

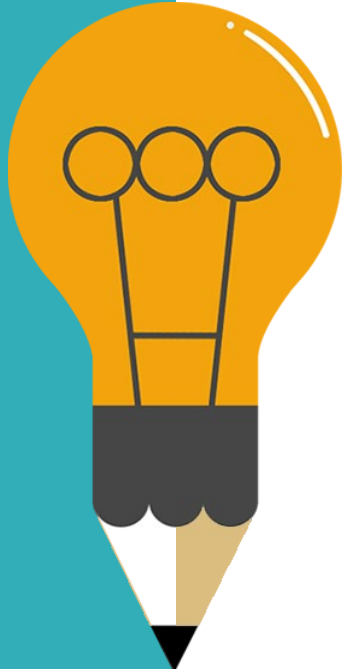
School-Based Mental Health Collaboration: One District's Journey

Florence City Schools

WELCOME & INTRODUCTIONS



School-Based Mental Health Collaboration



01

Mental Health Needs

National statistics, Childhood Mental Disorders

02

What is School-Based Mental Health

Advantages, Partners, Prevention & Treatment

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SBMH: Nuts & Bolts

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Student Outcomes

School-Based Mental Health Collaboration



Good mental health is critical to children’s success in school and life. Research demonstrates that students who receive social–emotional and mental health support achieve better academically. School climate, classroom behavior, on-task learning, and students’ sense of connectedness and well-being all improve as well. Mental health is not simply the absence of mental illness but also encompasses social, emotional, and behavioral health and the ability to cope with life’s challenges. Left unmet, mental health problems are linked to costly negative outcomes such as academic and behavior problems, dropping out, and delinquency.



Mental Health Needs Unmet

<http://csmh.umaryland.edu>



20%

A U.S. Surgeon General Report indicates that 1 in 5 children and adolescents will face a significant mental health condition during their school years.

51%

Received treatment for diagnosable mental disorders in youth 8-15 years of age in the past year

64%

Adolescents with a mental disorder **did not** receive treatment

1 in
1260

In Alabama, there is one mental health professional for every 1,260 individuals

Childhood Mental Health Disorders

(serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day)

01 **ADHD**

02 **Anxiety Disorder**

03 **Oppositional
Defiant
Disorder(OCD)**

04 **Conduct Disorder**

05 **Depression**

06 **Post Traumatic
Stress Disorder**

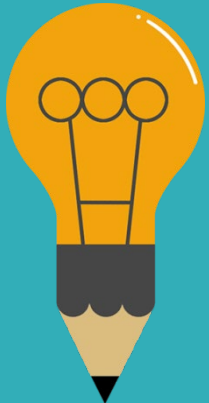
What is School-Based Mental Health?

- ❖ Involves partnership between schools and community health/mental health organizations
- ❖ Builds on existing school programs, services and strategies
- ❖ Focuses on ALL students, both general and special education
- ❖ Includes a full array of programs, services, and strategies---mental health education and promotion through Intensive intervention
- ❖ Emphasizes schools as locus of engagement for school-based, school-linked, and community-based work



School-Based Mental Health Services

The goal of the School-Based Mental Health Services collaboration between Alabama Department of Mental Health and its providers and the Alabama Department of Education and Alabama's local education agencies is to ensure that children and adolescents, both general and special education, enrolled in local school systems, have access to high quality mental health early intervention and treatment services. To be effective, comprehensive mental health services in schools must be provided by on onsite master's level mental health professionals in collaboration with teachers, administrators, and families.



Advantages of Provision of Mental Health Services in Schools

- Decrease in student absences
- Parents do not miss work
- Less threatening environment
- Students are in their own social context
- Services are more timely
- Potential to impact the learning environment and educational outcomes

Advantages of Provision of Mental Health Services in Schools

- Transportation costs
- Cost of services
- Waiting lists
- Stigma of attending a clinic

SBMH Partners



Administrators

School Nurse

Guidance Counselors

School Social Workers

School Resource Officers

Teachers

PST/IEP Team Members

Psychiatrists/Doctors

Clinical Counselors

Case Workers

Juvenile Probation

Court System

Hospital inpatient/outpatient programs

SBMH: Prevention and Treatment

Prevention Services:

Participation in school-wide activities with students, families, and staff on a variety of topics and issues.

