.org/hispaniclatino  
(787) 785-5220

### Follow us



<https://www.facebook.com/hilamhttc>



<https://www.youtube.com/c/HiLaMHTTC>



<https://www.twitter.com/hilamhttc>



<https://www.linkedin.com/company/hilamhttc>



# School Based Mental Health

TECHNICAL ASSISTANCE FOR MENTAL HEALTH PROVIDERS SERVING HISPANICS AND LATINOS



SAMHSA



National Hispanic & Latino  
MHTTC

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



National Hispanic and Latino  
MHTTC

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

# School as client: Mental Health Services for Diverse Population in the School Culture



National Hispanic and Latino  
**MHTTC** Mental Health Technology Transfer Center Network  
 Funded by Substance Abuse and Mental Health Services Administration

## School-Based Mental Health Services for Hispanic and Latino Children and Youth

Training, technical assistance and capacity building assistance for school personnel on effective service provision

hispaniclatino@mhttcnetwork.org  
 https://mhttcnetwork.org/hispaniclatino  
 For more information contact us (787) 785-5220

**SAMHSA** **IRESA** **UCC**

### CHALLENGING FACTS

Children are more vulnerable to the effects of stress originated from multiple adverse childhood experiences, including the family and school environment. These factors are deepened for Hispanic and Latino youth who may also experience:

**ISOLATION | DISCRIMINATION | ACCULTURATION STRESS**

### EFFECTS OF HEALTH CARE DISPARITIES IN ACCESS TO CARE

**26%** of children currently in the US are Latino. Will grow to 33.3% by 2050.

**88%** Hispanic and Latino children's mental health needs, are not being met due to limited access to quality care.

**44%** Hispanic and Latino children are threatened by deportation policies.

Hispanic and Latinos reported feeling sad and hopeless in greater proportion than Whites

Group	Percentage
Other	36%
Latino	33.7%
White	30.3%

Hispanic and Latinos adolescents reported suicidal ideation and suicide attempt in greater proportion than Whites

Group	Percentage
Latino	7.8%
White	2.5%

Prevalence of depressive symptoms among Hispanic and Latinos adolescents is higher than for any minority group besides Native American youth

Group	Percentage
Latino	15%
White	10%

**REASONS DOCUMENTED BY ADOLESCENT TO SEEK SCHOOL MENTAL HEALTH SERVICES INCLUDE: DEPRESSION, BEING BULLIED, SUICIDAL IDEATION OR ATTEMPT, FAMILY AND SCHOOL PROBLEMS, TRUST ISSUES, ANGER MANAGEMENT, AND ENGAGING IN RISKY BEHAVIOR.**

# Complicated Grief: Cultural Considerations When Working with Loss in Hispanic and Latino Students and Their Families



National Hispanic and Latino  
**MHTTC** Mental Health Technology Transfer Center Network  
 Funded by Substance Abuse and Mental Health Services Administration

## STRESSORS IN THE HISPANIC AND LATINO COMMUNITY

One of the main stress factors that affect the mental health of Hispanic and Latinos is the dimension of acculturation stress. This process includes:

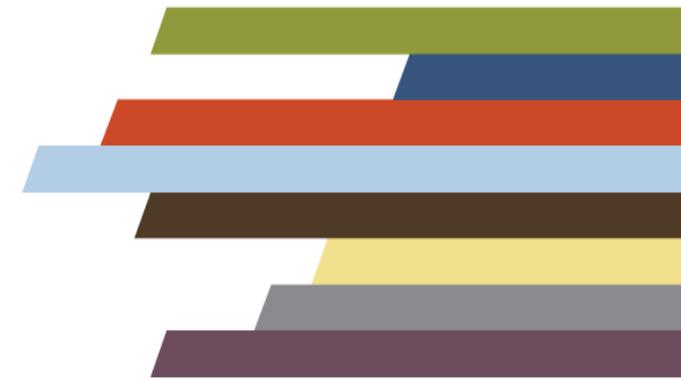
- LACK OF HEALTH INSURANCE AND MEDICAL CONDITIONS**  
 About 19.5% of the Hispanic and Latino population was not covered by health insurance in 2015. Most of the leading causes of deaths among them are preventable.
- FINANCIAL STRUGGLES**  
 About 22.6% of Hispanic and Latinos were living below the poverty level. Most Hispanics struggle to pay monthly bills and to pay the mortgage or rent due to higher rates of unemployment, unsafe work conditions, and unfair treatment.
- DEPORTATION**  
 Hispanic and Latino immigrants fear to be deported can be a risk factor for stress and other mental health conditions. The rates of depression among children living in immigrant families ranges between 10% and 15% due to fear of parental deportation.<sup>1</sup>
- PERCEIVED DISCRIMINATION**  
 Hispanic and Latinos might have been the target of racial or ethnic discrimination that often leads to depressive symptoms.<sup>2</sup>

About a quarter of Latinos (24%) say someone has discriminated against them, 22% say someone has criticized them for speaking Spanish, 20% have been told to go back to their home country, and 16% have been called offensive names.<sup>3</sup>



1. Statistics for depression available at the original document in our website: <https://reliefinternational.org/2016/04/01/immigrant-children/>

# Key issues in providing school mental health services for Hispanic and Latino populations



# The role of educators and school professionals in the process of identifying need for intervention and referral

A multidimensional approach to culturally responsive interventions for mental health in school settings is the ideal practice to ensure the unique needs of Hispanic and Latino youths are being addressed.

This approach:

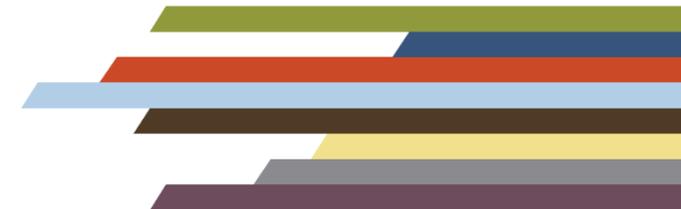
- **Increases cultural awareness**
- **Advocates for the use culturally appropriate assessment tools**
- **Increases engagement with Hispanic and Latino students and families**
- **Connects students with culturally relevant mental health resources in the community.**



National Hispanic and Latino

**MHTTC**

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



# The role of educators and school professionals in the process of identifying need for intervention and referral

## **School strategic planning should:**

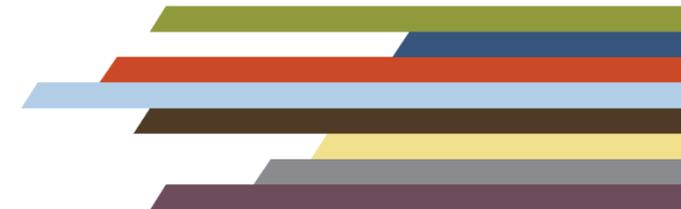
- Include an analysis of demographic trends and shifts in school district and community;
- Assess key educator and staff knowledge of cultural awareness;
- Support educational and professional training protocols to increase cultural awareness;



National Hispanic and Latino

**MHTTC**

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



# The role of educators and school professionals in the process of identifying need for intervention and referral

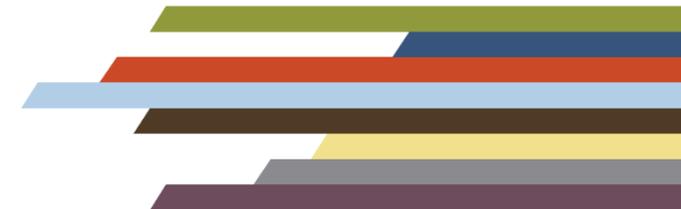
- Incorporate best-practices and research-informed assessment and intervention tools;
- Develop strategic partnerships for mental health service providers in the community; and
- Support intervention and school-wide referral protocol that engages educators, school personnel, students, and families in formal and informal networks of care.



