

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.

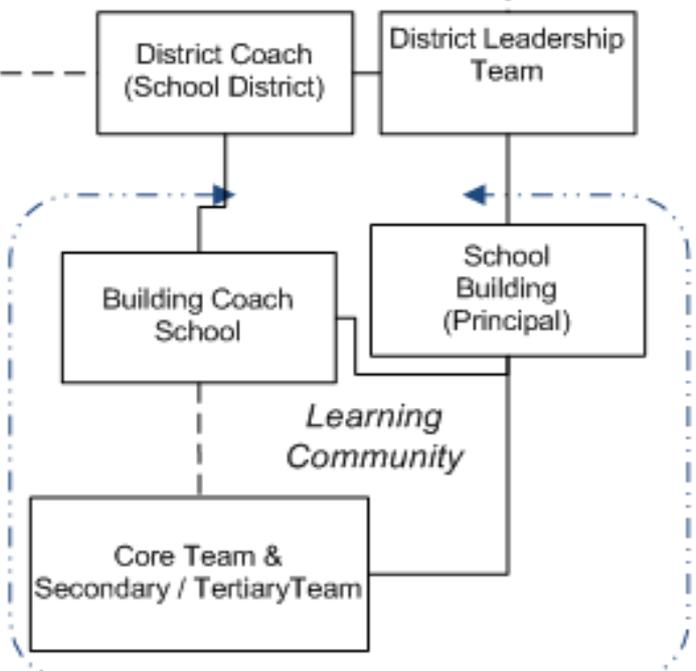
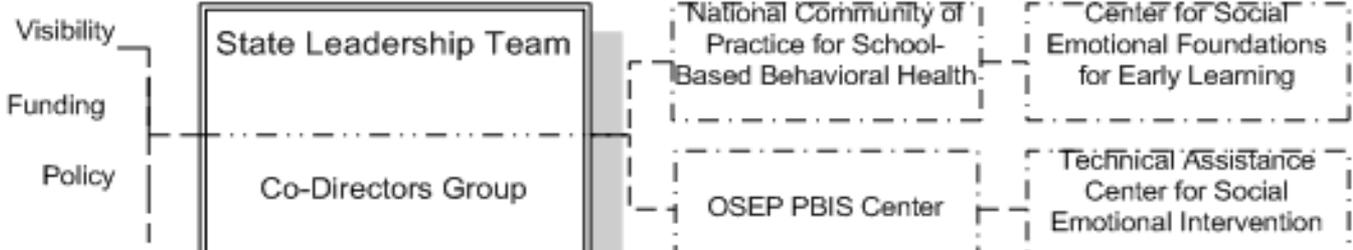
# Setting the Context

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.

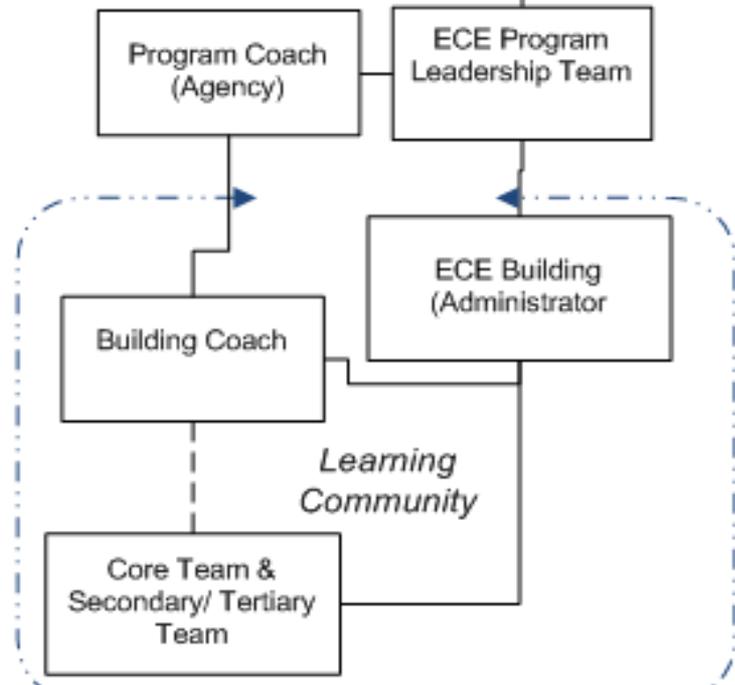
The affiliated network of PBIS providers is referred to as the Pennsylvania Positive Behavior Supports (PAPBS) Network.



