



# You Can't Do It Alone: Ohio County Schools Community and School Collaboration on Mental Health

Allyson Kangisser, Pam Fazzini,  
Heather Hines and Jessica Watt

# What will we learn today?

## Objective 1

Identify three evidence based curriculums to implement in elementary schools at Tier 1

## Objective 2

Identify three community/schools connections to assist in developing school-based mental health programs at Tier 2.

## Objective 3

Identify three methods to facilitate communication between schools and mental health providers, focusing at the Tier 3 levels.

# Pam Fazzini

- Born and raised in Wheeling WV
- School Counselor - 17 years
- US Army Veteran
- Master's Degree – Webster Univ.
- Licensed Professional Counselor



# Allyson Kangisser

- Raised in Wheeling, WV
- School Counselor for 9 years
- BA in Psych from Marshall University-D1 Women's Golf
- Master's Degree in Counseling from West Virginia University
- Licensed Professional Counselor
- Mother of two girls- Gabby & Kenna





# Jessica Watt

- Born & Raised in Shadyside, OH
- School Counselor and Educator for 20 years
- Undergrad in Elementary Education-Ohio University
- Master's degree in Counselor Education-North Carolina State University
- Licensed Professional Counselor
- Mother Jillian, Brendon, Maddie, & Benjamin



## Our Story

ESMH has grown from one site at Madison Elementary in Ohio County in 2009 to five sites in 2017 (Elm Grove Elementary School, Middle Creek Elementary School, Woodsdale Elementary School)

Plus: Triadelphia Middle School through YSS

Why we wanted mental health programs in our schools:

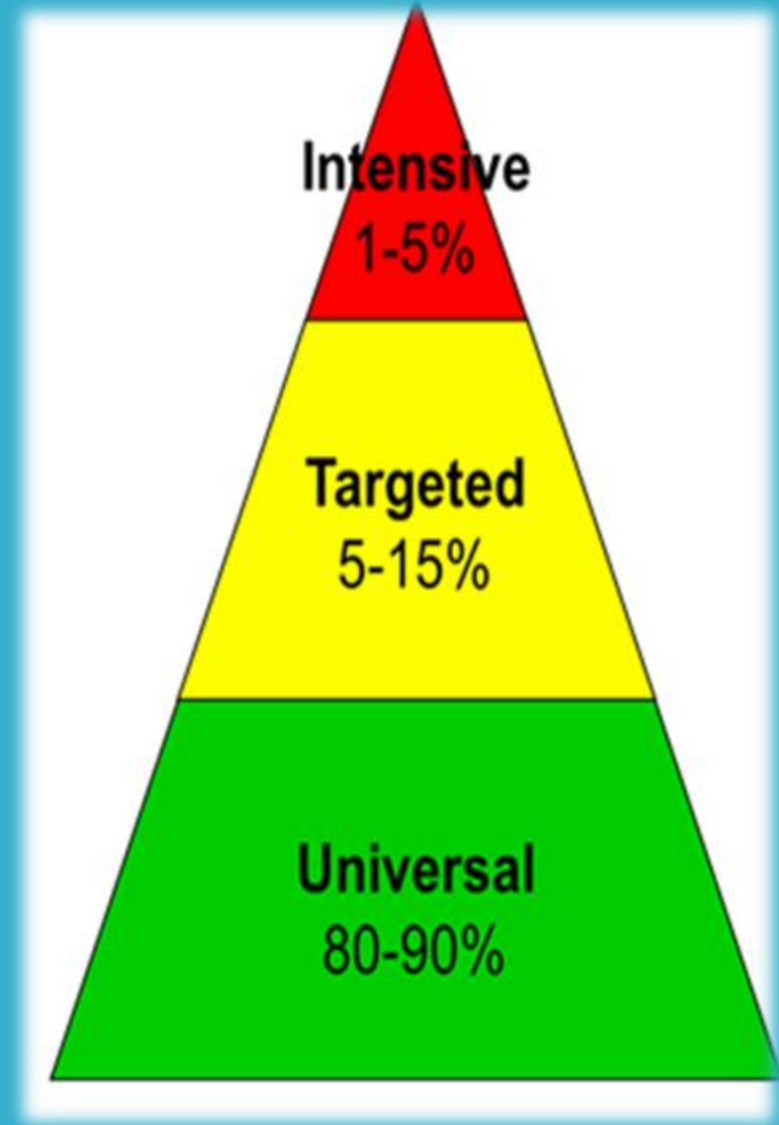
- Opioid crisis (WV is in the heart of it)
- Frequent Child Protective Services reports on abuse/neglect
- Increased removal from homes
- Over worked/backlogged DHHR workers
- Incarcerated parents
- Poverty
- Decrease stigma