National Hispanic and Latino

MHTTC

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



**For more information, please contact us:**

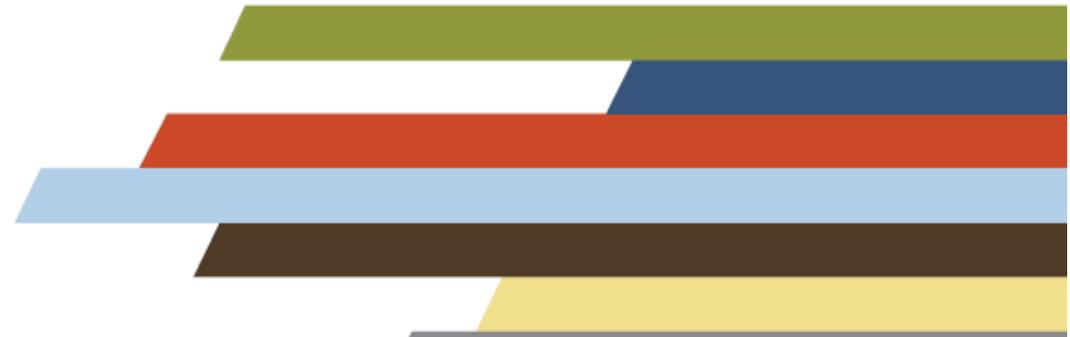
<http://www.mhttcnetwork.org/hispaniclatino/>  
[hispaniclatino@mhttcnetwork.org](mailto:hispaniclatino@mhttcnetwork.org)

787-785-5220

**Follow Us**



**@hilaamhttc**





South Southwest (HHS Region 6)

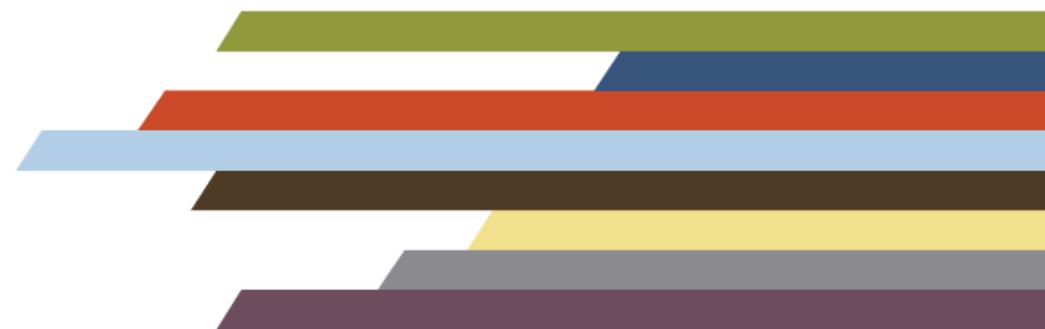
**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# South Southwest Mental Health Technology Transfer Center School Mental Health Initiative

Molly Lopez, PhD, Co-Director  
South Southwest MHTTC

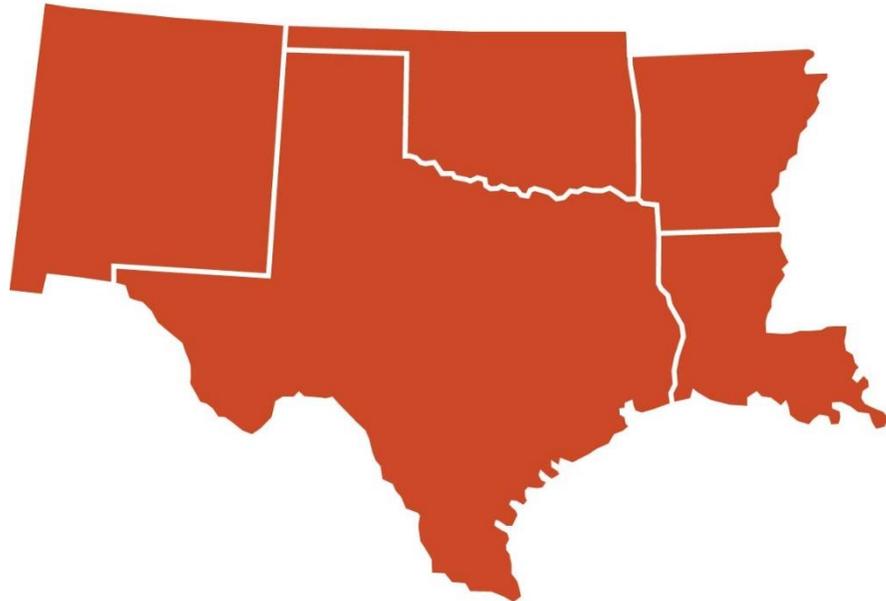




South Southwest (HHS Region 6)

MHTTC

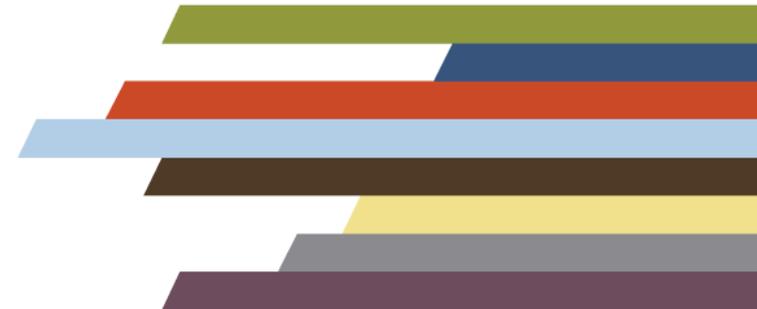
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# South Southwest MHTTC



The University of Texas at Austin  
Texas Institute for Excellence  
in Mental Health  
School of Social Work





Holly Gurslin  
Child T/TA



Jennifer Baran-Prall  
Adult T/TA



Michelle Monk  
School T/TA



Alycia Welch  
Program Administrator



Molly Lopez  
Co-Director



Stacey Stevens Manser  
Co-Director



Jameson Cardenas  
Communications



Glenn Dembowski  
Coordinator

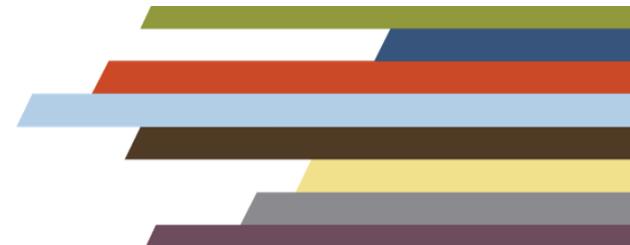


South Southwest (HHS Region 6)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# How Do We Work?

## Advisory Board

- Single state agency representatives
- Representatives of the workforce
- Advocacy organizations
- Subject matter experts

## Regional Needs Assessment

- Advisory board and SAMHSA Regional Administrator
- Interviews and focus groups

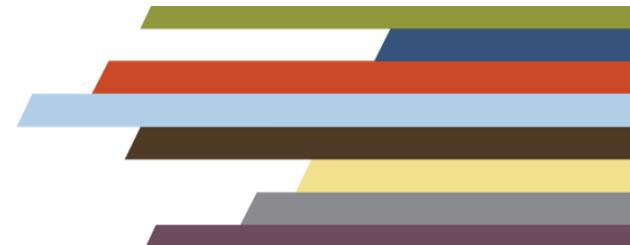
## Annual Work Plan



South Southwest (HHS Region 6)

**MHTTC**

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



# Goals in the Plan

- Support the development of critical **infrastructure within states and regions** to increase awareness and implementation of best practices.
- Increase the number of educational leaders and school professionals who are aware of and trained in **best practice frameworks**, models, and tools to support school-based mental health.
- Increase the number of school professionals and mental health professionals **implementing EBPs** to intervene early, prevent suicide, and effectively treat students with mental health challenges.

