

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

# Mission Statement

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

# Setting the Context



**[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.

# Setting the Context

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.



# Setting the Context

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.



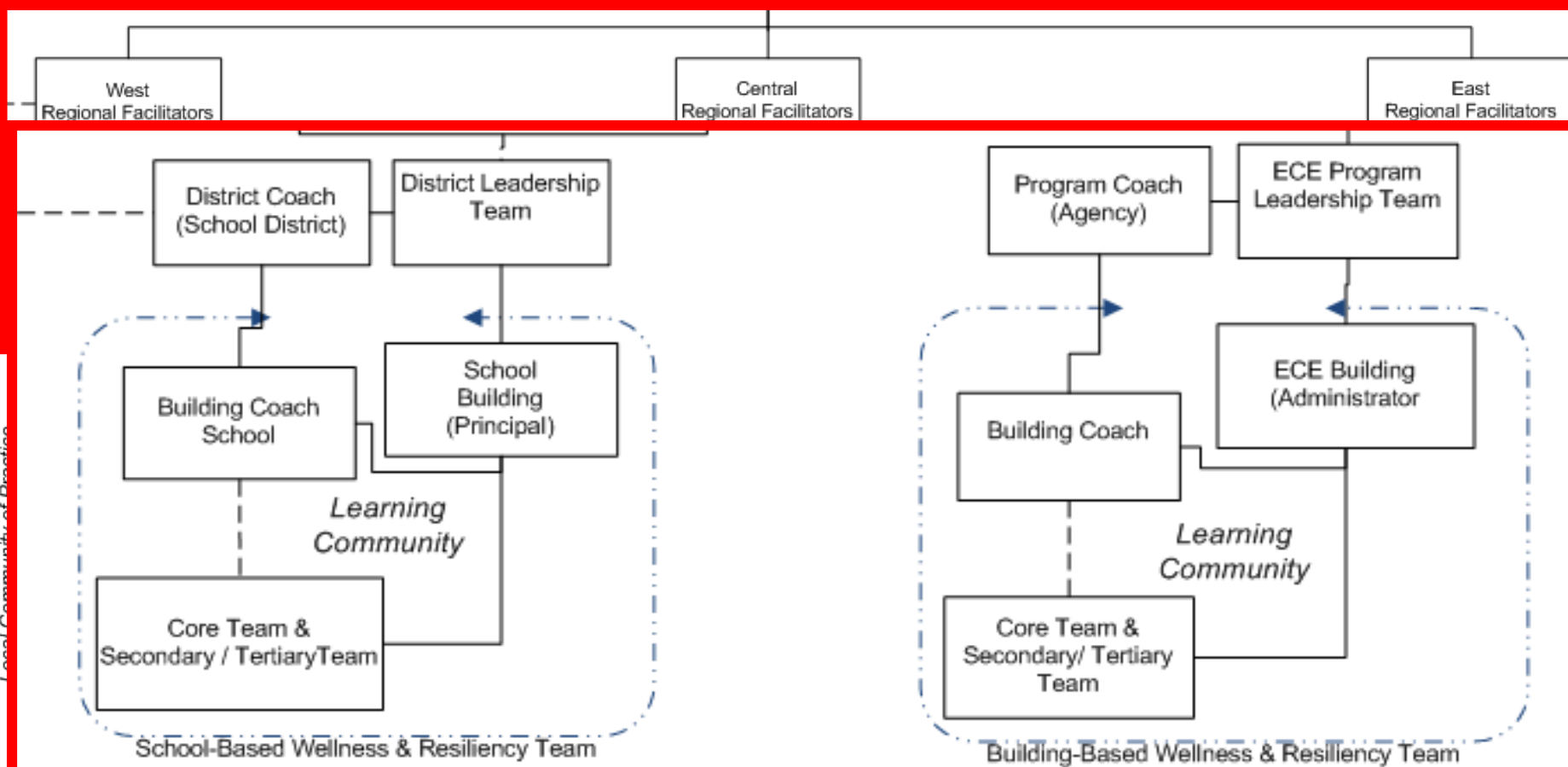
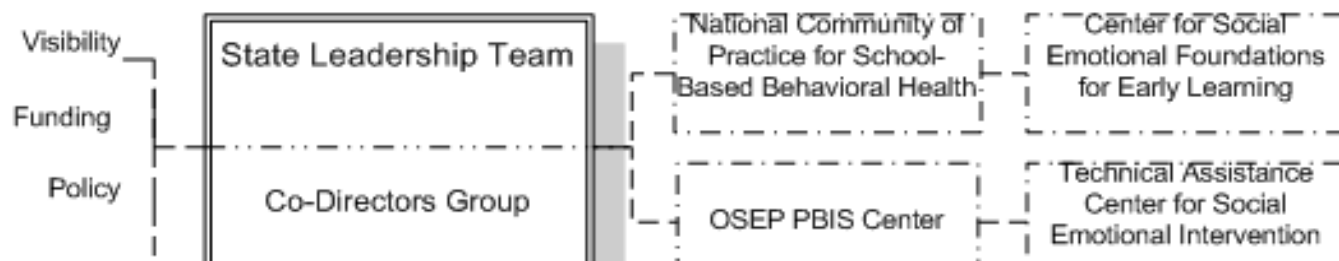
# Setting the Context

