



From Paper to Practice: Actualizing a Vision for Regional Integration of School & Community Student Behavioral Health

Janet Pozmantier, M.S., LPC, LMFT, RPT
Director, Center for School Behavioral Health at
Mental Health America of Greater Houston

Betsy Blanks, B.A.
Associate Director, Center for School Behavioral Health at
Mental Health America of Greater Houston

Linda Rodriguez, Ed.D.
Coordinator of Behavioral Multi-Tiered System of Support
Pasadena Independent School District



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SCHOOL BEHAVIORAL HEALTH OF GREATER HOUSTON

Roadmap



- **Center for School Behavioral Health at Mental Health America of Greater Houston**
- **Case Study: Pasadena ISD**
- **5 Years of Lessons Learned**
- **Replication**
- **Questions**



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What's Happening?

“... an ever increasing problem of **elementary school age** children with **out of control** behaviors **so severe** that they are currently being sent to Houston's NeuroPsychiatric Center **via ambulance** because they are **destroying classrooms** and **attacking teachers**. The number of teens sent to the District Alternative Education Program for drug and alcohol abuse has continued to increase. The current drugs of choice include **Xanax and heroin**. One teen tried to **hang herself** in the bathroom at the alternative school. Teachers, police officers and nurses report that **self-cutting** is on the rise. The district-wide School Health Advisory Council **unanimously identified mental health as the number one health issue needing to be addressed in the district.**”





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The School Behavioral Health Initiative

Committees
Systems Mapping
Confidential Interviews
National Best Practices Research
Local Data Collection
Site Visits



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37 Recommendations Released February 2013

Harris County School Behavioral Health Initiative

A Community Collaboration



Recommendations to Improve
Prevention, Identification,
and Treatment
of Behavioral Health
Issues Among Students

February 2013





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Mission

To improve the

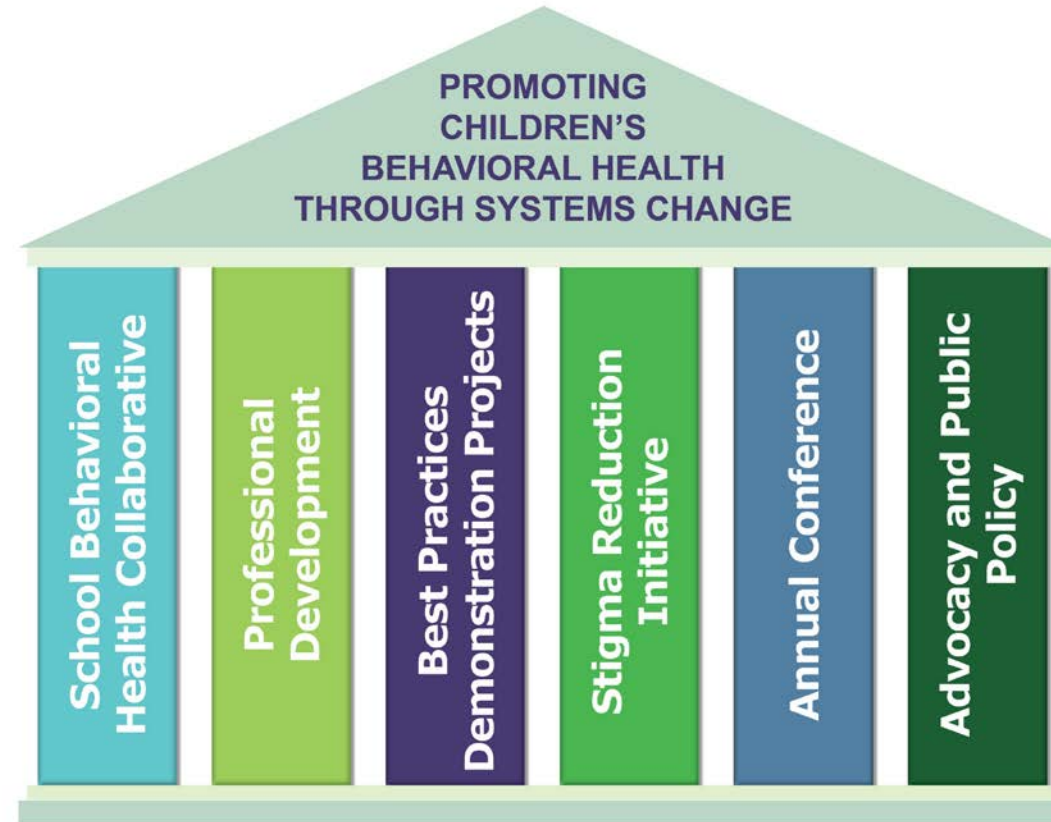
- ✓ Prevention
- ✓ Early identification and intervention
- ✓ Treatment

of behavioral health issues among students.



