



Safe Schools
Healthy Students



National Center for
Mental Health Promotion
and Youth Violence Prevention

Strategic Planning for Sustainability Conference

May 24-25, 2010

Building Mental Health Services for Sustainability

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Building SMH Sustainability

- Identify and prioritize the practices and activities that are the most effective
- Identify the key functions needed, e.g. screening/assessment of high risk children
- Use a variety of strategies, strategic planning, partnerships, collaboration, capacity-building to sustain these functions

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Percentage of Schools Providing Mental Health Services: Top 10

Source: *School Mental Health Services in the US, 2002-2003*. SAMHSA, 2005

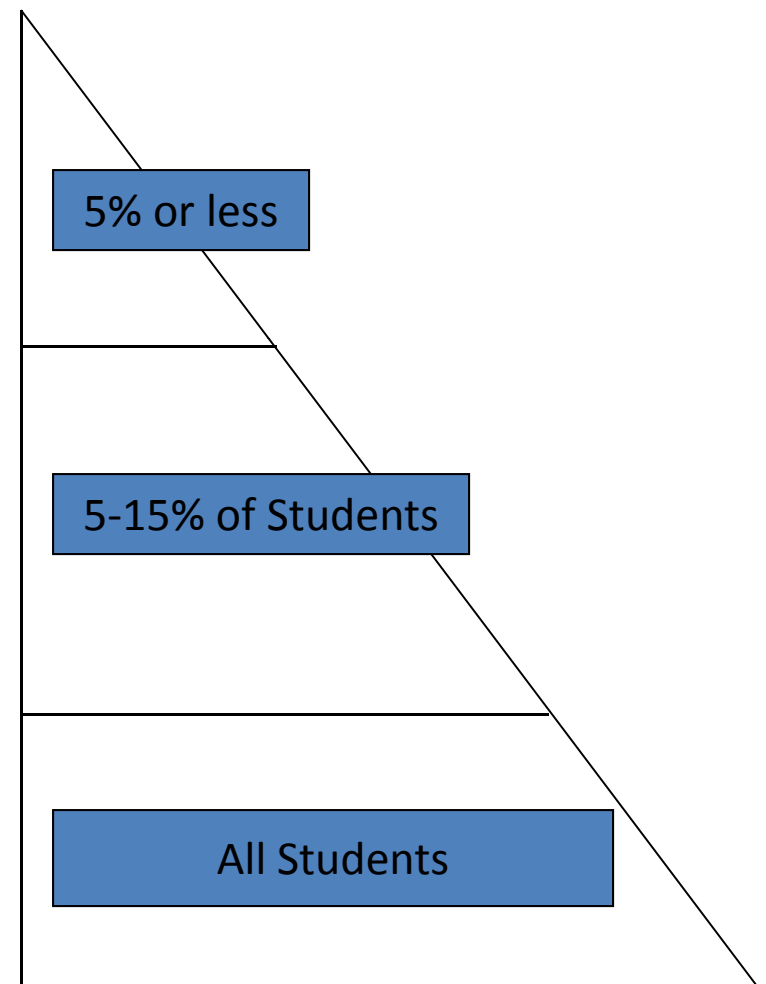
1. Assessment for emotional and behavioral problems and disorders (87%)
2. Behavior management consultation (87%)
3. Crisis Intervention (87%)
4. Referral to specialized programs and services (84%)
5. Individual counseling/therapy (76%)
6. Case management (71%)
7. Group counseling/therapy (68%)
8. Family support services (58%)
9. Substance abuse counseling (43%)
10. Medication management (34%)

Examples of Mental Health Services in Schools

Tier 3 Intensive Interventions: Comprehensive evaluation, PBIS-intensive, 1:1 and small group interventions (i.e. intensive counseling, FBA/behavior programming, ongoing progress monitoring of individual student behavior, remedial behavior plans, etc.) Therapeutic interventions and comprehensive family services. Ongoing progress monitoring

Tier 2 Targeted Interventions: Targeted small group interventions, PBIS targeted, FBA and behavior support plans, brief counseling, classroom management, systematic consultation with parents and teachers. Early identification and assessment of mental health problems. Ongoing progress monitoring.

