

FOREFRONT IN THE SCHOOLS

August 2024 | E-NEWS

WELCOME TO THE 2024-25 SCHOOL YEAR!

We hope you enjoyed the people, places and many other memories of this past summer. Our first newsletter for the year includes important information to help kick off the coming year. As you head back into your buildings, be sure your team completes the school start checklist below.

To retain your active FIS school status...

Be sure that all adult team members complete our annual onboarding steps below ASAP.

Please contact us with any questions or help you may need.

jkdaniels@uw.edu, terhaarp@uw.edu

1

SIGN Forefront's annual **Master Roster User Agreement - 2024-25**

- Ensure that each adult team member completes this step including parent reps.
- All FIS communications, including our monthly newsletter uses this as a contact list.

2

RESET your individual **Web Portal Credentials**

- This annual task gives each adult team member access to Forefront materials.
- Contact jkdaniels@uw.edu if your school's firewall prohibits you from completing these steps.

3

READ our **Fall Kick-off Guide**

- In this guide you'll find helpful information, including our current event calendar.
- Plan your professional development for the year. Get a peek at our upcoming events.

4

REGISTER for events, training sessions using Code: FIS2425

- LEARN Training of Trainer (ToT) sessions should be attended by phase 2+ schools.
- We ask that you send team members to our Fall LEARN ToT refresher courses every 2 years.

5

PLAN time with your team to discuss/delegate annual tasks using FIS Team Tools on our portal.

- **FIS Program Elements Checklist** - Delegate, track and discuss your annual goals.
- **Sample Team Roster** - Fillable template to track current/past team members.

FORERONT STAFF - IN THE NEWS



End of Year Recognition Celebration 2024 - UW School of Social Work

We are thrilled to celebrate Forefront colleagues who received UW honors this year! Congratulations to Megan and Jennifer for all that you bring to our team and community partners including you, our schools. You are making a difference in so many lives.

- Megan Reibel - Mary Grembowski Award Nominee
- Jennifer Daniels - Sunbeam Award: Someone who consistently cheers others on.



Suicide Among College Athletes - What Forefront is Doing to Help

A recent [UW study](#) by the UW Dept of Medicine has found that suicide rates among college athletes has doubled in the past 20 years. In partnership with the UW, here's what our training team has been doing to help support our local athletic community in reversing this trend.

- 2022-23 - Forefront trains all UW Coaching and Training Staff. (130)
- 2023-24 - UW Coaching Staff complete our LEARN Training of Trainer (ToT) course.
- 2024 - UW Women's Soccer helps raise awareness for Mental Health Awareness month. *Forefront was thrilled to present, table and interact personally with the athletes/attendees!*
- 2024 - This Fall, 600 athletes will receive LEARN Training by UW Coaching Staff.
- 2025 - Athletes will be trained to deliver Forefront's LEARN Training to their peers.

Watch [UW Athletes Practice Mental Health](#). A great tool to include in your school's efforts.



Youth Tipline - Advisory Committee

Washington youth have a new resource to help them if they're struggling with mental health.

Many thanks to our own Megan Reibel - Program Director and Larry Wright, CEO for their contributions and involvement in this new support for our young people.

[Hear Me WA](#) is a new statewide reporting system focused on the safety and well-being of young people that offers a direct line to a national crisis center 24/7, 365 days a year by calling 888-537-1634 or submitting a tip online.

UPCOMING EVENTS

→ [FIS Events](#) - Use code FIS2425 → [Forefront Public Events](#)



Clock hrs
CEUs

Advanced LEARN Training

Designed for Educational Staff Associates and led by experts in the field, this training includes topics for key school staff, suicide screening and safety planning intervention and time for skills practice. Listed on the DOH [Model List](#), this course will be offered 5 times this school year.

- [Register for the September 24 session Here](#)
- [View other upcoming sessions on our Training & Events Calendar](#)

ESAs and Educators - Up to 3 clock hrs



FAST Skills - Monthly Lunchtime Virtual Workshops are Back!

First Approach Skills Training (FAST) programs provide brief, evidence-based behavioral therapy for youth and families with common mental health concerns in settings like primary care clinics or schools where longer-term treatment is not typically provided. Health professionals and parents are welcome to attend.

- [Register Here for all 6 sessions](#)
- [About FAST Skills](#)



Clock hrs

LEARN Training of Trainers - ToT Refresher Sessions

Participants, please be sure to complete steps 1-4 steps listed on page 1.

- [Oct 8 - Educators](#)
- [Oct 15 - Student-led LEARN for Adult Training Coordinators](#)
- [Oct 22 - Parent/Caregiver LEARN](#)



Raising Resilient Teens

Designed for parents/caregivers raising children aged 13-19. Attendees will meet at the [Hans Rosling Center - UW](#) to connect with others, share experiences, learn ways to support their teens and get practical tips using the "Cope, Calm, and Care" method. Led by Dr. Kira Mauseth. Please promote this opportunity to your local parent/caregivers.

