

**School Mental Health:
Crisis Leadership**
2020 CALIFORNIA SCHOOL-BASED HEALTH
CONFERENCE
October 6th 2020
9:15-11:15am PT

MHTTC Mental Health Technology Transfer Center Network
Pacific Southwest (PHS) Region III
Funded by Substance Abuse and Mental Health Services Administration

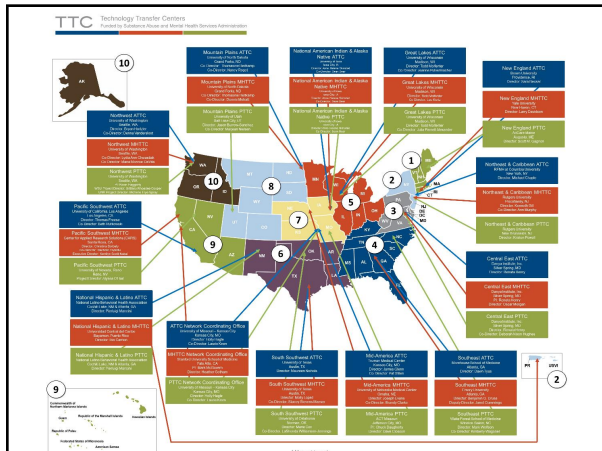
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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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WHAT IS SCRR?

The School Crisis Recovery and Renewal (SCRR) Project

Promoting effective and sustainable change in the ways school leadership builds the skills, knowledge, and attributes necessary to recover and renew after a crisis.

www.schoolcrisishealing.org

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Leora Wolf-Prusan, EdD
She/hers

Dr. Wolf-Prusan is the School Mental Health Lead & Training Specialist for SAMHSA's Pacific Southwest Mental Health Technology Transfer Center and the Director of Partnerships & Teaching at the Center for Applied Research Solutions (CARS).

She provides consulting and training around issues related to trauma-informed and resilience-oriented leadership, organizational and school climate and positive youth development, educator mental health and wellness, grief in the workplace, and anti-racism and health, among much more.

Leora received a BA in International Relations and a BA in Spanish with a minor in Social & Ethnic Relations from the University of California, Davis; a teaching credential from Mills College in Oakland, California; and an EdD in Educational Leadership from the University of California, Los Angeles.

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Oriana Ides, MA, LPCCI, PPS
She/hers

Oriana Ides is a School Mental Health Training Specialist at CARS, who approaches healing the wounds of trauma and oppression as core elements of social justice. She has worked with young people across life course from elementary school to college, and has served as teacher-leader, school counselor, classroom educator and program director. She is committed to generating equity within school structures and policies by focusing on evidence-based mental health techniques and institutional design.

Her work to forge a more just world is motivated by and dedicated to Amilca Ysabel Mouton Fuentes.

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Our Learning Flow Today

- Welcome + Grounding: introductions, connections
- School Mental Health Crisis
 - Leadership
 - Readiness, Response, Recovery & Renewal
- Closing, Commitments, & A Look Ahead (resources / learning extensions)

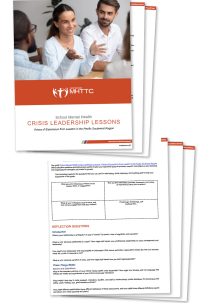
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Materials for Today

School Mental Health Crisis Leadership Lessons: Voices of Experience from Leaders in the Pacific Southwest Region

- Guide
- Complementary Reflection Worksheet

[Bit.ly/smh-crisis-leadership-lessons](https://bit.ly/smh-crisis-leadership-lessons)



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Offerings for Today

- Take what you need
- Know that you'll get the supporting materials that you need
- Whatever resonates is what you need in this moment
- This time (of the intensive) is limited but the urgency isn't
- Now, and always
- Learning happens on three tracks...
 - You as a person
 - You as a professional
 - And you as a facilitator

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Orient & Connect

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We're not supposed to spend our time living to heal, we're supposed to heal to live.



- Nkem Ndefo

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Invitation for today

- Who might you thank, literally or mentally, for guiding you in this moment?



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Crisis Readiness, Response, Recovery & Renewal

How do we show up for each other in this moment?

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What is a crisis?

