

# Bridging Research, Practice, Policy and Philanthropy to Build the Capacity of School-Based Mental Health Initiatives



22nd Annual Conference on Advancing School Mental Health  
Washington, DC  
October 2017



The Center for  
Health and Health Care in Schools



# Who Are We?



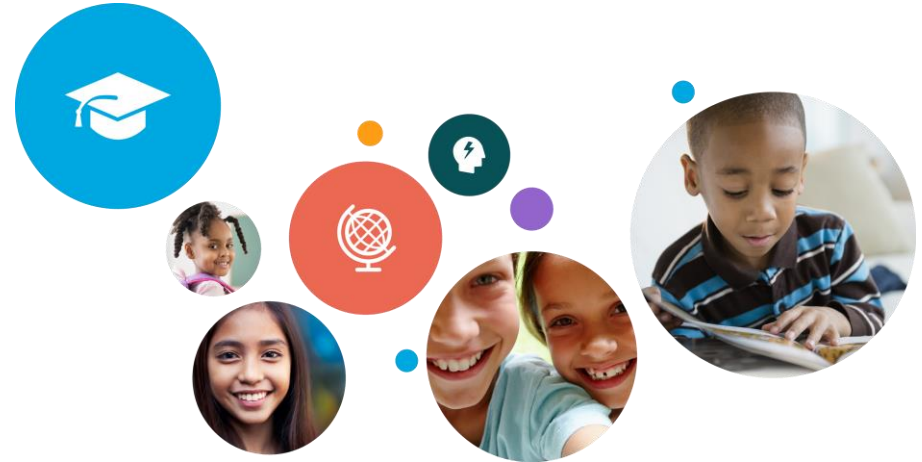
The Center for  
Health and Health Care in Schools



