MHTTC Network: 
School Mental Health Initiative

Heather J. Gotham, PhD
Director, MHTTC Network Coordinating Office
Clinical Associate Professor
Stanford University School of Medicine

NASMHPD Annual Meeting
September 9, 2021

Mental Health Care Crisis

Demand exceeds capacity, quality varies widely
Learning Health System: National Public Mental Health Network

- Learning health system model
  - Use data to make informed decisions to identify care gaps, variation in quality, and health care disparities
- Vision is to operate MHTTC as a learning mental health TA network
- Bring the best of D&I science to bear in identifying and then bridging access, quality, and disparity gaps
- **Precision TA/implementation strategies**, not just dissemination, training or “everything but the kitchen sink” approaches
MHTTC Methodology

- Provide regional or population-tailored services to states and treatment provider systems across mental health prevention, treatment, and recovery

- Work closely with SAMHSA Regional Administrators, state behavioral health commissioners, and local stakeholders to understand pressing needs in the region/population, and develop annual workplans (versus emphasis on TA requests/grantees)

- D&I science increasingly informs our services
  - Context - what are local/regional barriers and facilitators to implementation?
  - Precision implementation strategies specific to the need - training, coaching, coalition building, implementation facilitation, learning collaboratives
  - Maximize impact on service delivery systems
Starting our 4th year…

- Delivered over 2,200 training and technical assistance events to over 207,000 mental health professionals and others
  - See MIC stories (MHTTCs Implementing Change) for examples of intensive TA/implementation support
- Developed over 1,600 enduring products for the field
- Completed a one-year Provider Well-Being Initiative
- Established relationships with partners across the country
- Coalesced into a Network that shares and co-creates
- Touched the lives of patients, consumers, family members, and communities

Photo by Stephen Leonard on Unsplash

Regional Crisis Services Events

Website has searchable Events Calendar and Products & Resources Catalog

**Enhancing Quality of Care with Psychiatric Advanced Directive (PAD) and Peer Support**
Publication Date: July 22, 2021
Developed By: South Southwest MHTTC

**Integrating Peer Support: Enhancing Crisis Services with Lived Experience**
2:00pm - April 15, 2021 thru 3:00pm - April 15, 2021 | Timezone: US/Eastern
Collaborating TTC: New England MHTTC

**Ohio Crisis Academy: Rural Solutions to Crisis Continuum of Services**
9:00am - February 24, 2021 thru 12:00pm - February 24, 2021 | Timezone: US/Eastern
Hosted By: Great Lakes MHTTC

**Family Led Crisis Planning**
1:00pm - July 20, 2021 thru 3:00pm - July 20, 2021 | Timezone: US/Pacific
Hosted By: Northwest MHTTC

**988 - National Helpline for Mental Health Emergencies**
Publication Date: June 3, 2021
Developed By: Pacific Southwest MHTTC

**LEND A HAND: A Crisis Management, Triage and De-escalation Model**
10:30am - October 6, 2021 thru 11:45am - October 6, 2021 | Timezone: US/Pacific
Hosted By: Northwest MHTTC

Register | Need more information? Contact us at northwest@mhttnetwork.org
School Mental Health Initiative

- Provide TA and training on the implementation of mental health services in schools and school systems, and on linkages to such services where direct provision is not possible
  - School mental health as part of the continuum of crisis care for children and adolescents
- Disseminate information on best models of school-based mental health
  - National Implementation Guidance Modules for School Mental Health developed in Y1
- Develop, disseminate, and provide implementation support for the Classroom WISE mental health awareness/literacy training package for educators
- In Year 4, also provide TA to Project AWARE grantees

School Mental Health

- Regional and population-specific training and TA
MHTTC Online Courses

Visit www.HealtheKnowledge.org under Mental Health Services/School Mental Health

Highlights core features of effective school mental health systems

• Trainer and participant manuals with tools and resources
• 8 slide decks that focus on each core feature
• 5 recorded virtual learning

Dissemination and implementation of the Guidance Modules

• Always & Now 8-part Learning Series - Jan-June 2021
  o Pre-recorded didactic content for each module
  o Learning sessions
  o Regional breakout sessions
• Regional Learning Collaboratives and other intensive technical assistance
  • South Southwest MHTTC: TX Small and Rural District Professional Learning Community
  • Southeast MHTTC: School Mental Health Regional Learning Community
• National School Mental Health Best Practices Index: A Supplementary Guide – helps search and locate specific resources in each module

Available on the MHTTC Website!
NOW AVAILABLE!

Classroom WISE: Well-being Information and Strategies for Educators

• A FREE mental health literacy and response training package for teachers and school staff
• Evidence-based content
• Development process included input from educators, students, and school mental health leaders

www.classroomwise.org

Classroom WISE:
5-hour, Self-Paced Online Course

Module 1:
Creating Safe and Supportive Classrooms

Module 2:
Teaching Mental Health Literacy and Reducing Stigma

Module 3:
Fostering Social Emotional Competencies and Well-Being

Module 4:
Understanding and Supporting Students Experiencing Adversity and Distress

Module 5:
Impact of Trauma and Adversity on Learning and Behavior

Module 6:
Classroom Strategies to Support Students Experiencing Distress

www.classroomwise.org
Classroom WISE: Video Library

**How Teachers Can Show Interest**
Teachers can help keep students engaged by showing interest in them and their lives. 3min 10sec

**Promoting Self-Regulation**
Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one’s emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom. 2min 30sec

www.classroomwise.org

Classroom WISE: Resource Collection

Below is a compilation of resources that are referenced in the Classroom WISE online course. All resources were developed by the MHTC Network and the National Center for School Mental Health for Classroom WISE, unless otherwise noted. A complete list of Classroom WISE resources is available here.

Module 1: Creating Safe and Supportive Classrooms

Module 2: Teaching Mental Health Literacy and Reducing Stigma

Module 3: Fostering Social-Emotional Competencies and Well-Being

Module 4: Understanding and Supporting Students Experiencing Adversity and Disease

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

Module 6: Classroom Strategies to Support Students Experiencing Distress

www.classroomwise.org
Classroom WISE

• Over 2,000 enrolled in the course
• MHTTCs have commenced dissemination efforts
  • Learning community
  • Office-hours series
• District leaders across numerous states are interested in incorporating this training into professional development for school staff
• Started pilot implementation project with 14 schools

www.classroomwise.org

MHTTC

Find Your Center – www.mhttcnetwork.org

• @MHTTCNetwork

MHTTC Pathways
• Monthly eNewsletter
Contact Information

• Heather J. Gotham, PhD | Director
gothamh@stanford.edu