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.

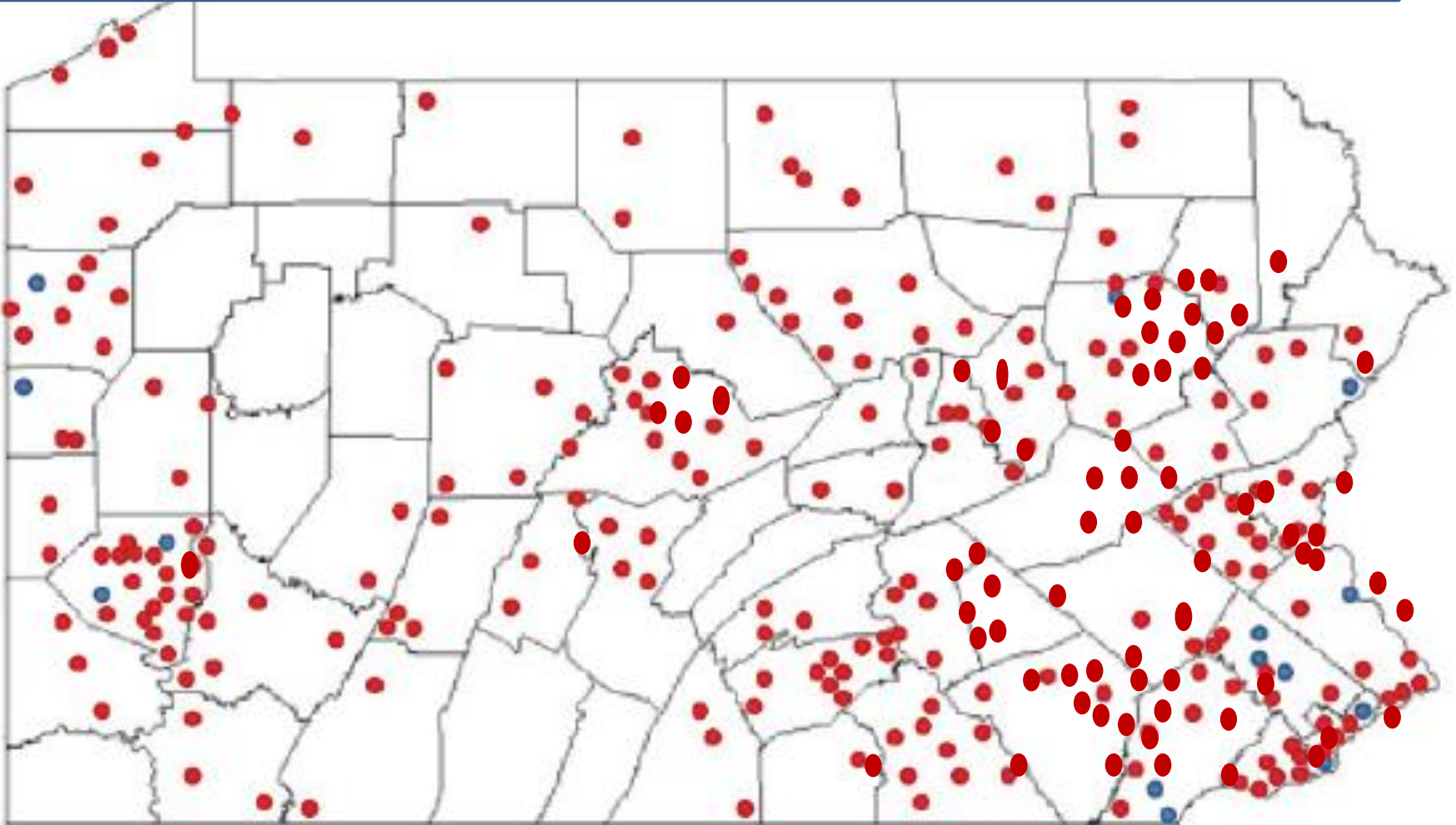


# PA Positive Behavior Support Network



# Setting the Context

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



# Setting the Context



Substance Abuse and Mental Health Services Administration

# SAMHSA

Search SAMHSA.gov

Search

Facebook Twitter YouTube Blog

Find Help Topics Programs & Campaigns **Grants** Data Priorities About Us Publications

**Grants** » **Grant Announcements** » Now is the Time” Project AWARE State Educational Agency Grants

Grants

Grant Announcements

**Now is the Time” Project AWARE State Educational Agency Grants**

general assembly senate house session info legislation statutes login

## Pennsylvania General Assembly

Legislation Quick Search

Enter a search term

Advanced Search

[Home](#) / [Statutes of Pennsylvania](#) / [Unconsolidated Statutes](#) / [Law Information](#) / 2014 Act 71

Share:

## 2014 Act 71

PUBLIC SCHOOL CODE OF 1949 - YOUTH SUICIDE AWARENESS AND  
PREVENTION AND CHILD EXPLOITATION AWARENESS EDUCATION  