# Definition of ESMH

*Expanded School Mental Health* refers to programs that build on the core services typically provided by schools. It is a three-tiered framework that includes the full continuum of:

- Prevention
- Early intervention
- Treatment
- Emphasizes **shared responsibility** between schools and community providers



# ESMH Pilot Sites FY 2012-2016

12 Schools, 7 counties

3,700 students

Funded by BBHFF

## Community Partners

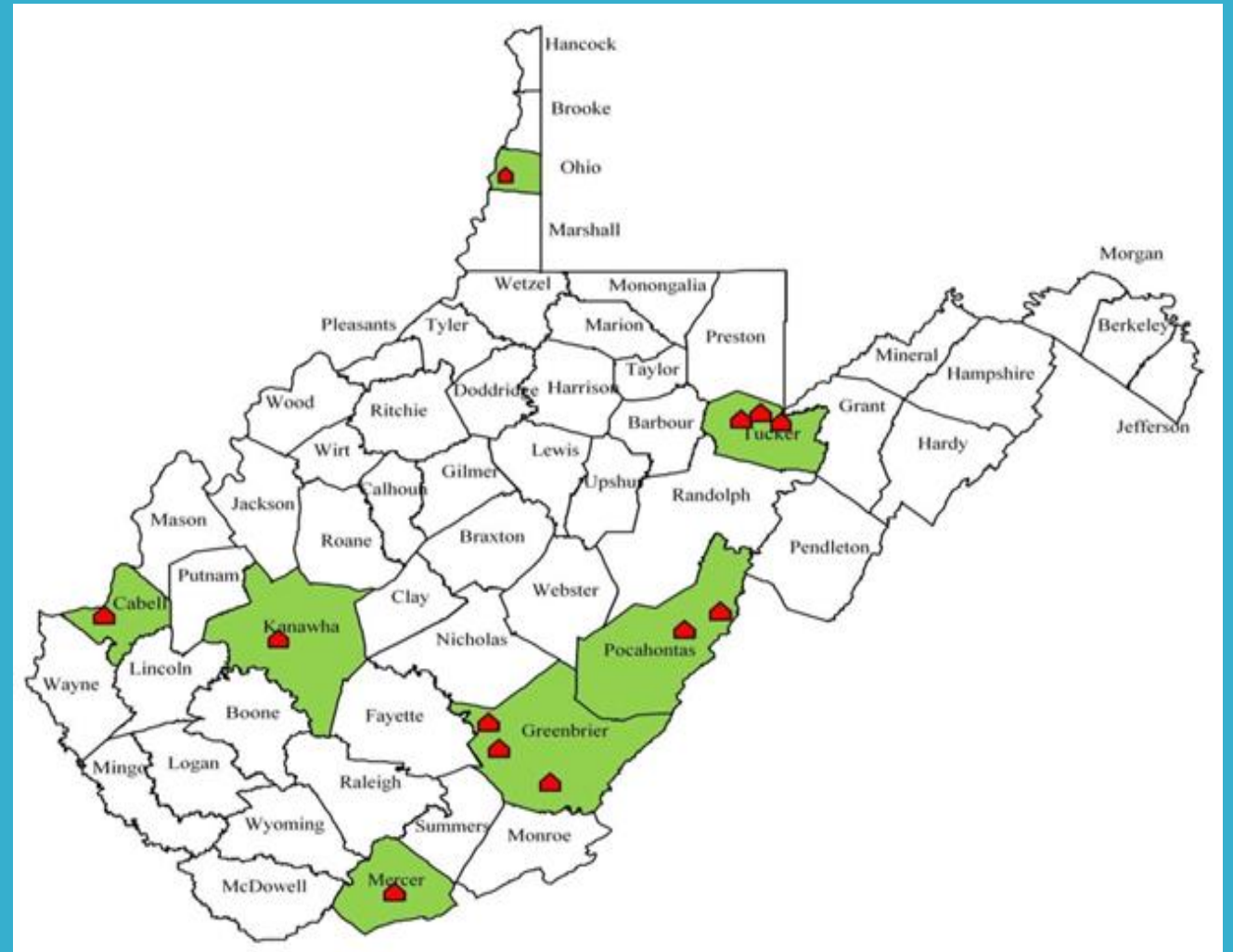
Youth Health Service, Inc.

