

**Behavioral Health Matters:  
Policy, Program, and Practice-Level  
Changes Supporting College and  
Career Readiness in Kentucky**

Conference on Advancing  
School Mental Health

New Orleans, Louisiana

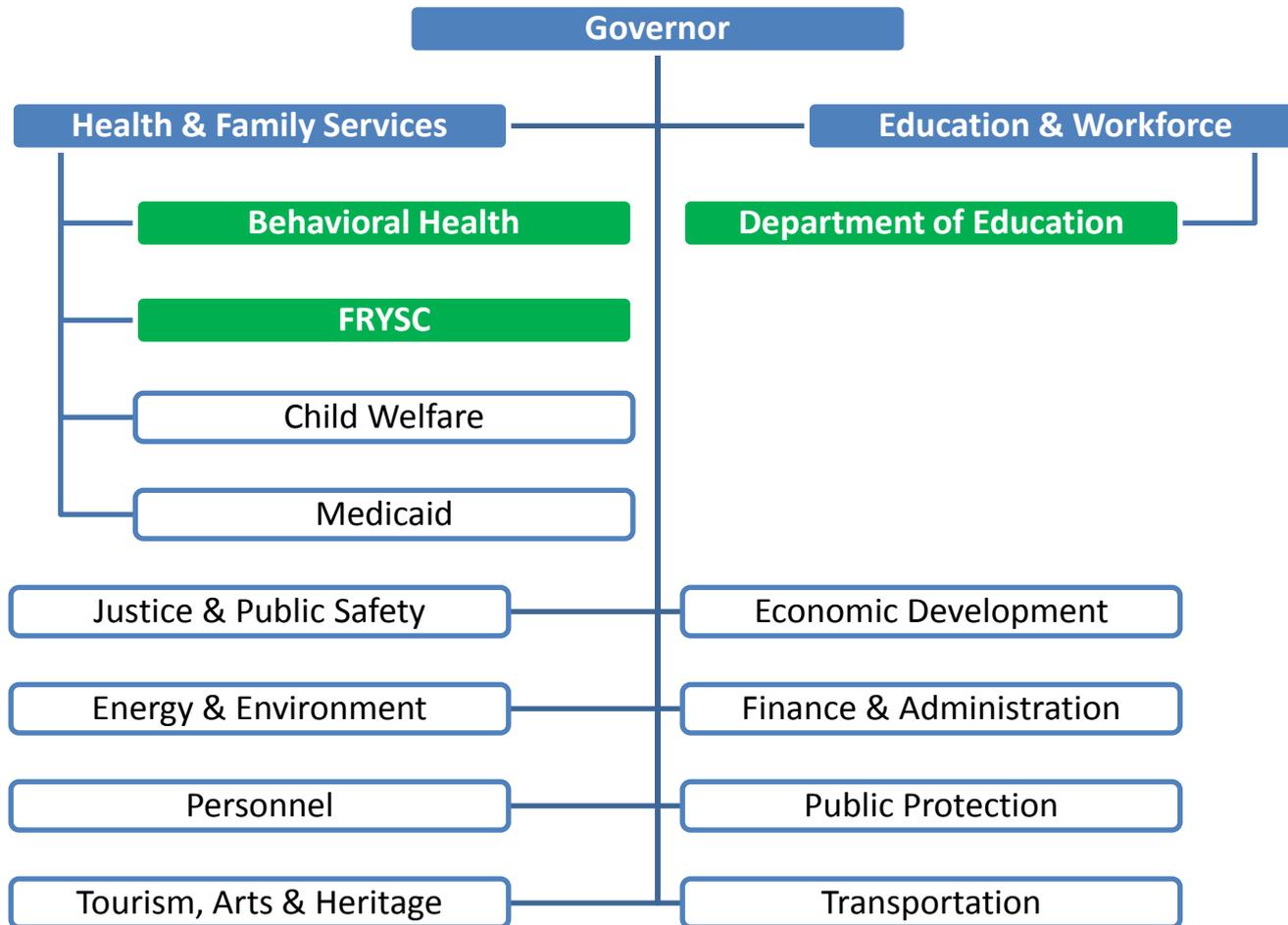
November 5, 2015

# Session Overview

- Introductions
- Kentucky's Policy Landscape
- Prevention & Early Intervention Initiatives
- Intensive Interventions
- Lessons Learned & Opportunities

