

22ND ANNUAL CONFERENCE ON ADVANCING SCHOOL MENTAL HEALTH

**LEARNING FROM OUR HISTORY TO ENHANCE OUR
FUTURE IN A CHANGING WORLD**



THE EXPANDED SCHOOL MENTAL HEALTH (ESMH) PROGRAM



- Baltimore City Public Schools (City Schools)
- Behavioral Health System Baltimore (BHSB)

A collaborative effort between City Schools and BHSB.

WHY MENTAL HEALTH IN SCHOOLS?

Because that's where the children are!!



There was a disconnect—Children needed service but appointments were being missed at the mental health clinics.

- Schools needed service for students but it was not available at school.
- Bring the service to the schools!!
- And the Expanded School Mental Health Program (ESMH) was born.

WHY MENTAL HEALTH IN SCHOOLS?

Contextual Reasons

- Just over 20 percent (or 1 in 5) children, either currently or at some point during their life, have had a seriously debilitating mental disorder and **70 percent of adolescents** with mental health problems do **not** receive care (*National Institute of Mental Health, 2010*).
- Many people who suffer from depression, social phobia, obsessive compulsive disorder, bipolar disorder, or schizophrenia showed signs before they were 24 years old.
- Over the last two decades, suicide rates have doubled among Americans between the ages of 10 and 14 (*Centers for Disease Control and Prevention, 2016*)

Public Health Approach & Visionary Reasons

Social Determinants of Health

- Housing
- Healthy Food
- Literacy
- Incarceration
- Environment
- Access to Care
- Poverty
- Graduation
- Health Coverage

VALUE OF ESMH PROGRAM

- Emotional, behavioral and social difficulties diminish the capacity of children to learn and benefit from the educational process (Rones & Hoagwood, 2000).
- Students with mental health challenges, compared to typically developing peers, display moderate to severe academic deficits (Greenbaum et al., 1998).
- Rates of absenteeism and tardiness are much higher for students with mental health disturbances (Gall, 2000.)

Simply stated, unmet mental health needs hinder student's school success.



SHAPE
(SCHOOL HEALTH ASSESSMENT AND PERFORMANCE EVALUATION)
SYSTEM

WHY THE SHAPE SYSTEM?

- The **SHAPE** System is a free, interactive system designed to improve school mental health accountability, excellence, and sustainability.
- The **SHAPE** System is part of the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau effort to expand and improve the quality of comprehensive school mental health systems in the United States.
- Options: Custom Reports, Strategic Team Planning, Free Resources and inclusion on the National School Mental Health Census.

SCHOOL-YEAR (SY) 2016-2017

Volume of Targeted Services

Impact of Services

Outputs

- Total Number of Unduplicated Students Served: 9067
- Total of Unduplicated Students Served in the Grade-Expanded School Behavioral Health (ESBHI): 517
- Total Number of School-Wide Activities: 6655
- Total Group Sessions: 3721

Outcomes

- Sampling of Students Served reported increased school attendance and fewer suspensions.
- Parents and teachers report improved social skills and behaviors.

HISTORY-TO-FUTURE

(CHALLENGES & OPPORTUNITIES)

Challenges

- Outcomes - *Evaluation Reports and/or Impact Statements*
- Sustainability – Array of resources

Opportunities

- CoIIN: **C**ollaborative **I**mprovement and **I**nnovation **N**etworks for School-Based Health Services (CoIIN-SBHS)
- Call for Social Justice
- Call for Trauma-Informed Care (TIC)
- ReCAST Grant (*Baltimore City Health Department*)
- U-TURNS Grant (*Behavioral Health System Baltimore*)
- Promoting Student Resilience (PSR) Grant (*City Schools*)

INNOVATION IN PRACTICE

- **Collaboration**
- **Evaluation**
- **Continuous Quality Improvement (CQI)**
- **Social Marketing Campaigns**
- **Capacity-Building Efforts**
- **Leverage Initiatives**



CONTACT US



Envisioning a city where people live and thrive in communities that promote and support behavioral health

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