Prestera, Inc.

Ohio County Schools

Southern Highlands, Inc.

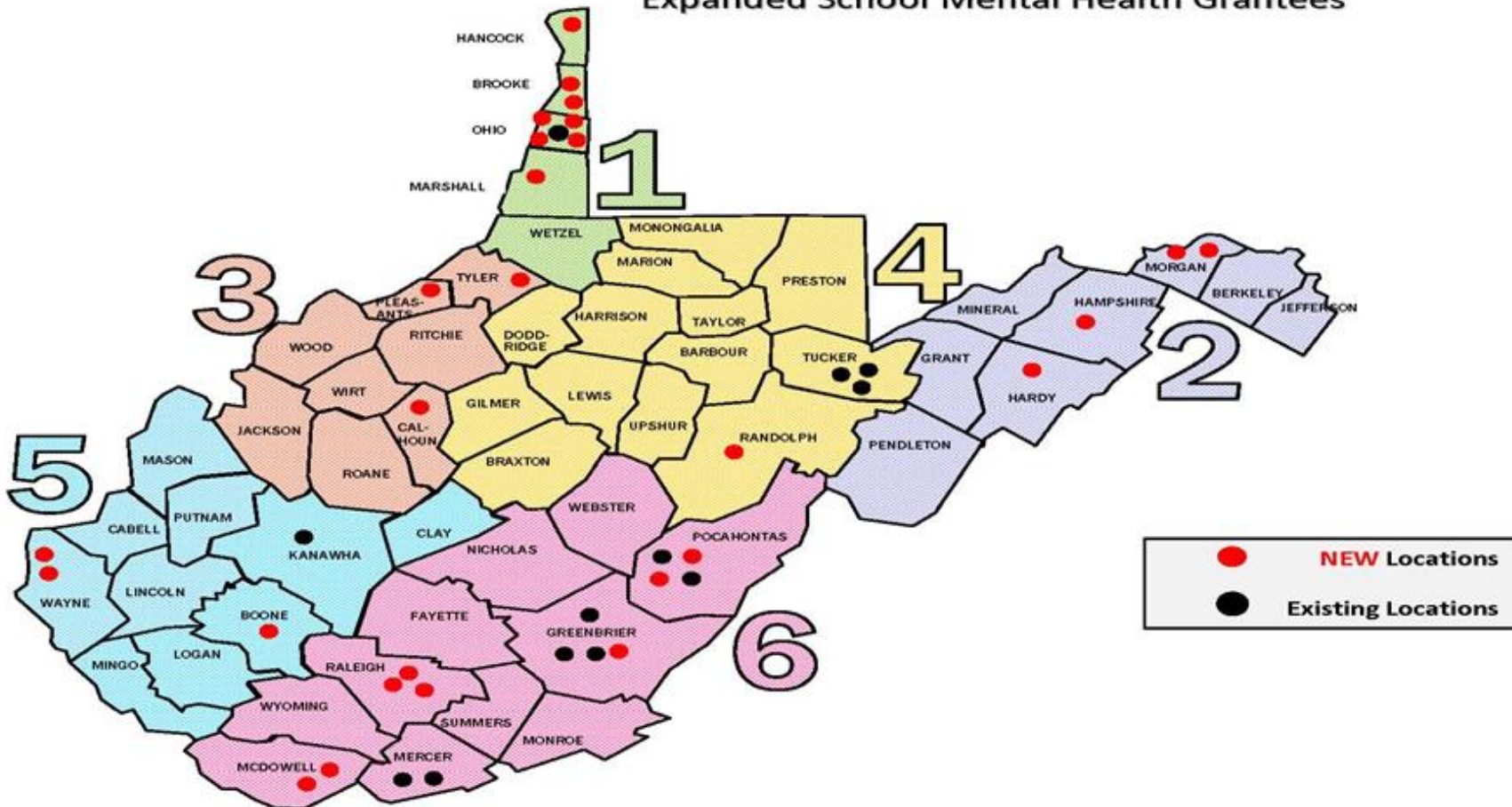
Rainelle Medical Center





# 11 grantees, 20 counties, 40 sites - FY 2017

## WEST VIRGINIA DEPARTMENT OF HEALTH AND HUMAN RESOURCES BUREAU FOR BEHAVIORAL HEALTH AND HEALTH FACILITIES Expanded School Mental Health Grantees



# Why ESMH works for Ohio County Schools

- Monthly meetings-Curriculum, Program, & Budget Planning
- Joint conference attendance
- Weekly emails
- Daily texts
- Collaboration amongst schools is key!
  
- Decrease stigma of mental health services in public schools
- Meets high needs
- Education students and parents on services available
- Transportation does not inhibit services
- Cost can be worked out by agencies
- Community agencies see it as a way "in"
- Strong desire from school staff to help children