**Nisha Sachdev, DrPh, PsyD**  
Senior Director, Evaluation  
Bainum Family Foundation

**Noel Bravo**  
Senior Director, Program Development  
Bainum Family Foundation

**Olga Acosta Price, PhD**  
Director  
Center for Health and Health Care in Schools  
The George Washington University



# Today's Discussion



The Center for  
Health and Health Care in Schools



## Background on DC



# Children are developmentally on target academically, socially, and emotionally → How are we going to get there



**SOCIAL EMOTIONAL**



FY16-17  
Learning Phase

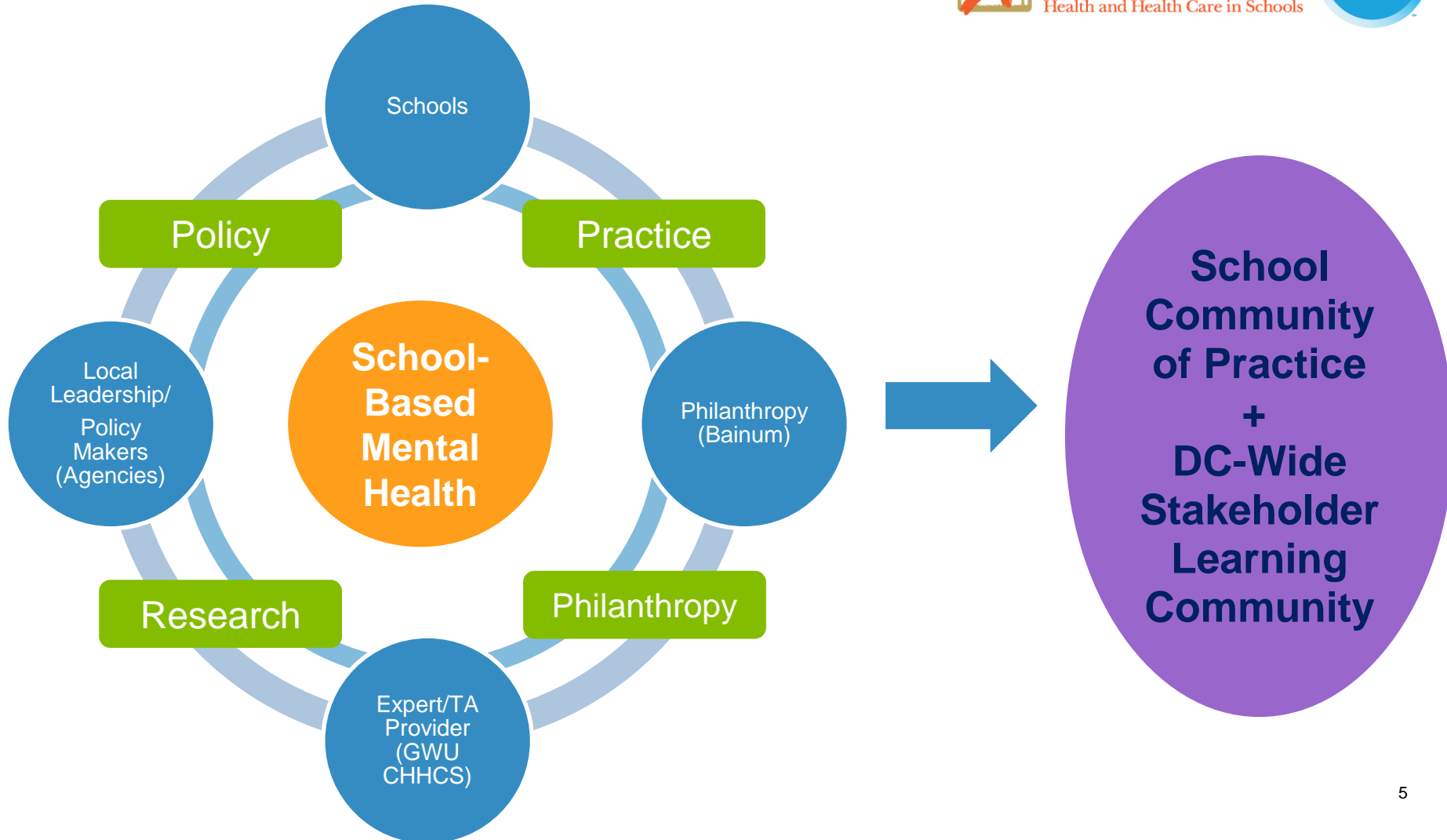
FY17-20  
Implementation

FY18-20  
Evaluation

# Partnership Informing Strategy Development



The Center for  
Health and Health Care in Schools



# Background on DC



The Center for  
Health and Health Care in Schools



- Population in DC under 18 years of age: 111,000
- Youth population – Wards 7 and 8: Over 41,000
- DC Student Mental Health Status:
  - 29% HS report they currently use marijuana
  - 25% HS report feeling sad or hopeless
  - 13% HS attempted suicide in last year
  - 25% MS girls seriously thought about hurting self
  - 15% MS girls tried to kill themselves
  - About 65% said they had an adult in school to talk to
- School Behavioral Health Program
  - Established in 2000
  - ~ 65 Department of Behavioral Health BH clinicians employed in 68 schools