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Center for School Behavioral Health Mental Health America of Greater Houston





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SCHOOL BEHAVIORAL HEALTH

School Behavioral Health Collaborative

Promoting
Children's
Behavioral Health
Through Systems Change

School Behavioral
Health Collaborative

Network and Resource Sharing

30 School/Charter School Districts

(Collectively serving **over 1 million** students)

100 Child and Youth Serving Organizations

Advocacy/Education Organizations

City/County/State Representatives

Parent Advocates

Region IV Education Service Center

Harris County Department of Education

2017- 2018 attendance average = 100



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Learning Communities

Promoting
Children's
Behavioral Health
Through Systems Change

School Behavioral Health
Collaborative

Professional
Development

Meets every other month
School District Best Practices
Agency Spotlight
Advocacy & Public Policy
Deep Dives/Research
Ask the Expert/Case Studies





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Best Practices Incubator

Promoting
Children's
Behavioral Health
Through Systems Change

School Behavioral Health
Collaborative

Professional Development

**Best Practices
Incubator**

- 12 projects to date
- Addressing new solutions to old problems
- All 3 tiers
- 9 school districts/charter school districts



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Stigma Reduction Initiative

Promoting
 Children's
 Behavioral Health
 Through Systems Change

School Behavioral Health
 Collaborative

Professional Development

Best Practices Incubator

Stigma Reduction
 Initiative



#HTxMentalHealth CHILDREN'S ART CONTEST

Every Child
 Is An Artist!



MENTAL
 HEALTH
 FIRST AID

The
**EMOTIONAL
 BACKPACK
 PROJECT**

#whatsinyourbackpack





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Annual Conference

Promoting
Children's
Behavioral Health
Through Systems Change

School Behavioral Health
Collaborative

Professional Development

Best Practices Incubator

Stigma Reduction Initiative

Annual Conference

2016: Goal = 100; sold out early with 325
2017: Goal = 500; sold out early with 525
2018: Goal = 650





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Advocacy and Public Policy

Promoting
Children's
Behavioral Health
Through Systems Change

School Behavioral Health
Collaborative

Professional Development

Best Practices Incubator

Stigma Reduction Initiative

Annual Conference

**Advocacy and
Public Policy**

2013

**Teacher training in student mental health
REQUIRED**





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Pasadena ISD Case Study



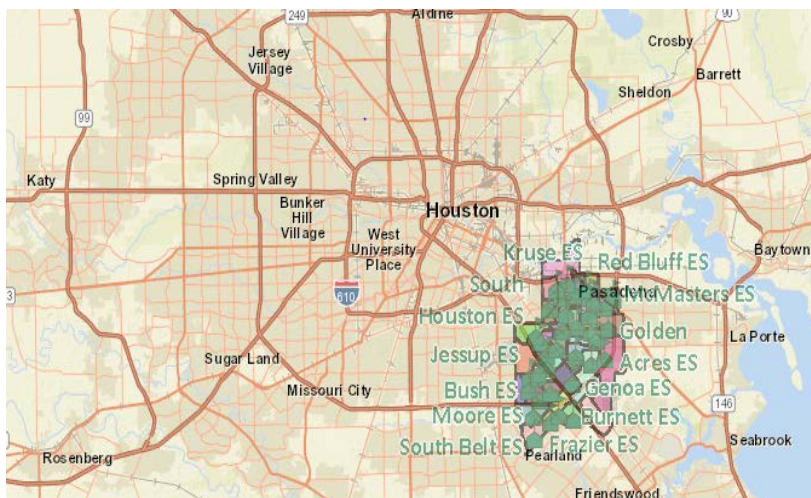
School Behavioral Health Model of Excellence



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Pasadena ISD Case Study

Linda M. Rodriguez, Ed. D.
 District Coordinator of School Behavioral Health/PBIS