# What is Tier 1?

## Pam Fazzini

Intentional, ongoing strategies to teach students and their families the skills, knowledge, attitudes and dispositions needed to be successful in school, at home, and in the community.

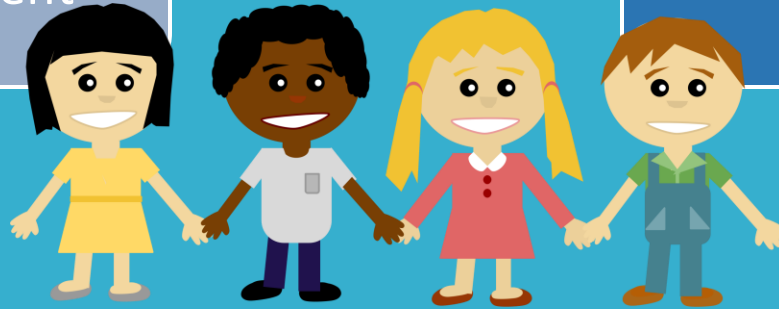
Tier 1 services are intended to support the success of **ALL** students, reducing the need for more intensive Tier 2 or Tier 3 services.



Classroom curriculum & lessons

Creating a caring, trusting, respectful school environment

Systematic and sequential programming from preschool through 5th grade



Teaching expected behaviors and problem-solving skills

School-wide positive behavioral interventions and supports





# Tier 1 Our favorite curriculums:

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- SecondSTEP by Committee for Children
- Child Protection Unit
- Bully Prevention Unit
- Mind Yeti ( [www.mindyeti.com](http://www.mindyeti.com) )
- Too Good for Drugs and Too Good for Violence by the Mendez Foundation
- MindUp!
- D.A.R.E. - Drug Abuse Resistance Education



