



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Best Practices in School Mental Health

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Disclosure

- This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (TTC) Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA).
- At the time of this presentation, Elinore F. McCance-Katz, served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Stefanie Winfield, MSW and Sarah Younggren, LCSW and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



The Mountain Plains Mental Health Technology Transfer Center

Provides training and technical assistance on evidence-based practices to the mental health providers of Region 8 (North Dakota, South Dakota, Montana, Wyoming, Colorado, and Utah). We are funded by the Substance Abuse and Mental Health Service Administration (SAMHSA)

Co-hosted by:

The University of North Dakota

and

The Western Interstate Commission for Higher Education (WICHE)





Mental Health Colorado

Mental Health Colorado advocates for the more than one million Coloradans who experience a mental health or substance use disorder each year.

We engage policymakers, providers, the public, and the press to promote early intervention, expand access to affordable services, and eradicate stigma and discrimination.

Our efforts range from the Capitol to the classroom.





Agenda

- Introductions
- History of Toolkit Development
- Review the Sections of the Toolkit
- How to use the Toolkit
- Next Steps



MENTAL HEALTH
COLORADO





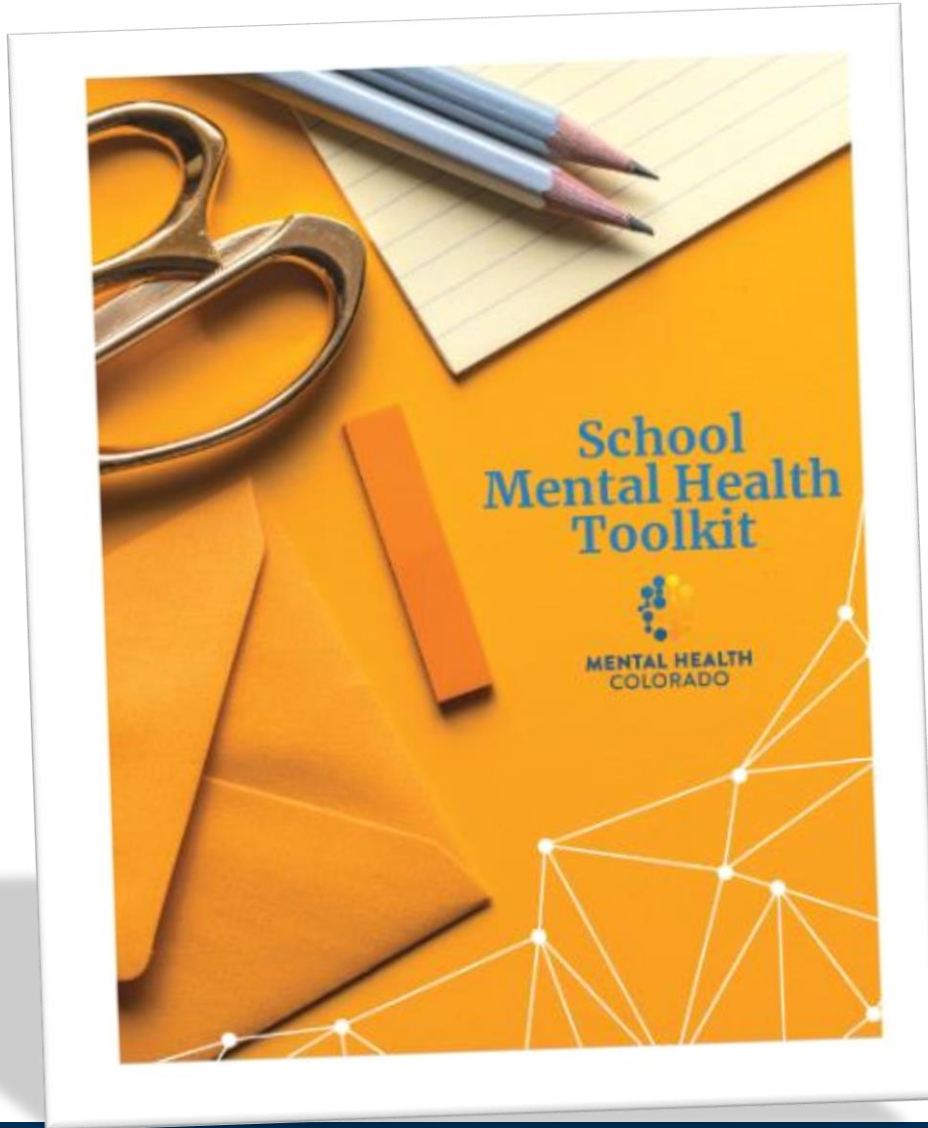
Objectives

1. Understand the importance of school mental health
2. Describe strategies for advocating for school based mental health
3. Learn about best practices in schools and what implementation in schools looks like in practice
4. Review funding strategies for school-based mental health services.