36 Elementary Schools (PK-4)
10 Intermediate Schools (7/8)
3 Schools of Choice
1 High School (10-12)

11 Middle Schools (5/6)
4 Traditional High Schools (9/12)
1 9th Grade Center
2 DAEPs

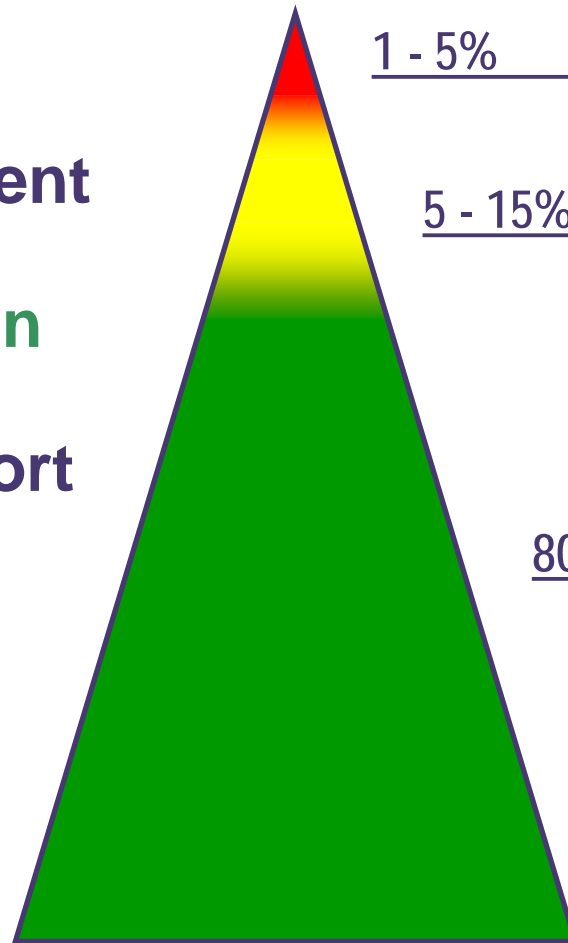
PASADENA ISD	DEMOGRAPHICS
Enrollment	52,800
Number of Schools	68
Accountability Rating	“Met Standard”
Economically Disadvantaged	78%
At Risk of Dropping Out	58%
Graduation Rate	90.9%
Dropout Rate	1.8 %
Cultural Diversity	Hispanic 82.8% African American 7.6% White 5.9% Asian 2.8 % Other 0.9%



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Pasadena ISD Case Study

School-Wide Systems for Student Success: PBIS
A Response to Intervention (RtI) or Multi-Tiered Model of Support



1 - 5% Tier 3: Individual Interventions

5 - 15% Tier 2: Small Group Interventions

80 - 90% Tier 1: Universal Interventions



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PISD DISTRICT GOALS

INCREASE ACADEMIC ACHIEVEMENT IMPLEMENT GOAL 5 OF DISTRICT'S FIVE YEAR STRATEGIC PLAN:

Promote a safe school culture and climate, expand current resources and training, and support the social, emotional, behavioral, physical, and mental health well-being of all staff and students.

Evidence of Success

Decrease of office discipline referrals & suspensions

Increase of schools implementing PBIS @ fidelity at all three tiers

Increase in partnerships

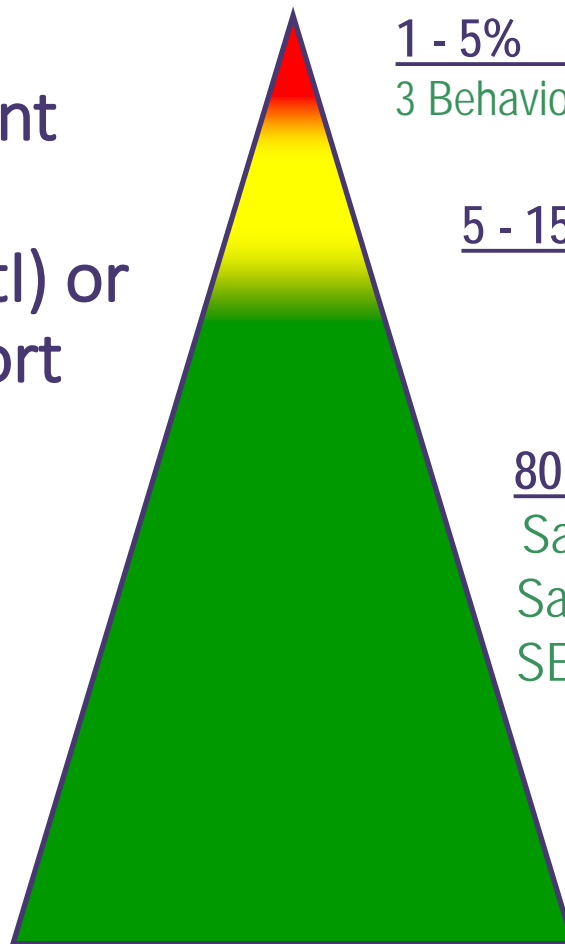
Increase of referrals for early intervention



