

FOREFRONT IN THE SCHOOLS

October 2024 | E -NEWS

*As you navigate through the Fall season, be sure your school maintains an active status.
Ask all adult team members to complete our annual onboarding steps below.*

*We're here to help support your efforts! Contact us with any questions or help you may need.
terhaarp@uw.edu, jkdaniels@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

SET UP or CHECK your individual Web Portal Credentials

- *If you are a returning team member, you are good to go!*
- *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& PROMOTE our many events, resources and training sessions using **Code: FIS2425**

- *Check out our FIS Event Calendar link on the next page.*
- *Promote events, resources etc. in our newsletter to colleagues and your school community.*

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.

UPCOMING EVENTS

Click here to see: [FIS Event Calendar](#) - Use code FIS2425 | Click to see: [Forefront Public Events](#)



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 Dept of Health [Model List](#), this course will be offered several times this school year and offers ESAs and Educators up to 3 clock hours.

Clock hrs

- [Nov 14 Session](#)
- [Winter & Spring Sessions](#)



DBT in Schools - Intro to Dialectical Behavior Therapy Skills & Strategies

This 2-day virtual training provides school mental health staff with an overview of how DBT skills and strategies can be integrated into the school environment using the MTSS model.

Cont Ed
hrs

Learn how to identify student goals and behavioral targets for counseling sessions as well as the rationale of using a chain analysis as a method of assessment and guidance in determining effective solutions. Also learn a step-by-step process for providing skills coaching (based on DBT STEPS-A skills) to students "on the fly" when needed during the school day to help increase the amount of time students spend in the classroom.

- [Register Here](#)

*National Association of Social Workers (Approval # 886826240-6699) for 11 continuing ed contact hours
Free registrations to active FIS schools. Register early before they fill!*



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 welcomed. Register for any/all of the monthly sessions.

- [Register Here](#)
- [About FAST Skills](#)



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?*

This course will be offered again in December and January.

- [Grief After Suicide - Nov 7](#)

RESOURCES FOR THE SCHOOL COMMUNITY



Mental Health School Supplies - Educator & Parent Toolkit

A new school year can come with new challenges resulting in stress and anxiety. As a caring parent or teacher, it's good to know about Crisis Line's tools and resources to help manage your own stress while supporting your kids/students as they prepare to go back to school.



Messaging Framework - Guidelines for Promoting Help Seeking

Promote hope and help-seeking in your school this year by using a research-based model that includes strategy (why, who, what & how), positive narrative, guidelines and safe messaging that adhere to critical issues when messaging to the public about suicide.

- [Framework for Prevention Messaging](#)
- [988 Formative Research](#)



Promoting Mental Health & Well-being in Schools - 2023 Guide

This guide helps to support K-12 schools in prioritizing students' mental health. So many tools and resources to choose from! Help your school and district leaders build on what you are already doing to promote students' mental health and...find new strategies to fill in any gaps.

- [Health Ed Curriculum Analysis Tool - \(HECAT\)](#)
- [Learning to Breathe - Video](#)
- [Enhance Connectedness Among Students Staff & Families](#)



Self-Injury & Recovery Resources - Cornell Institute

The Cornell Research Program helps us to understand, educate about and prevent self-injury. This website is dedicated to sharing resources related to self-injury and associated conditions. A growing body of evidence demonstrates that self-compassion is a powerful tool for treating and preventing self-injury and related health conditions. [Check out Dr Bluth's Resources](#)
Check out these resources:

- [Categorized Resources](#) - Including how to talk to students about self-injury
- [Learn More About Self-Injury](#)
- [School Protocols](#)



Substance Use Assessments - Next Day Appointments

Next Day Assessment Appointments for substance use disorder (SUD) in King County are a go-to resource for parents, caregivers, teachers, school administrators, or anyone who could make a referral for youth and young adults.

Assessments are provided by [Friends of Youth](#), (Kirkland), but can serve youth across the county virtually. Referrals are gladly accepted from parents or caregivers seeking care for their child, from practitioners working with clients, and also from young people seeking care for themselves.

YOUTH RESOURCES & ACTIVITIES



Bullying - 6 Ways to Be an Ally

Simple things Educators, Students and Parents can all do to be an ally to targets of name-calling and bullying, putting safety first when deciding the best way to respond. Teaching Tolerance resources include Cyberbullying, Navigating a Digital World and Taking a Stand.

- [Responding to Hate & Violence at School - Teaching Tolerance](#) *Available in Spanish



Destress Monday at School

This program was designed in partnership with Johns Hopkins University to support teachers and educators by offering simple ways to introduce stress management techniques into their routine. Teachers and their students can start each week with tools to help manage stress, helping them feel more focused, energized, and relaxed.



