



Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## **School Mental Health Virtual Learning Series**

**July 2020-June 2021**

---

# **Safe and Equitable Schools: Tier II Interventions and Considerations**

Cultural Responsiveness and Equity Specialty Track  
National Center for School Mental Health

# Facilitators

---



**Dana Cunningham, Ph.D.**

She/her/hers



**Perrin Robinson, M.S.**

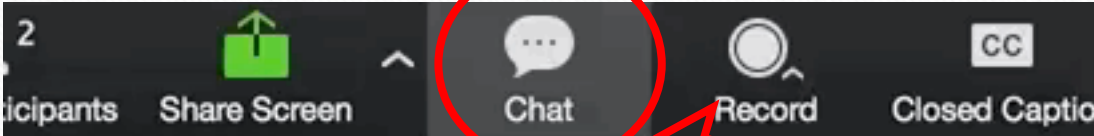
He/him/his



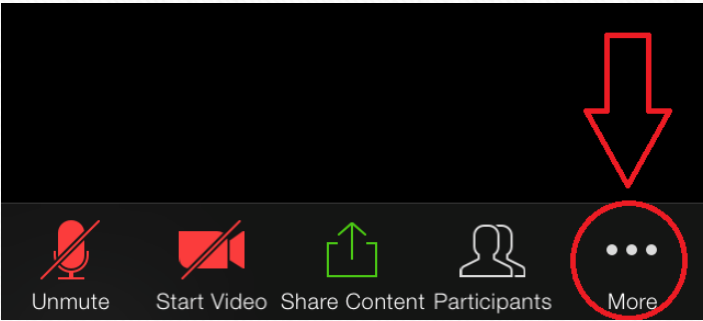
# Technology Support

- Slides will be posted on the NCSMH website ([www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)) and emailed after the presentation to all registrants
- Use chat box for sharing resources, comments, and responding to speaker

Web



Mobile App





Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



# 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





Central East (HHS Region 3)

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



**Oscar Morgan**  
MHTTC Project Director



**Michael Thompson**  
MHTTC Sr. TA Specialist



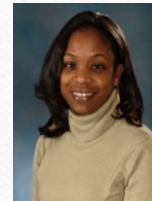
**Tiffany Beason**  
NCSMH Faculty



**Lorraine Bernstein**  
Coordinator



**Taneisha Carter**  
Senior RA



**Dana Cunningham**  
PGSMHI Director



**Sharon Hoover**  
NCSMH Co-Director



**Nancy Lever**  
NCSMH Co-Director



**Perrin Robinson**  
Communications Director



**Britt Patterson**  
NCSMH Faculty



**Kris Scardamalia**  
NCSMH Faculty

# Acknowledgements

---

- Panelists
- National Center for School Mental Health [schoolmentalhealth.org](https://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](mailto:CREtrack@som.umaryland.edu)





**BLACK  
LIVES  
MATTER**

## Commitment

---

- Racial and social justice lens
- Cultural responsiveness and equity
- Developing and modeling equitable and anti-racist policies and practices
- Learn, heal, grow together

**What do you hope to learn from this  
webinar?**

---

Please type your responses in the chat box.



# Meet the Panel

---



# Portia Richardson

## MED, MPP

---

She/her/hers





# Riana Elyse Anderson PhD, LCP

---

She/her/hers



**Sensitive  
Content**



## What is Trauma?

An **event(s)** or circumstance(s) that is **experienced** as physically and/or emotionally harmful or life threatening and that has lasting adverse **effects**.

- Family violence (child abuse, domestic violence)
- Parental mental health issues/substance abuse
- Economic distress (living in poverty, homelessness)
- Serious accident
- Community violence
- Racism and discrimination

## Racial Trauma

The cumulative effects of **racism** on an individual's physical and mental health.

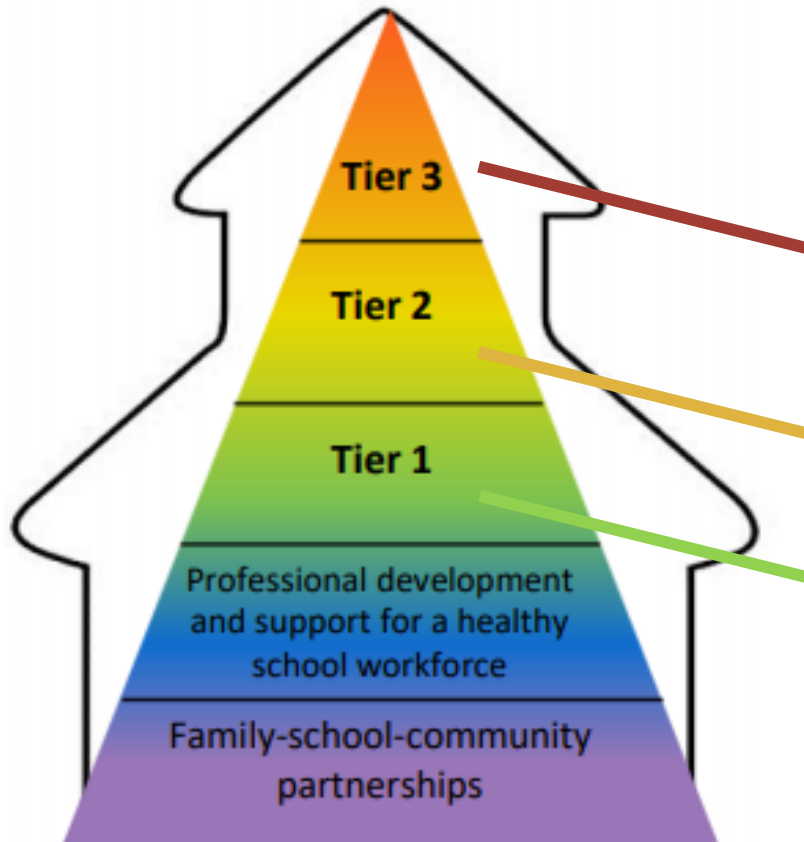
Exposure to racism and discrimination has been linked to increased feelings of anxiety, depression, and suicidal ideation.

