

FOREFRONT IN THE SCHOOLS

SEPTEMBER 2023 | E-NEWS



Fall is in the air, and we are excited to support you all as you begin planning for the upcoming school year. Start the new school year by working closely with your fellow team members in completing these tasks.

FIS SCHOOL START CHECKLIST

Be sure you and your team members stay informed and up to date on receiving important communications from Forefront staff.

- ✓ Update/create your FIS web portal login. Old credentials EXPIRE soon!
- ✓ Sign Forefront's 2023-24 **Master Team Roster & User Agreement Form**.
- ✓ Consider using our **Sample Digital School Team Roster** to help track a few FIS tasks.

Current Users with a current log in - Please reset your password. School firewalls and WordPress don't always play nicely, so let us know right away if you have any issues. jkdaniel@uw.edu

New Users without a portal log in - Please **follow these steps** to set up your account.

Read our [2023-24 Fall Kick Off Guide](#)

Find everything you and your team members need to get a solid start for the school year.

- [FIS At-a-Glance Calendar 2023-24](#) with training and events for schools and parents.
- Attend & [Attest](#) to our Fall LEARN Implementation Training of Trainer [TOT](#) sessions.

NEW! -- Clock hours for attending our October 3.0 hr FIS LEARN Training Implementation sessions.

Crisis Plan Scoring

Schools who wish to stay active in the FIS program are expected to submit a baseline crisis plan when they enter our program. Our evaluation staff will score this plan and provide one additional scoring after your team has used our crisis planning tools to improve your score. For any schools who have not submitted their plan, please do so here. [Crisis Plan Upload](#)

FIS SPONSORED EVENTS – Use our free discount codes!

- ❖ *If you are an active FIS school team member, please use discount code: FISJEDHS*
- ❖ *If you are a behavioral health navigator, please use discount code: OSPIBHN*

Understanding Grief After Suicide

This virtual webinar is for anyone wanting to learn how to support someone bereaved by suicide and shine a light on concepts rarely discussed in our culture. *Are your experiences 'normal'? Will you find joy again? What does useful support for a suicide loss survivor look like?*

- Nov 16
- [Register Here](#)

DBT in Schools - Skills Training for Emotional Problem Solving for Adolescents

Dialectical behavior therapy (DBT) skills have been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress and decision-making. Join this dynamic Mazza team. Instructional hours are available.

Free registrations to active FIS schools for these dates ONLY. Register early before they fill!

- Intro to DBT Informed School Counseling Strategies - [Dec 7-8](#)
- Steps A Implementation - [Mar 11-13](#)

FAST Skills - Monthly Lunchtime Virtual Workshops (Oct - May)

Clock hrs

The Fast Approach Skills Training (FAST) programs are designed to provide brief, evidence-based behavioral therapy for youth and families with common mental health concerns.

- [Register Here](#)

Promote this to your parents/caregivers and school-based mental health providers.

Clock hrs – 1.0 hr per session for WA state Educators. Sessions will be recorded and available.

Parenting Today's Teen Series

Invite parents and staff to these evening discussions with Drs. Lizz Dexter- Mazza & Jim Mazza. Learn more about social media's impact on teen mental health and using practical social and emotional strategies and skills to help validate our children and ourselves.

- Nov 2 - **Social Media & Teen Mental Health**
- Feb 7 - **Social Emotional Skills at Home**
- [Register Here](#)

OTHER TRAINING EVENTS



Lifelines: Suicide Prevention, Intervention & Postvention Training

These training modules come from leading experts (Underwood & Associates) to help address the important topic of youth suicide. From prevention to intervention to response, these include today's best practices, topics and language to reflect today's youth culture.

- Prevention - [Nov 14](#) or [Dec 11](#)
- Intervention - [Nov 8](#)

Schools sending at least 1 staff to each portion of the trilogy and committing to implementing the program can receive access to the full online Lifelines Comprehensive Trilogy® curriculum on-demand for 3 years. Curriculum access will be provided while supplies last. Verification of attendance for all 3 sessions (via live sign-in) is required. OSPI is offering this important training opportunity through Title IV, Part A.



Tele-Health 401 Webinar: Children & Adolescent Behavioral Health - UW Medicine

Learn about newly developed evidence-based guides addressing practical aspects of telemental health (TMH) service delivery to children and adolescents across traditional and non-traditional settings. Each brief guide is specific to youths' developmental stage (elementary, middle, and high school) in 4 domains (Safety & Privacy, Engagement, Family Involvement, and Diagnostic Considerations). An independent guide for managing youths' suicidality across the same 4 domains will also be presented.