Act of Jun. 26, 2014, P.L. 779, No. 71 Cl. 24  
Session of 2014  
No. 2014-71

# Setting the Context

**now?**  
**what?**  
■ ■ ■

# 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 on-going 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***

# 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 (***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

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

## 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

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

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

- Training to address the requirements of [suicide prevention](#)
- Effect indicators 1,2,4,5 17of 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



July 14, 2014

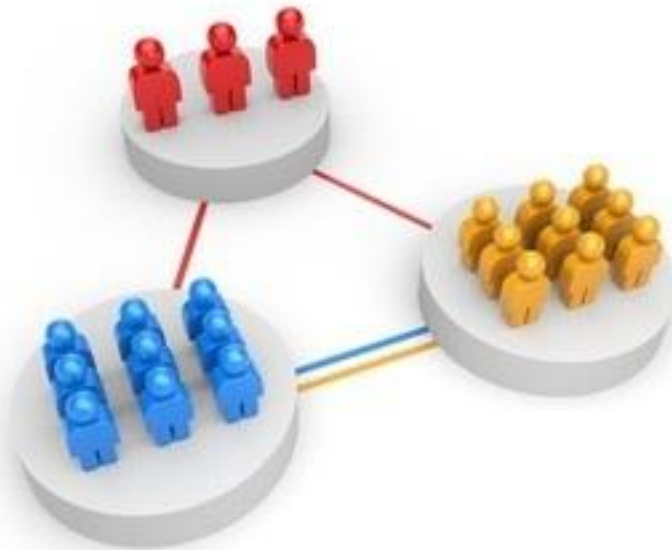
The CoP held a meeting to specifically address the installation and scale-up of YMHFA in Pennsylvania

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

- Training to address the requirements of [suicide prevention](#)
- Effect indicators 1,2,4,5 17of 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