HALF
OF ALL
MENTAL
HEALTH
CONDITIONS
MANIFEST BY
AGE 14

BY YOUNG
ADULTHOOD
75% OF
LIFETIME
CASES
HAVE PRESENTED



School Mental Health Toolkit





Toolkit Structure



Getting Started



What do I need to know?

Facts and talking points to help advocates communicate the importance of services for mental wellness in schools.



What Works?

Which school mental health and social emotional initiatives, programs, services, and approaches really work? Our Top 10 approaches.



How do I Make Changes?

An overview of what success looks like, partners who might be involved with making change, and how to get your message heard by the right people at the right time.



How can initiatives be funded?

You'll learn about sources of funding for different types of programs, initiatives, and supports, and how to set the wheels of funding in motion.



Where can I find more resources?

Additional resources about best practices in school-based mental health prevention and intervention



What do I need to know?

- Why does this matter?
- How does data help?
- Facts and figures- to raise awareness and use as talking points

The notion that the mental health of children and adolescents in Colorado is not a pressing issue.





What works? 10 Best Practices



Mental health as part of overall health & wellness



Teacher wellness programs and support



Screening, identification, and referral systems



Stigma reduction



Social & emotional learning and resilience



Positive behavior interventions & supports



School-based health centers supporting mental health



Trauma-informed practice



Partnerships with mental health professionals



Suicide prevention initiatives



1. Make mental health part of an overall wellness strategy.

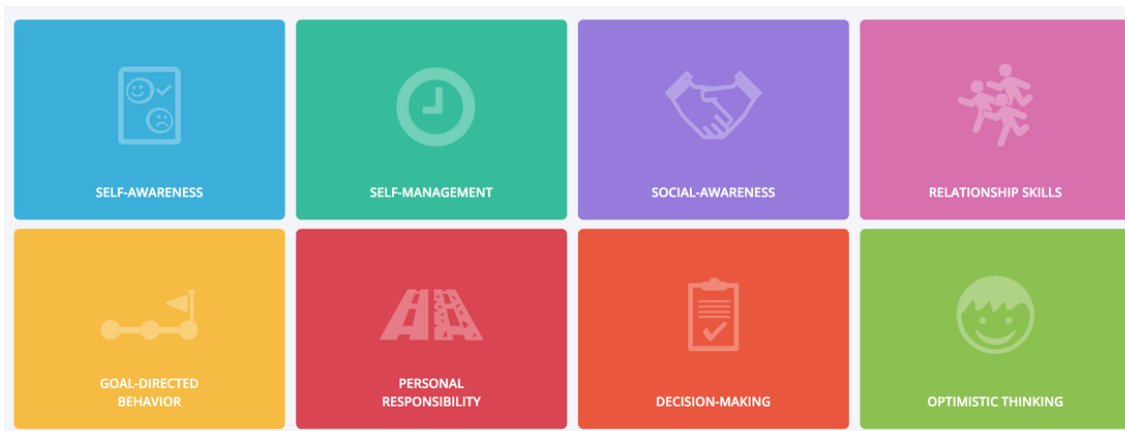
- Communities That Care
- Youth Mental Health First AID





2. Screen for and identify issues to refer students for needed services.

- CEI universal screening tool kit



- SHAPE system
- BIMAS
- DESSA



3. Incorporate social and emotional learning (SEL) and resilience concepts.

- Collaborative for Academic, Social and Emotional Learning (CASEL)
- SEL programs (variety, free, online, in person)





4. Establish and use school-based health centers (SBHCs) for mental health and substance use services.



- School Based Health Alliance
- RHIhub-Rural Services Integration Toolkit



5. Create partnerships with mental health professionals.



- 4 Strategies
- Project TEACH
- Project ECHO



6. Emphasize teacher wellness

- Employee Assistance Programs
- Happy Teacher Revolution
- Listening sessions





7. Reduce stigma

- Make it OK
- Active Minds
- Let's Talk CO
- Parent education nights





8. Use Positive Behavioral Intervention and Supports (PBIS)

- State Offices of Positive Interventions and supports
- State offices of Multi-Tiered System of Support

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look into the reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce.