# PA Positive Behavior Support Network



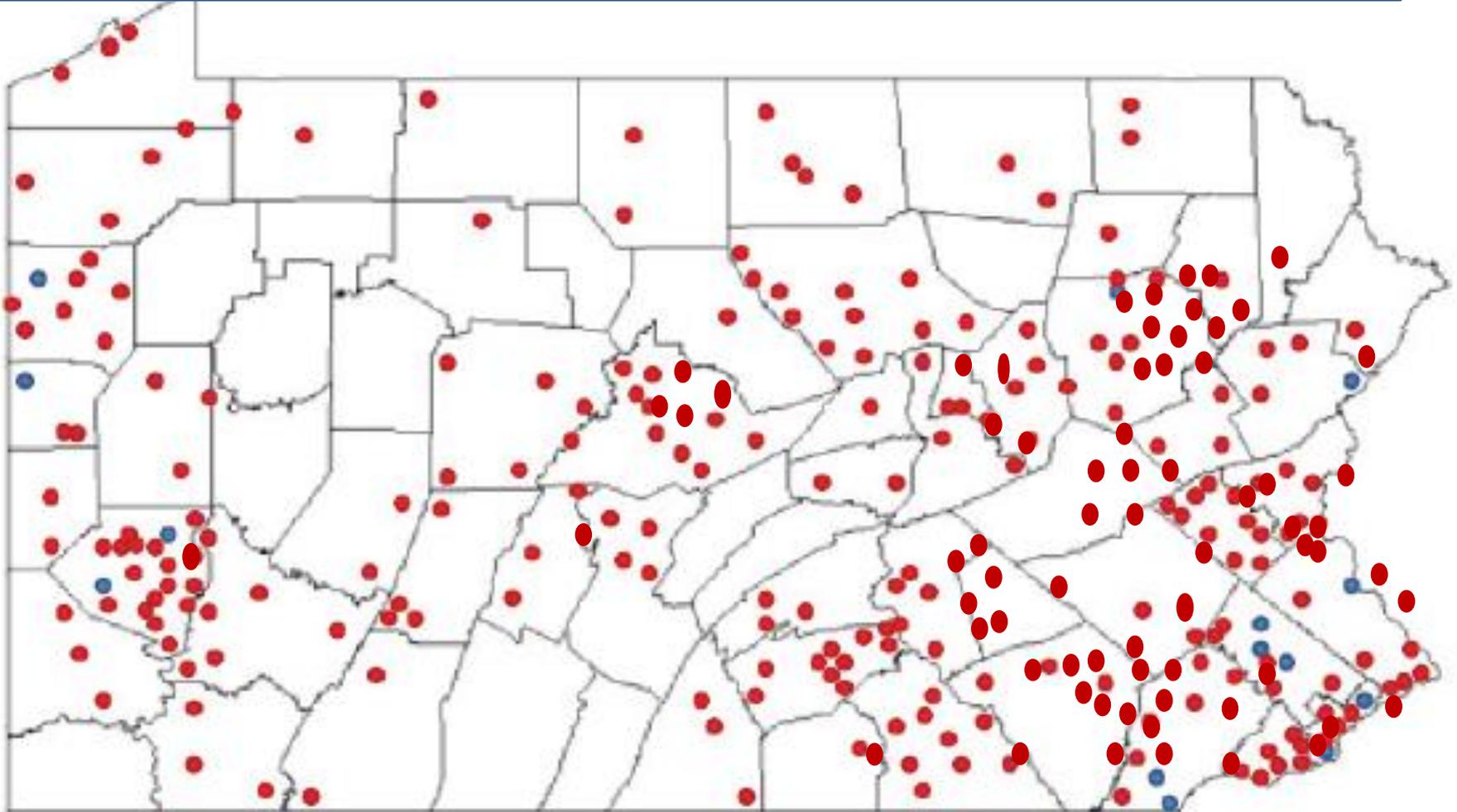
School-Based Wellness & Resiliency Team



Building-Based Wellness & Resiliency Team

# Setting the Context

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



# Setting the Context



Substance Abuse and Mental Health Services Administration



Search SAMHSA.gov

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



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# Pennsylvania General Assembly