# How are we providing Tier 1 services?



## Personnel

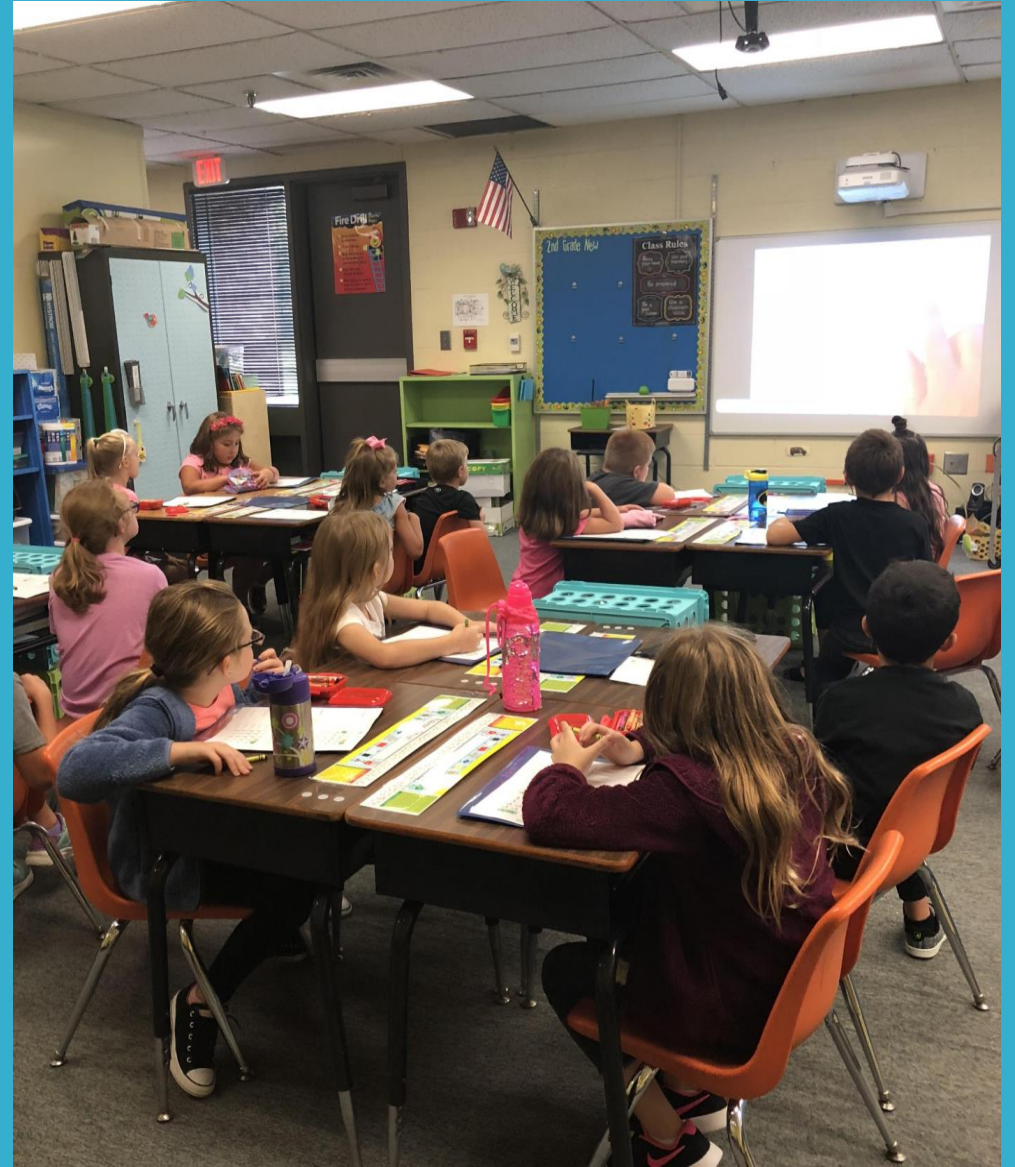
- School Counselor, ESMH Therapist and TIES Counselor
- Ohio County Sheriff's Department
- Local resources such as Harmony House, Sexual Assault Help Center and the Impact Coalition