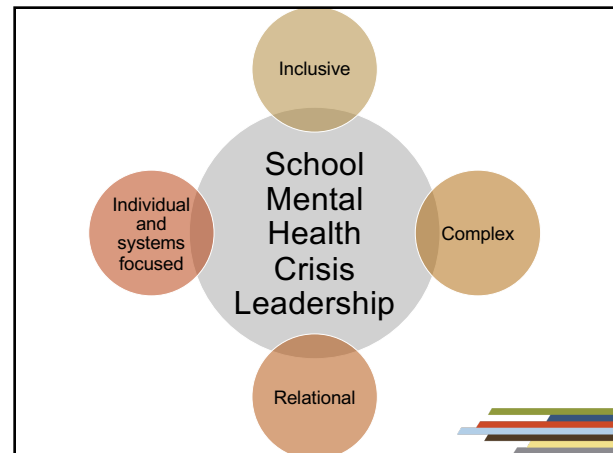
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School Mental Health crisis leadership:

The individual, collective, organizational, and systemic skills, knowledge, and competencies based on awareness and acceptance of the responsibility and accountability to create school conditions, climates, and cultures that empower others to navigate uncertainty and harm so that all students, staff, and partners can repair, regulate, and restore.

Based on Harvard professor Marshall Ganz who posits that "leadership is accepting responsibility to create conditions that enable others to achieve shared purpose in the face of uncertainty" (2010, p1).

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What might trauma informed school crisis sound like? Look like? Feel like?



Safety
Ensure physical and emotional safety, recognizing and responding to how racial, ethnic, religious or sexual identity may impact safety.



Choice
Maximize choice, addressing how privilege, power, and historic relationships impact both perceptions about and ability to act upon choice.



Empowerment
Encouraging self-efficacy, identifying strengths, and building skills which lead to individual pathways for healing while recognizing and responding to the impact of historical trauma and oppression.



Trustworthiness
Foster genuine relationships and practices that build trust, making tasks clear, maintaining appropriate boundaries and creating norms for interaction that promote reconciliation and healing. Understand and respond to ways in which explicit and implicit power can affect the development of trusting relationships.



Collaboration
Honor transparency and self-determination and seek to minimize the impact of the inherent power differential while maximizing collaboration and sharing responsibility for making meaningful decisions.



Equity
A state of being in which an individual's outcomes are no longer predictable by race or other demographic factor. The process of giving individuals what they need, not just what's "equal".

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Reflection Questions

- What is your relationship to ambiguity? To loss of control? To threat, a loss of regularity, and normalcy?
- What is your personal relationship to crises? How might that impact your professional relationship to crisis management and leadership?
- How might your relationship and responsibility to information (first vs. secondary responders) impact the way you become ready for a crisis or respond to one?
- What is your personal narrative of crisis, and how might that impact how you lead organizationally?

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These things matter

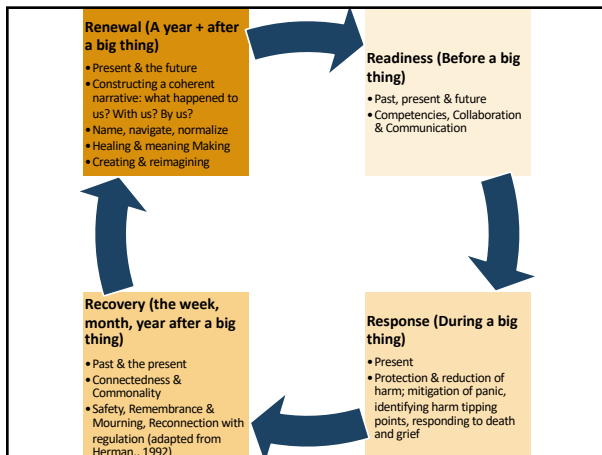
- Names & definitions
- Equity, equality and intersectionality
- Roles & positions
- Supporting the supporters
- Partners & partnerships

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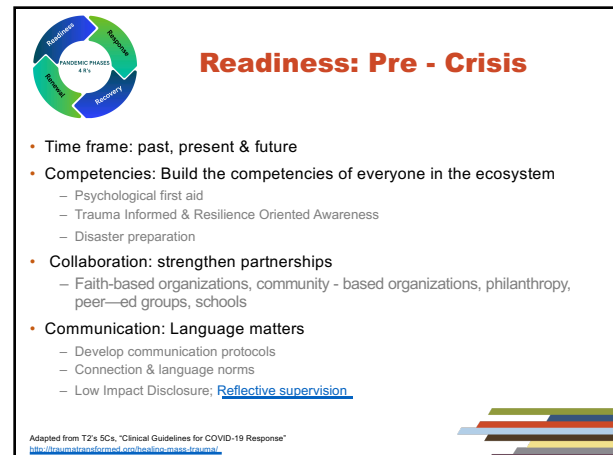
PAUSE CONNECT REFLECT

In the chat box,
please tell us
1 takeaway or
1 “ah-ha”
that is resonating
with you right now.