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Pasadena ISD Case Study

School-Wide Systems for Student Success: PBIS
A Response to Intervention (RtI) or Multi-Tiered Model of Support



1 - 5% Tier 3: Individual Interventions
3 Behavior Specialist assigned 20 schools each

5 - 15% Tier 2: Small Group Interventions

80 - 90% Tier 1: Universal Interventions
Safe/Civil Foundations for School-wide PBIS
Safe/Civil CHAMPS for Classroom PBIS
SEL: Conscious Discipline (Elementary Schools)



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3 Major Things Happened...

- Awarded a 5 year School Climate Transformation Grant/2 Year SAMHSA Mental Health Grant
 - Increased staff from 4 to 15
 - Increased our knowledge about PBIS
 - Developed a highly trained district team of behavior specialists
- Joined Center for School Behavioral Health (CSBH)
 - Helped develop the Center's 37 Recommendations that serve as a roadmap for improvement
- Through our collaboration with CSBH
 - Awarded the first of three SEL grants from Bridgeup Menniger
 - Have partnered with numerous agencies to provide mental health services to our students in our schools



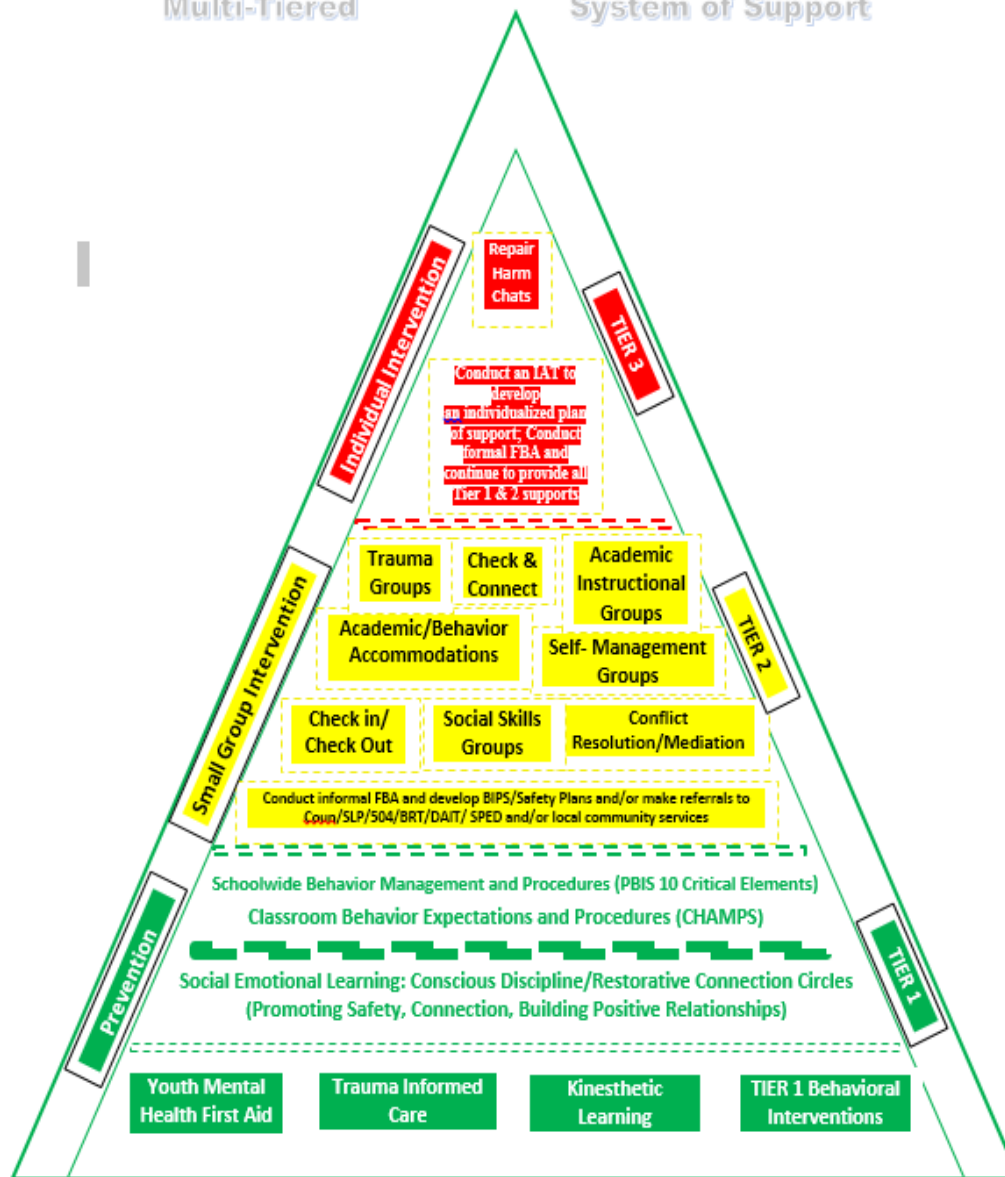
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21