- [Register Here](#)

RESOURCES FOR THE SCHOOL COMMUNITY



In partnership with SAMHSA, 988 Day is designed to help create a positive buzz around the 988 Suicide & Crisis Lifeline and its activities across the country.

Raise awareness of 988 in fun and creative ways by planning an annual tradition each Fall.

On Sept 8, use the theme “No Judgment. Just Help.” to positively promote 988.

- Use the [988 Day - Digital Toolkit](#)
- **Plan Your Activities** - Share the message, “No Judgment. Just Help.”
- **On Sept 8** - Use the hashtag **#988Day** to share your activities.
- Check out the social event wall to see everyone’s activities in one place.
- [Other 988 Awareness Materials - Order Form](#)



Clock hrs

Community Resilience In-Person Conference - \$75

Conference goals include building skills and resiliency, connecting with others, and continuing to help our communities flourish. Oct 24. Delta Hotel by Marriott, Everett, WA

- [Registration & Agenda](#)
- Keynote: Ryan Hampton, Brad Finegood
 - *CEU, CNE & Clock hrs for Educators available hrs - MH/SW credits*



Grief Support - Back-to-School Resources for Educators

As students return to school, here are some top resources for educators.

- [Transitions Can be Tough for Grieving Students](#) - *Coalition for Grieving Students*
- Supporting Grieving Students: [A Guide for School Personnel](#) - *Our House*
- Grief by Age: [Developmental Stages & Ways to Help](#) - *Eluna*



Faith-based Bullying - Conversation Series

MHTTC series, session 1: *Healing School Communities in the Context of Faith-Based Bullying*.

For students, families, educators, and school mental health professionals who are navigating the ongoing impact of faith-based bullying on student and staff mental health.

- [View 90 min Recorded Session Here](#)



LGBTQIA+ Resources & Training

Trevor Project [Resource Center](#) has an amazing range of topics (safe spaces in schools, developing healthy relationships, homelessness, and articles for parents).

- [Supporting LGBTQ+ Youth with Disabilities](#)



Mental Health - Curriculum Library

Wish you could find K12 mental health curriculum designed for educators in one location?

Chad's Legacy Project in partnership with the UW SMART Center has created a convenient platform filled with resources and guidance to help support students. Search options include grade, program type/components and learning standards.



Mental Health First Aid Training - Limited to King County Adults

This interactive course helps participants identify, understand and respond to signs of a mental health or substance use challenge or crisis. Available in Spanish.

- [Seattle Children's](#)
- [Valley Cities](#)



Mental Health Referral Service

Help connect families to mental health providers in your community. MHRS accepts new patients who will work with insurance and various treatment needs. Accessible to children/teens 17 and under living in Washington. Teens ages 13 -17 can also call the Referral Service to find providers for themselves.



Opioid Use Disorder - Buprenorphine Hotline

A new FREE tele-hotline (UW Medicine & [KC Public Health](#)) was recently launched to provide low-barrier medication for opioid use disorder. On-demand treatment is now available year-round, 24/7 via tele-health visits with UW Emergency Medicine physicians. Doctors work with Linkage to Care Coordinators to help connect to care within 72 hrs of the first visit.

Available to anyone: 13 years of age or older who has an opioid disorder and resides in King County.



Reimagining Behavioral Health - Race, Equity & Social Justice Conference

This 2 half-day virtual conference unites individuals from the WA state behavioral health community and beyond. Exchange information, perspectives, best practices, and policies aimed at promoting equity and social justice in the behavioral health field.

- [Register Here](#) - CE Certificates available
- Sept 26 -27



DOH
Funding

Sources of Strength

WA state schools are eligible for funds to implement SOS, a best practice youth mental health promotion and suicide prevention program designed to harness peer social networks in creating healthy norms/culture in preventing suicide, violence, bullying, and substance misuse.

To learn more, contact: Carolyn.House-Higgins@doh.wa.gov / Olivia@sourcesofstrength.org



Support After Suicide

According to the CDC, people who had known someone who died by suicide in the past year were at greater risk of having thoughts, actions and plans to die by suicide themselves. In partnership with Crisis Connections, this program offers vital assistance to individuals mourning a suicide loss, helping them connect with others and easing their isolation.

- 1:1 Grief Companion Peers
- Care Packages
- Support Groups led by Professionals

YOUTH RESOURCES & ACTIVITIES



Depression Awareness Programs - Erika's Lighthouse

Work upstream to meet students where they are using a program that includes real teens. Find Tier-1 mental health prevention and early identification programs that fit within an MTSS framework. Includes classroom education, empowerment clubs, family engagement, policy/staff training, school-wide campaigns, and data center, all using a culture framework.