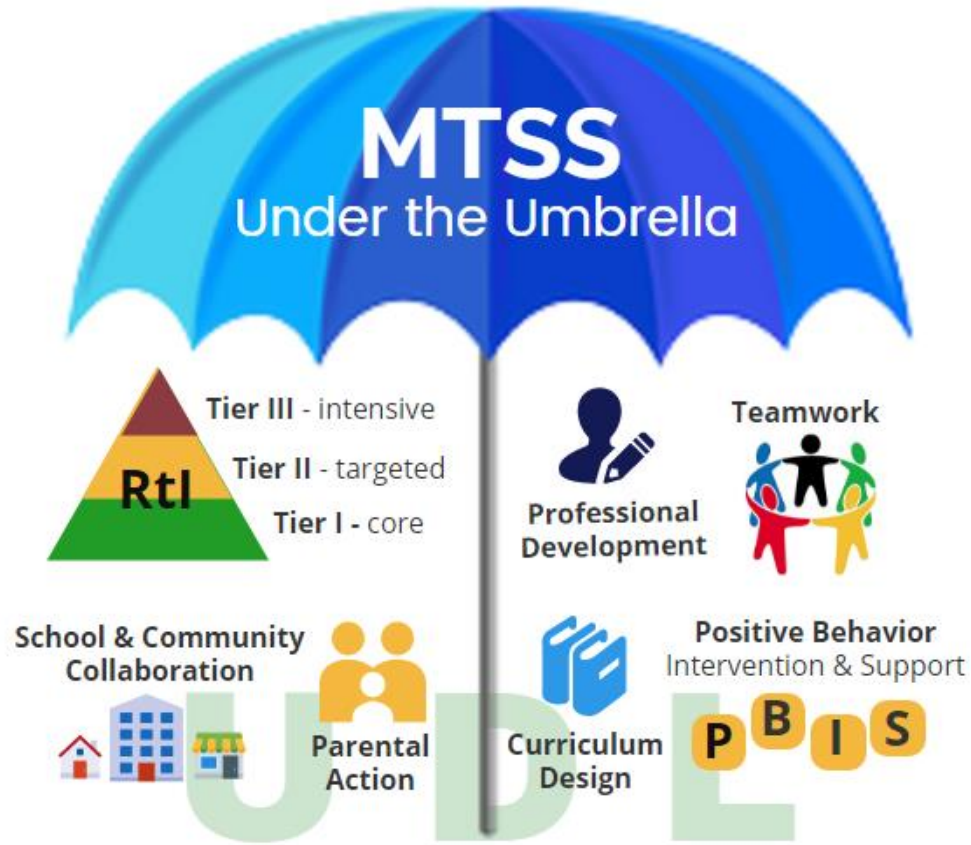
## Washington, DC



# Setting the Stage



The Center for  
Health and Health Care in Schools



# Learning Phase: Systematic Gap and Resource Assessment



The Center for  
Health and Health Care in Schools



- 20 key informant interviews
  - Notes coded and themes identified
- Reviewed numerous reports and articles on SMH
- Site visits conducted at two public schools
- Mapping of Assets
  - School-based mental health evidence-based Programs
  - Community-based providers and partners
  - Supportive policies

Assessment



# A. School Community of Practice (4 schools)



The Center for  
Health and Health Care in Schools



## Multi-Tiered System of Support (MTSS)

- Focus on Universal Prevention
- Tailored evidence-based interventions

## Data-Based Decision- Making

- Collect/use data to conduct quality assessments and ensure fidelity to evidence-based models
- Track/assess early identification of at-risk students, identify supports that might benefit them and responsiveness to services, and evaluate student and school outcomes

## Service Coordination With Families, Schools and Community

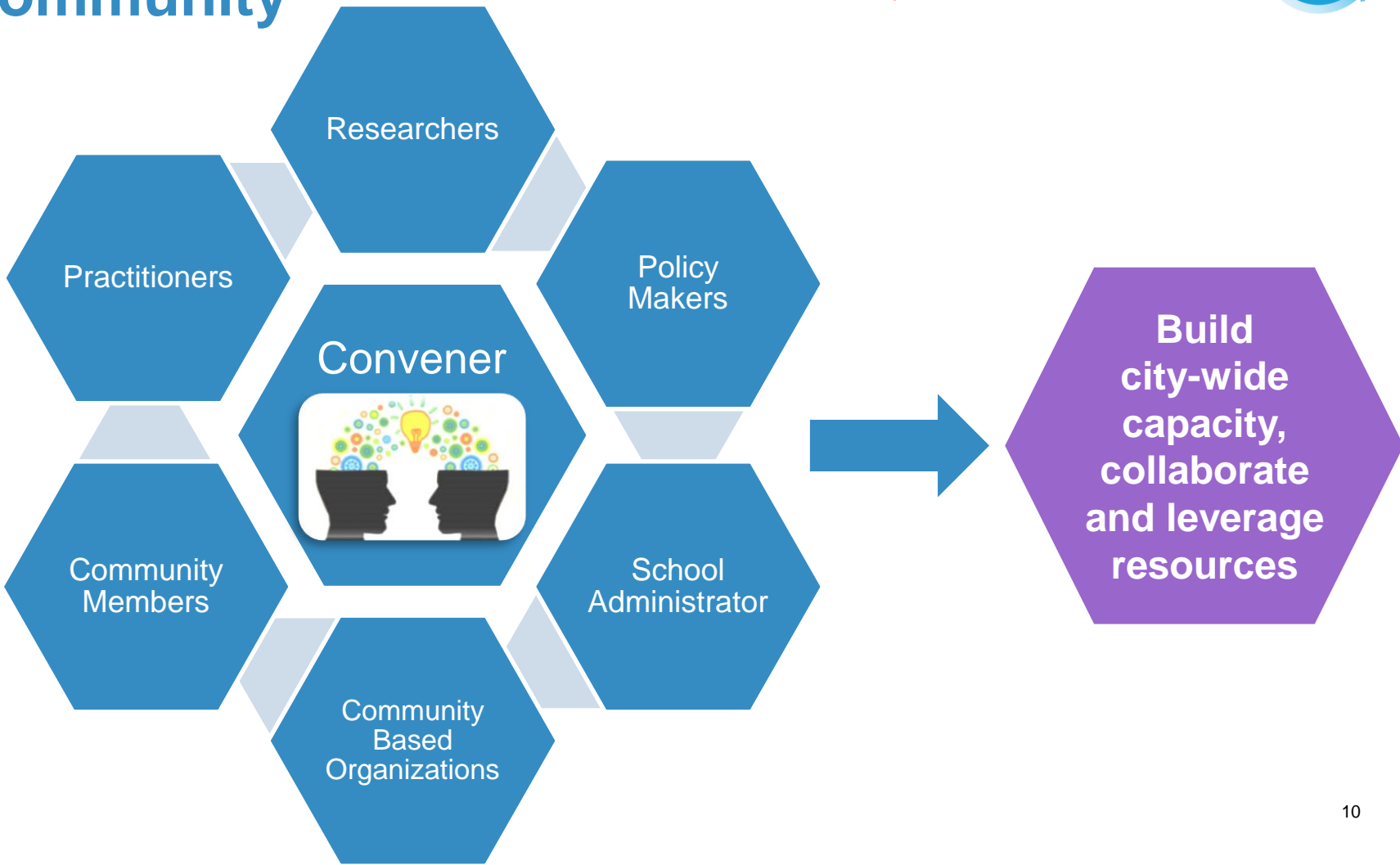
- Improve coordinated systems of care within the school and with community partnerships
- Engage families, including linking families to resources and supports to reduce stressors