# Process

2014



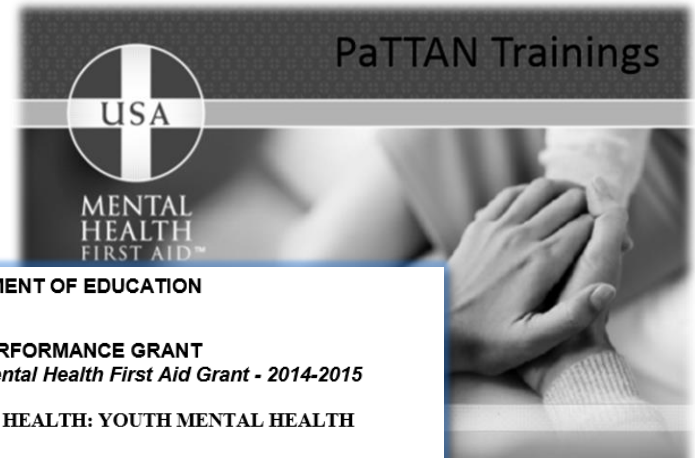
2015

# Process

2014

## Activities:

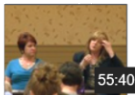
Trained 6  
PaTTAN Ed.  
Consultants as  
YMHFA  
Instructors



2014 - 2015

### Videos

#### 26. Implementing Youth Mental Health First Aid in Schools



Uploaded: July 16, 2015

Views: 18

Audience: Administrators, Teachers

Topics: Behavior

Training Series: Pennsylvania Positive Behavior Support Implementers' Forum: Multi-Tiered Systems of Support (2015)

Speakers: Dona Alvino, Representatives from Conneaut

### PENNSYLVANIA DEPARTMENT OF EDUCATION

#### SPECIAL EDUCATION PERFORMANCE GRANT *Based Behavioral Health: Youth Mental Health First Aid Grant - 2014-2015*

##### BASED BEHAVIORAL HEALTH: YOUTH MENTAL HEALTH

The Pennsylvania Department of Education (PDE), Bureau of Special Education is requesting proposals from Local Education Agencies (LEA) interested in a project designed to support Youth Mental Health First Aid (YMHFA). YMHFA is designed to instruct teachers, school staff, peers, parents, caregivers, and other persons engaging students (age 12 -21 years) in approaches to help students experiencing a mental health challenge, experiencing an addiction challenge, or is in crisis.

**Purpose of School Based Behavioral Health: YMHFA Grant is to:**

1. Support school-affiliated persons engaging students (ages 12-21 years) in identifying youth at-risk who are in need of a support system.

...ing process with students as an integral component to support their progress.

...ed System of Support (MTSS) for behavior by implementing that addresses universal (tier1) and targeted

...voucher-based reimbursement system, associated with participate in the required training and technical assistance

...voucher-based reimbursement system, associated with release time for school-based YMHFA Teams in fulfilling their role and function as personnel associated with the implementation of YMHFA program within the context of a MTSS for behavior.

2015

# Process

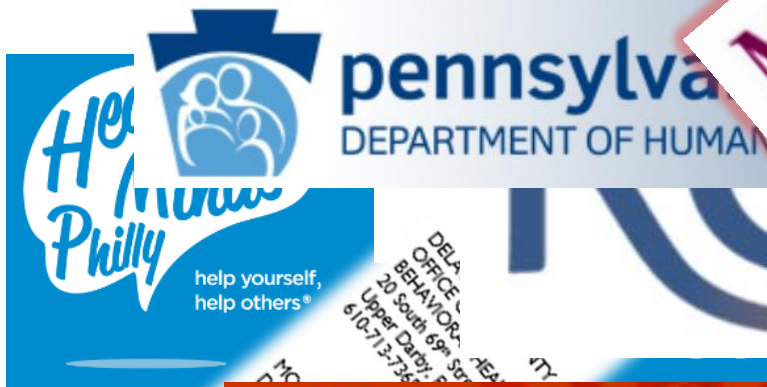
2014



DREXEL UNIVERSITY  
PHILADELPHIA



Conversations:



and developed in Australia, health initiative dedicated to Philadelphia. It has also been his recent national initiative through Education that was



DELAWARE COUNTY  
OFFICE OF  
BEHAVIORAL  
HEALTH  
20 South 69th Street  
Upper Darby, PA 19082  
610-713-7362