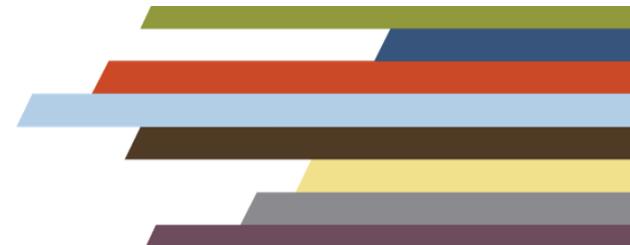


South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

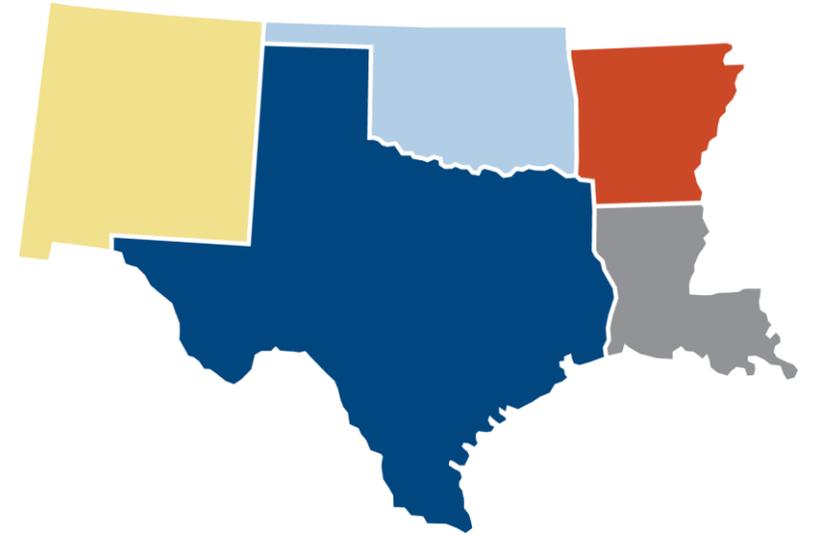
Funded by Substance Abuse and Mental Health Services Administration



# Region by the Numbers

## School districts

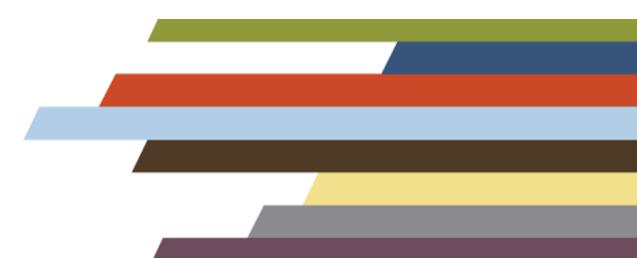
- Arkansas 260
  - Louisiana 166
  - New Mexico 89
  - Oklahoma 512
  - Texas 1,200 (ranked 1)
- 5 out of 5 states have higher reports of suicide attempts in high school than national average (YRBS)
  - Texas has highest percentage of uninsured children (11%)



South Southwest (HHS Region 6)

MHTTC

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



# Regional Context

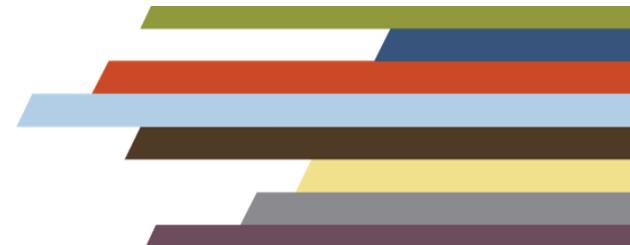
- Differing responsibility for school mental health
- Local rule is the “law of the land”
- Extent of school mental health varies greatly
- Significant stigma and “push back”
- Severe mental health workforce shortages are common
- Trauma experiences are common
- Political will for school mental health varies (but growing)
- Use federal grant opportunities to advance systems



South Southwest (HHS Region 6)

MHTTC

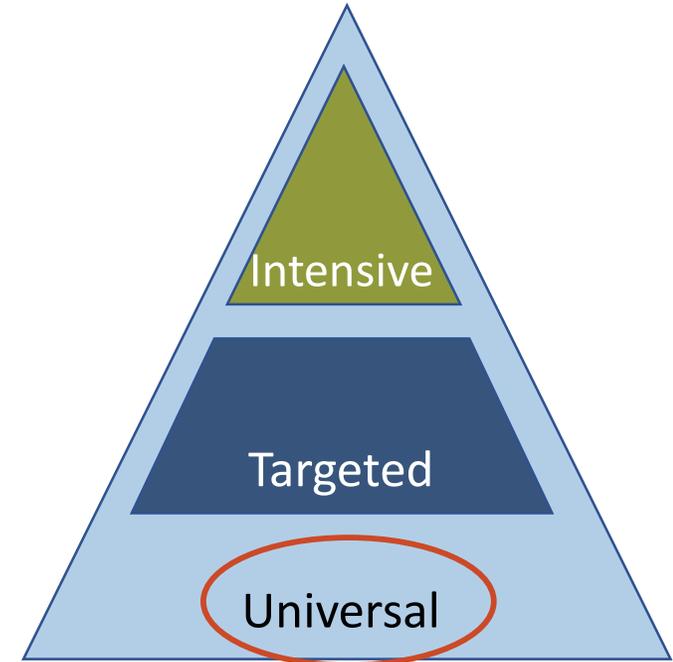
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Strengthening State Infrastructure

## Supporting State Resources

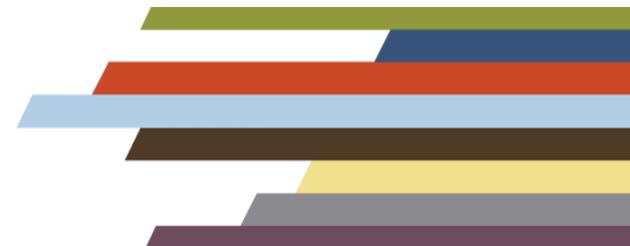
- Comprehensive School Mental Health
- School Mental Health Needs Assessment
- School Climate Tools
- Selecting Evidence-based Practices
- Defining Evidence-based Practices
- SHAPE Quality Assessment
- AWARE Peer Learning Calls



South Southwest (HHS Region 6)

MHTTC

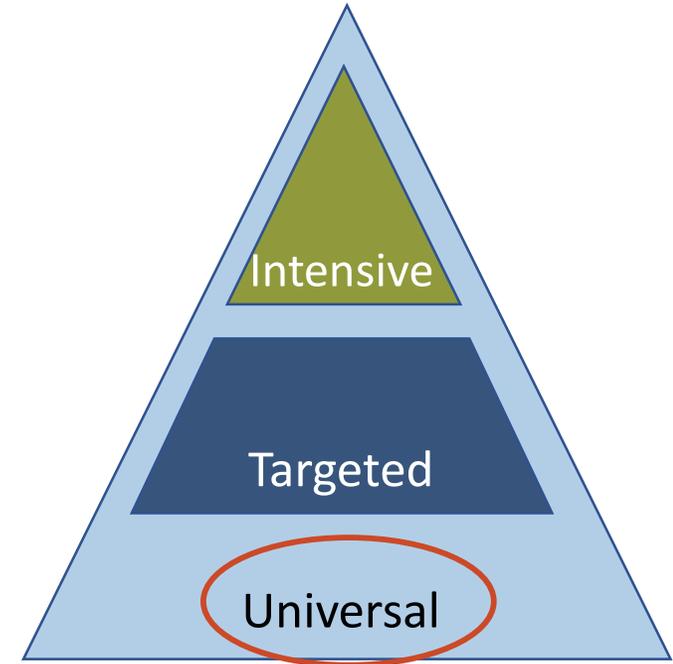
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# School Mental Health Partnerships

## Webinar Series

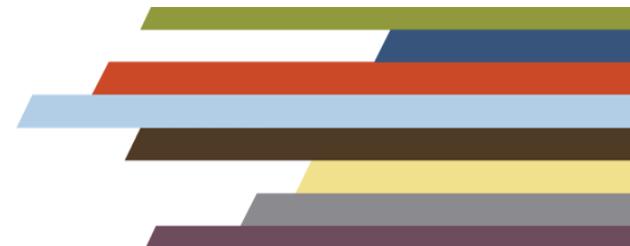
- Comprehensive School Mental Health
- State of the State
- Understanding School Culture
- Overcoming Challenges to Partnerships
- Making the Case for School Mental Health
- Best Practices in School Mental Health Partnerships



South Southwest (HHS Region 6)

MHTTC

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



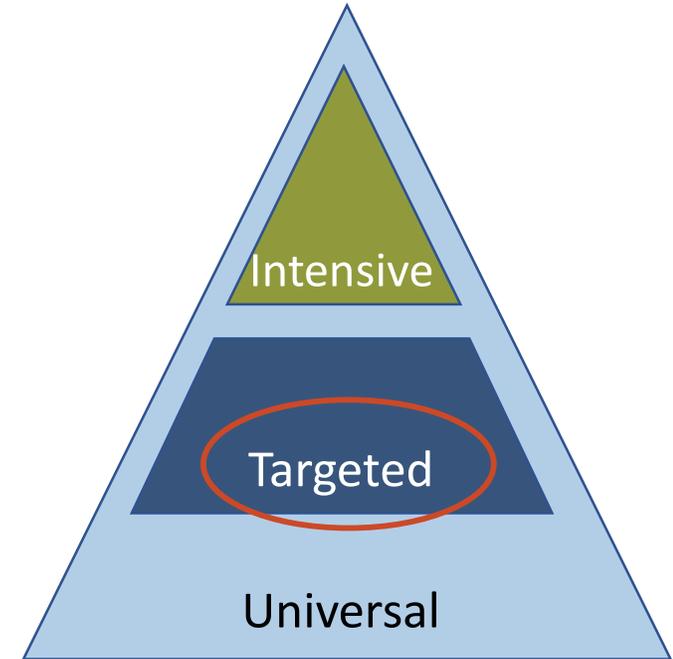
# Tier 2 Practices

## Collaborative and Proactive Solutions

- Non-punitive approach to behavioral challenges
- Reframes “bad behavior”
- Assessment of Lagging Skills and Unsolved Problems
- Takes collaborative approach to solutions

