



Mountain Plains - Mental Health Technology Transfer Center

MHTTC Background

- Substance Abuse and Mental Health Services Administration Grant Project
- Serves: CO, MT, ND, SD, UT, & WY
- 5 year funding plus year-to-year school supplemental funding
- PI: Thomasine Heitkamp, LCSW
- Collaborators: University of North Dakota and the Western Interstate Commission for Higher Education (WICHE)

Aim of School Supplement

- Assist rural schools to implement best-practice approaches to address mental health needs of training and technical assistance
- Students

<https://mhttcnetwork.org/centers/mountain-plains-mhttc/home>

Building Capacity of Rural School Personnel To Address the Mental Health Needs of Students

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Unique Features of Rural Schools

- Acceptability of mental health issues and stigma
- Availability and accessibility of service providers
- Affordability of services

(Wilger, nd)

Implementation Science in Action

- Evidence-based curriculum (Bazyk, 2015)
- Multi-tiered Approach (WHO, 2001)
- Interdisciplinary Teams
- Community of Practice (Barwick, 2009)

Spring and Fall 2019 CoP Cohorts

- 14 CoPs participated
- Each school formed an interdisciplinary CoP

Building Capacity of School Personnel to Address the Mental Health Needs of Students

- **5 Sessions** – Completed by Interdisciplinary School CoP one time per month via Zoom

Aim → Create Change Leaders committed to addressing the mental health needs of all children & youth Bazyk, S., et al. (2015).

The strategic *building capacity process* promotes the application of knowledge to practice

- Within a **Community of Practice (CoP)**
 - People who share a common interest and commit to working together over time (Wenger, McDermott, & Snyder, 2002)
- Focus on **knowledge translation**
 - Read → Reflect → Dialogue → Plan → Implement Change
- Results in integrating new knowledge into practice
 - **Move from knowing to doing**

Bazyk, S., et al. (2015).

5 Sessions

The process & materials

- **Facilitation Guide**

Guidelines for facilitating the CoP Session

Foster – reflection, discussion, interdisciplinary collaboration

Build community

Webinar (range 30 – 60 min.)

Session Materials

Readings

Chapters, monographs

EMC website

Current literature

Discussion Guides –

After viewing webinar to foster discussion and application

CoP Strategic Planning Document

Content Overview

Building Capacity: Session 1

- An understanding of positive mental health based on positive psychology
- Public health approach to mental health
 - Tier 1/universal mental health promotion strategies for ALL
 - Tier 2/targeted prevention strategies for those at risk
 - Tier 3/individualized interventions and supports for students with identified mental health challenges
- An overview of *Every Moment Counts: Promoting Mental Health Throughout the Day*
 - A multi-pronged mental health promotion initiative
 - Provides practical strategies and embedded programs that can be implemented by all school personnel to promote participation and mental health in all students

Building Capacity: Sessions 2 → 5

Session 2: Embedded Strategies - Integrated and interdisciplinary services focusing on mental health promotion, prevention, and intervention

Session 3: Calm Moments Cards Program: Recognizing and reducing stress and enhancing emotional well-being

Session 4: Promoting participation and emotional well-being during non-academic times - Comfortable Cafeteria & Refreshing Recess

Session 5: Embedding strategies and interactions to support children and youth with identified mental health challenges and Making Leisure Matter

Follow-Up and Sustainability

- On-site visits
- Strategic plans
- Technical assistance

Results

- Six CoP's submitted strategic plans
- 38 facilitators were trained
- 1 CoP has completed training with staff (26 staff); the remainder are still finishing training and implementation this fall

Strategic Planning Themes

Pre-Post Survey

One survey containing:

- Demographics
- School Practice--Knowledge and Perceived Ability to Apply Public Health Approach (Bazyk, 2015)
- Calm Moments Card Survey (Bazyk, 2016)
- Open-ended question about application

Divide County Elementary Reflections

Next Steps

- Data collection and analysis as CoPs finish and implement
- Minor changes to this year's CoP cohort training
- Self-study course

Pilot Project with Coaching

- **What?** Coaching OTs and other school practitioners to
 - Complete the 5 Sessions
 - Facilitate a CoP in their setting
 - Monthly coaching calls
- **When?** Sept → Feb. 2020
- **Who?** ~45 interdisciplinary school providers
- **Representing** 14 states in US
- **Response?** Enthusiasm!

Questions and Please and Thank You!

- We need feedback to keep our grant. Please consider taking the short survey.

References

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