SBMH: Prevention and Treatment

Mental Health Treatment Services, may include:

- Screenings
- Evaluations
- Individual therapy and counseling
- Group counseling
- Parent and/or staff consultations or training
- Referral services to outside agencies
- Case Management
- Other forms of treatment



In order to meet the needs of all youth, it is critical to provide mental health care in natural settings, such as schools, and effectively partner with caregivers and communities.

Kazak, Hoagwood, Weisz, Hood, Kratochwill, Vargas, & Banez, 2010)



SBMH

**Referral, Process and
Procedures**

Collaborative Team



Selected staff from each agency shall have responsibility for program development, cohesion and direction

The School Guidance Counselor serves as the "Gatekeeper"

The "gatekeeper" works with the school's teachers and PST to identify students for referral

The "gatekeeper" completes the referral form and makes referrals to the school-based therapist

Reason for a Possible Referral

- ✓ School attendance
- ✓ School behavior
- ✓ Suicidal thoughts
- ✓ Defensive/negative
- ✓ Withdrawn/loner
- ✓ Poor social integration
- ✓ Discipline problems/defiance of rules
- ✓ Verbal/physical abuse to others
- ✓ Involvement in thefts/assaults
- ✓ Involvement with possession of drugs/alcohol
- ✓ Family related (separation/divorce, adjustment to new family situation, reported abuse)



SBMH Collaboration

Referral Process

Following the staffing determination:



School Guidance Counselor (Gatekeeper) contacts the parent to discuss the referral and get verbal agreement to proceed

Verbal consultation with the mental health therapist assigned to the school to determine if referral warrants further assessment

Schedule intake meeting with the parent; get signed release, medical insurance information and required mental health paperwork

Therapist will continue assessment to include: observations, interviews with teachers, student, etc. Report back to the parent and Guidance Counselor regarding referral



SBMH

Services

Individually determined after an appropriate student assessment has been completed.

Services may include:

- Individual/group counseling
- Individual therapy
- Parent and/or staff consultations/training
- Case management
- Home-based intervention services
- Referral to outside agencies
- Emergencies/Crisis intervention



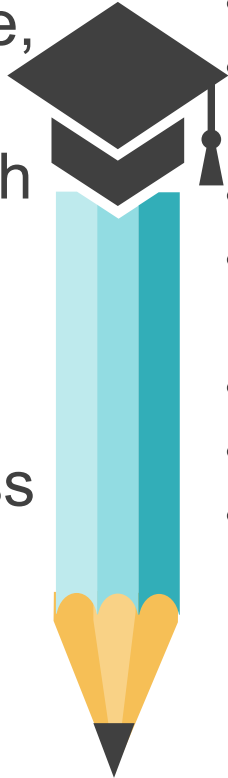
RIVERBEND

Riverbend Center for Mental Health Provides to the LEA:

- Master's level therapist who is certified and/or licensed in a mental health related field to be stationed in each school; 7 schools in Florence City
- Mental Health service workers will work collaboratively with the school team;
- The SBMH program will operate under the same standards as outpatient services;
- Treatment plans, progress notes, screening tools, etc., are done on school site and records are maintained at the mental health center

PHYSICAL SPACE

- Quiet, private, confidential space in each school
- Telephone, computer/Internet access



CONTRACT

- Purpose
- Administrative oversight
- Funding
- Program/Service coordination
- Staffing
- Length of agreement
- Signatures (Superintendent, mental health representative, etc.)

SBMH

Interagency Agreement for Providing Mental Health Services Florence City School System and Riverbend Center for Mental Health 2018-2019

