

FROM THE GROUND UP

Building School-Community Partnerships
to Serve Students and Families



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- ▶ Bill Jelkin
Director of Student Services, Millard Public Schools
- ▶ Jude Connelly
Director of Prevention Services, Child Saving Institute
- ▶ Tim Hron
Vice President of Clinical Operations, CRCC

ABOUT US

- ▶ The evolution of our school-based mental health system
- ▶ Why the school system did not use a “one size fits all” approach
- ▶ A case for a replicable process for addressing mental health needs

School and Community Mental Health Model

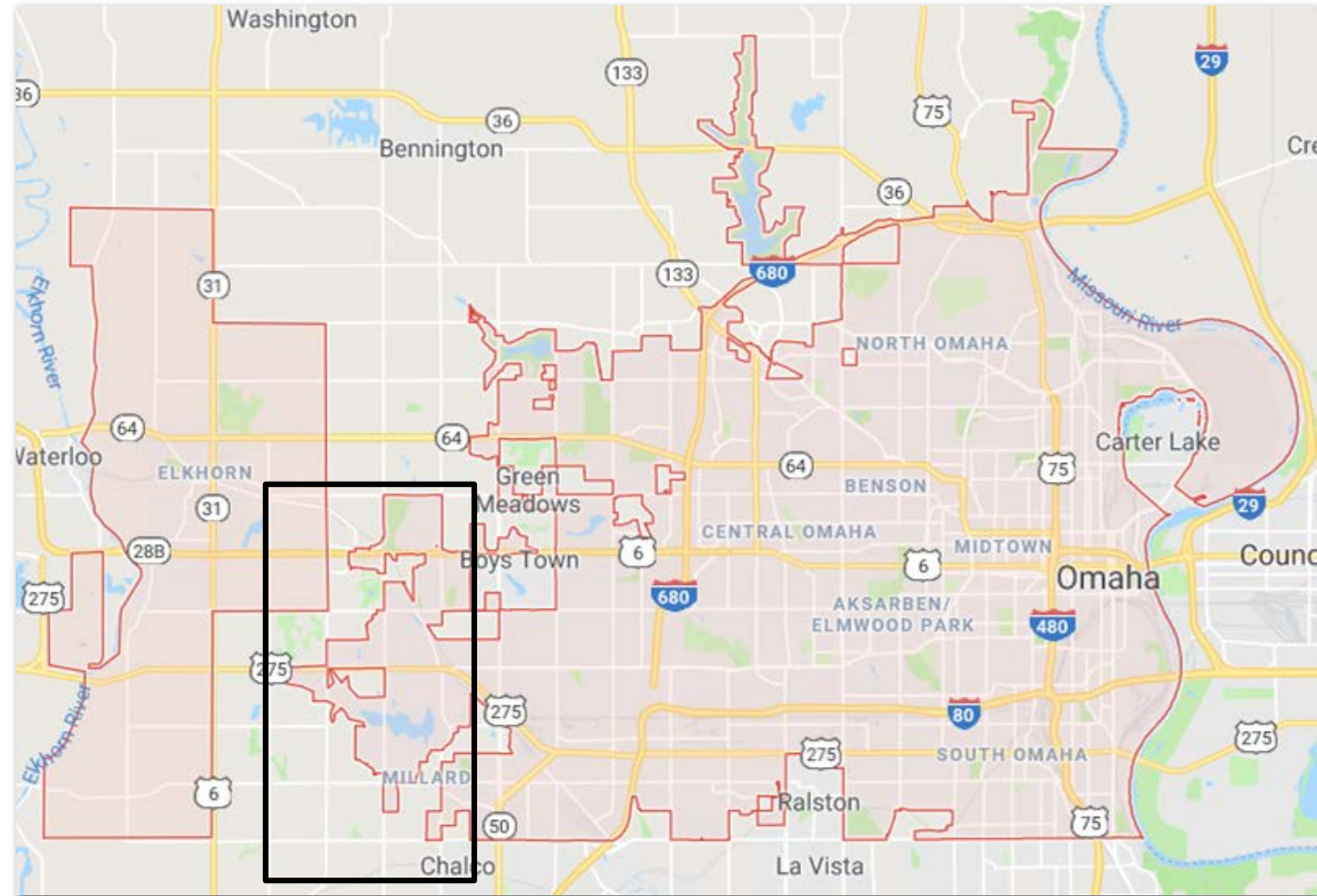


▶ The City of Omaha

- ▶ 446,893 population (2017)
- ▶ 77% Caucasian
- ▶ Median income \$51,000
- ▶ 16% Poverty Rate

