Youth Mental Health First Aid: 
A strategy for scaling-up supports for adolescents experiencing mental health or addictions challenges

Annual Conference on Advancing School Mental Health

New Orleans, LA
November 6, 2015
The mission of the Pennsylvania Training and Technical Assistance Network (PaTTAN) is to support the efforts and initiatives of the Bureau of Special Education, and to build the capacity of local educational agencies to serve students who receive special education services.
Session Objectives

1. Setting the Context

2. Vision for a voluntary, state-wide affiliated network of YMHFA Instructors

3. Process uses to coalesce cross-sector stakeholders in developing a functional, voluntary, state-wide affiliated network of YMHFA Instructors

4. Strategies used to leverage this work
[Youth] Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.
Setting the Context

Pennsylvania’s Community of Practice on SBBH was initially established in 2006 through the Bureau of Special Education (BSE) as a means by which to address school-based behavioral health.
Presently, the CoP includes membership of approximately 52 individuals including representatives from the Pennsylvania Departments of Drug and Alcohol Programs, Education, Health, and Human Services, in addition to youth serving provider agencies, managed care organizations, advocates, and youth and family members.
We are: a community of cross sector stakeholders that share a commitment to the advancement of early childhood, school age and adult behavioral health and wellness within the Commonwealth of Pennsylvania.

We support: at present, children, youth, families, schools, and community partners through development of comprehensive early childhood and school-based behavioral health support systems.

We do this in order to: overcome the non-academic barriers to learning for children and youth so that all can successfully transition into adulthood.
Setting the Context

We focus on: 1) promoting implementation and sustainability of evidenced based multi-tiered systems of supports; 2) promoting integration of evidence based programming into decision-making frameworks; and 3) fostering and leveraging articulated and robust school - community partnerships.

We will be successful when: children, youth, families, educational entities and community agencies have access to services, supports, training, technical assistance, and collaborative opportunities that ensure academic and emotional/social success for all.
Setting the Context

A primary strategy of the CoP is to scale-up PBIS with fidelity. In doing so, the CoP established an affiliation of voluntary providers who agree to partner and collaborate on providing training and technical assistance for early childhood programs and schools.

The affiliated network of PBIS providers is referred to as the Pennsylvania Positive Behavior Supports (PAPBS) Network.
Setting the Context

PAPBS school-wide & program wide network sites: 2014-15 --- 652
Setting the Context

Now is the Time” Project AWARE State Educational Agency Grants

2014 Act 71

PUBLIC SCHOOL CODE OF 1949 - YOUTH SUICIDE AWARENESS AND PREVENTION AND CHILD EXPLOITATION AWARENESS EDUCATION

Session of 2014
Cl. 24
No. 2014-71
Setting the Context
Vision

July 14, 2014

The CoP held a meeting to specifically address the installation and scale-up of YMHFA in Pennsylvania

Why have an Affiliated Network (Purpose)?

- Program evaluation that codifies results - support
- To ensure that affiliated instructors receive national and local-level PD and ongoing support - policy
- We ensure to stakeholders that affiliated instructors are of a higher quality - policy
- Provide easy access (e.g. coordinated approach) to the field by which to access high-quality instructors - support
- Leverage efforts to increase awareness of YMHFA (e.g. marketing, outreach) – visibility
- To incentivize training equitably across the Commonwealth (leverage funding) – funding
- Act 48 related implications – policy
July 14, 2014

The CoP held a meeting to specifically address the installation and scale-up of YMHFA in Pennsylvania

Why have an Affiliated Network (*Non-purpose*)?

- A state-wide requirement
- To replace other programs/infrastructures
- Eliminate provider agencies
- Diagnose mental health
- Replaces a MTSS for behavior (YMHFA is an EBP; not a framework)
- Supplant the national training requirements for instructors
- Supplant the national training materials with customized local materials
- Supplant national PD (rather looking to enhance the PD with regional PD)
- To credential trainers
Vision

July 14, 2014

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Value-added Aspects of an Affiliated Network *(for Affiliates)*

- Access to outcome data (as a way to endorse the training)
- Student outcome measures
- Instructor outcomes measures
- State databased of trainers, organized at the regional / local level (data-base / website – who are you and where are you)
- Access to on-going PD for instructors (face-to-face, web-based, etc.)
- Network of support w/ other instructors for peer coaching and supports
- Address options for funding (OMHSAS, PaTTAN) – **funding**
Vision

July 14, 2014

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Value-added Aspects of an Affiliated Network (for LEAs)

- Training to address the requirements of suicide prevention
- Effect indictors 1, 2, 4, 5 of SPP
- Reduction of non-academic barriers to student achievement
- Enhancement of MTSS for behavior at tier 1
- EBP to address students’ needs
- Quality of student life increase / school climate
- Address resiliency and teacher retention rates
- Reduction of stigma associated with mental health
Vision

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Process

Activities:

Trained 6 PaTTAN Ed. Consultants as YMHFA Instructors
The Pennsylvania Community of Practice (CoP) on School Based Behavioral Health extends an invitation for you to participate in a Youth Mental Health First Aid Stakeholders’ Meeting.