PHILADELPHIA  
DEPARTMENT OF  
BEHAVIORAL  
HEALTH  
AND INTELLECTUAL  
DISABILITIES SERVICES  
1101 Market Street, 7th Fl.  
Philadelphia, PA 19107  
215-685-5400



2015



# Process

## Activities:

**From:** Meghan Bragg [<mailto:MeghanB@thenationalcouncil.org>]  
**Sent:** Thursday, July 23, 2015 12:20 PM  
**Cc:** Mary Wichansky  
**Subject:** Exciting Opportunity for Youth Mental Health First Aid Instructors

Dear Pennsylvania Youth Mental Health First Aid Instructor,

On June 26, 2014, Act 71 was signed into law in Pennsylvania. This law, which adds provisions for ongoing professional development in youth suicide awareness and prevention.


Youth Mental Health First Aid has been approved as one of the curriculums that meet the requirements of Act 71. [20Schools/Pages/Act-71.aspx#Va\\_OGKzbJLN](#).

This is an exciting opportunity for instructors to reach out to their local school district and offer this training to their local school district instructor web site.

Best,

The Mental Health First Aid Team

**Meghan Bragg**  
 Program Associate  
 National Council for Behavioral Health  
 1400 K Street NW | Suite 400  
 Washington, DC 20005  
 202-684-7457 | Office x264  
[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)



## Youth Mental Health First Aid

Mental Health Problems are more common than heart disease, lung disease, and cancer combined. In fact, 1 in 5 Americans is estimated to have a diagnosable mental disorder such as depression, anxiety or substance abuse in any given year.

PaTTAN King of Prussia

8:00 am - 9:00 am	What is Youth Mental Health First Aid?
9:00 am - 10:15 am	Adolescent Mental Health
10:15 am - 10:30 am	Break

Youth mental health first aid is designed to teach youth to teach youth about mental health problems and how to offer support to someone who is experiencing a mental health problem. Youth mental health first aid is offered to support youth who are listed on the list of youth mental health first aid instructors.



PENNSYLVANIA DEPARTMENT OF EDUCATION

**SPECIAL EDUCATION PROGRAMS** 2015-2016  
**School-Based Behavioral Intervention Plan (SWPBIS)**

**I. PURPOSE OF SCHOOL-BASED BEHAVIORAL INTERVENTION PLAN (SWPBIS)**

The Department of Education is requesting proposals for funding programming efforts for the 2015-2016 academic year.

Proposals should be submitted to:

School Wide Positive Behavior Interventions and Supports (SWPBIS) is a framework for the management needs of school-aged students (tertiary prevention, strategic intervention (secondary intervention), and correctional services in a conceptually integrated, continuum of preventing and intervening

**GRANTS**

PDE > K-12 > Safe Schools > 2015-2016

For more information or to register, contact:

Amy Smith, [asmith@pattan.net](mailto:asmith@pattan.net)  
 202-821-8726

Dona Alvino, [dalvino@pattan.net](mailto:dalvino@pattan.net)  
 412-826-6870

Nikole Hollins, [nhollins@pattan.net](mailto:nhollins@pattan.net)  
 717-901-2283

Individuals attending this event must arrive on time and pay the full duration of the event in order to receive Act 43 Professional Education hours. Requests for exceptions are to be brought to the attention of the individual's Superintendent or IU Director prior to the event. This event is offered for 6 Act 43 hours.

**March 2, 2016**

1:00pm - 1:30 pm	Mental Health First Aid Action Plan
9:00 am - 10:00 am	Using the Mental Health First Aid Action Plan: In Non-Crisis Situations
10:00 am - 11:00 am	In Crisis Situations - Assessing for Risk of Suicide
11:00 am - 11:15 am	Break
11:15 am - 12:15 pm	Other Crises
12:15 pm - 1:30 pm	Taking Care of the First Aider

**pennsylvania**  
 DEPARTMENT OF EDUCATION  
 Bureau of Special Education  
 Pennsylvania Training and Technical Assistance Network



# Process

REPLY REQUESTED: Youth Mental Health First Aid / Stakeholders' Meeting - Message (HTML)