▶ Millard Public Schools

- ▶ Millard 120k+ pop.
- ▶ Suburban District 36.5 sq. miles
- ▶ 24,000 Students
- ▶ 21% Free & Reduced Rate*
- ▶ Transitioning demographics



Our Community

▶ The Perfect Storm

- ▶ Changing Demographics
- ▶ Changing Funding
- ▶ Changing Students

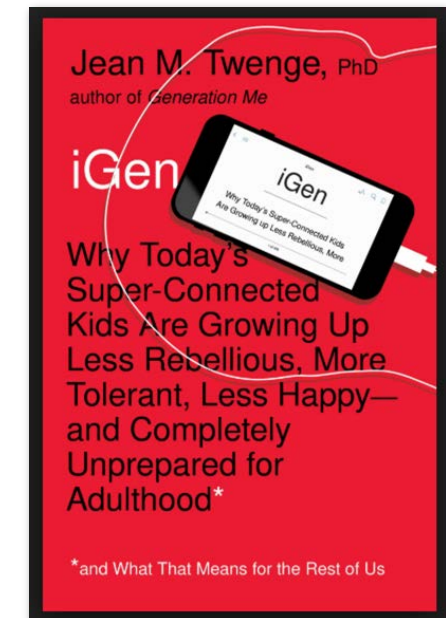
“iGen is on the verge of the most severe mental health crisis for young people in decades.”

~ Jean M. Twenge

A Changing Need

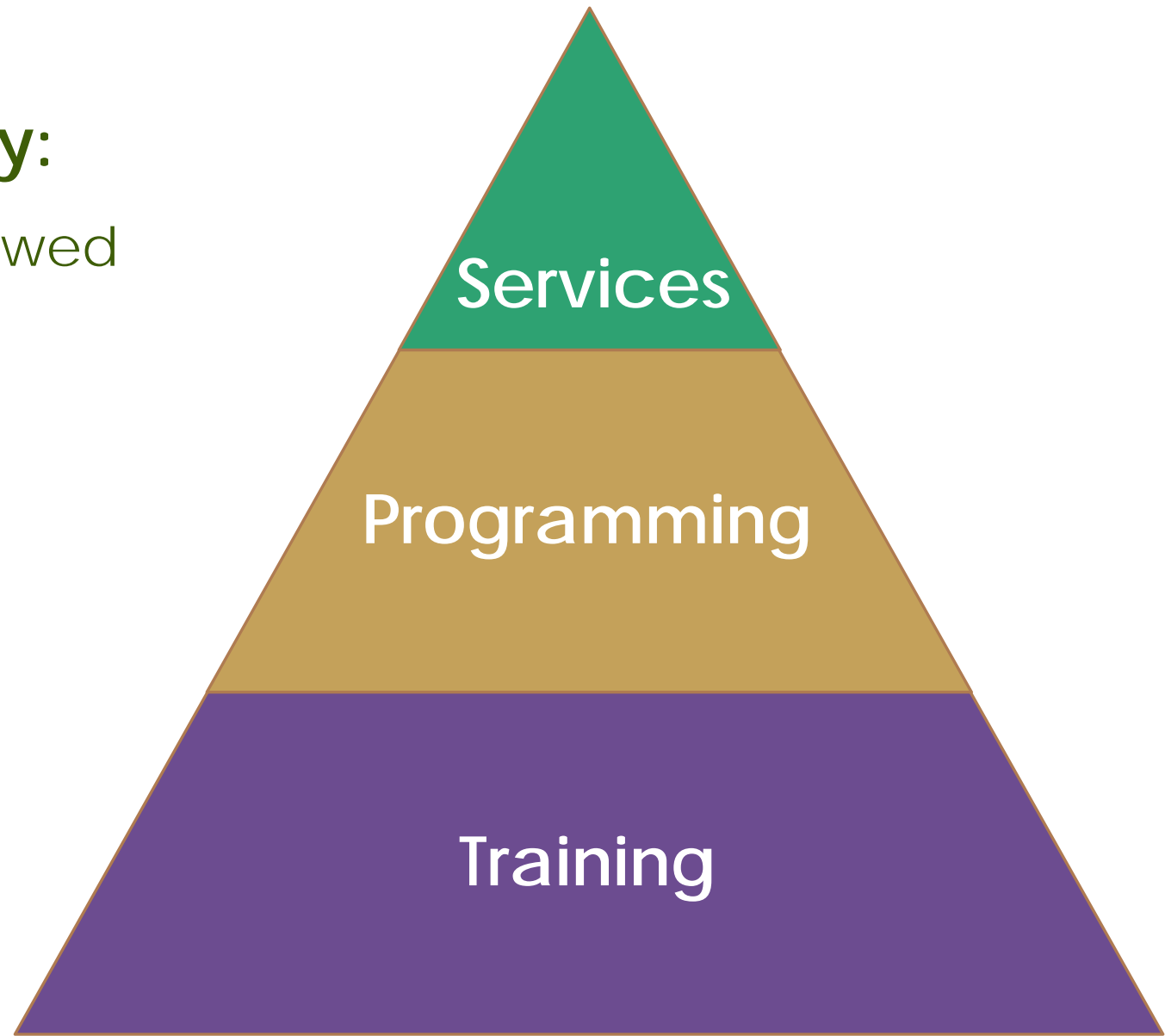
“THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW.”