## Implementation Supports

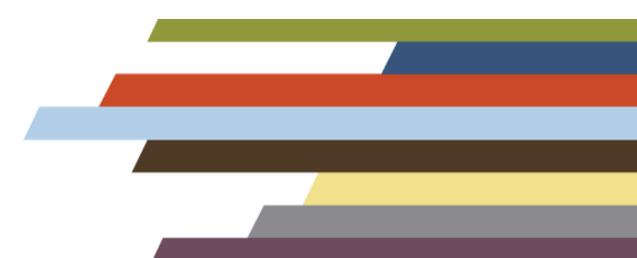
- Workshop training and manual
- Expert coaching for campus champions



South Southwest (HHS Region 6)

MHTTC

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



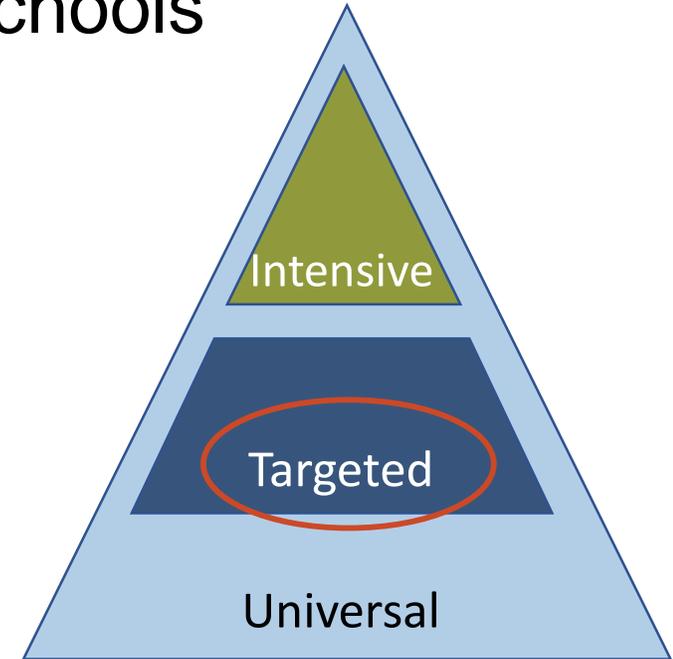
# Tier 2 Practices

## Cognitive Behavioral Intervention for Trauma in Schools

- Group approach to traumatic distress
- 10 group sessions / 6-8 children
- 1-3 individual session(s) for exposure
- Parent and teacher educational sessions

## Implementation Supports

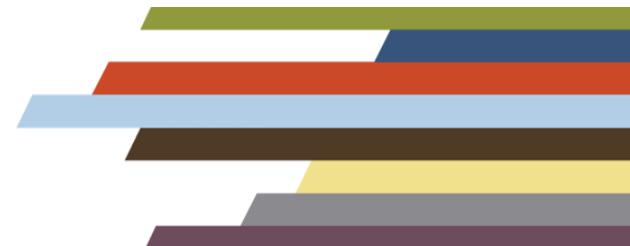
- Workshop training and manual
- Expert coaching calls



South Southwest (HHS Region 6)

MHTTC

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



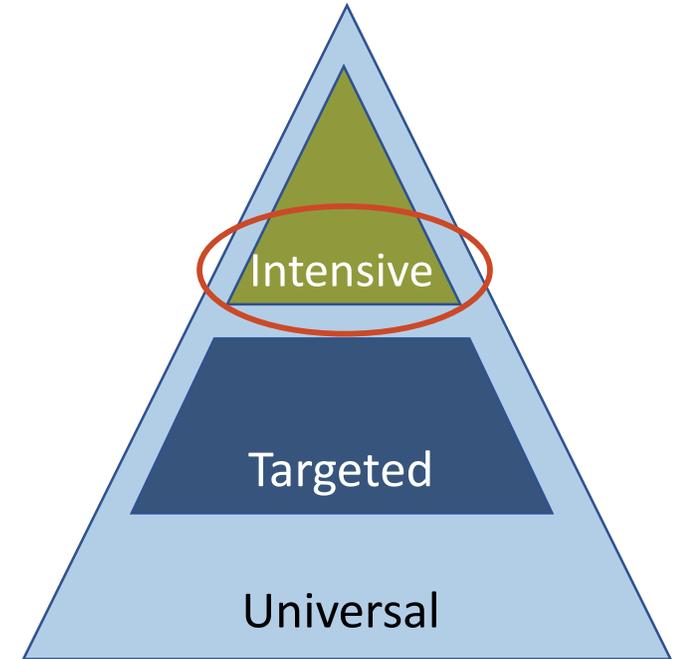
# Trauma Sensitive Schools

## Department of Education TSS Curriculum

- Leaders training for buy-in
- Trauma awareness training
- Local coaching to implementation team

## Implementation Supports

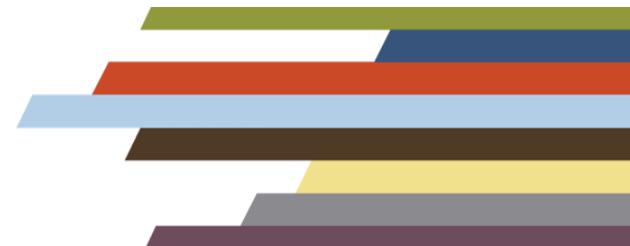
- Trainer manuals and resource tools
- Train-the-trainer workshop
- Community of practice



South Southwest (HHS Region 6)

MHTTC

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





South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

We hope you will keep in touch!

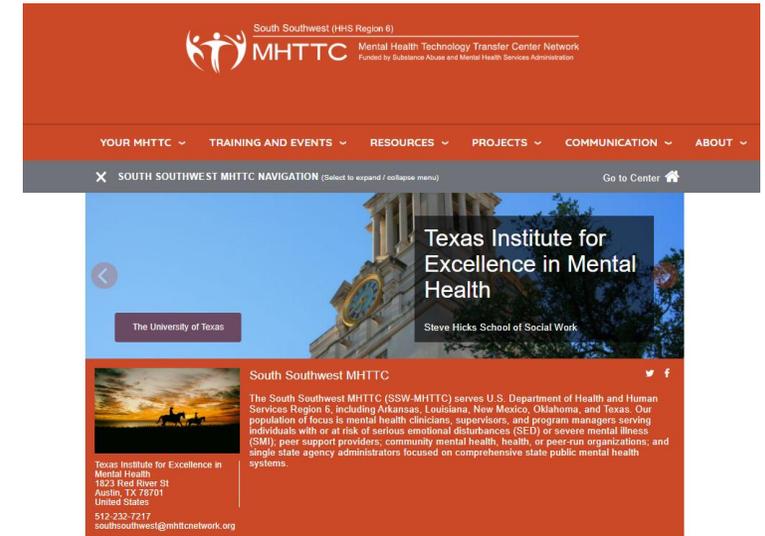
<https://mhttcnetwork.org/southsouthwest>

Email: [southsouthwest@mhttcnetwork.org](mailto:southsouthwest@mhttcnetwork.org)