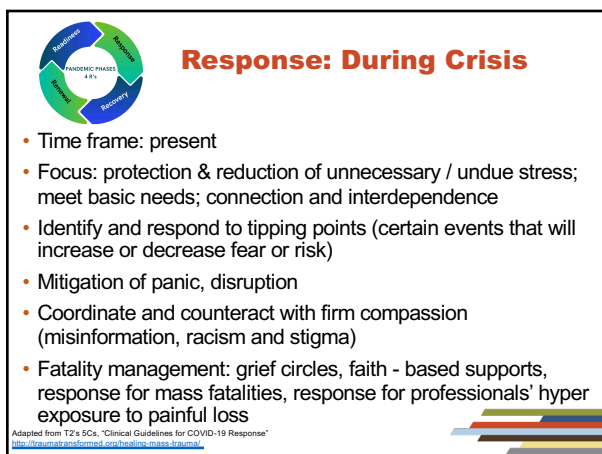
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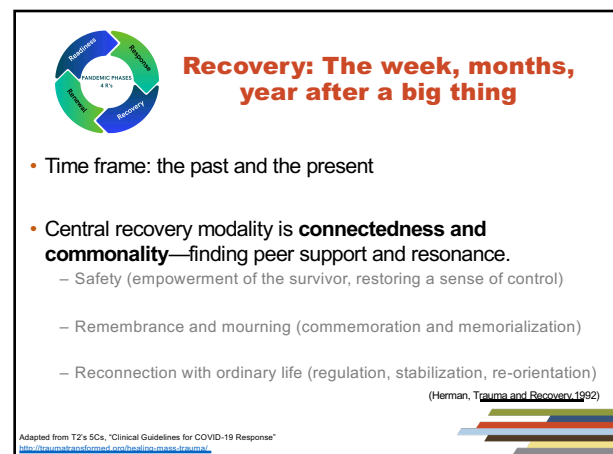
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Renewal: A year, three years, five years later (long term)

- Time frame: present and future
- Renewal = constructive & coherent story of the self and the whole (What happened to us? With us? By us?)
 - Name
 - Navigate
 - Normalize
- Healing: root causes & meaning making
- Create and celebrate the ability to safely reconnect
- Reimagine systems and services; learn from and embed lessons and data that surfaces

Adapted from T2's 5Cs, "Clinical Guidelines for COVID-19 Response"
<http://traumainformed.org/healthcare-providers/>

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Breakout Groups:

1. In your groups, choose which "R" you would like to explore.
2. Find the reflection questions associated with that "R" on the worksheet.
3. Either quietly as individuals or together, take 5-10 minutes to sit with the questions.
4. Share out your reflections. Provide stories and real experiences.
5. After everyone shares: what are common through lines? Differences? Areas of growth? Areas of strength?

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Merging Principles to Our Practice

What is Our Most Elegant Next Step?

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What ?

So what?

So now what?

- 'What'** -recount what happened in you experience
- 'So What'** -identify the learning
- 'So Now What'** - make a commitment to change

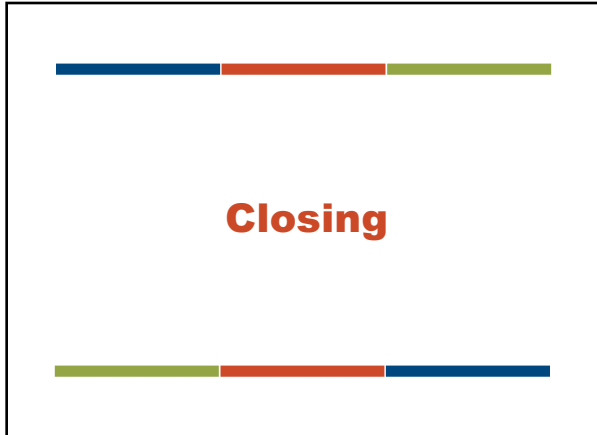
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7 Cs

- **Communication:** Clear, concise messaging that is transparent, steady, and attuned to need
- **Connection:** Increase safety and stability
- **Context:** Reduce stress
- **Coherence:** Promote connectedness
- **Collaboration:** Co-create inclusive resources, response and recovery strategies
- **Consolidation:** Instill authentic hope
- **Consent:** Cultivate power with vs. power over

Adapted from T2's 5Cs, "Clinical Guidelines for COVID-19 Response"
<http://traumainformed.org/healthcare-providers/>