## Financial

- Expanded School Mental Health Grant
- TIES - Trauma Informed Elementary Schools Grant
- Impact Coalition – Substance Abuse Prevention
- Community Stakeholders
- Partners in Education



**IMPORTANT:** Build Tier 1 time into the master schedule.







“Life is *what*  
I make of it.  
I have *control*  
over my own  
**life.**”

Everydayaffirmations.org

# The Calm Down Kit





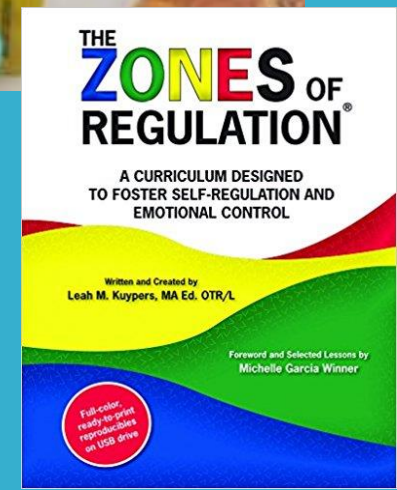
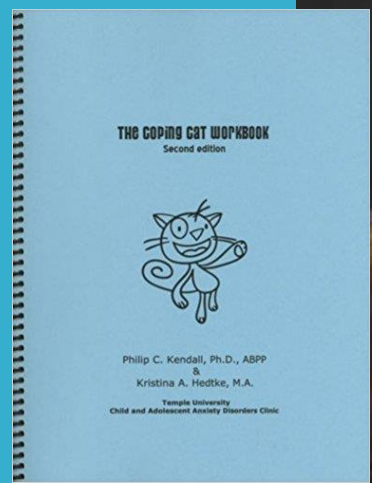
# What is Tier 2? Allyson Kangisser

- **Tier 2 is support for those still struggling after Tier 1 interventions**
- Groups:
  - Ongoing or one-time groups are ok
  - Once per week for 6-9 weeks or all year
  - 3-5 students per group
- Selection of these students come in various formats:
  - Data tracking (schoolwide behavior system, early warning computer system, attendance system)
  - Teacher referral
  - Parent request
  - Student request



# Tier 2 Curriculums:

- Coping Cat
- secondSTEP
- Zones of Regulation
- MindUp!
- One Circle
- Journey of Hope
- Student Success Skills



PLEASE NOTE: These groups can be therapeutic, but most are psychoeducational/skill building!



# Who does Tier 2?

## Who Can Help with groups:

- Wellspring Family Services Therapist (LPC or LSW)
- Trauma Informed Elementary Schools Liaison
- School Resource Officer (Sherriff's department)
- School Counselor
- Local agencies (Harmony House CAC)
- Special Educator (Speech, LD, BD, MI, etc.)
- Local Mentors (Saturday Owl Pals-WLU Sorority Chi Omega)
- School Administrators
- Be Creative!!!





## Tier 2 Support Materials:

Fidgets, Alternative Seating/Wobble Chairs, Leg bands  
Wobble boards, Exercise Balls  
Liquid Bubbler, Weighted Lap Pads,  
Arts & Craft, and more...



# Where does the money come from??

- FREE: Collaborate with peers and school principal
  - Special Education staff
  - School counselor
- FREE: Call local agencies and ask what they offer at **no cost**
  - Harmony House
  - West Liberty University-Sorority
- GRANT FUNDED:
  - Wellspring Therapist- ESMH grants
  - Trauma Informed Elementary School (TIES program)
  - Ohio County Sherriff's Department



# Tier 3 Jessica Watt



## Intensive, Individually Designed Interventions

- Addresses individual needs of student
- Assessment-based
- Billable services (therapy/case management)



# Tier 3 Best Practices



Develop MOU with local agency(ies)

Train staff on trauma, mental health, etc., so they can make appropriate referrals

Build in office time, so teachers can touch base with therapists

Take time to meet on a regular basis (we meet weekly)

Online log to enhance communication

Intakes and therapy happen at school

"Classroom Coaching"