FILE MESSAGE

Ignore Delete Reply Reply Forward More

Consultants To Manager Done Create New

Move OneNote Actions

Assign Mark Categorize Follow Up

Translate Find Related Select Zoom

Delete Respond Quick Steps Move Tags Editing Zoom

Fri 9/11/2015 6:47 PM

James Palmiero

**REPLY REQUESTED: Youth Mental Health First Aid / Stakeholders' Meeting**

To 'Connell O'Brien'; 'Tim Knoster (tknoster@bloomu.edu)'; 'Erhard, E Shaye (eserhard@pa.gov)'; 'Cambri, Patricia'; Kathryn Poggi; Lisa Brunschwyl; 'Anne Katona-Linn'; 'Deanna Moerer (dmoerer@yapinc.org)'; Tina Lawson; <tmalott@comcast.net> <tmalott@comcast.net> (tmalott@comcast.net); regional.mh@pmhcc.org; Dona Alvino; tzimmerman@ahci.org; Rose.Milani@jefferson.edu; c-prosen@pa.gov; Matthew.Wintersteen@jefferson.edu; Judith.Dogin@Phila.gov; Barry McCurdy; nee22@drexel.edu

**i** You forwarded this message on 10/15/2015 3:50 PM.  
This message was sent with High importance.

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 3:00 PM  
Location: PaTTAN Harrisburg  
(Entrance A: Lancaster Room)  
6340 Flank 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 as 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



# Process

REPLY REQUESTED: Youth Mental Health First Aid / Stakeholders' Meeting - Message (HTML)

FILE MESSAGE

Ignore Delete Reply Reply All Forward More

Consultants Team Email Reply & Delete To Manager Done Create New

Move Rules OneNote Actions

Assign Mark Categorize Follow Up Policy Unread Tags

Translate Find Related Select Zoom

Delete Respond Quick Steps Move Editing Zoom

Fri 9/11/2015 6:47 PM

James Palmiero

REPLY REQUESTED: Youth Mental Health First Aid / Stakeholders' Meeting

To 'Connell O'Brien'; 'Tim Knoster (tknoster@bloomu.edu)'; 'Erhard, E Shaye (eserhard@pa.gov)'; 'Cambri, Patricia'; Kathryn Poggi; Lisa Brunschwyl; 'Anne Katona-Linn'; 'Deanna Moerer (dmoerer@yapinc.org)'; Tina Lawson; <tmalott@comcast.net> <tmalott@comcast.net> (tmalott@comcast.net); Judith.Dogin@Phila.gov; Barry McCurdy; nee22@drexel.edu; jefferson.edu; c-prosen@pa.gov; Matthew.Wintersteen@jefferson.edu;

You forwarded this message on 10/15/2015 3:50 PM.  
This message was sent with High importance.

The Pennsylvania Community of Practice (CoP) on School Based Behavioral Health First Aid Stakeholders' Meeting.

Date: Monday, October 19, 2015  
Time: 10:00 AM to 3:00 PM  
Location: PaTTAN Harrisburg (Entrance A: Lancaster Room) 6340 Flank Drive Harrisburg, PA 17112

The CoP has identified the scale-up of Youth Mental Health First Aid (YMHA) as a priority. The CoP recognizes the following:

- Pennsylvania is fortunate to have a large number of MHFA/YMHA instructors.
- YMHA has been approved as one of the curricula that meets the commonwealth.
- YMHA should be integrated into the continuum of tier 1 prevention.
- YMHA is best situated in schools where the instruction is also coupled with the Danielson Framework for Teaching, and efforts in PBIS, person centered planning, Student Assistance Program (SAP) integration, and relationships with schools. The CoP believes it important to garner direct input and

Therefore, the CoP is interested in establishing a voluntary affiliated network of community-based YMHA instructors through which to foster relationships with schools. The CoP believes it important to garner direct input and feedback from YMHA stakeholders in codifying the value added aspects that the proposed network could provide to community-based YMHA instructors.