Facebook: @southsouthwestmhttc

YouTube: South Southwest MHTTC

Twitter: @sswmhttc





Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

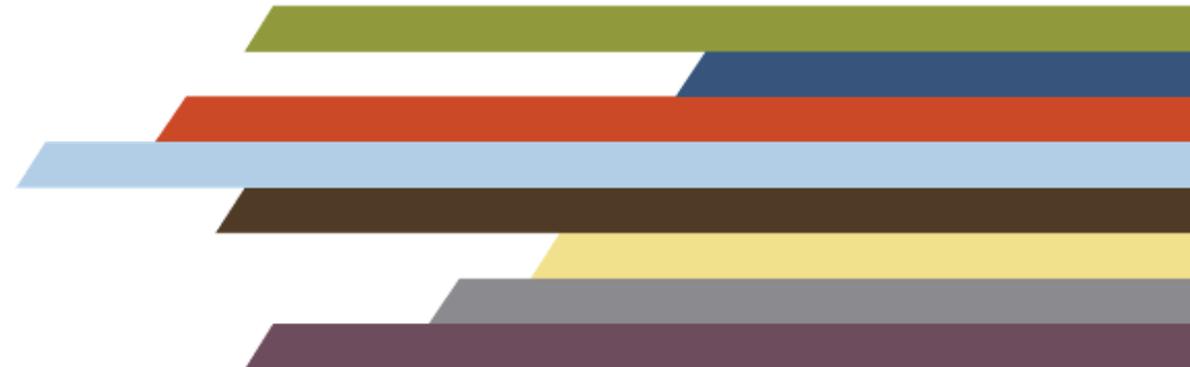
**BHECN** | BEHAVIORAL HEALTH  
EDUCATION CENTER  
OF NEBRASKA

# Mid-America Mental Health Technology Transfer Center: Meeting School Mental Health Needs in Urban and Rural Communities

Brandy Clarke, PhD, LP  
Co-Project Director  
Mid-America MHTTC

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

 **UNMC**  
MUNROE-MEYER INSTITUTE



# Brandy Clarke, PhD, LP

- Co-Project Director of Mid-America MHTTC
- Associate Professor in Psychology, MMI
- Associate Clinical Director, BHECN

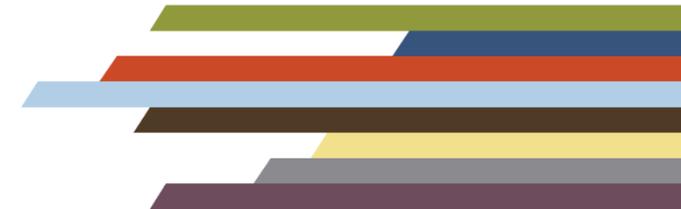
I, Brandy, attest that we have no financial, personal, or professional conflicts of interest in this training [*Mid-America MHTTC: Meeting School Mental Health Needs in Urban and Rural Communities*].



Mid-America (HHS Region 7)

MHTTC

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



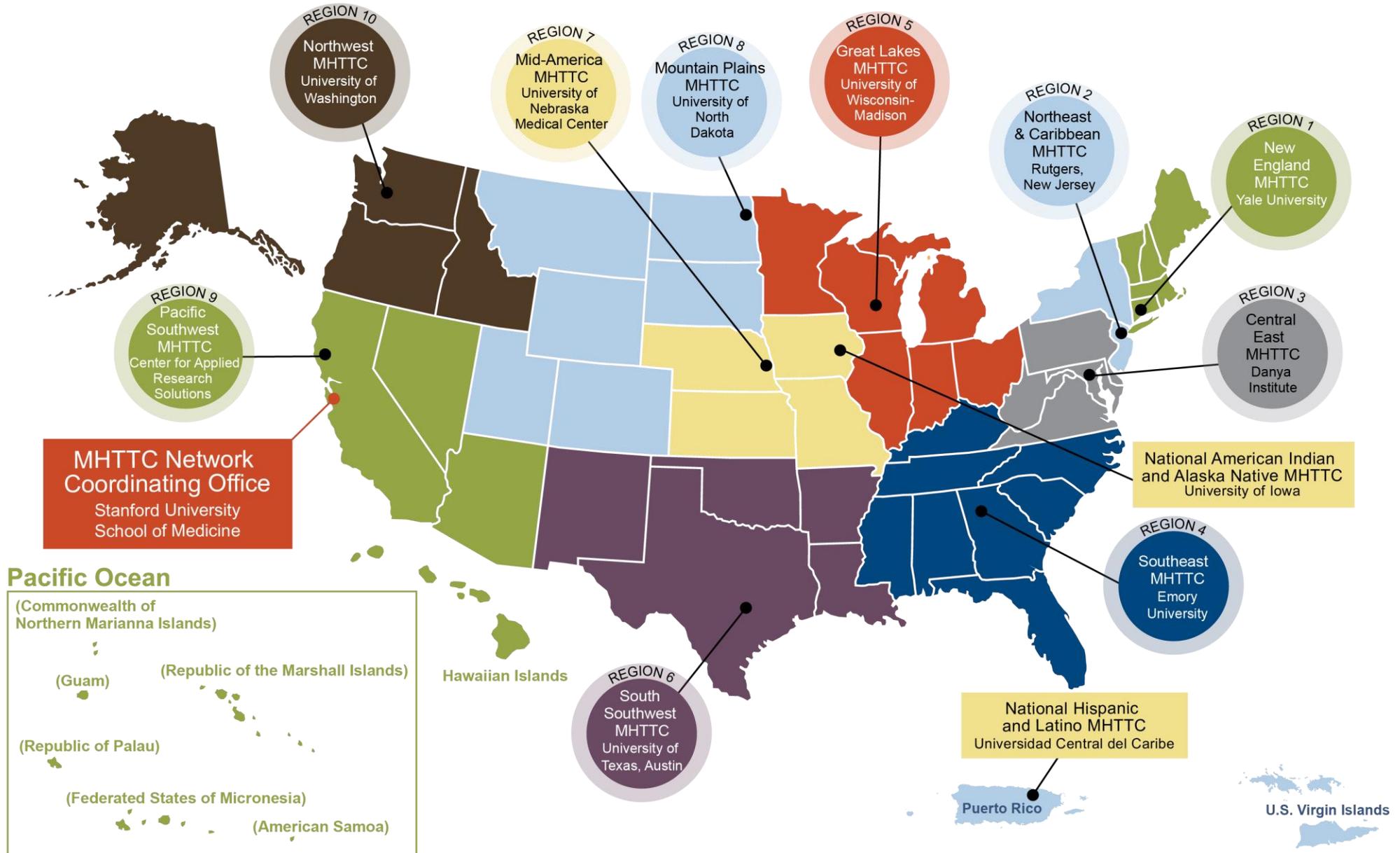


# MHTTC

## Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# MHTTC Network



# Mid-America MHTTC Team



Joe Evans:  
Project  
Director



Brandy Clarke:  
Co-Project  
Director



Marley Doyle:  
Medical Director



Brent Khan:  
Operations  
Director



Shinobu Watanabe-  
Galloway:  
Program Evaluator



Bill Baerentzen:  
Program Coordinator



Laura Holly:  
Project Associate



Lauren Robinson:  
Communications



Shelbie Johnson:  
Grant Manager



MHTTC

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



**MHTTC**

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



## School Mental Health Program



Brandy Clarke:  
Co-Project  
Director



Erika Franta:  
SMH Program  
Coordinator



Brenda Bassingthwaite:  
Faculty Trainer



Mindy Chadwell:  
Faculty Trainer



Britt Liebsack:  
Faculty Trainer



Kris Scardamalia  
NCSMH Faculty

Supported by the National  
Center for School Mental  
Health (NCSMH)



Sharon Hoover:  
NCSMH Co-Director



Nancy Lever:  
NCSMH Co-Director

## Adolescent Mental Health (9-12 grades; 2017)

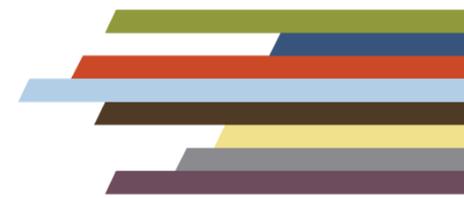
	IA	KS	MO	NE	National
Depressive Symptoms	29%	25%	31%	27%	31%
Depressive Episode	<b>14%</b>	13%	<b>14%</b>	13%	13%
Suicidal Thoughts	<b>20%</b>	16%	<b>21%</b>	16%	17%
Suicide Attempt	<b>9%</b>	7%	<b>9%</b>	<b>8%</b>	7%