# Introductions

# Kentucky's Executive Structure



# Kentucky's Landscape



Total KY Population: 4.4 million

Total Minor Population: 1 million

Children in Poverty  
365,000

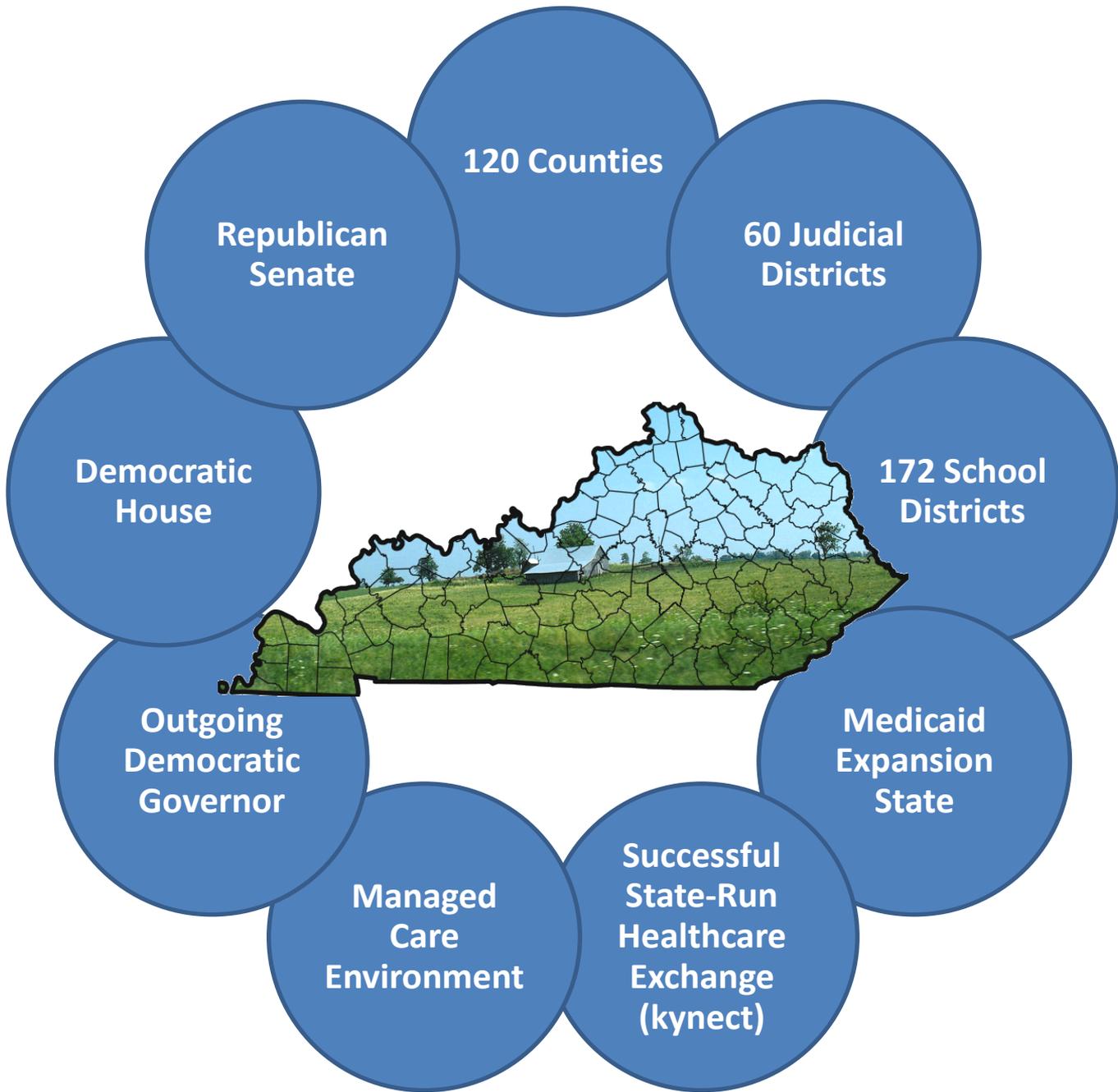
Children with  
Emotional/Behavioral/  
Developmental Conditions  
220,000

Pre-Adjudicated Youth  
Diversion Program  
34,000 annually

Children Enrolled in  
Medicaid  
406,072

Children in Child Welfare  
OOHC  
7,700

Children Committed or  
Confined in JJ  
496



# Recent Levers of Change

## 2011

- Shift to Medicaid managed care

## 2013

- Restraint and seclusion legislation

## 2014

- Expanded Medicaid eligibility
- Expanded behavioral health service array
- Expanded provider network

## 2015

- Focus on substance use services
- Bullying prevention task force
- Juvenile justice reform

# Kentucky Youth Risk Behavior Survey 2015

## Middle School Students

12.5%

- do not have an adult in their life that they trust and can talk to about serious problems

16.9%

- did something to purposely hurt themselves without wanting to die

13.4%

- made a plan about how they would kill themselves

## High School Students

13.9%

- do not have an adult in their life that they trust and can talk to about serious problems

20.8%

- did something to purposely hurt themselves without wanting to die

31.0%

- reported feeling sad or hopeless almost every day for 2 or more weeks in a row

# Kentucky Incentives for Prevention 2014 Survey

*The purpose of the KIP survey is to anonymously assess student use of alcohol, tobacco, and other drugs as well as a number of factors related to potential substance abuse (school safety, mental health, bullying, dating violence).*

32%

- of 8th graders reported that they had been bullied on school property within the past year