**2015-2016 YMHA Planning Meeting**

Optional: [Go to Meeting Link](#)

Please join my meeting.  
<https://global.aimmeeting.com/join/280917709>

Dial +1 (877) 240-3412  
Access Code: 280-917-709  
Meeting ID: 280-917-709

Date: October 19, 2015  
Time: 10:00 am - 3:00 PM  
Location: [PaTTAN Harrisburg](#) 6340 Flank Drive Harrisburg, PA 17112 Lancaster Room

**Purpose:** The [Community of Practice \(CoP\) on School Based Behavioral Health](#) is interested in establishing a voluntary affiliated network of community-based YMHA instructors through which to foster relationships with schools. The CoP believes it important to garner direct input and feedback from YMHA stakeholders in codifying the value added aspects that the proposed network could provide to community-based YMHA instructors.

Time	Topic	Lead(s)	Notes
10:00 - 10:30	Greetings and Introductions	Jim / All	How People Are: Quote 1 Activity
10:30 - 10:45	Purpose and <a href="#">Background</a>	Jim	
10:45 - 11:00	Table Talk: Work has your agency addressed with YMHA	All / Table Facilitators	<a href="#">http://insaf.com/PAYMHA1</a>
11:00 - 11:15	<a href="#">Preliminary thoughts</a> re: Voluntary Affiliated Network for YMHA in PA	CoP Designators	
11:15 - 11:30	Refining the thoughts: Political Support, Policy, Funding and Visibility	Jim	Using PBIS as a Guide: <a href="#">Blueprint</a>
11:30 - 12:00	Story #1: Seneca Valley	Denise, Connie, Dona	
12:00 - 12:45	LUNCH ON YOUR OWN		
12:45 - 1:00	Discussion: Barriers to installing YMHA	All / Table Facilitators	<a href="#">http://insaf.com/PAYMHA2</a>
1:00 - 1:30	Story #2: School District of Philadelphia	Rachel, Jody	
1:30 - 2:15	Possible Functions	All Table Facilitators	Political Support: <a href="#">http://insaf.com/PAYMHA3</a> Policy: <a href="#">http://insaf.com/PAYMHA4</a> Funding: <a href="#">http://insaf.com/PAYMHA5</a> Visibility: <a href="#">http://insaf.com/PAYMHA6</a>
2:15 - 2:30	An example of an Affiliated Network	Jim	
2:30 - 2:45	Who needs to be at the Table?	All	
2:45 - 3:00	Preparing for Next Steps	Jim / All	

**2015**



# Process

## SUMMARY OF POSSIBLE FUNCTIONS FOR AN AFFILIATED NETWORK FOR YMHFA

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

### Funding

#### Actions

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

#### Advisement

	Frequency
7. Sustainable funding, not reliant on grants	1
8. Braided funding not affiliated with a single agency	1
9. When grant-making, provide funding to <u>all</u> participants in the partnership (e.g. cross sector)	1

# Process

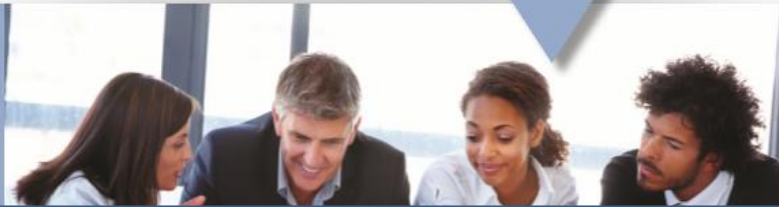
## Next Steps:

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

## Leading by Convening

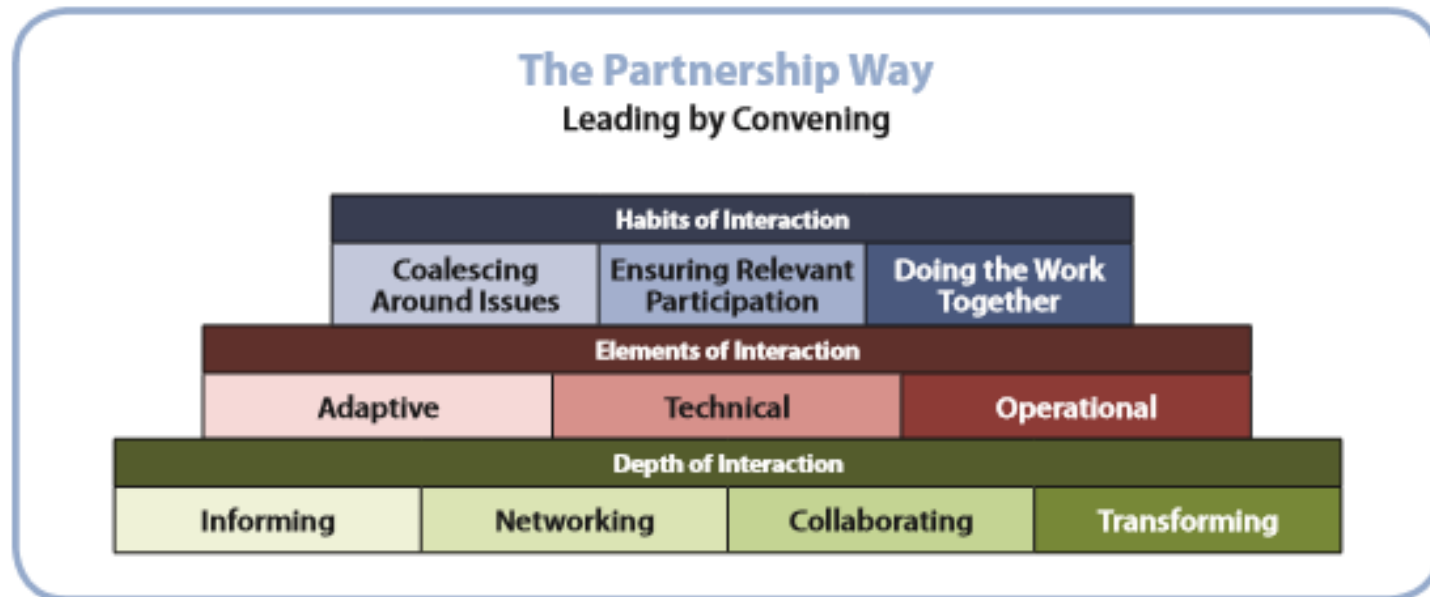


<http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20Leading%20by%20Convening%20Book.pdf>



*A Blueprint for Authentic Engagement*

# Strategies Used to Leverage this Work



# Strategies Used to Leverage this Work

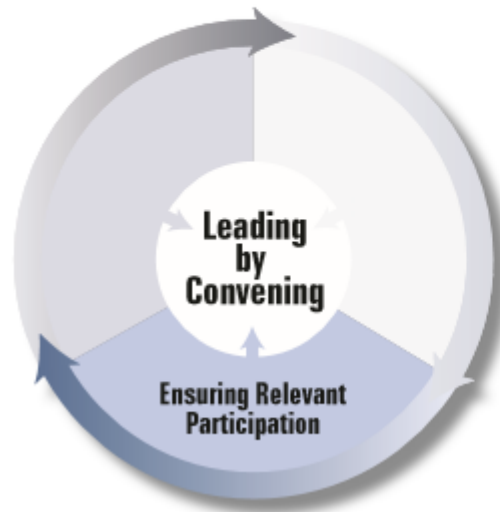
## Coalescing Around Issues

Tools and Learning Activities



## Ensuring Relevant Participation

Tools and Learning Activities



## Doing the Work Together

Tools and Learning Activities



Session Presented by:

**Dona Alvino, MEd, BCBA** | Educational Consultant

Pennsylvania Training and Technical Assistance Network (PaTTAN)

3190 William Pitt Way | Pittsburgh, PA 15238

412.826.6870 (direct line) | 800.446.5607 (in PA only)

412.826.1964 (Fax)

[dalvino@pattan.net](mailto:dalvino@pattan.net)

**James Palmiero, Ed.D.** | Director

Pennsylvania Training and Technical Assistance Network (PaTTAN)

3190 William Pitt Way | Pittsburgh, PA 15238

412-826-6850 (direct line) | 800-446-5607 (in PA only)

412-826-41725 (fax)

[jpalmiero@pattan.net](mailto:jpalmiero@pattan.net)