CSBH School District Recommendations

Pasadena's Enhanced School Behavioral Health Multi-Tiered System of Support



KEY

Coun = Counselor
SLP = Speech/Language Pathologist
BRT = District Behavior Specialist

DAIT = Dyslexia Specialist
SPED = Special Education
ABL = Action Based Learning
IAT = Intervention Assistance Team

PBIS = Positive Behavior Interventions and Supports
BIP = Behavior Intervention Plan
FBA = Functional Behavioral Assessment

Fidelity Measures

Tiered Fidelity Inventory (TFI) for Tier III

Tiered Fidelity Inventory (TFI) for Tier II

Benchmark of Quality (BoQ) for Tier 1

TIER 1 Prevention	Tier 2 Small Group Intervention	Tier 3 Individualized Interventions
School wide PBIS (Foundations)	Check and Connect (Mentoring)	Functional Behavioral Assessments
Classroom PBIS (Champs)	Social Skills/Behavioral Instructional Groups	Individualized Behavior Intervention Plans
Social Emotional Learning (Conscious Discipline & Piloting Second Step)	Self-Management (Emotional Regulation) Training	Safety Plans
Classroom Behavioral Interventions	Check in/Check out	Referrals for evaluation and/or Outside Service Providers
Restorative Circles for Academics/Social Connection	Mediation and/or Restorative Circles or Chats to Problem Solve or Repair Harm	Restorative Chats for Re-entry
Mental Health Training	Referrals to Campus/District Support Staff & Outside Service Providers	Referrals to Outside Service Providers
Trauma Training	Trauma Groups	Referrals to Outside Service Providers
Kinesthetic Learning	Action Based Learning Labs/ Behavioral Accommodations	One on One Support
Academic Curriculum	Academic Small Group Intervention & Academic Accommodations	Academic One on One Instruction



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2017 – 2020 Goals

*Create a National PBIS Enhanced Exemplar at every level:
Elem/Middle/Intermediate/High*

Safe/Civil Foundations- SW
Safe/Civil CHAMPs - CW
Social/Emotional in PK-12

Menu of Effective Tier 2 Evidence Based Interventions
Behavior Specialists (6)
Behavior Paras (6)

Mental Health Training
Trauma Informed Care
Restorative Practices
Kinesthetic Learning
Use of Action Based Learning Labs
Increased Partnerships
Increased Referrals for Early Intervention



District Data Trends

	2012-2013	2014-2015	2016-2017	2017-2018
Total # of Incidents – All Reasons	79,607	73,679	69,634	49,970
Total # of Incidents – Major Reasons	33,444	30,526	26,197	20,917
In school suspensions	24,003	22,141	20,290	16,612
Out of school suspensions	5,165	5,093	5,204	3,740

- Data Source: PISD’s Mizuni Data Reports
- Formula used: # of fewer incidences x minutes to address = total minutes lost/60 min. per hr./7 hrs. per day = total # of DAYS GAINED for student learning and administrative time to support effective teaching in the classroom.