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## 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

**how?**  
**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



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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

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

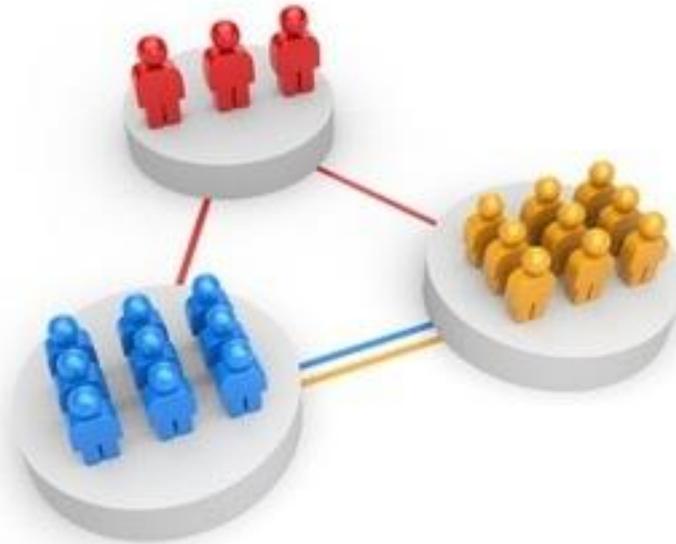
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# Process

2014



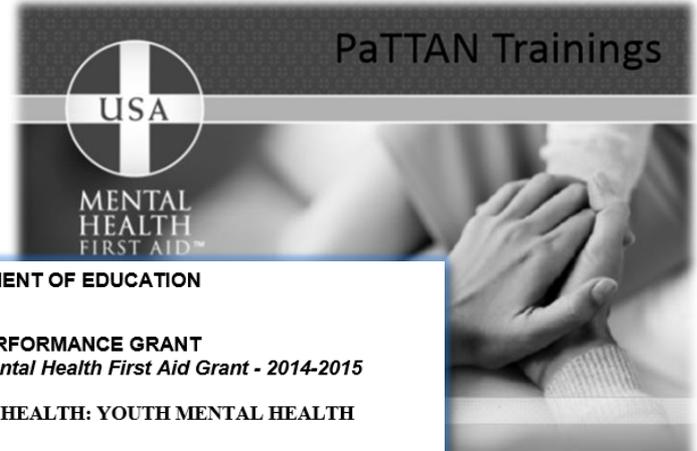
2015

# Process

2014

## Activities:

Trained 6  
PaTTAN Ed.  
Consultants as  
YMHFA  
Instructors



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) is designed to instruct teachers, school staff, peers, parents, and other persons engaging students (age 12 -21 years) in approaches to help students who are experiencing a mental health challenge, experiencing an addiction challenge, or is in crisis.

2014 - 2015

The purpose of the **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 participating in the required training and technical assistance

...voucher-based reimbursement system, associated with releasing 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

### 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 Connecticut

# Process

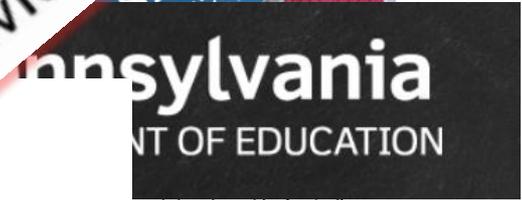
2014



DREXEL UNIVERSITY PHILADELPHIA



Conversations:



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



2015

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

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

# 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 also provides 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. For more information, please visit [www.PaDEP.edu/Schools/Pages/Act-71.aspx#Va\\_OGKzblN](http://www.PaDEP.edu/Schools/Pages/Act-71.aspx#Va_OGKzblN).

This is an exciting opportunity for instructors to reach out to their local school districts through their 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.

Youth mental health problems may be identified and addressed through training for teachers and school staff. This training is offered to support the needs of school-aged students who are listed below.

