



Pacific Southwest (HHS Region 9)

**MHTTC**

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



California School-Based Health Alliance / Pacific Southwest MHTTC

## School-Based Mental Health Best Practices Training Series

The [Pacific Southwest Mental Health Technology Transfer Center \(MHTTC\)](#) is proud to present a series of upcoming, NO-COST trainings in collaboration with the [California School-Based Health Alliance](#) for educators, clinicians, school-based health providers, and other professionals working with young people. See below for specific session details and registration information. Optional CEUs are available for a fee.

### Screening, Brief Intervention, and Referral to Treatment (SBIRT)

**Date/Time:** Wednesday, July 10, 2019 ~ 1:00 – 4:15 PM

**Location:** SWERT Training Center, 1625 E. Shaw, Suite 106, Fresno, CA 93710

**Description:** Screening, brief intervention, and referral to treatment are effective in a variety of settings. Its effectiveness has been proven particularly effective in hospital emergency departments and trauma centers with individuals with alcohol-related injuries. SBIRT has also been shown to be effective in primary care settings, where it is incorporated into other routine medical assessments such as measuring blood pressure. This training focuses on screening procedures to identify risk; key motivational interviewing concepts and principles that are tied to effective use of the FLO (Feedback; Listen and Understand; Options Explored) brief intervention; and referral to treatment for patients with more serious substance use-related problems. Special considerations when working with adolescents will also be discussed.

**Audience:** This training is open to those who are interested in learning more about SBIRT.

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### Exploring School Employee Sustainability and Wellness

**Date/Time:** Tuesday, September 24, 2019 ~ 4:00 – 7:00 PM

**Location:** UC Merced Center for Educational Partnerships, 550 E. Shaw Avenue, Suite 105, Fresno, CA 93710

**Description:** This training integrates a range of trauma-informed perspectives and techniques and explores the "whole adult" counterpart to the "whole child" approach. Participants will be provided tools, dialogue, and resources for service providers and educators to hone their wellbeing within the context of authentic education leadership. A new lens will be explored for leading in high-trauma, under-resourced environments, along with navigating the challenging adult dynamics this context can create for on-site and district-level leaders. The training explores the impact of our natural stress responses, and how to navigate our stressors while creating healthy boundaries that support sustainability for self and others. This training is provided at no cost; however, space is limited.

**Audience:** Open to all audiences including, but not limited to, educators, school mental health professionals, school staff, school site and district leadership

**Registration:** To register, visit: <http://sgiz.mobi/s3/Mental-Health-Best-Practices-Training-Series-School-Staff-Wellness>

**CEUs:** For individuals who have registered (using the link above) and would like to purchase continuing education units for \$25, please visit: <https://tinyurl.com/Staff-Wellness-CEUs>



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CALIFORNIA

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HEALTH ALLIANCE

Putting Health Care Where Kids Are

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## Building Effective Student Mental Health Identification and Response Systems

**Date/Time:** Wednesday, November 13, 2019 ~ 1:00 – 4:00 PM

**Location:** UC Merced Center for Educational Partnerships, 550 E. Shaw Avenue, Suite 105, Fresno, CA 93710

**Description:** Many educators have expressed concern that not all students who need mental health-related supports in their schools are receiving them, and often mental health needs become severe before supports are provided. This workshop will introduce educators to practical tools and strategies to improve students' *early* access to care for mental health needs. Presented within a multitiered system of support (MTSS) framework, topics will include: establishing effective referral management systems, establishing a problem-solving team, mapping school- and community-based mental health resources across MTSS tiers, performing universal screening, tracking mental health referrals and monitoring intervention progress within and across youth-serving systems, and monitoring mental health intervention effectiveness for individuals. This training is provided at no cost; however, space is limited.

**Audience:** Teachers and administrators, school counselors and psychologists, licensed mental health clinicians, superintendents/ district leadership, school board members, classified and support staff

**Registration:** To register, visit: <http://sgiz.mobi/s3/Mental-Health-Best-Practices-Training-Series-MH-Referral>

**CEUs:** For individuals who have registered (using the link above) and would like to purchase continuing education units for \$25, please visit: <https://tinyurl.com/MH-Referral-CEUs>

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## Suicide Assessment & Intervention in School Settings

**Date/Time:** Wednesday, December 4, 2019 ~ Time TBD

**Location:** Henry Madden Library Room 2206, California State University, Fresno, 5200 N Barton Ave, Fresno, CA 93740

**Description:** The goal of this workshop is to increase educators' and school-based providers' comfort in discussing suicide with children, adolescents, and their parents or other caregivers. Through a combination of teaching methods including didactic work, lecture, and discussion, this workshop will address common myths and perceptions about suicide and suicidal behavior in children and adolescents. Participants will learn how to understand the combination of risk factors, warning signs, and protective factors that can increase suicide risk, and they will be better prepared to assess suicide risk. Emphasis will be placed on how to ask about suicidal thoughts and behaviors, how to talk about suicide, and how to conduct a risk assessment. This training is provided at no cost; however, space is limited.

**Audience:** Pre-service teachers, teachers, school site leadership, district and state administrative leadership, school counselors and psychologists (in-service and pre-service), social workers (in-service and pre-service), school nurses (in-service and pre-service)

**Registration:** To register, visit: <http://sgiz.mobi/s3/Mental-Health-Best-Practices-Training-Series-Suicide-Prevention>

**CEUs:** For individuals who have registered (using the link above) and would like to purchase continuing education units for \$25, please visit: <https://tinyurl.com/Suicide-Prevention-CEUs>

### Questions?

For additional information regarding this training series, please contact the Pacific Southwest MHTTC at 1-844-856-1749 or email [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org); or Heather Berg, CA School-Based Health Alliance at [heberg@mail.fresnostate.edu](mailto:heberg@mail.fresnostate.edu)



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