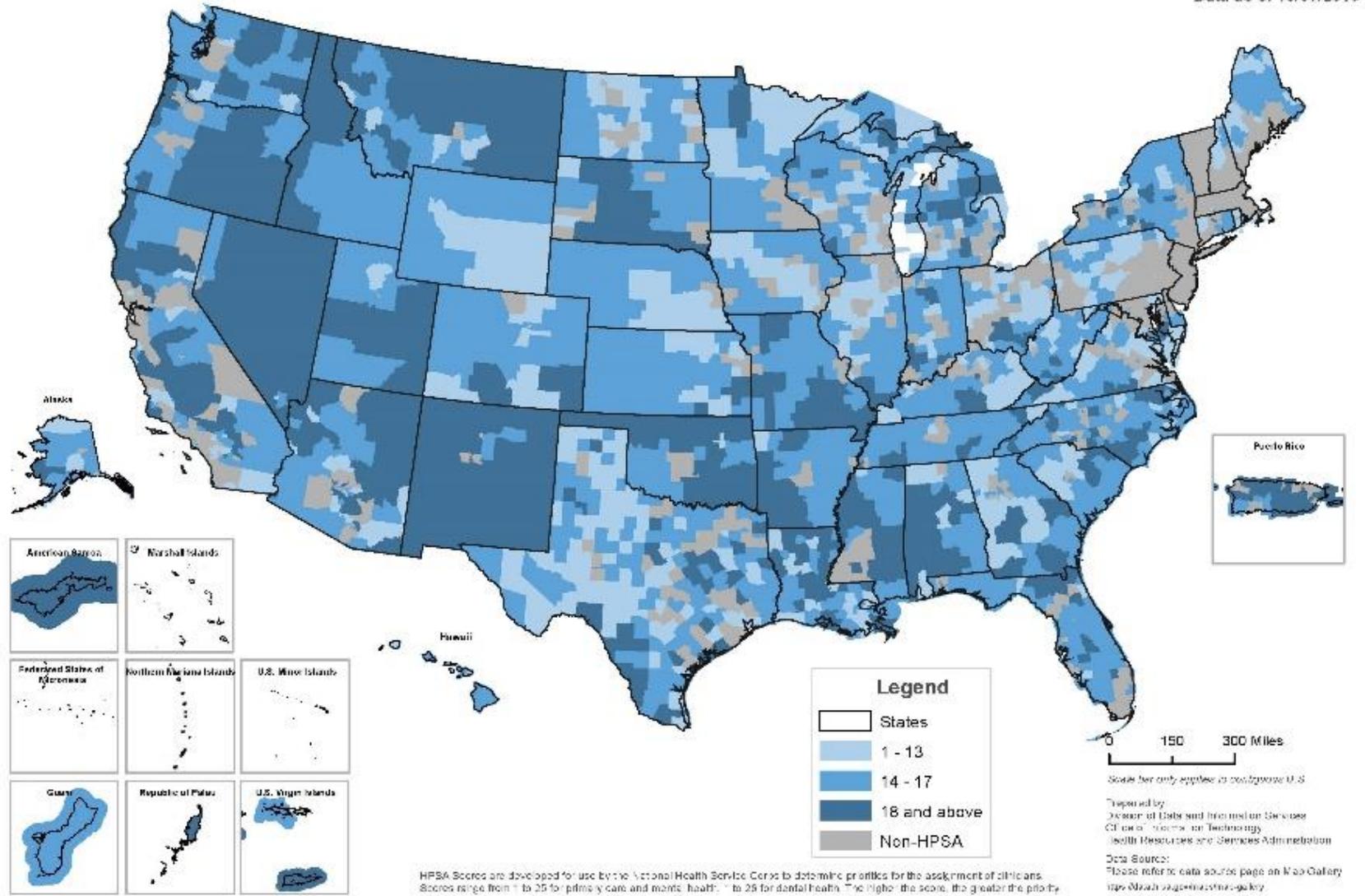


Mid-America (HHS Region 7)

**MHTTC**

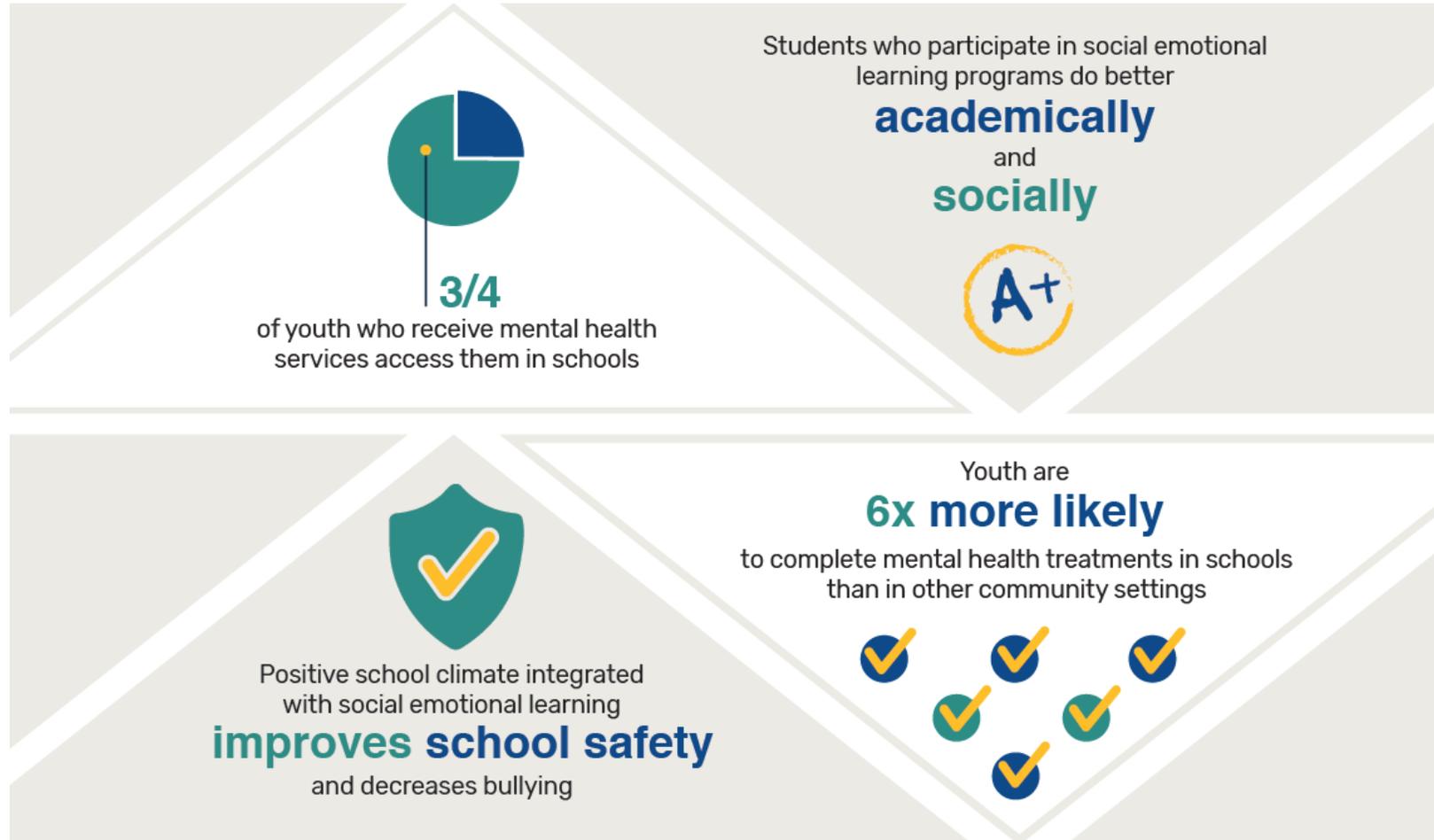
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# School Mental Health Impact

## School Mental Health *Matters*



# National School Mental Health Curriculum



**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



**NCSMH**

NATIONAL CENTER FOR  
SCHOOL MENTAL HEALTH

# Curriculum Development

---

The National School Mental Health Curriculum was co-developed by the Mental Health Technology Transfer Center (MHTTC) Network and the National Center for School Mental Health (NCSMH) with financial support from SAMHSA



# Curriculum Overview

---

Mod 1

Foundations of Comprehensive School Mental Health

Mod 2

Teaming

Mod 3

Needs Assessment & Resource Mapping

Mod 4

Screening

Mod 5

Mental Health Promotion for All (Tier 1)

Mod 6

Early Intervention and Treatment (Tiers 2/3)