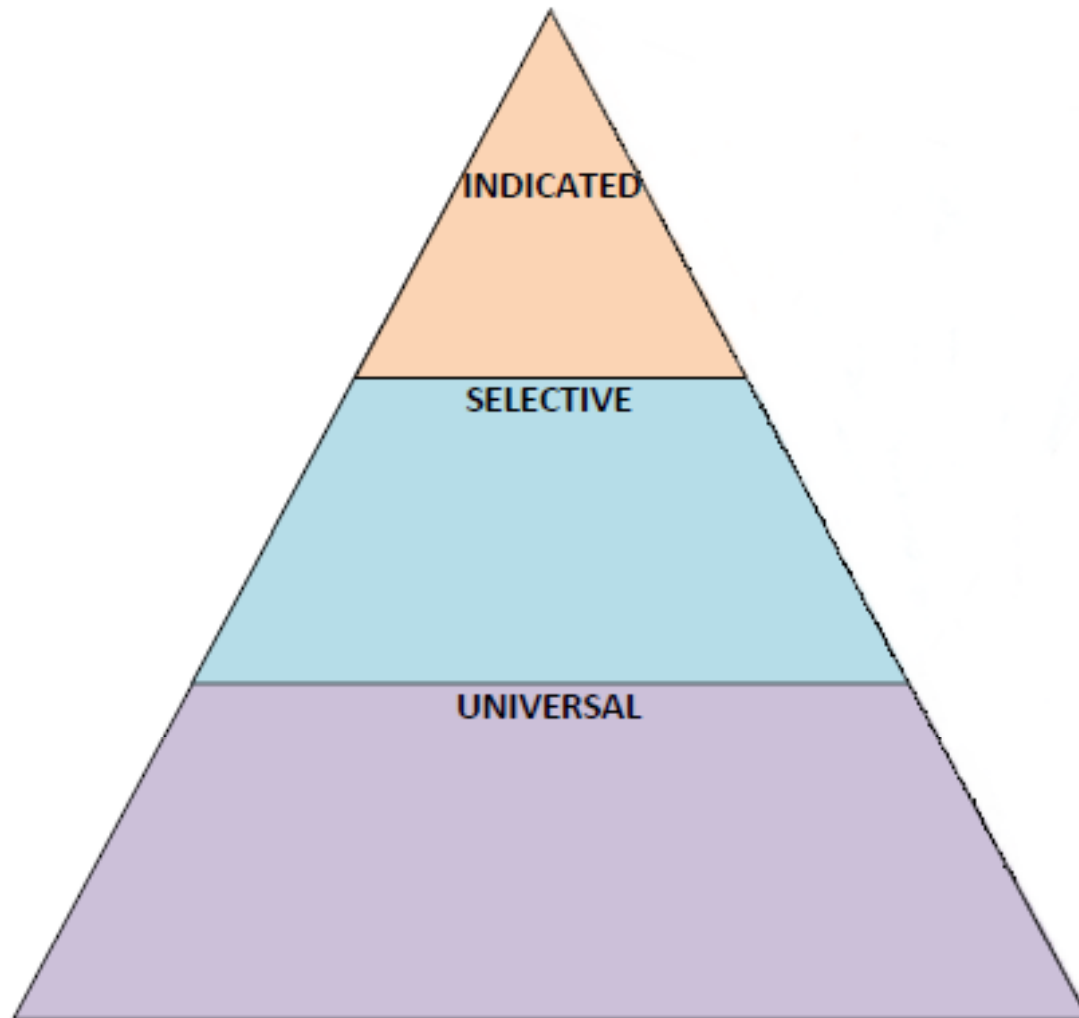
Tier 1 Universal Interventions: PBIS, Bully-proofing, violence prevention, ART, skill streaming, Developmental Assets, Character Education. Universal social-emotional and behavioral screening. Ongoing progress monitoring.



Mapping Tool

- **Step 1:** Fill in the presenting problem faced by youth/families', specify age group targeted
- **Step 2:** Fill in programs being implemented at each I(all, some, few)
- **Step 3:** Fill in the key personnel /partners implementing programs
- **Step 4:** Circle Gaps (no programs), Highlight duplicative areas of programming
- **Note:** This tool can be used for multiple identified problems by copying the tool and filling it out for each problem.