Results of Effective Discipline Management

Increased Instructional Time

	Office Discipline Referrals (ODRs)
Administrator	14,384 minor referrals x 10 minutes = 342 days returned to support student learning and effective instruction
Administrator	5,280 major referrals x 45 minutes = 565 days returned
Student	19,664 referrals x 20 minutes = 936 days returned for learning
Teacher	19,664 referrals x 5 minutes = 234 days for teaching

Unexpected Outcomes

- Children's Mental Health Champion Award in 2018
- Press Conference with the Mayor of Houston on the topic of mental health
- Panelist for Models of Excellence before the Texas House/Senate Committee for Mental Health
- Two radio broadcasts and one local television show appearance
- Hosting Site Visits & Sharing Learning
- Inviting smaller school districts to attend our professional development events for a minimal cost or free
- The accelerated growth and learning as a result of the CSBH



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Benefits of Replicating CSBH

- **21 School District SBH Recommendations** have become our roadmap for improvement.
- **SBHI Collaborative** has created numerous partnerships of service for our students/families & awareness of other services.
- **School District Learning Community** has helped other school districts bring best practices into their districts. **Trauma Conference** has provided additional professional development.
- **Best Practices Demonstration grants** have impacted the provision of trauma-informed services in almost 75% of our schools and allowed for our first experience using telehealth
- **Awareness of other grant opportunities:** PISD was awarded 2 action research grants for SEL and Trauma and an opportunity to take that learning and create a replicable and sustainable Enhanced PBIS National Model of Excellence.



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5-Year Impact Report: Lessons Learned

Use a systems change, collective impact model to conduct research, assessment, and determine your framework.

The model should be based on the needs of your community.

HARRIS COUNTY 2012

525,761

Children ages 5-17ⁱ

20%

or about 105,152 of these children had a mental illness or addictive disorder that caused at least some level of functional impairmentⁱⁱ

\$5.4B

slashed by the State of Texas Legislature from the education budget in 2011, leaving thousands of teachers and students without supportⁱⁱⁱ

8.5%

arbitrary cap on student enrollment in special education led to an increase in students not receiving treatment for mental health concerns^{iv}

70%

of youth in the juvenile justice system were identified as having a mental illness - many for the first time^v

\$38.38

per capita mental health spending. Texas was ranked last nationally^{vi}



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5-Year Impact Report: Lessons Learned

Fund a backbone organization (e.g., the Center) to build a collaborative of stakeholders and drive the implementation of the framework. Additionally, engage funders in the work.

HOUSTON
ENDOWMENT

“ We believe schools are at the front lines of responding to child trauma and behavioral health issues. The team at Mental Health America of Greater Houston built the Center for School Behavioral Health for just this purpose – to support school districts, schools and educators in adopting best practices to improve the behavioral health of students.”



5-Year Impact Report: Lessons Learned

**Design metrics to assess community impact of the Center
(i.e., what has changed?)**

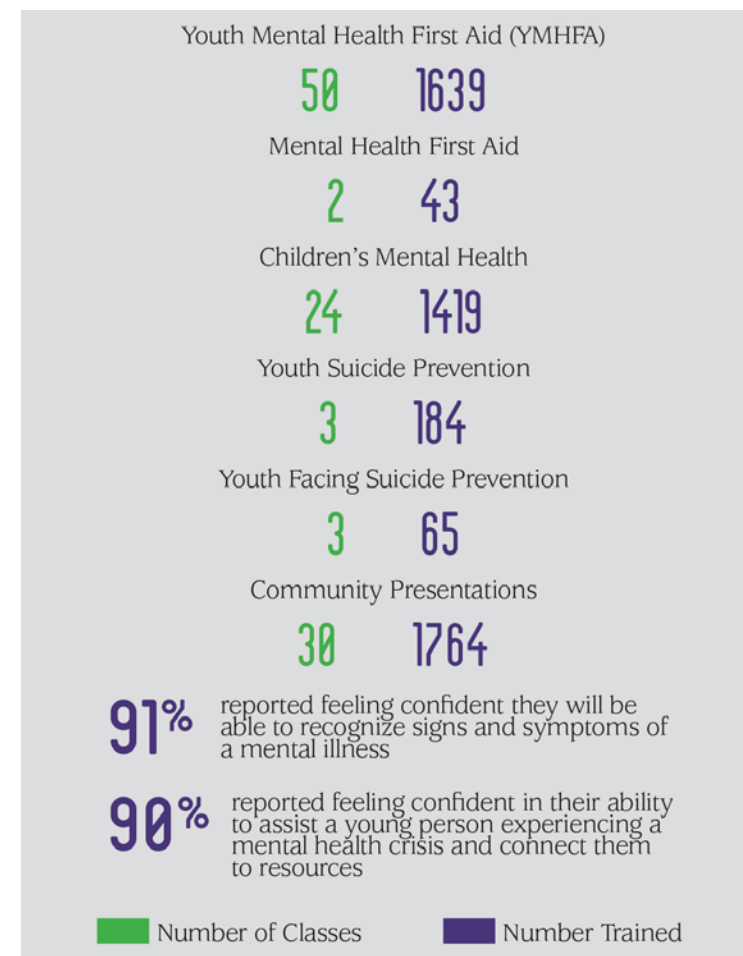
Recommendations implemented by area school districts
(21 of the 37 recommendations apply to school districts)

