

# Strategies to Develop Sustainable School Mental Health Programs

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# Welcome!



- **Introductions**
- **Overview and Objectives**
- **What type of SMH program do you have?**
- **Madison, ID SMH Program Examples**
- **Tools for Sustaining SMH Programs**
- **Self Assessment - Action Plan**
- **Sustainability Resources**

# Briefly Describe Your School Mental Health Program

- **Have developed a SMH program through ...**
  - **Hire SMH counselors in district to provide SMH services at school**
  - **Contract with MH provider for SMH counselors providing services at school**
  - **Have an array of SMH services (All, Some, Few)**
  - **Developed “Student Intervention Team” to assess, refer, provide intervention, case manage, follow-up**

# Models of Service Delivery

- School-financed student support services
- Formal connection with community MH
- School-district MH units or clinics
- Comprehensive, multifaceted and integrated approaches



# Madison, ID – School MH Program

- **MH Collaboration Coordinator**
- **School MH Program –What it looks like now**
- **How we developed School MH program into district**
- **Steps taken to integrate /sustain into district**

# Interventions

- **Suicide prevention program “Gotch'r Back”**
- **In-Services for teachers w/graduate credit**
- **Early Childhood EBP - Parents As Teachers**
- **Seminars w/local doctors – topic: prescribing psychotropic drugs for children**
- **Liaison w/local agencies “Anti-violence” Prevention Programs”**
- **Training for School Counselors – MH tools**

# Lessons Learned on Sustainability

- **Constantly assess needs, use your logic model**
- **SMH functions - sustain by training counselors – *the need for MH was larger than we thought***
- **Infuse the system**
- **Funding sources**
- **Use Legacy Wheel process**
- **Relationship with TAS's, national center, use their knowledge and tools**

# Systems of Care Grant

- **SAMSHA Systems of Care grant**
- **Community Council Partnership**
- **Policy and Procedural changes within systems**
- **Where is the \$? *Find out where the \$ is being spent in community systems***
- **SOC website**  
**<http://systemsofcare.samhsa.gov/>**





# Developing Your School Mental Health Sustainability Plan

# What does the data show?

- Regular review of program **evaluation** data to sustain effective programs
  - CMT, evaluator, PD & school analyze what is **working, beneficial and effective**
    - Referral / triage process established
    - Determine effective intervention programs
      - Universal, Targeted & Indicated
      - Mapping of services w/n MH continuum



# What has been developed to **sustain** partnerships through your SSHS initiative ?

- Memorandums of Agreement
- **Contracts**
- Confidentiality Agreements & Procedures
- **Shared Tasks**
- Cross Agency Training
- **Service Coordination**
- Shared Funding



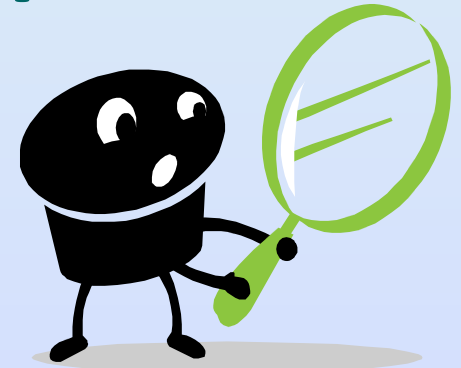
# Funding Strategies



- Review **current funding** streams
- **Potential funding** streams
- **Communications Plan**: share **outcomes** with community leaders, parent advocacy groups, agencies/organizations, etc.
- **Lobby for local and state funding**



# Open Discussion



## Assess Your School MH Program

**Handout** – Considerations For Sustainability of Mental Health Services

# Mental Health Program and Services

## Considerations For Each Level of Intervention: Universal, Targeted & Indicated



Fill in Action Plan to determine ...

**“Where I am?” & “What I need to do next?”**

for planning MH sustainability

# **Sustainability Handouts**

## **Workshop Evaluation**

**MH Affinity Group**

**April 26, 2010 - 2-3:30 p.m. EST**

<http://www.promoteprevent.org/webinar/mental-health-affinity-group-networking-session-1>