# Middle Creek Elementary School

## The Sandcastle Room

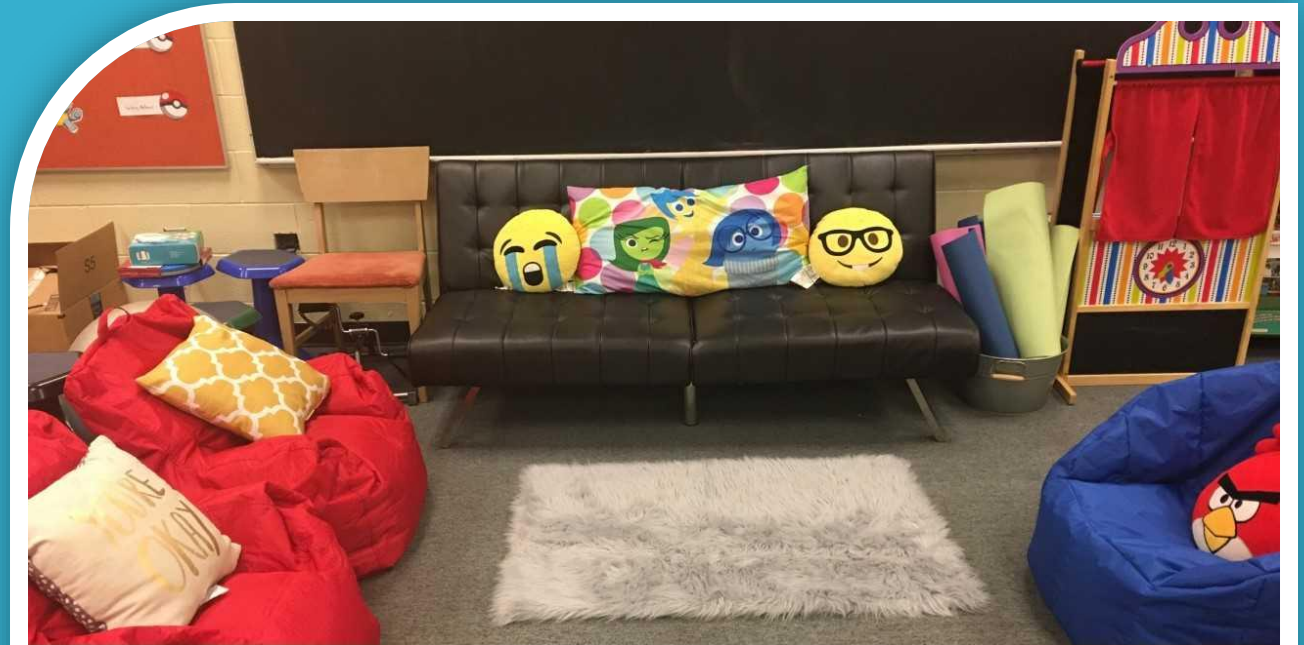




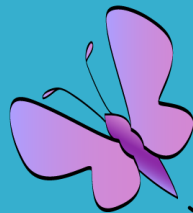
# Woodsdale Elementary School



## The Tiger C.A.V.E. (Caring and Valuing Everyone)



Madison Elementary School  
Bullfrogs and Butterflies Room





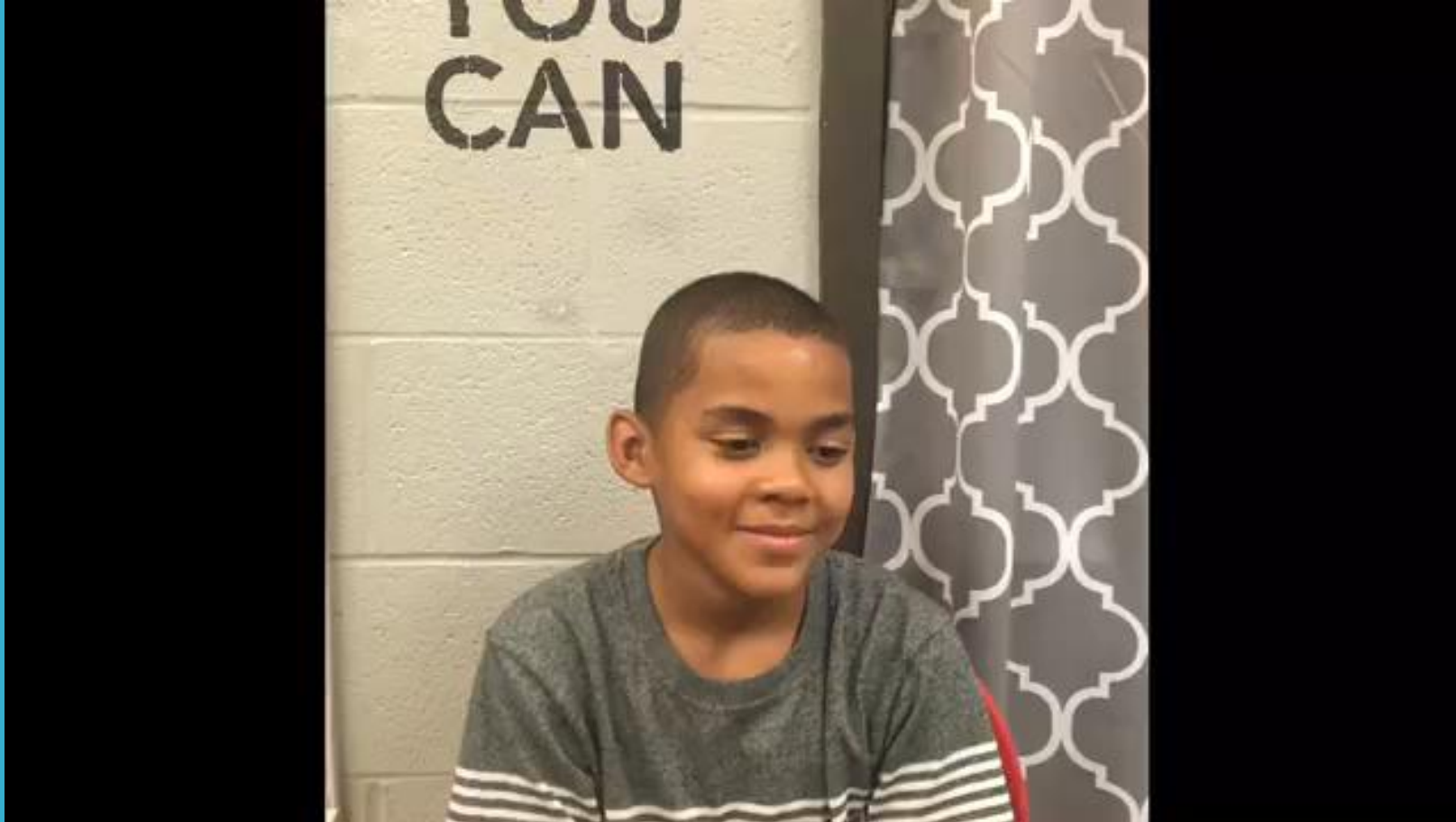
# Student Perspective

DeRonn and DaCaira  
(Tier 3)

How did counseling make you feel?

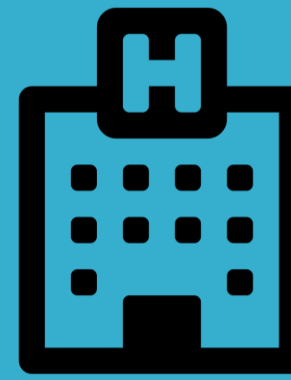


# Elm Grove Elementary – Tier 2 & Tier 3





What can you do in your school?  
What community resources are out there?  
Could you or someone else obtain a grant to pay for curriculum or programming?  
Is something free out there that you can use?  
What's your next step?  
Who else can help?





Thank you!

Contact us:

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