**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



You are invited

For more information, contact:  
 Amy Smith, [asmith@pattan.net](mailto:asmith@pattan.net)  
 610-321-x7262

Lebanon - Dona Alvino, [dalvino@pattan.net](mailto:dalvino@pattan.net)  
 610-826-6870

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

1:00pm - 1:30 pm Mental Health First Aid Action Plan

**March 2, 2016**

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

Individuals attending this event must arrive on time and stay the 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.



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

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

PENNSYLVANIA DEPARTMENT OF EDUCATION

**SPECIAL EDUCATION PROGRAMS** 2015-2016  
*School-Based Behavioral Intervention of SWPBIS*

## GRANTS

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

Proposals are to:

- Develop School Wide Positive Behavior Interventions and Prevention, strategic intervention (secondary intervention), and management needs of school-aged students (tertiary intervention).
- Coordinate with law enforcement, mental health, and correctional services in a conceptually integrated, continuum of preventing and intervening.

policy; and (2)

ed on the



# Process

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

FILE MESSAGE

Ignore Delete Reply Reply Forward More Meeting Consultants To Manager Done Reply & Delete Create New Move OneNote Actions Move Assign Mark Categorize Follow Up Policy Unread Tags Translate Find Related Select Zoom 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 Brunschwylar; 'Anne Katona-Linn'; 'Deanna Moerer (dmoerer@yapinc.org)'; Tina Lawson; <tmalott@comcast.net> <tmalott@comcast.net> (tmalott@comcast.net); regional.mh@prnhcc.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

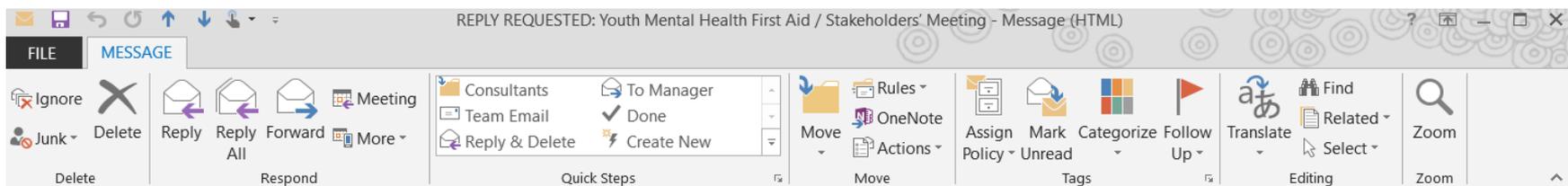
The CoP has identified the scale-up of Youth Mental Health First Aid (YMHFA) as a shared strategy by which to positively affect school-based behavioral health. As such, the CoP recognizes the following.

- 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



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;

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Therefore, the CoP is interested in establishing a voluntary affiliated network

**2015-2016**  
YMHFA Planning Meeting

Optional: [Google+ Meeting Link](#)

Please join my meeting:  
<https://global.gcommeeting.com/join/780917709>

Dial +1 (872) 240-3412  
Access Code: 280-917-7099  
Meeting ID: 280-917-709

**Date:** October 19, 2015  
**Time:** 10:00 am - 3:00 PM  
**Location:** ~~PA~~ 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 YMHFA instructors through which to foster relationships with schools. The CoP believes it important to garner direct input and feedback from YMHFA stakeholders in codifying the value added aspects that the proposed network could provide to community-based YMHFA 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 YMHFA	All / Table Facilitators	<a href="http://tmalott.com/PAYMHEA1">http://tmalott.com/PAYMHEA1</a>
11:00 - 11:15	<u>Preliminary thoughts</u> re: Voluntary Affiliated Network for YMHFA in PA	CoP Designates	
11:15 - 11:30	Refining the thoughts: Political Support, Policy, Funding and Visibility	Jim	Using PBIS as a Guide: <a href="#">Blaetter</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 YMHFA	All / Table Facilitators	<a href="http://tmalott.com/PAYMHEA2">http://tmalott.com/PAYMHEA2</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://tmalott.com/PAYMHEA3">http://tmalott.com/PAYMHEA3</a> Policy: <a href="http://tmalott.com/PAYMHEA4">http://tmalott.com/PAYMHEA4</a> Funding: <a href="http://tmalott.com/PAYMHEA5">http://tmalott.com/PAYMHEA5</a> Visibility: <a href="http://tmalott.com/PAYMHEA6">http://tmalott.com/PAYMHEA6</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	

### Health First Aid Stakeholders' Meeting.

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Prevention).

ve Behavior Interventions and Supports (PBIS).