— SOCRATES



Nebraska Education Survey:

- ▶ 2/3 Nebraska educators showed concerned about students' mental health
- ▶ Top 5 Concerns:
 - ▶ Disruptive behavior
 - ▶ Family stressors
 - ▶ Defiant behavior
 - ▶ Peer relationship problems
 - ▶ Inattention



A Changing Need

Nebraska Statewide Perceptual Survey Results,
June 2017; follow-up survey, October 2017

▶ **Recognizing the Problem**

- ▶ Escalating attendance, discipline, and academic concerns
- ▶ Earlier and more extreme behaviors
- ▶ Maxed out support staff (School Counselors, Social Workers, Nurses, and Psychologists)

▶ **A need for training and building a common understanding**

▶ **Community support & partnerships**

▶ **A timely strategic planning cycle**

WHERE WE BEGAN



- ▶ Founded on the idea that if we can help children and families access mental health services as early as possible, we can prevent more serious problems developing.
- ▶ A “one-stop shop” for schools.
- ▶ Goal: improve access and eliminate barriers to quality mental health care for children and their caregivers.

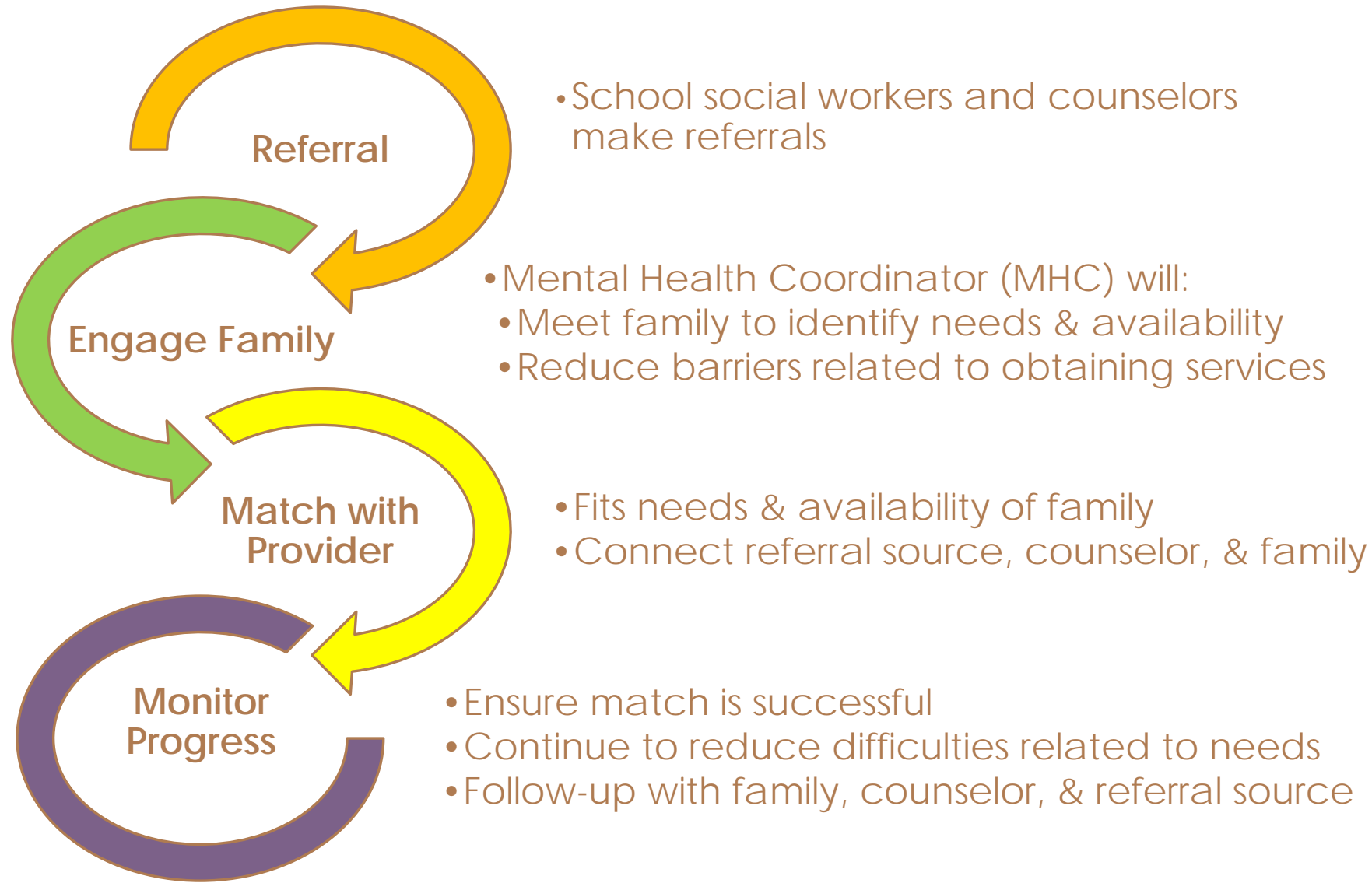
PARTNERSHIP

Connections 
at Project Harmony

- ▶ Mental health problem (social, emotional, behavioral)
- ▶ At the right stage for early intervention & prevention of more serious emotional or behavioral problems
- ▶ Kindergarten through 8th grade
- ▶ Not active in Child Protective or Juvenile Justice Systems
- ▶ Families that are ready and able to participate in outpatient services

WHO IS A CONNECTIONS KID?





WHAT DOES CONNECTIONS DO?

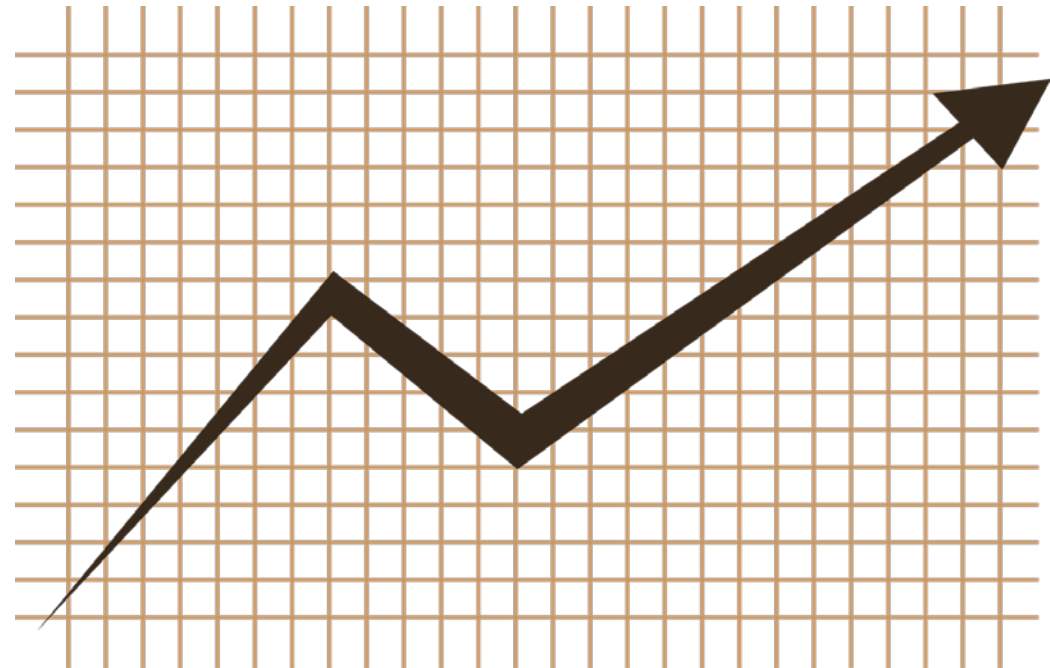


The SAFE Program works with students and their families to promote school success through weekly visits at the school with the student and in the home with the family.