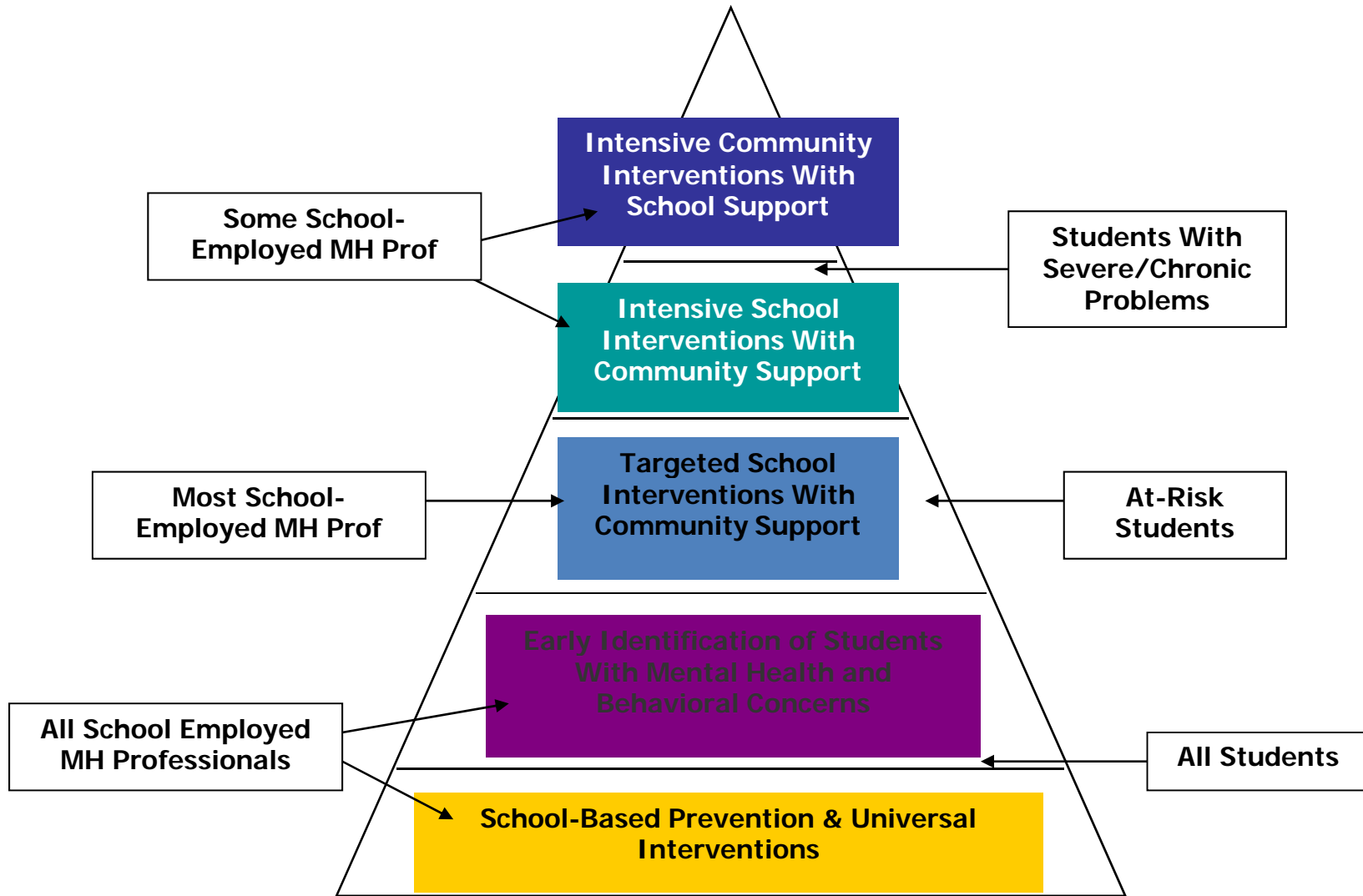
Mapping Tool



Key Questions

- Identify activities and practices that you have found most effective in your schools
- Which ones would be most important to sustain?

Identify the key functions
needed, e.g.
screening/assessment of high
risk children



The Continuum of School Mental Health Services

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Who provides these services?

- **School-employed school mental health providers**
 - School counselors, psychologists, social workers, nurses (some settings)
- **Community-employed school mental health providers**
 - Counselors, psychologists, social workers, nurses, psychiatrists, child and family therapists
 - Sensory Arts providers: Music, art, and dance therapists

Questions

- Identify the key “functions” you need in your SMH program
- Which ones would be most important to sustain?

Use a variety of strategies,
strategic planning, partnerships,
collaboration, capacity-building
to sustain these functions

Where are the services offered?