### Impacts on Health & Mental Health

- Anxiety
- Low self-esteem
- Guilt/shame
- Depression
- Post traumatic stress
- Diminished access and quality of care
- Heart disease
- Diabetes



## Key Components of Comprehensive School Mental Health Systems



Individualized intervention for students displaying mental health concerns that cause significant impairment in functioning

Early intervention for students at risk for or with mental health concerns that cause mild to moderate impairment in functioning

Promotion of positive social, emotional, and behavioral skills and overall well-being for students and staff

Tell us in one word how you would describe your reflections on current events and one word to describe a hope you have for 2021.

---



How can racial stress and trauma impact Black and other youth of color and why is it so important to address as it relates to safe and equitable schools?

---

Let's hear from participants

---



Can you describe what considerations are important at Tier 2 for Black and other youth of color?

---

Let's hear from participants

---



Portia- Based on your experience, can you share some Tier 2 interventions and practices that could be effective in addressing racial stress and trauma?

---

Riana – can you tell us about the ReCAST theory and EMBRace intervention and how they can help support youth impacted by racial stress and trauma?

---



Let's hear from participants

---

What recommendations do you have for mental health providers and/or educators who are supporting Black and other youth of color?

---



Let's hear from participants

---

What is an immediate first step for schools and districts as they work toward implementing Tier 2 interventions to address racial stress and trauma for Black and other youth of color?

---



Let's hear from participants

---

What are some specific resources you would recommend?

---



# Resources

---

- [EMBRace Promo 2020](#)
- [The EMBRace Program](#) (TheEmbraceProgram@gmail.com)
- [TumainiCon](#) (free SEL conference for middle/high school students)
- [Virtually Resilient](#) e-book
- Culturally-Responsive Walkthrough Tool (linked on website later)
- Culturally Responsive Curriculum Scorecard (linked on website later)

# Racial Stress and Trauma Resources

1. [Cultural Responsiveness & Equity > Racial Trauma](#), SchoolMentalHealth.org
2. [They're not too young to talk about race](#)
3. [Stop Hesitating: A Resource for Psychotherapists and Counselors](#)
4. [Understanding Race and Privilege: Suggestions for Facilitating Challenging Conversations](#)
5. [Racial Trauma Toolkit](#): The Boston College Institute for the Study and Promotion of Race and Culture provides a manuscript and infographic on the trauma symptoms communities of Color may experience.
6. [Systemic Racism Explained](#): Systemic racism affects every area of life in the US. Here's a closer look at what systemic racism is, and how we can solve it. This video is created by act.tv, a progressive media company specializing in next generation live streaming and digital strategy.
7. [Talking About Race](#): The National Museum of African American History & Culture for educators, caregivers, and involved community members sorted by topics of bias, whiteness, and self-care.
8. [Racial Stress and Self-Care: Parent Tip Tool](#)
9. [My Grandmother's Hands](#) by Resmaa Menakem
10. [Pushout](#) by Monique Morris
11. [Revolutionary Schools Network](#)



# Evaluation

---

Please complete the evaluation for this webinar.

- <https://ttc-gpra.org/P?s=314635>

# Join Us!

---

- This webinar series is part of a larger School Mental Health Virtual Learning Series, created in collaboration with the National Center for School Mental Health and the Central East Mental Health Technology Transfer Center.
- Follow the NCSMH on [Twitter](#) or [Facebook](#) for more information and registration links as they are available.





Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



# Upcoming Webinars

---

Register at [SchoolMentalHealth.org](https://SchoolMentalHealth.org) > Connect > Webinars

- **Wednesday, April 7, 2021, 3:00-4:00 PM ET** *National Association of School Psychologists: School-Community Partnerships* [Register](#)
- **Wednesday, May 5, 2021, 3:00-4:00 PM ET** *Youth MOVE: Leveraging Youth Advocacy* [Register](#)
- **Wednesday, June 2, 2021, 3:00-4:00 PM ET** *Supporting Students Impacted by Racial Stress and Trauma* [Register](#)



# Contact & Follow



**Portia Richardson**  
MED, MPP

[hello@  
portiarichardson.com](mailto:hello@portiarichardson.com)

[portiarichardson.com](http://portiarichardson.com)  
[tomainidc.org](http://tomainidc.org)

Twitter:  
[@iamportiarich](https://twitter.com/iamportiarich)

**Riana E. Anderson**  
PhD, LCP

[TheEmbraceProgram  
@gmail.com](mailto:TheEmbraceProgram@gmail.com)

[rianaelyse.com](http://rianaelyse.com)

Twitter:  
[@rianaelyse](https://twitter.com/rianaelyse)



# Thank You

---

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