Election Season & Stress

This period of time can feel overwhelming for young people as political and social pressures weigh heavily on the minds of so many people. A recent Harvard Youth Poll highlights these challenges, showing that:

- **56%** of young people believe that politics today are no longer able to meet the challenges our country is facing
- **36%** believe that political involvement rarely has tangible results
- Over **40%** say their vote "doesn't make a difference"

Resources You Can Use Now

- [Election Stress: Tips to Manage Anxious Feelings About Politics](#)
- [Tips for Navigating Stressful Election Conversations](#)
- [How to Combat Misinformation and Find Reliable News Sources](#)
- [When Everything Feels Hostile: 6 Ways to Cope](#)
- [Why Civic Engagement Is Good for Youth Mental Health](#)
- [Media Bias Chart & Fact-Checking Resources](#)



Nicotine Industry Targeting Our Youth

With cigarette smoking on the decline, tobacco companies marketing efforts now include smokeless tobacco products promising safer ingredients, hands free, concealability, flavors, and help for people in social situations. Check out these vaping resources for teens below.

- [Delaney Ruston Tech Talk Tuesday's](#) featuring Dr. Robert Jackler, Stanford University.
- [Quit the Hit](#) - A ready-made, Instagram-based Cessation Program.
- [Truth Initiative](#) - First-of-its-kind interactive, tailored, text-message program.



Youth Bill of Rights - King County

Representing the input of more than 2,200 young people, the Youth Bill of Rights lays out a framework that will unite youth voices and inform decisionmakers as they create policies impacting young people.

- [Best Starts - Youth Bill of Rights](#)
- [Read the Youth Bill of Rights](#)

FAMILY TOOLS & ENGAGEMENT



First Years Away from Home - Transition to College

Going to college is an important transition for both students and their caregivers. This interactive handbook, available at some of our local college campuses is based on actual student experiences and scientific studies. It contains conversation starters, activities and key information for both students and parents to help support this important transition. Topics include looking at values, goals, and vulnerabilities of a developing teen brain.



Nicotine Pouches

A new, potentially worrisome product is gaining popularity among youth: nicotine pouches. While these pouches do not contain tobacco, they do contain nicotine which is highly addictive and particularly dangerous for young people. Long-term health risks are not yet known.

- [What Parents Should Know](#)



Parent Ed Talks

ParentMap is excited to offer a virtual series of education webinars, designed to provide guidance to help support child development. Featuring parenting experts, topics include building resilience, navigating screen time, youth mental health and fostering independence.

- **Expert insights:** Hear from leading psychologists, authors and child development specialists through monthly sessions led by Dr. Laura Kastner.
- **Interactive Q&A:** Get your questions answered live by expert speakers and connect with other parents facing similar challenges.
- **Watch anytime, anywhere:** Participate from home or on-the-go with virtual Zoom sessions designed to accommodate busy parents. Access recorded sessions.

Fee: \$50 for monthly events (Now/June)



School Refusal Tips

Check out these free handouts, workbooks and other resources for parents/caregivers. Families use these with the support of a mental health provider, some use them on their own and others use them while waiting for an appointment with a mental health provider.

- [Find Handouts Here](#)



Resource Access - Contact Center & Virtual Search Tool

The new Resource Access Team (King County) launches their [virtual contact center and online interactive resource database](#) to better connect King County residents with the services and resources they need to thrive. Resource Access is a multifunctional customer service team within the department of [Community & Human Services](#) that will serve as a centralized information and resource referral system, helping to bridge gaps across the human services system making it easier for residents of King County to access the services they need. The team aims to help King County residents remain housed and retain employment.

SURVEYS, GRANTS, RESEARCH & LEGISLATION



African American Suicide Prevention Info & Resources

Developed for SAMHSA by the African American Behavioral Health Center of Excellence.

In the US, suicidality is rising in all ethnic categories (CDC, 2023), but in African American communities it is rising more rapidly and reaching more alarming heights. Many complex and interwoven circumstances contribute to the ongoing crisis of death by suicide magnifying the need for and importance of preventive services, resources, tools, and safety measures tailored to address the unique challenges that African Americans face. This 10 -page review includes research and both national and regional resources.



Funding in Schools - Under-funded & Unsustainable 2024 Report

The League of Education Voters recently authored a report: Underfunded & Unsustainable – An in-depth look at the school funding crisis in Washington and its impact on school communities.

In response to the growing financial challenges districts have been experiencing, especially in the last 4 years, the League of Education Voters embarked on a research project to (1) gain a deeper understanding of the challenging financial realities our schools are currently facing, (2) evaluate these realities for their broader implications on students (especially those who are most marginalized in education), and (3) identify a path toward a funding approach that better meets the goals and needs we have as a state. Read their report to see the findings .



Funding - Non-Best Start

Check out funding opportunities from other agencies and organizations who support groups that promote the health and well-being of our babies, children, and young people.

- [Read More Here](#)



Sources of Strength - Youth-led Mental Health Promotion

We love this K-12 program! WA schools are eligible for funds to implement this 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. *Contact: Carolyn.HouseHiggins@doh.wa.gov / Olivia@sourcesofstrength.org*



Statewide Strategic Behavioral Health Plan - Washington Thriving

This statewide effort is developing a strategic plan that will transform the behavioral health system serving children, youth, and young adults through age 25, providing access to high-quality, developmentally-appropriate, culturally-attuned care to those who wish to benefit.

Sign-up via email to receive news and updates. Read more about this legislative plan - [HB 1890](#)