Mod 7

Funding and Sustainability

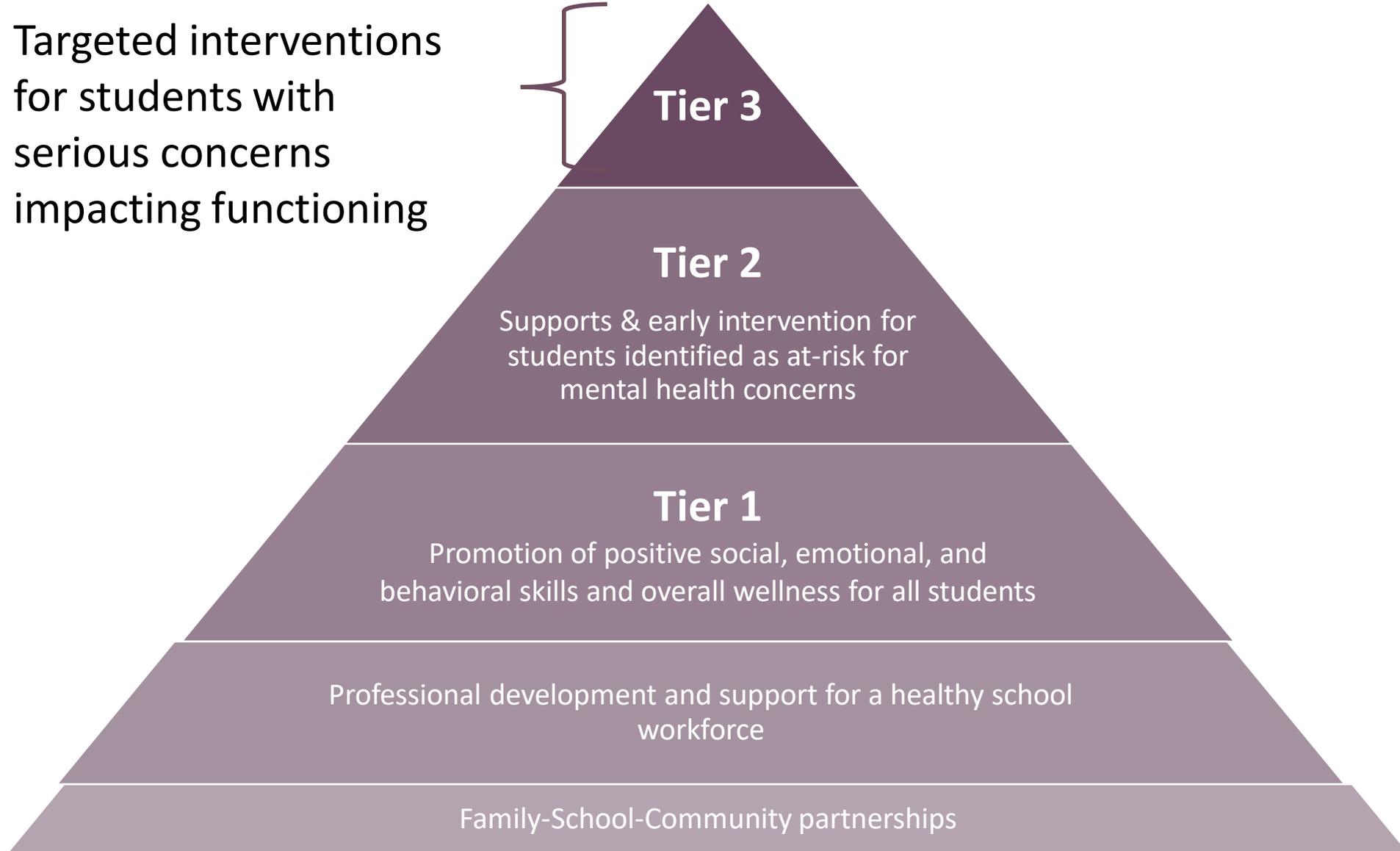
Mod 8

Impact

# Multi-Tiered System of Supports (MTSS)

---

Targeted interventions  
for students with  
serious concerns  
impacting functioning

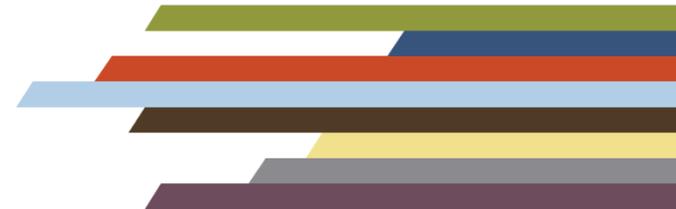




Mid-America (HHS Region 7)

**MHTTC**

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



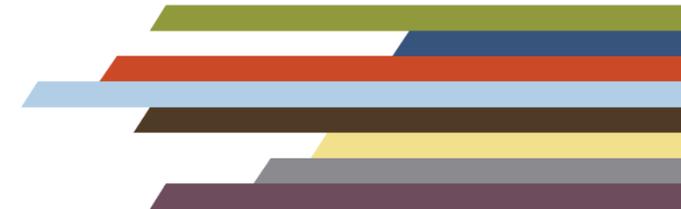


Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# “Pre-Conditions” Phase

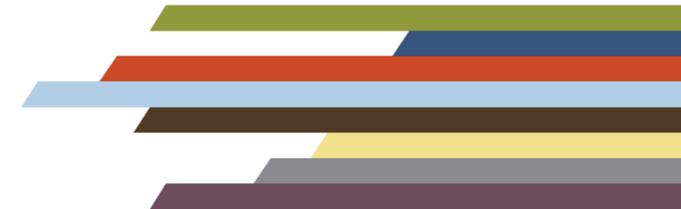
- 8 Conference presentations (n = 1,294)
  - Iowa Western Community College: Navigating Through Mental Health Conference (April, 2019) Council Bluffs, IA
  - Midwest School Mental Health Conference (August, 2019) Des Moines, IA
  - NeMTSS Summit (September, 2019) Kearney, NE
- School Mental Health Virtual Learning Series (n = 193)
  - 1: Foundations of School Mental Health
  - 2: Implementing Multi-tiered Systems of School Mental Health Support
  - 3: Using Data in School Mental Health
  - Funding and Sustaining School Mental Health



Mid-America (HHS Region 7)

MHTTC

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



# “Pre-Implementation” Phase

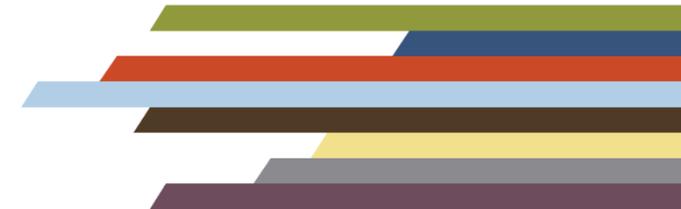
- Intensive Workshops (n = 95)
  - Leadership Preconference: Iowa School Mental Health Alliance (August, 2019) Des Moines, IA
  - Implementing School Mental Health Programming, NeMTSS Summit (September, 2019) Kearney, NE
- Millard Public Schools Professional Development Series: Behavior/Mental Health Coaching (n = 155)
  - Roles and Competencies (September, 2019)
  - Teaming and Collaboration (November, 2019)
  - Data-based Decision-Making (January, 2020)
  - Tiered Problem-Solving (March, 2020)
- 2–day Training of Trainers: National SMH Curriculum (n = 50)
  - June, 2019, La Vista, NE