Tobacco - Getting Help to Quit

Many people know about the harms of tobacco use and the benefits of quitting smoking, but don't know that your body starts to heal just minutes after that last cigarette. The 2Morrow Health app is a free, anonymous, self-guided program that teaches people how to deal with unhelpful thoughts, urges, and cravings caused by nicotine. Includes support for people who want to quit vaping, smoking or other tobacco use.

FAMILY TOOLS & ENGAGEMENT



Alcohol - Setting Boundaries with Underage Youth

UW Professor David Jernigan, PhD addresses the myth about which youth drink more before going to college. Youth in permissive or restrictive homes? Find 2 min video bites like these from Delaney Ruston's 'Screenagers' channel.



Family Resource Center - Child Mind Institute

Families can find information here to help support their children struggling with mental health, behavior or learning challenges. Popular topics include Anxiety, Autism, Behavior Problems, Depression/Mood Disorders, HDHD/Attention and Screen Time/Technology.



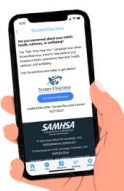
Mental Health - Resource Hub

This resource page helps parents/caregivers learn how to recognize the signs of a mental health problem and what to do to help their child or teen. *Some resources available in Spanish.*



Overdose Resources for Caregivers

Have the talk that can save teen lives. Families are facing a dangerous reality: Fatal fentanyl overdoses are on the rise. Even if parents don't think their teen is at risk, they need to be prepared. Get the facts, learn the signs and have the conversation.



Screening for Health, Wellness & Well-being

For anyone concerned about the health, wellness, and well-being of yourself, your child, or someone you care about. Screen 4 Success, is a new app developed by SAMHSA that provides a 10-min screener to look for signs of elevated risk and help in finding support to address any concerns. Resources include available local and national services and support. Access it on your mobile device using the "Talk. They Hear You" campaign mobile app.

SURVEYS, GRANTS, RESEARCH & LEGISLATION



Mental Health Services Using a Student-led Approach

Seattle students and their peers around the country are struggling with significant mental health challenges. The 2024 research findings from local students will help to inform future investment strategies and uniquely position Seattle to leverage and adapt existing youth programming, convene partners across sectors, and support community-level solutions.

Research Insights

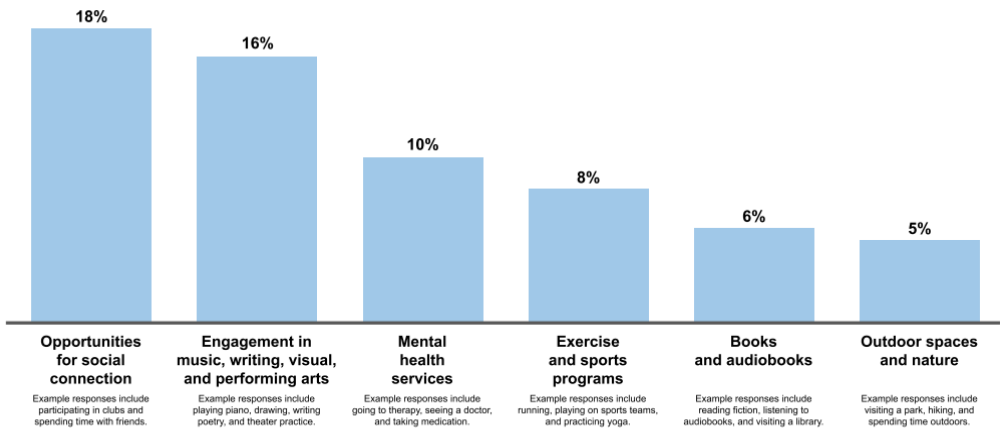
Investment Strategies

PREVENTION	
1. Students Are Not Aware of Existing Resources	Improve Awareness and Access to Existing Resources
2. Stigma is a Barrier to Students Asking for Help	Expand Mental Health Education, Destigmatization, and Training
3. Students Want More Enrichment Programs	Expand Enrichment Programs that Address the Nature Deficit



Mental Health Report - Trevor Project

Crisis Text Line and Common Good Labs offer solutions to the youth mental health crisis based on over 87,000 anonymized conversations with young people who talked about what helps them cope. Read more here, including solutions to the epidemic of depression and adolescent suicide in the U.S.



Source: Crisis Text Line and Common Good Labs analyses of 87,623 anonymized, crisis-intervention conversations with texters 17 years and younger from 2019 to 2022 in which at least one resource for coping and finding support or relief was recorded by the counselor.