- Dec 15 - [Register Here](#)

Washington State Mental Health Summit 2023 - UW Medicine

This FREE all-day event is open to any mental health stakeholder interested in participating in the improvement of mental health care in Washington.

- Nov 2 - [Register Here](#)
- UW HUB Seattle - *In-person & streaming options in planning*



CEU
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Clock hrs

Building Community Resilience Conference - Cost \$50 per ticket.

This year's virtual conference hosted by Snohomish County Human Services will take a deep dive into building relationships, deepening practice, taking action and building capacity. Keynote speakers: Dr Daniel Siegel, MD and Dr Kristin Neff, PhD.

- Oct 25 - [Register Here](#)



Teachable Moment: Helping Students & Adults Address Mental Health Challenges

The National Council for Mental Wellbeing is offering this 'Wellbeing Wednesdays' webinar where the best minds in health care share their thoughts on current issues.

- Sept 27 - [Register Here](#)

YOUTH RESOURCES & ACTIVITIES



Mental Health Support Program

Erika's Lighthouse is a nonprofit on a mission to provide free mental health programs for any school, anywhere. Help support student mental health year-round with free materials.

[Create an account](#) to access the following:

1. Classroom Education
2. Family Engagement
3. Policy & Staff Training
4. Student Empowerment Clubs & Awareness Campaign Materials



DBT Check-in Worksheet

Use this daily check-in to help your students focus on the positive and build mastery skills by becoming more aware of what is going well in their day. [Download Worksheet Here](#)



Sexual Assault Prevention Resources - Harborview Abuse & Trauma Center

1. [Athletes As Leaders](#): Prevention program for high school athletes on girls' teams.
2. Coaching Boys Into Men: Prevention program for athletes on boys' HS teams.
3. [Culture of Consent](#): Podcast aimed for school staff and caring adults.
4. [Team Up Washington](#): Violence prevention initiative for local HS sports teams.
5. [Safer Family Safer World](#): Engaging Parents/Caregivers in prevention.

YOUTH ENGAGEMENT



Mix It Up at Lunch Day is an international campaign that encourages students to identify, question and cross social boundaries. Find best practices, approaches and details below.

- [Mix it Up - Learning for Justice](#)



Back to School - Crisis Text Line Student Toolkit

Starting a new school year can be exciting AND stressful. For some students, it can lead to anxiety. This year's toolkit is designed to help students manage everyday stress with worksheets, GIFs, merch store and inspirational videos. Remember, Washington's keyword is HEAL, so please help spread the word!

- [Self-Care Student Planner](#)
- [Stress - How to Help Others](#)

RESEARCH & CALLS TO ACTION



Seeking school-based mental health clinicians working with diverse youth!

The UW SMART Center is recruiting school-based mental health clinicians to participate in a research project about equitable delivery of evidence-based services for Black and/or Latinx youth in middle and/or high school. Participating clinicians will receive free trainings and consultation, earn CE credits, and up to \$450 in study incentives.

For more information and to find out if you or your school-based program is eligible, see the project flyer attached or click here: <https://redcap.link/vibrantenrollment>



Elementary School Staff - We need your input!

UW Forefront Suicide Prevention and OSPI are collaborating to learn more about mental health supports for primary age students. Recognizing diverse needs across WA state, we are seeking valuable input from Elementary school staff. Help provide insight into existing supports and barriers for accessing mental health services for this age group.

- [Take the Survey](#) - Survey closes Oct 20, 2023.



Your Voice Matters! Share Your Views on the Current State of Adolescent Health

DOH would like to hear directly from WA health care providers serving teens and young adults. Share your perspectives on adolescent well-visits, behavioral health care, confidential care, telehealth services, youth-friendly care, and billing and reimbursement for adolescent health care. 3 easy ways youth-serving health care providers can share information:

- ✓ **Participate in an upcoming virtual listing session** where DOH staff will share feedback from the Adolescent and Young Adult Health Youth Advisory Council, then listen to providers' thoughts and feedback on adolescent health, and ideas and recommendations for solutions to challenges and barriers.
- ✓ **Participate in a key informant interview** - Share your thoughts, ideas, and recommendations directly with DOH staff on the topics above.
- ✓ **Take a 20 min anonymous online survey** of mostly open-ended questions.

Young people can continue to share feedback by taking our youth survey.

- [Find Surveys & Info Here](#)
- [One Pager - DOH](#)
- [Resources for Teens](#)

COMMUNITY SUPPORT & ENGAGEMENT

GRANT OPPORTUNITIES