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# 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

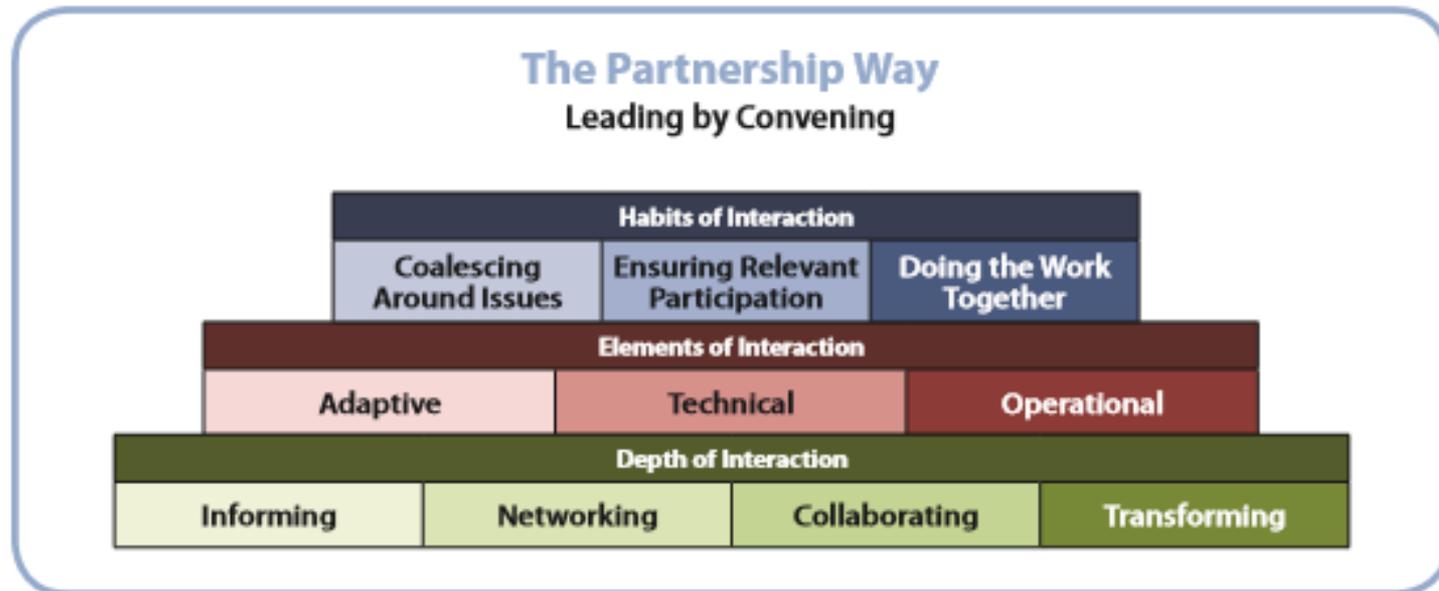


<http://www.ideapartnership.org/documents/NovUploads/Blueprint%20USB/NASDSE%20Leading%20by%20Convening%20Book.pdf>



*A Blueprint for Authentic Engagement*

# Strategies Used to Leverage this Work



# Strategies Used to Leverage this Work

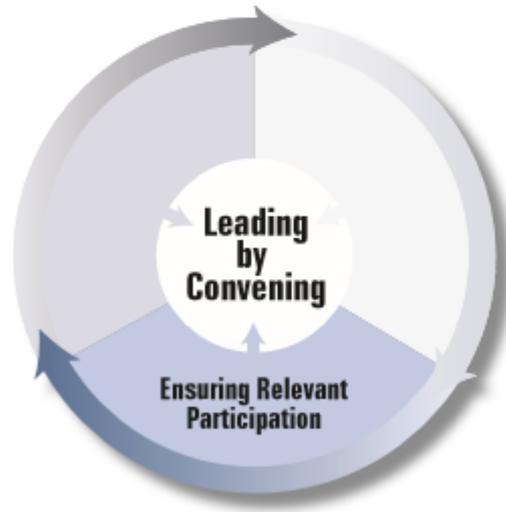
## Coalescing Around Issues

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)  
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