



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

School Mental Health Virtual Learning Series

July 2020-June 2021



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



NCSMH
NATIONAL CENTER FOR
SCHOOL MENTAL HEALTH

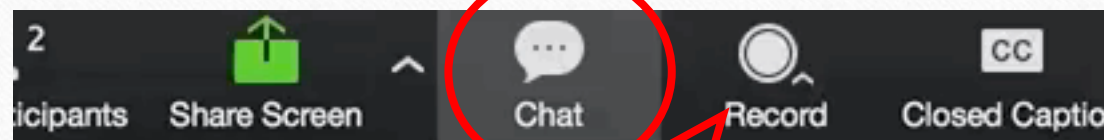
Part I: Youth Perspectives on COVID-19, Racism, and Returning to School

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

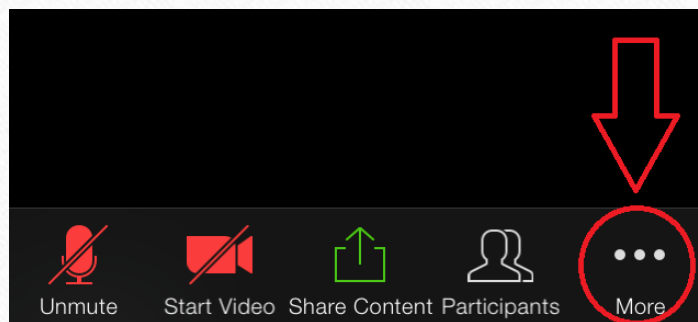
Technology Support

- 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**

Web



Mobile App





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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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Tiffany Beason
NCSMH Faculty



Lorraine Bernstein
Coordinator



Taneisha Carter
Senior RA



Oscar Morgan
MHTTC Project Director



Michael Thompson
MHTTC Sr. TA Specialist



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



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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

- NCSMH COVID-19 Resource List: <http://www.schoolmentalhealth.org/COVID-19/>
- Just for Kids: A Comic Exploring the New Coronavirus
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/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
<https://consciousdiscipline.com/resources/why-cant-i-go-to-school-printable-story/>
- Helping Children and Families Cope with the COVID-19 Pandemic
<http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/COVID-19/Helping-Children-Cope-with-COVID-19Final.pdf>

Talking with Youth about Race and Racism

- **They're not too young to talk about race** <http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>
- **Understanding Race and Privilege: Suggestions for Facilitating Challenging Conversations** <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/diversity/social-justice/social-justice-lesson-plans/>
- **Racism and Violence: How to Help Kids Handle the News** <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
- **Talking About Race:** <https://nmaahc.si.edu/learn/talking-about-race>
- **NCSMH Cultural Responsiveness and Equity Resource List** <http://www.schoolmentalhealth.org/Cultural-Responsiveness--Equity/>

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_F5TOwHITRyCPSHdWdholOQ

Evaluation

Please complete the evaluation for this webinar.

<https://ttc-gpra.org/GPRAOnline/GPRASurvey.aspx?id=168310&type=PostEvent>

Thank You

- Students and Families
- NCSMH [schoolmentalhealth.org](https://www.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>