2014	2015	2016-2017	2017 - 2018
8 Districts	10 Districts	12 Districts	17 Districts
Average of 2 Recommendations	Average of 6 Recommendations	Average of 11 Recommendations	Average of 14 Recommendations



5-Year Impact Report: Lessons Learned

Education is key – people have to know **WHY** this issue matters and **HOW** it can be addressed.





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5-Year Impact Report: Lessons Learned

Engage in grassroots public policy and statewide legislative advocacy to drive system change.

MHA OF GREATER HOUSTON'S ADVOCACY EFFORTS LED TO THE PASSAGE OF SB 460 IN 2013, WHICH PROVIDED FREE YOUTH MENTAL HEALTH FIRST AID TRAINING TO TEXAS EDUCATORS

2014:
2,868 trained

2015:
11,525 trained

2016:
11,774 trained

2017:
12,557 trained

TOTAL:
38,724 trained



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5-Year Impact Report: Lessons Learned

Use collaborative meetings, best practice demonstration grants, and a conference to enhance and encourage partnerships between school districts and community organizations

SPOTLIGHT



HOUSTON ISD
FOUNDING
COLLABORATIVE MEMBER

IMPLEMENTING 12 OF 21 RECOMMENDATIONS FOR SCHOOL DISTRICTS.

“[The Center] has been essential. Almost every contact I have has been through the collaborative. For example, I just got off the phone with Legacy. I saw they are spotlighting the KIPP and YES Prep campus clinics at the next meeting...I immediately called them and said, ‘How can we get that same kind of support at HISD?’ The relationship we have with NAMI started with the Collaborative. We’ve connected with Pasadena ISD and I see them as really forward thinking. A stronger relationship with Communities in Schools has come through the Collaborative. When you have school and community organizations in the same room routinely, then I think we’re better able to connect our services. My strengthened relationship with The Harris Center led us to go from 9 colocations to 20. The Collaborative sends

a message we’ve been trying to send - that the resources to help the schools are not all found in the district office or the campuses. They’re in the community. So the district, campus and community have to work together to meet the needs of the kids. Without the Center, the district, campus and community aren’t together. I don’t think there’s any district that can say they can go at it alone. We’ve learned that PBIS alone won’t meet the needs of kids in HISD - it has to be bolstered with Social-Emotional Learning and mental health.”

**-MICHAEL WEBB, PH.D., FOUNGING
DIRECTOR OF SOCIAL AND EMOTIONAL
LEARNING**



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5-Year Impact Report: Lessons Learned

Administrators can be **HUGE** barriers to implementation. You must get buy-in to ensure sustainability for student mental health.

NEW!

SCHOOL DISTRICT POLICY SYMPOSIUM

A Pre-Conference for District Teams

September 27th, 2018

8:30 a.m. - 12:00 p.m.

FEATURED SESSIONS

- *Centralizing Behavioral Health Decisions at the District Level*
- *Equitable Policies & Codes of Conducts*
- *Austin ISD Case Study: District-wide SEL and Mental Health Support*

To learn more about building your district team and to register, visit:

www.mhahouston.org/2018-policy-symposium



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5-Year Impact Report: Lessons Learned

Be responsive to needs of the community and willing to change course when needed (Emotional Backpack, Rebuild Texas Project).

