

SUSTAINING SCHOOL BASED MENTAL HEALTH SERVICES

MODELS OF SERVICE DELIVERY FOR INDICATED INTERVENTIONS

• School-financed student support services, in which school districts hire professional staff to provide traditional mental health services

• Formal connections with community mental health services, in which formal agreements are made between schools and school districts and one or more community agencies to provide mental health services and to enhance service coordination; the service can be co-located within the school as well as provided at the community agency

• School-district mental health units or clinics, in which districts operate and finance their own mental health units and mental health clinics that provide services, training, and/or consultation to schools, or districts organize multidisciplinary teams to provide a range of psychosocial and mental health services

• Comprehensive, multifaceted, and integrated approaches, in which districts bring multiple partners (e.g. community-based organizations) together to provide a full spectrum of services for children and youth with mental health needs. This approach would include such models as Systems of Care in which an array of mental health and wraparound services are provided to children with mental health problems and their families via partnerships among various child-serving systems

MENTAL HEALTH SERVICES CATEGORIES

- Assessment for emotional or behavioral problems or disorders (including behavioral observation, psychosocial assessment, and psychological testing)
- Behavior management consultation (with teachers, students, family)
- Case management (monitoring and coordination of services)
- Referral to specialized programs or services for emotional or behavioral problems or disorders
- Crisis intervention
- Individual/group/family counseling/therapy
- Substance abuse counseling
- Psychiatric/Medical Assessment / Medication for emotional or behavioral problems
- Referral for medication management
- Family support services (e.g., child/family advocacy, counseling)

DATA FOR PLANNING PURPOSES

- Know your # free/reduced lunch students, which may = Medicaid eligible
- Know % of students that have Medicaid and/or private insurance
- Know the various grant or funding resources that your district has access to for funding behavioral health programs for students, such as Special Education funds, Title funds, etc.
- Carefully negotiate a contract with MH provider [public or private agency(s)]
- Know what you are paying for? Avoid a blanket invoice....hours per MH worker should be itemized on a monthly basis with back up logs to support the invoice
- Is the school already a Medicaid vendor? What services is the school allowed to bill Medicaid?
- Know your state Medicaid regulations or where to access them.
<http://www.cms.hhs.gov/default.asp?>
- Does the school district have access to billing clerk/company for reimbursements?

STEPS TOWARD TRANSITION TO FUND SMH

- Begin collecting data from the beginning of your grant.
- Use a data collection intervention log for SMH services that are delivered and list them on the log sheet as "billable" and "non-billable".
- Collect funding data and analyze costs to determine where to blend funds or cost share. This will allow you to do yearly projections.
- By the end of the grant you will know your funding base, reimbursements and cost for prevention and intervention services needed to continue in your school district. This will allow you to contract with partners for services, they will be able to obtain reimbursements through various payor sources and you will be able to contract for prevention (non-billable) services.

EXAMPLES OF SERVICES THAT MAY NOT BE DIRECTLY FUNDED

- Travel between schools and to meetings
- Teacher/staff consultation
- Teacher/staff training
- Participating on student referral teams
- Parent meetings
- IEP/Student planning meetings
- Student groups (with non-billable students)

FEDERAL PROGRAMS THAT PROVIDE SUPPORT FOR SCHOOL MH SERVICES

Elementary and Secondary School Counseling Program
<http://www.ed.gov/programs/elseccounseling/index.html>

Safe and Drug Free Schools and Communities State Grants
<http://www.ed.gov/programs/dvpformula/index.html>

Mental Health Integration in Schools <http://www.ed.gov/programs/mentalhealth/index.html>
Mental Health Integration in Schools Articles
<http://scholar.google.com/scholar?q=Mental+Health+Integration+in+Schools&hl=en&rls=com.microsoft:en-us&um=1&ie=UTF-8&oi=scholar>

Individuals with Disabilities Education Act; <http://idea.ed.gov/>
<http://www.nectac.org/idea/idea.asp>

Safe Schools/Healthy Students <http://www.sshs.samhsa.gov/>
Systems of Care <http://www.systemsofcare.samhsa.gov/>

Family Guide to Systems of Care for Children with Mental Health Needs
<http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0029/default.asp>

OTHER MENTAL HEALTH IN SCHOOLS WEBSITE LINKS

UCLA Center for Mental Health in Schools <http://smhp.psych.ucla.edu/>

Center for School Mental Health Assistance <http://csmh.umaryland.edu>

National Center for Mental Health Promotion and Youth Violence Prevention
http://www.promoteprevent.org/about/technical_partners/

Center for Health Care and Health Care in Schools
<http://www.healthinschools.org>

National Assembly on School-Based Health Care
http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2642293/k.85AC/mental_health.htm

School Mental Health Capacity Building Partnership (SMH-CBP)
http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.3012657/k.EDD0/MH_SMHCBP.htm

Illinois Children's Mental Health Partnership – <http://www.icmhp.org/>
Guidelines for School-Community Partnerships: Addressing the Unmet Mental Health Needs of School-Age Children <http://www.icmhp.org/icmhproducts/gdlnsclcmnty.html>

School Mental Health Services in the United States
<http://download.ncadi.samhsa.gov/ken/pdf/SMA05-4068/SMA05-4068.pdf>

FINANCE TOOLS

A Self-Assessment and Planning Guide; Research and Training Center for Children's MH
Developing a Comprehensive Financing Plan; rtckids.fmhi.usf.edu/study03.cfm
DESCRIPTION: Develop a better understanding of what are the critical financing structures and strategies to support system development, Examine how these strategies operate separately and collectively.

MAPPING FUNDING SOURCES

Resource Mapping and Management to Address Barriers to Learning: An Intervention for Systemic Change. Center for Mental Health in Schools at UCLA (2002);
<http://www.smhp.psych.ucla.edu/>

DESCRIPTION: This tool can be used as a guide for identifying the various sources that may be providing funds for programs and services at a school. As existing funding is identified, it can be mapped in a standard budgeting spreadsheet format.

SYSTEMS MAPPING

Community Resource Mapping Inventory From *Building Sustainability in Demonstration Projects for Children, Youth, and Families* (pp. 23-26), Institute for Education Leadership;

<http://ojjdp.ncjrs.org/resources/files/toolkit2final.pdf>

DESCRIPTION: A Planning Tool to identify formal and 'informal' community resources, assess duplication and build comprehensive, sustainable resources.

Who and What Are at the School? Tools from the *School Community Partnerships: A Guide*

Prepared by School Mental Health Project/Center for Mental Health in Schools

<http://smhp.psych.ucla.edu/pdfdocs/guides/schoolcomm.pdf> p. 1.4

DESCRIPTION: Provides a template to clarify the people and positions at a school that provide services and programs related to mental health and/or school support.

Building Communities From the Inside Out Center for Urban Affairs and Policy Research.

John Kretzmann & John McKnight Neighborhood Innovations Network

www.sustainable.org/creating/indicators.html To order, call (800) 397-2282.

DESCRIPTION: A capacity inventory that looks at the building of an asset-based approach to community development and helps shift people from problem/deficit-oriented approaches to strengths or asset-based strategies.

RESOURCES

Center for Safe Schools; <http://www.safeschools.info/resources.php>

National Association for Rural Mental Health (NARMH)

<http://www.narmh.org/>

School Mental Health Resources for Teachers, Parents, Professionals, etc.

<http://www.schoolmentalhealth.org/>

Mental Health Assessment and Screening Resources

http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.3015369/k.9167/MH_SCREENING.htm

NCMHPYVP's TA Center Database of Assessment Tools

<https://www.quickbase.com/db/bda8p7ubz>