– Thích Nhất Hạnh



9. Incorporate trauma-informed principles

- Cognitive –Behavioral Intervention for Trauma in Schools (CBITS)
- National Child Traumatic Stress Network
- National Center on Supportive Learning Environments- Building Trauma Sensitive Schools
- Restorative Justice Practices

Components of Trauma-Informed Care



Substance Abuse and Mental Health Services Administration, 2014



10. Prioritize suicide prevention

- Sources of Strength
- Signs of Suicide
- ASIST
- SAMHSA SAFE-T



**YOU ARE
NOT
ALONE**

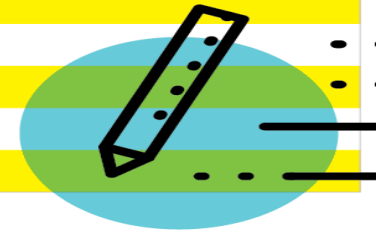


School Assessment Tool: A Checklist

After reading the **What works?** section of this toolkit, reach out to your school champion and/or a school or district administrator to assess needs. For each of these best practices, determine with your team or among your core leadership (which may vary depending on how you are addressing mental health in your district or school) which score best matches to your progress in each of the 10 best practices and write this score next to each practice.

- 1—We are not implementing this
- 2—We are not formally implementing this, but have some related efforts
- 3—We have a plan in place to implement this, and have had some success
- 4—We have a plan in place to implement this and feel that it has been successful
- 5—We have policies in place to implement and evaluate this and it is sustainable

Assessment Score (1-5)	Best Practice
	A school wellness team, or other effort to make mental wellness part of an overall wellness strategy
	An established process for mental health, suicide, or substance use screenings and referrals
	Social emotional learning programs
	School-based mental health and substance use services
	Active partnerships with community mental health professionals
	Teacher wellness programs and support
	Stigma reduction programs
	Positive behavioral intervention and supports
	A trauma-informed program or approach
	A suicide prevention program



IN ADDITION, ASK THE SCHOOL OFFICIALS:

1. What do you consider the biggest mental health or social emotional learning needs in your school/district?

2. What kind of funding needs do you have?

3. What does your school/district need the most help with to improve or increase mental health services?



How do I Make Changes

6 Steps to Change

Advocating for Better Mental Health in Schools

Identify

01

Identify a champion within the school system. This can be a teacher, administrator, school board member, parent, nurse, counselor, psychologist, or anyone within the school who is passionate about mental health and social emotional learning.

Assess

02

Many Colorado schools have mental health and social emotional learning programs already in place. Whether you are advocating for changes in one school or in an entire district, it is important to determine what services exist and what is lacking or absent. After reviewing the **What works?** section in this toolkit, use our **School Assessment Tool** to ask school officials which services they already provide, and what they feel is missing.

Promote

03

Identify the best practices to promote. After the assessment is complete, identify which best practices:

- Are needed in the school/district
- Schools are willing to implement
- You are most passionate about

Support

04

Work with your identified school champion to build school—and community—support for implementing new mental health and social emotional learning practices within the school or district. Use the **What do I need to know?** section of this toolkit to share data and facts about why mental health matters in schools.

Share

05

Share both the school assessment and funding information with interested members of the school and community. Offer to help identify potential short-term and sustainable funding sources within the district, using the **How can initiatives be funded?** section. Identify community partners, grant opportunities, and other potential funding sources (such as local ballot initiatives or local companies) that would help finance mental health services in your school or district.

Follow Up

06

Once you've identified your school champion, chosen best practices to implement, and funding opportunities, you will need to regularly follow up. If you are a community or school leader who is able to make these changes internally, share your outcomes with other schools who might benefit. If you are a parent, student, or community advocate who is unable to make these changes directly—keep showing up. Meet regularly with your school and community partners, speak at school board meetings, and call administrators to ensure changes are happening.



How to Find Funding

- Local ballot measures
- State legislature
- State tax initiative
- Federal funding
- Medicaid
- Grant funding
- Community partner funding
- School district funding





Where can I find more resources?

- SAMSHA
- Mental Health Technology Transfer Center Network
- Blueprints for Healthy Youth Development
- SHAPE System
- State Departments of Education, Public Health, Human Services



Challenges and Lessons Learned

- There is a need for a comprehensive approach
- Share resources
- School, community, family partnerships
- District knowledge sharing
- Take advantage of federal funding
- Plan for sustainability

Don't just assess what's bad, assess what's good and how to build on that.

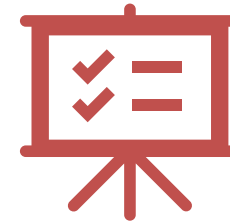
- School Mental Health Services Provider



Questions???



Question and answers



Next steps:

How do you plan to use this toolkit?

What do you need to put a plan in action?



Closing

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