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Closing

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Upcoming learning opportunities

- Learn more about SCRR: Thursday, October 8, 11 am – 12 pm PT // 2 pm – 3 pm ET: [Register Here](#)
- Pacific Southwest School Mental Health Wellness Wednesdays: Every 2nd Wednesday of each month, 2-3 p.m. PT: [REGISTER HERE >](#)
- Submit to our SCRR Día de los Muertos Altar! This year, we at the SCRR project are building a digital altar to honor school communities who have experienced loss. We invite you to submit a picture or art piece so that together, we can remember and celebrate. [Submit your altar offering here](#) by 10/27/20
- SCRR Level Setting-Foundational Modules: foundational modules to promote shared learning and understanding of what renewal and recovery might look like in the context of school crisis. Learn more: <https://schoolcrisishealing.org/events-learning-opportunities/>
- The Mental Health Technology Transfer Center Network's Grief Sensitivity Virtual Institute is back for Part II: "Applying Concepts to Practice." Over 5,000 participants attended Part I in September; join for Part II in November (11/12 & 11/13) with leading grief experts across the country. The series is geared towards providing our workforce (mental & school mental health and the general public) with tools and strategies that can be used when addressing the needs of individuals experiencing grief and loss during COVID-19 and beyond. [Download the event flyer here](#).
 - November 12th & 13th 9am-2:45pm PT both days. [Register here](#).

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Website: <https://mhttcnetwork.org/centers/pacific-southwest-mhttc/home>

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<https://tinyurl.com/pacsw-mh-news>

[Check out our latest newsletter for our upcoming events!](#)

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SCHOOL CRISIS RECOVERY RENEWAL

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 Phone: (888) 597.0995
 Website: www.schoolcrisishealing.org

Get social with us!
 Facebook: @scrr_project
 Instagram: @scrr_project
 Twitter: @scrr_project

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Thank you for attending!

We need to hear from you to keep bringing you these FREE resources!

<https://www.surveymonkey.com/r/2209MTF210>

Please take a few minutes to give us your feedback! We use it to plan our future events—and we are required to include it in our reports for our funder, SAMHSA.



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Resources

TIRO COVID 19 Leadership Resources

- Trauma Informed Systems - COVID 19: Resourcing Practices for Leaders During Crisis (Trauma Transformed): <http://traumainformed.org/wp-content/uploads/Resourcing-Leaders-in-pandemics.pdf>
- COVID-19 Considerations for a Trauma Informed Response for Work Settings (Organizations/Schools/Clinics): <https://traumainformedregion.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>
- Trauma-Informed Leadership Guide for Leaders from All Sectors and Industries: <https://lessicalaymaster.com/files.wordpress.com/2020/03/covid-19-trauma-informed-leadership-guide.pdf>
- Planning Your Organization's Return from COVID-19 Planning Checklist: <https://kindredleaders.com/2020/04/15/planning-your-organization-s-return-from-covid-19-planning-checklist>
- "Leading Your People In Times of Crisis": <https://www.rootinc.com/blog/leading-your-people-in-times-of-crisis>
- The National MHTTC website for COVID 19 resources: <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19>

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Organizations to Whom We Refer for our Learning

- Lumos Transforms: <https://lumostransforms.com>
- Trauma Transformed: <https://traumatransformed.org>
- PCORI: <https://www.pcori.org>
- Resilience Research Centre: <http://resilienceresearch.org>
- Adverse Childhood Experiences: ACEs Too High: www.acestoohigh.com and ACEs Connection: www.acesconnection.com
- The Center for Nonviolence and Social Justice (Drexel University): <http://www.nonviolenceandsocialjustice.org/FACs/WhatIs-Trauma/41>
- The Center for Post-Trauma Wellness: <http://www.posttraumawellness.net/resources>
- The Trauma Center at Justice Resource Institute: <http://www.traumacenter.org/index.php>
- The Prevention Institute: www.preventioninstitute.org
- The Center for Collective Wisdom: <https://ccw.org>
- NCTSN Learning Center: <http://learn.NCTSN.org>
- National Child Traumatic Stress Network: www.NCTSN.org
- TEND: <https://www.tendacademy.ca>
- Organizational Health in Trauma-Exposed Environments – Online Course
- The American Psychological Association's Center for Organizational Excellence: <https://www.apa.org/ce/center-for-organizational-excellence>

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Two national resource hubs from the MHTTC Network

<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement>

<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources>

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the impact of substance abuse and
mental illness on America's communities.

www.samhsa.gov

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