- Public and Private Schools
- School Based Health Clinics
- Full Service Schools
- Rural, Urban, and Suburban Communities
- In collaboration with community agencies/networks, faith-based organizations, hospitals, and private providers

SSHS Lessons Learned: Endless Possibilities

- Shared funding
 - Contract with public and private providers
 - Use of various fee-for-service payor sources
 - Medicaid Claiming Guide (state dept of ed./school district)
 - County referendums to increase funds specific for SMH
 - State/county TANIF funds
 - State supported legislative line item for School MH
- Grants, foundations and business community
 - REMS, Elementary & Secondary School Counseling Grant
 - Truancy, OJJDP
 - School Health Centers
 - Health foundations such as Blue Cross Blue Shield
 - Local businesses fund portion of SMH positions
 - System of Care – SAMHSA grant

SSHS Lessons Learned: Endless Possibilities

- School districts fund universal interventions
 - Title I, IV, IDEA
 - District & school budgets
 - Non-profit partner organizations
- Realign staff to provide various SMH functions
 - Function vs. positions, rethink staff roles and determine functions to provide
- Volunteers & University Internships (VISTA, Americorps, Master/bachelor level interns)
- Tribal MH & Treatment Centers vs. local MH centers



Importance of Evaluation & Data

- Regular review of program **evaluation** data to sustain effective programs
 - CMT, evaluator, PD & school analyze what is working, beneficial and effective
 - Determine effective intervention programs
 - Universal, Targeted & Indicated
 - What do stakeholders and local policy makers want to know? What information will gain their attention?
 - What information will garner key policy makers' support?
 - Must consistently share outcomes with all stakeholders

Current Federal Programs that Provide Support for School MH Services

- Elementary and Secondary School Counseling Program
- Safe Schools Successful Students (formerly SDFS)
- Individuals with Disabilities Education Act
- Federal Medicaid Funding
- Local insurance provider systems
- Mental Health Integration in Schools *not eligible for past SSHS awardees

Challenges to Coordination of Services

- **Fragmented Funding Sources**

- The top funding sources for schools were IDEA, Safe Schools Successful Students (formerly SDFS), State special education funds and local funds. Nearly 40% of districts also reported that Medicaid was a **funding source for services.** (Foster, et. al, *School Mental Health Services in the United States , 2002-2003.* SAMHSA.)

Building a Full Continuum of School Mental Health Services

- Interagency agreements must detail the elements of collaboration necessary to ensure high quality, seamless services between schools and agencies.
 - Shared leadership
 - Shared resources and financial obligations
 - Shared goals and responsibilities
 - Shared facilities
 - Shared accountability for student outcomes (academic, social emotional, and behavioral)

Know Your State Medicaid Resources

- State Medicaid website, information on your state's Medicaid reimbursement formula for community and/or school MH services, look for an internal link to “community Medicaid rate information”

http://www.nasmd.org/links/State_medicaid_links.asp

On the Horizon: Potential New Funding

- National Assembly of Health Care website
<http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2554077/k.BEE7/Home.htm>
- 3/21/10, the House voted to pass the Senate's Patient Protection and Affordable Care Act (HR 3590).
 - Includes 2 provisions for school-based health centers
 - Authorizes federal SBHC grant program
 - An emergency appropriation to provide \$200 million for SBHCs over 4 years

Learn New Ideas at National Conferences

- **2010 National School-Based Health Care Convention**

Marriott Crystal Gateway, Arlington, VA, June 17-20, 2010
http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2708163/k.9443/Convention_Intro.htm

- **CSMHA National Conference 2010: 15th Annual Conference**

Hyatt Regency Hotel, Albuquerque, New Mexico,
October 7 - 9, 2010
http://csmh.umaryland.edu/conf_meet/AnnualConference

Learn New Ideas at National Conferences

- 6th World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders

Washington DC, November 17-19, 2010

<http://wmhconf2010.hhd.org/>

- National Association Rural Mental Health Conference: *Innovations in Caring for Rural America*

Denver, Colorado, June 2-5, 2010

<http://www.narmh.org/conferences/2010/default.aspx>

Learn New Ideas at National Conferences

- Rural Behavioral Health Symposium: Practical Strategies to Address the Behavioral Health Needs of Children and Families in Rural America

Renaissance Glendale Hotel, Glendale, AZ

September 21-23, 2010

http://gucchdtacenter.georgetown.edu/Activities/Rural_BH_Symposium_2010.html

Learn New Ideas at National Conferences

- System of Care Conference

<http://sshs.promoteprevent.org/meetings/new-horizons-systems-care-effective-practice-and-performance-children-and-youth-mental-heal>

- MHAG on SSHS web site

<http://sshs.promoteprevent.org/group/mental-health-affinity-group>