Date: Monday, October 19, 2015
Time: 10:00 AM to 5:00 PM
Location: PATTAN Harrisburg
(Entrance A: Lancaster Room)
6940 Franklin Drive
Harrisburg, PA 17112

The CoP has identified the scale-up of Youth Mental Health First Aid (YMHFA) as a shared strategy by which to positively affect school-based behavioral health. As such, the CoP recognizes the following:

- Pennsylvania is fortunate to have a large number of MHFA/YMHFA instructors, facilitating a large number of MHFA/YMHFA courses across the commonwealth. However, school-aged educators represent a small percentage of those persons trained by YMHFA instructors.
- YMHFA has been approved as one of the curricula that meets the professional development requirement of Act 71 of 2014 (Youth Suicide Prevention).
- YMHFA should be integrated into the continuum of tier 1 preventive programming implemented by secondary school sites installing Positive Behavior Interventions and Supports (PBIS).
- YMHFA is best situated in schools where the instruction is also coupled with guidance specific to student confidentiality, resource mapping, person centered planning, Student Assistance Program (SAP) integration, alignment with the Danielson Framework for Teaching, and efforts to best affect school climate/culture.

Therefore, the CoP is interested in establishing a voluntary affiliated network of community-based YMHFA instructors through which to foster relationships with schools. The CoP believes it important to garner direct input and
The Pennsylvania Community of Practice (CoP) on School Based Behavioral Health (SBBH) has identified the scale-up of Youth Mental Health First Aid (YMHFA) training as a priority for the commonwealth. Therefore, the CoP is interested in establishing a voluntary affiliated network of school-based YMHFA trainers through a back-of-the-bus process to scale the program. This CoP believes that a voluntary network of schools can provide rapid access to YMHFA training and delivery of the YMHFA course to schools, making it easier for schools to provide this training and support to their students. The CoP recognizes the following.

- Pennsylvania is fortunate to have a large number of MHFA/YMHFA trained instructors.
- YMHFA has been approved as one of the curricula that meets the requirements for the school district's mental health program.
- YMHFA should be integrated into the continuum of tier 1 prevention.
- YMHFA is best suited in schools where the instruction is also consistent with the Danielson Framework for Teaching, and also with the commonwealth's efforts to improve student health and well-being.

Therefore, the CoP is interested in establishing a voluntary affiliated network of YMHFA trainers to scale the program and provide rapid access to YMHFA training and delivery of the YMHFA course to schools.

**YMHFA Training Schedule**

- **10:00 AM - 10:10 AM**: Greetings and Introduction
- **10:10 AM - 10:20 AM**: Purpose of YMHFA
- **10:20 AM - 10:40 AM**: Core Skills: Identifying Mental Health Disorders
- **10:40 AM - 10:50 AM**: Core Skills: Understanding the Impact of Mental Health Disorders
- **10:50 AM - 11:10 AM**: Core Skills: 4 Core Skill Activities: Identifying Mental Health Disorders, Understanding the Impact of Mental Health Disorders
- **11:10 AM - 11:30 AM**: Core Skills: Building Positive Relationships
- **11:30 AM - 11:40 AM**: Core Skills: Building Positive Relationships
- **11:40 AM - 11:50 AM**: Core Skills: Building Positive Relationships
- **11:50 AM - 12:00 PM**: Core Skills: Building Positive Relationships
- **12:00 PM - 12:10 PM**: Core Skills: Building Positive Relationships
- **12:10 PM - 12:20 PM**: Core Skills: Building Positive Relationships
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- **2:50 PM - 3:00 PM**: Core Skills: Building Positive Relationships

**YMHFA Training Location**

- **10:00 AM - 10:10 AM**: State Capitol Room
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Process

SUMMARY OF POSSIBLE FUNCTIONS FOR AN AFFILATED NETWORK FOR YMHFA

FUNDING .................................................................................................................................................. 1
POLICY ...................................................................................................................................................... 2
POLITICAL SUPPORT ............................................................................................................................. 3
VISIBILITY ................................................................................................................................................ 4

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**Funding**

**Actions**

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<th>Frequency</th>
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<td>1.</td>
<td>Cross-walk of funding opportunities to leverage resources, including federal, state, local philanthropic, private insurance, county block grants (note: also referenced on Political Support padlet)</td>
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<td>2.</td>
<td>Identify sponsors (e.g. MCO, hospitals, etc.)</td>
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<td>3.</td>
<td>Identify funding needs for LEAs (e.g. staff release time, stipends, travel, material, data systems)</td>
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<td>4.</td>
<td>Return on Investment Study, based on outcomes, to demonstrate efficacy (note: also referenced in Policy padlet)</td>
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<td>5.</td>
<td>Engage youth, family, and school board designates in committee</td>
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<td>6.</td>
<td>Implement a social marketing campaign that supports funding</td>
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**Advisement**

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<td>7.</td>
<td>Sustainable funding, not reliant on grants</td>
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<td>8.</td>
<td>Braided funding not affiliated with a single agency</td>
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<td>9.</td>
<td>When grant-making, provide funding to all participants in the partnership (e.g. cross sector)</td>
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Next Steps:

1. Reconvene YMHFA Stakeholder group in December, 2015
2. Facilitate a nominal group process activity by which to prioritize priorities for the affiliated network to address
   • Funding
   • Visibility
   • Political Support
   • Policy
3. Vet a survey to the field of community-based YMHFA Instructors re: services that the affiliated network could provide
4. Identify stakeholder participation by subcommittee (see step 2)
5. Identify stakeholder leads to convene the work of the subcommittee (see step 4)
6. Establish subsequent meeting schedule for the YMHFA Stakeholder group
Strategies Used to Leverage this Work

Strategies Used to Leverage this Work

The Partnership Way
Leading by Convening

Habits of Interaction
- Coalescing Around Issues
- Ensuring Relevant Participation
- Doing the Work Together

Elements of Interaction
- Adaptive
- Technical
- Operational

Depth of Interaction
- Informing
- Networking
- Collaborating
- Transforming
Strategies Used to Leverage this Work

Coalescing Around Issues
Tools and Learning Activities

Ensuring Relevant Participation
Tools and Learning Activities

Doing the Work Together
Tools and Learning Activities
Session Presented by:

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