- Purpose:** This interagency agreement is designed to facilitate collaboration between the Florence City School System and Riverbend Center for Mental Health in the provision of mental health treatment services for students enrolled in Florence City Schools. Students who are experiencing emotional or behavioral difficulties that significantly impact their learning shall be provided mental health treatment services in accordance with the State Department of Mental Health standards and in a manner that is keeping with the educational requirements/standards developed by the State Department of Education. All services shall be provided in a manner to be consistent with all policies and procedures of the Board of Education of the Florence City School System.
- Administrative Oversight:** Programs and/or services provided under this interagency agreement shall be managed under the direction of a collaborative team made up of selected staff from each agency that shall have the responsibility for program development, cohesion and direction. This team shall develop any necessary procedures for effective provision of services and shall hold, at a minimum, bi-monthly meetings in order to provide oversight of the services provided. This team shall work to strengthen community interagency links and to foster cost-sharing efforts with other agencies that provide services designed for the emotional well-being of the students served. The Superintendent of Education for the Florence City School System and the CEO of Riverbend Center for Mental Health shall serve as the local administrators for implementation of programs and services developed under this agreement. Both administrators will assign staff to directly supervise and coordinate services within this cooperative agreement.
- Funding:** The Florence City School System shall have the responsibility for funding the educational costs associated with this agreement provided to coincide with the regular school calendar. Riverbend Center for Mental Health will access all existing payment sources, with specific written parental consent, for mental health services prior to billing the Florence City School System. Personnel from the school system shall assist families in establishing students as eligible for Medicaid and/or other payment sources. In the event there are no resources available for payment of treatment services for an individual student, the Florence City School System agrees to reimburse Riverbend Center for Mental Health \$50.00 per service hour for services delivered within the treatment plan for students. Specific services include but are not limited to intake evaluation, individual counseling, group counseling, family counseling, family support, crisis intervention, and consultation. Students may be referred to additional services (i.e., psychiatric evaluation, medication management, case management, basic living skills, or other structured programs) on an outpatient basis at Riverbend Center for Mental Health at no cost to the Florence City School System. An invoice which will include a list of students seen and services rendered within the previous month will be provided to the Florence City School System. Riverbend Center for Mental Health shall be responsible for billing of services to Medicaid and to the Florence City School System in a timely manner.

SBMH Monthly Meetings

- ❖ Held at the Board of Education with appropriate mental health personnel and school system personnel
- ❖ Invoice and the service log documenting all services provided to students
- ❖ Most severe cases are discussed and carefully monitored
- ❖ Program adjustments and relevant issues are discussed

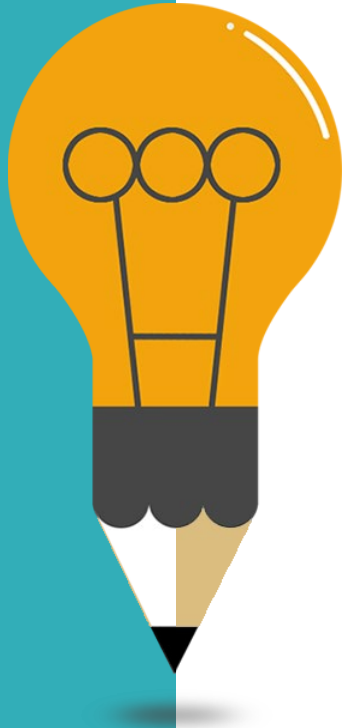
The monthly meeting serves as a vital link between both agencies and assures accountability of the efficacy of the program.



