

# Mindful Reflection: Share your rose, thorn, and bud



## Rose

A highlight, a success, or something positive that happened.

WA:

- 2 Project Aware State Grants; 4 LEAs doing the work.
- Doing some intentional teaming at state-level to model for LEAs.

NE

- Starting Year 3 of second Project Aware grant (sunsetting other PA grant)
- Working hard to bring resources around PD opportunities that will be self-sustaining for LEAs (EX: Bringing in trainers to train folks on group interventions for schools. Building capacity of facilitators who can then train others.)
- School-based mental health legislation. Developed board within state including school partners to plan implementation for legislation.
- Doing mental health outdoor challenge for the state (using PA framework). Planning to do again in May. W
- Working on getting more webinars out there for educators and parents/caregivers.



## Thorn

A challenge you experienced, or something you can use more support with.

WA:

- More and more needs from districts for small amounts of funding for mental/behavioral work. Working with Medicaid billing and supporting the mental health infrastructure. Continue to inform policy and work with state to meet this need.

NE:

- Funding & Sustainability

MO:

- LEAs, when submitting applications, were able clearly articulate the problem, but weren't always able to articulate solutions and strong goals/objectives.

DE:

- Funding & Sustainability, especially when it comes to reimbursements through Medicaid



## Bud

New ideas or something you're looking forward to knowing or understanding more.

WA:

- Supporting implementation of workplace secondary traumatic stress in LEAS (legislation passed in 2021). Did survey over the summer to understand implementation (80% didn't know anything about the legislation).

NE:

- Children's Nebraska has joined Children's National to become a school friendly health system (learning collaborative)

DE:

- Building infrastructure and working to standardize SEA procedures that allow LEAs to contextualize them in their school communities.
- Starting middle school intervention for trauma and yoga-based type of therapy
- Safe and Supportive School Innovation and Improvement Grant to school districts to support projects that their doing around MTSS.