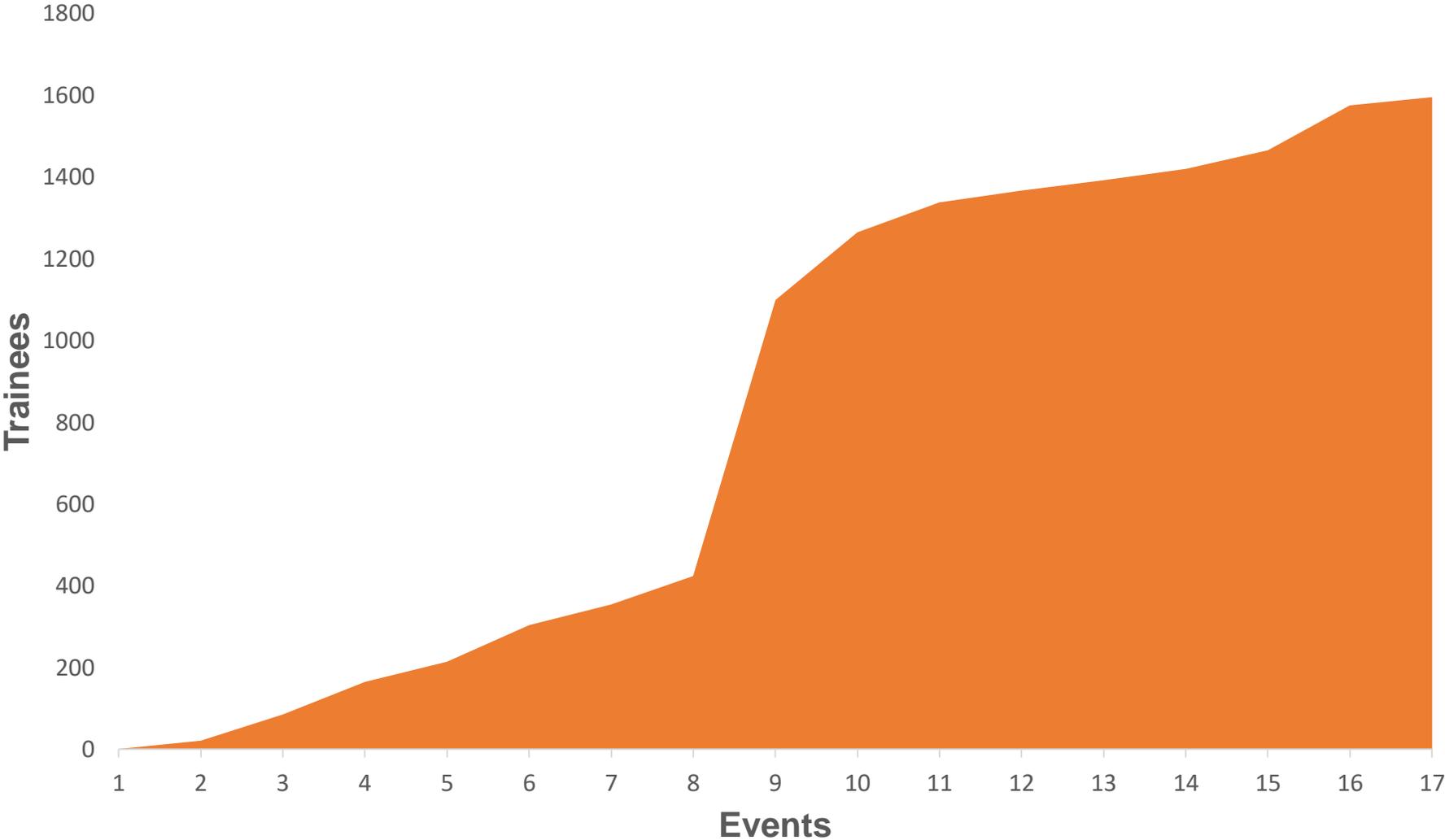
Mid-America (HHS Region 7)

MHTTC

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



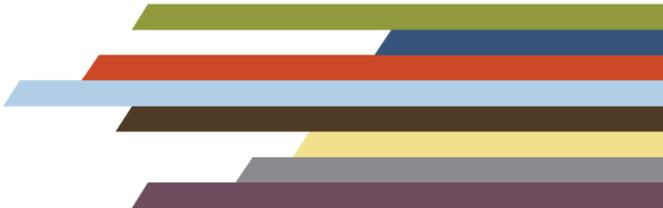
# Extending Our Reach in School Mental Health



Mid-America (HHS Region 7)

**MHTTC**

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



# “Implementation” Phase

## Regional School Mental Health Learning Community Series

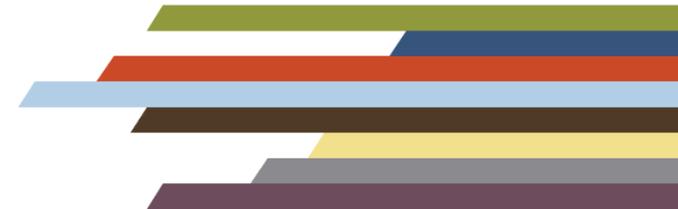
- **Focus: Improve state and district capacity to implement effective multi-tiered systems of school mental health support.**
- **Goals:** Support region’s districts and states to **implement best practices and policies that support comprehensive school mental health**
- Co-facilitated by the Region 7 MHTTC and the NCSMH
- **6-month participation** (January – June 2020)
- In-person and virtual **learning sessions, technical assistance and coaching**, and the development of **tailored strategic improvement plans**



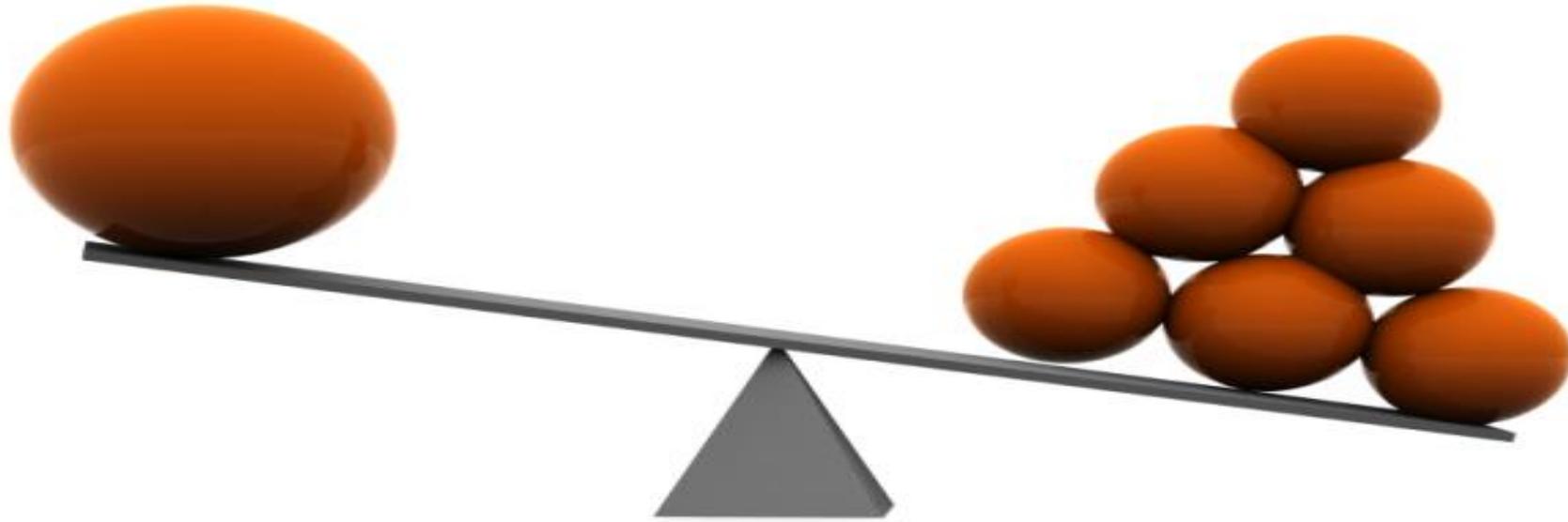
Mid-America (HHS Region 7)

**MHTTC**

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



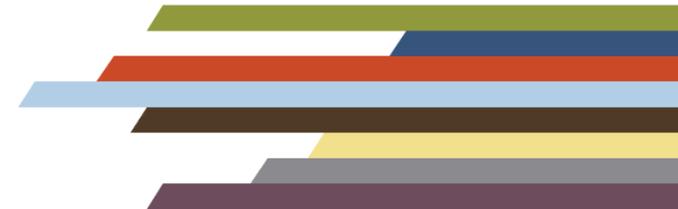
# Next Steps



Mid-America (HHS Region 7)

**MHTTC**

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



# Join our mailing list!

## SCAN OR TEXT

---



TEXT: MIDAMERICAMHTTC to 22828 to get started

\*Message and data rates may apply

**Contact Us:** Email: [midamerica@mhttcnetwork.org](mailto:midamerica@mhttcnetwork.org)

Phone: 402-552-7697

A decorative graphic in the bottom right corner consisting of several horizontal bars of different colors (green, blue, red, brown, yellow, grey, purple) stacked and slightly offset from each other.

**Questions?**