Validated screening and assessment measures and implementation protocols

# B. DC-Wide Stakeholder Learning Community



The Center for  
Health and Health Care in Schools



# Funding Model



The Center for  
Health and Health Care in Schools



Expert Consultant/  
TA Provider  
(National + Local)



\$20,000  
+  
\$55,000  
in TA



Stakeholder Learning  
Community

\$7,500  
per  
stake-  
holder

# Five Key Take-Aways



The Center for  
Health and Health Care in Schools



## 1. Focus on the fundamentals

- Multi-Tiered System of Support (MTSS)
- Data-Based Decision-Making
- Service Coordination Within Families, Schools and With Community

## 2. Ensure key roles are covered

- Neutral convener
- Innovative schools
- Multi-sector service providers
- Policy makers
- Funders

## 3. Frame / label your efforts strategically

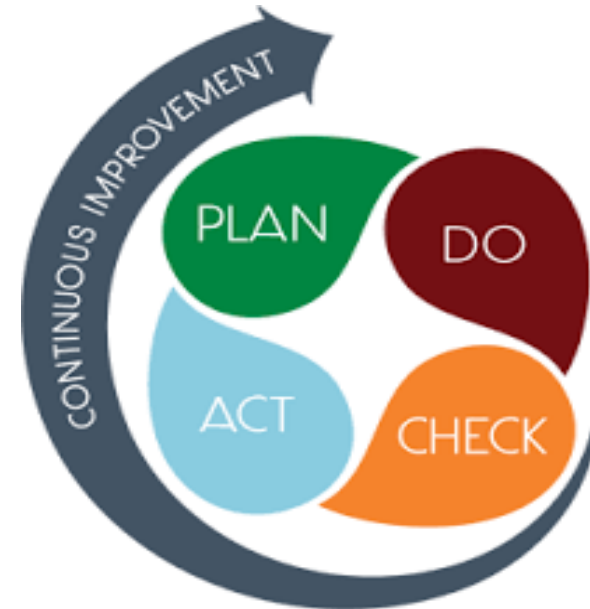
- Social-emotional learning
- Positive youth development
- Prevention

## 4. Think systematically

- Schools
- Health / Mental / Behavioral Health
- Community Providers

## 5. Start at the right scale, then expand

- Demonstration project approach
- Continuous improvement



# Final Thoughts and Discussion



**Nisha Sachdev, DrPh, PsyD** – Senior Director, Evaluation  
Bainum Family Foundation  
[nsachdev@bainumfdn.org](mailto:nsachdev@bainumfdn.org)

**Noel Bravo** – Senior Director, Program Development  
Bainum Family Foundation  
[nbravo@bainumfdn.org](mailto:nbravo@bainumfdn.org)

**Olga Acosta Price, PhD** – Director  
Center for Health and Health Care in Schools  
The George Washington University  
[oaprice@gwu.edu](mailto:oaprice@gwu.edu)