School And Family Enrichment Program

- ▶ Improve Grades
- ▶ Improve Attendance
- ▶ Improve Prosocial Behaviors
- ▶ Reduce Mental Health Symptoms

SAFE Program Goals





- ▶ Identify barriers to student success
- ▶ Goal setting
- ▶ Coordinate Services with Mental Health Provider
- ▶ Skill Development
- ▶ Positive communication between home and school

SAFE at School

- ▶ Address basic needs
- ▶ Positive parenting
- ▶ Behavior management techniques
- ▶ Household management (morning, after school, bedtime)
- ▶ Referrals to community resources

SAFE at Home





Integrated School Based Wellness Services

Started in response to discussions with Millard Public High Schools Principals and Administrators regarding the mental health needs of high school students and their families.

What about High School?

The goal is to bring mental health services to a convenient, accessible, and familiar environment. While mental health services are provided directly in the student's high school, confidentiality is strongly maintained.

Program Goal



- ▶ Implemented - February 2018



Millard Public High Schools:

- ▶ Millard North High School (2600 students)
- ▶ Millard South High School (2500)
- ▶ Millard West High School (2400)
- ▶ Millard Public High School - Horizon Alternative Program (150)

Implementation & Locations

Wellness Services are staffed with one Licensed Independent Mental Health Practitioner (LIMHP) located at each school with exception of a shared practitioner between Millard West High School and Horizon Alternative Program.

Wellness Staffing



- ▶ Individual Therapy
- ▶ Family Therapy
- ▶ Group Therapy
- ▶ Crisis Support
- ▶ Educational Presentations for families and teachers



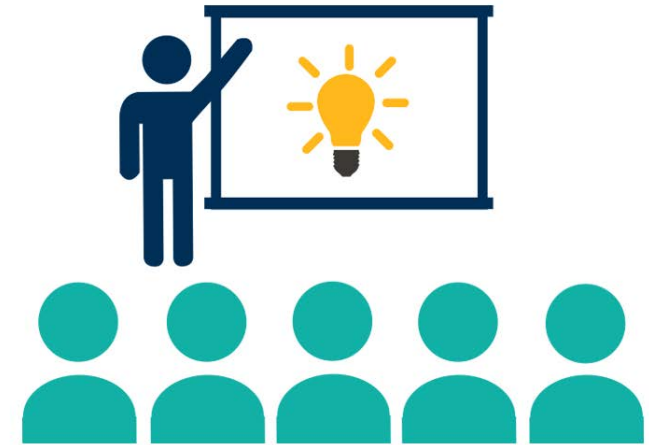
The Student Wellness Counselors utilize a holistic approach to work collaboratively with the education team to help support the students overall academic success.

Provided Services



EVOLUTION OF OUR INFRASTRUCTURE

- ▶ Rent a theater and show films
 - ▶ *Paper Tigers and Resilience*
 - ▶ *Inside Out*
- ▶ Provide free training to schools
 - ▶ Impact of trauma on the brain
 - ▶ Strategies to address trauma in the classroom
- ▶ Trained school staff and mental health providers in EBPs



How To Start?

- ▶ Alignment with Millard's Academic & Behavioral Multi-Tiered Systems of Support (MTSS) Model
- ▶ Student Assistance Process (SAP)
- ▶ Clarifying Professional Roles – School Social Worker, Counselor, and Psychologist?
- ▶ Superintendent's Service Advisory Board

MTSS ALIGNMENT



Residential Care
Hospitalization
Crisis Response

Case Management Services for Families
Individual/Family Therapy in a Clinic or School
Groups (CBITS, Bounce Back)

School Counseling, Social Work, & Psych Services
Staff & Community Training
Student Assistance Program
Positive Classroom Climate, Trauma-Informed School
Universal Screening, Social & Emotional Learning

OUR MULTI-TIERED SYSTEM OF SUPPORT

1. Needs & Gap Analysis
2. Partnership Development (think outside the box)
3. Define Roles & Processes both Internal & External
4. Consult Legal (MOU)
5. Build Capacity and Common Understanding by Training
6. Evaluate and Adjust

Key Take Aways

THANK YOU!