Payment Sources

- Medicaid/ALL Kids
- Private insurance
- LEA
- Other agencies

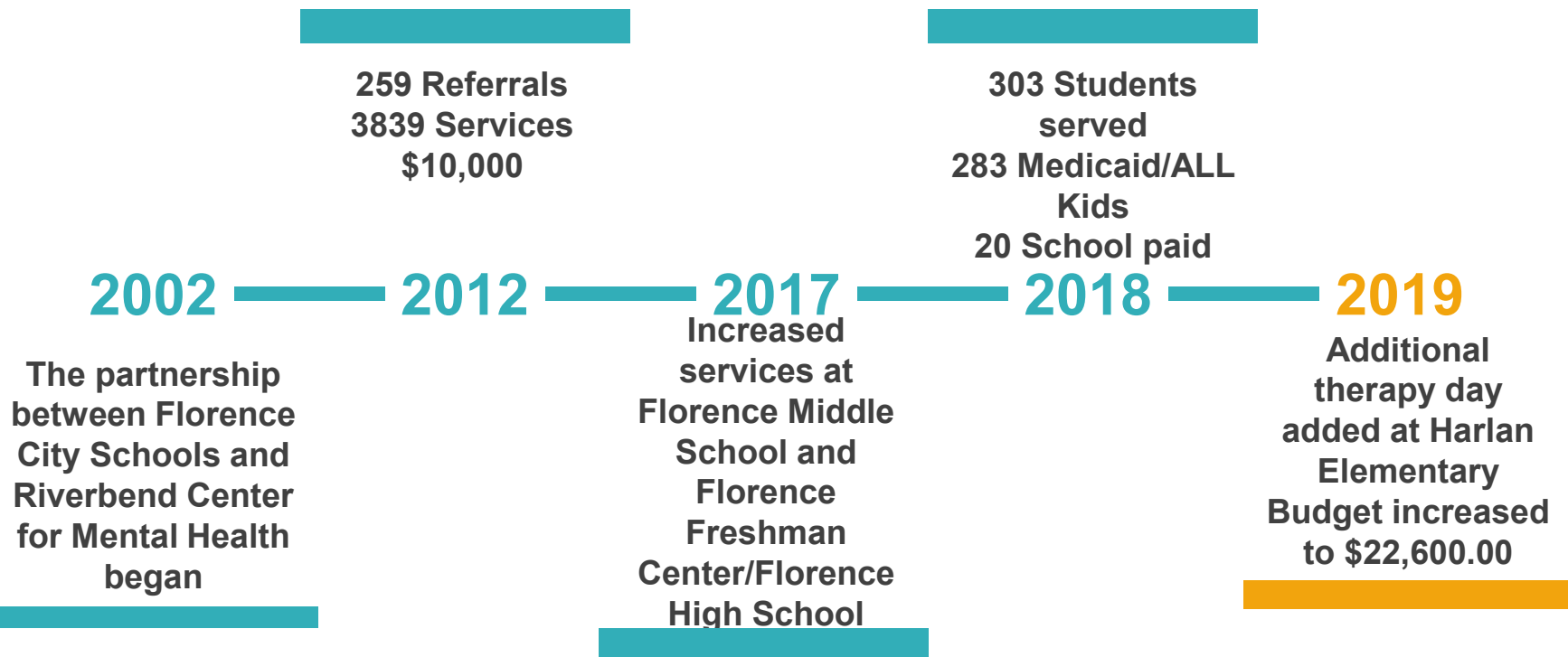
In the event there are no resources available for payment for treatment service for an individual student, the LEA agrees to reimburse the mental health provider



Further Benefits/Services

- Without the partnership, it can take up to 3 months to see a therapist.....
through the Partnership, it can take 1-2 weeks
- Through the allocation of \$22,000 per year by Florence City Schools, students who are not otherwise insured are able to see a therapist
- The mental health center has lower rates than private providers and can bill Medicaid/ALL Kids and certain private insurance (\$50/hr)
- Support and consultation services to the school district
- Other services provided by Riverbend Center for Mental Health:
 - Case management
 - FIND team (Family, Integrity, Network, Demonstration)
 - Physician/Nurse services
 - Summer Camp Program
 - Preschool Services/Program

Florence City Schools and Riverbend Center for Mental Health



Florence City Schools and Riverbend Center for Mental Health: 2017-2018

Many of the 303 students served in 2017-2018 would not have received the help they needed because they very likely would not, for a variety of reasons, have been able to fulfill an appointment at the Riverbend Center.

303 Students served

283 Medicaid/ALL Kids

20 LEA funded

3291 Services performed

\$18,000

Anticipated Student Outcomes

Florence City Schools

Riverbend Center for Mental Health



- Increased teacher time on instruction
- Increased school attendance
- Less discipline referrals

- Higher graduation rates
- Higher academic achievement

- ✓ Better utilization of time
- ✓ Increased revenue from fewer missed appointments

- ✓ More immediate access to mental health services for students



“Given the limited accessibility of traditional mental health services for children — particularly for children from minority and economically disadvantaged backgrounds — school-based mental health services are a tremendous vehicle for overcoming barriers to mental health care and meaningfully expanding the reach of supports and services for so many children in need.

Treating children in schools can powerfully overcome issues of cost, transportation, and stigma that typically restrict broad utilization of mental health services.”

Amanda L. Sanchez, MS, Center for Children and Families, Florida International University



DISCUSSION/QUESTIONS??

Florence City Schools



THANK YOU!