21%

- of 10th graders reported drinking alcohol in the prior 30 days

15%

- of 10th graders reported having suicidal thoughts

12%

- of 10th graders reported the use of marijuana in the prior 30 days

8%

- of 10th graders reported a past-year suicide attempt

# Prevention & Early Intervention Initiatives



# Bullying Prevention

- Governor established a Youth Bullying Prevention Task Force in October 2014
- Task Force members recognized that to comprehensively address the issue of bullying, the Commonwealth must recognize it as a **community-wide public health issue**, rather than a school-specific one.
- Final Report recommendations, based on the public health model
  - Adopting a standard definition
  - Continued support of EBP supporting a positive climate and culture within schools
  - School districts, as a preventive measure, invest in and support mental health counselors at the local school level
  - Establish and fund a sustainable state-level agency or office that both coordinates and supports community-driven efforts to promote bullying prevention and community programs

# Reducing Seclusion & Restraint

- 704 KAR 7:160 (2013)
  - <http://www.lrc.ky.gov/kar/704/007/160.htm>
- Physical restraint may only be used if a student's behavior poses an imminent danger of serious physical harm to self or others
- Detailed reporting requirements and data collection
- Required annual training in positive behavior supports and interventions for all school personnel
- Restraint and seclusion actions implemented only by designated, trained Core Team staff
- Focused on prevention

# Positive Behavior Interventions and Supports

- 518 of 1233 Kentucky schools are utilizing a school-wide PBIS framework to improve school climate
- KDE provides free technical assistance, coaching, professional education, and fidelity monitoring
- Kentucky schools implementing PBIS are seeing big reductions in out of school suspensions
- Kentucky is encouraging adoption of a school-wide PBIS framework from many angles
- Restraint and Seclusion legislation
- Education Cooperative Behavior Specialists
- Bullying Task Force recommendations
- Novice Reduction for Gap Closure

# Kentucky AWARE

## Overview

- Trauma-informed approaches in schools
- Access to behavioral health services
- Enhancement of PBIS efforts
- Efforts to increase community awareness

## Youth Mental Health First Aid

- Evidence-based program
- Designed to teach caregivers, teachers, school staff, and other community members how to help a young person (age 12-18) who is experiencing a mental health or addiction challenges

# Family Resource & Youth Services Centers

- Established as a component of the 1990 Kentucky Education Reform Act (KERA)
- School-based centers with a goal of assisting academically at-risk students by minimizing noncognitive barriers to learning
- Schools where at least 20% of the student population qualify for free lunch are eligible

# FRYSC: Core Components

## Family Resource Centers

- Preschool child care
- After-school child day care
- Families in training
- Family literacy services
- Health services and referrals

## Youth Services Centers

- Referrals to health and social services
- Career exploration and development
- Summer and part-time job development (HS only)
- Substance abuse education and counseling
- Family crisis and mental health counseling

Combined centers must meet all Components!

# Additional Connections

- Strengthening Families Framework
  - Focuses on reinforcing protective factors
- Trauma Informed Care
  - Recognize behaviors that demonstrate need
- Born Learning Academies
  - Recognize the influence of parents in child development



# School-Based Behavioral Health Screening Initiative

- Legal settlement with pharmaceutical companies led to funding
- Partnership between Behavioral Health & Education departments
- Recognizing that 20-15% of adolescents experience a diagnosable mental health disorder before age 18
- Helping schools recognize when a student might be showing signs of a behavioral health need...
  - respond to that student appropriately,
  - refer them to a designated trained school-based screener for screening, and based on identified need,
  - refer for services, supports or further assessment, when appropriate



# Intensive Interventions



# **Administrative Arrangements for the Delivery of School Mental Health Services**

- School-financed services in which districts hire professional staff to provide mental health services
- Formal agreements between schools/school districts and mental health provider agencies to provide mental health services in the schools
- School-based health centers
- Hybrid models

# Investing in High Fidelity Wraparound

***Wraparound is an intensive, individualized care planning and management process guided by a set of core principles and defined by phases and activities.***

- Creating a state infrastructure to support ongoing training, coaching, and fidelity monitoring HFW across the state
- Will be delivered by community mental health center staff
- Schools will serve as a primary referral source & partner on child and family teams

# Suicide Prevention & Care

- Legislation requiring
  - Suicide Prevention Education for Middle and High School Staff
  - Suicide Prevention Information for Middle and High School Students
- QPR, Signs of Suicide, and Lifelines
- School Emergency Management Resource Guide has protocol for suicidal ideation, attempts, and completions
- Enhancing suicide care services among community providers



# Lessons & Opportunities

# Lessons Learned

- Build expertise in others departments and/or agencies
- Interagency bodies are useful
  - Shared goals
  - Shared populations
  - Cross-agency coordination of initiatives
- Demonstrate success
- Be patient – timelines are goals

# Possibilities & Opportunities to Explore

- Use of Peer Support
  - Parent
  - Youth
- Parent Cafes
- Building Bridges Initiative



**Thanks, y'all!**

Any questions?

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