The
**EMOTIONAL
BACKPACK
PROJECT**

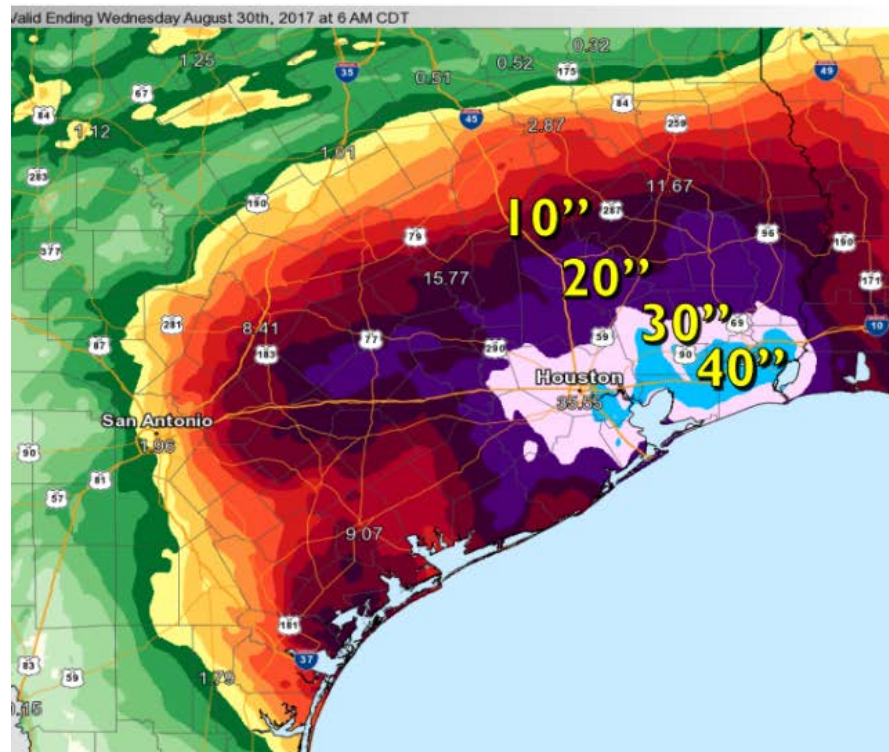
#whatsinyourbackpack





5-Year Impact Report: Lessons Learned

No matter how well you plan, you can never be prepared for everything.
Be flexible, and take advantage of opportunities when they arise.



5 Day Point Rainfall Amounts in Inches

- Harvey continued to produce record breaking **rainfall totals** of **45 to over 50 inches**... with continued rainfall
- **Cedar Bayou** - 51.88
- **Berry Bayou** - 44.88
- **League City** - 49.84
- **Mary's Creek** - 49.80
- **Goose Creek** - 44.08
- **Greens Bayou** - 41.36
- **Buffalo Bayou** - 35.60
- **Addicks Dam** - 33.44



Point rainfall
data courtesy

Post-Harvey Postscript: Silver Linings



- Statewide: Hurricane Harvey Task Force on School Mental Health Supports
- Local: Funding from UNICEF USA for Train-the-Facilitator Trauma and Mindfulness Module, as well as creation of a new Trauma module for Kognito, with 30 months of free access to Center school districts

Hurricane Harvey Relief Fund

Mitigating Adverse Effects & Changing the Future for Children's Mental Health in Houston



- Provide mental health, trauma, mindfulness, and suicide prevention trainings for educators
- Lead and coordinate a community engagement & education campaign
- Lead and coordinate public policy and advocacy efforts

Rebuild Texas Fund & the Future of the Center



- **Deep dive consultancy with 10 significantly impacted school districts**
- **Provide mental health, trauma, mindfulness, and suicide prevention trainings for educators**
- **Provide other services/programs as needed**
- **Build capacity and resiliency for student mental health**



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SCHOOL BEHAVIORAL HEALTH OF GREATER HOUSTON

5-Year Impact Report: Final lesson learned

2012



Total Members: 42

2015



Total Members: 65

2017



Total Members: 106

Big keys to success:

✓ Food

✓ CHOCOLATE

September 2018: 130 attendees





Your takeaways:

- How can you use our lessons learned to build capacity for school behavioral health in your community?



It's easier to build strong children than to repair broken men.

Frederick Douglass



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SCHOOL BEHAVIORAL HEALTH

Thank you!

Janet Pozmantier jpozmantier@mhahouston.org

Betsy Blanks bblanks@mhahouston.org

Linda Rodriguez lmrodriguez@pasadenaisd.org