

Expanded School Mental Health (ESMH) Grantee Webinar

December 15, 2016

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Today's Objectives

1. Increase knowledge of ESMH programs, services, supports within a three-tiered model.
2. Increase knowledge of your ESMH community of practice (CoP), mental health resources in WV, available tool kits, and technical assistance for implementing Expanded School Mental Health (ESMH) services and programs.
3. Understand ESMH grant reporting for the 2017 Fiscal year.

ESMH & Your Statement of Work (SOW)

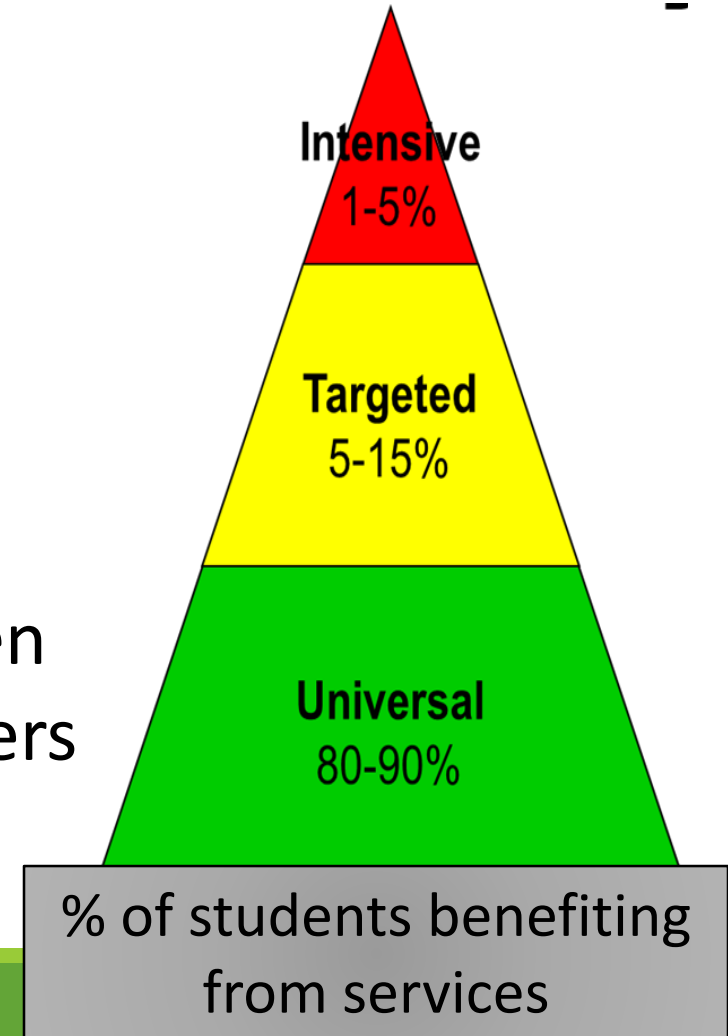
Critical components

- ❖ ESMH vs SBMH
- ❖ Coordinator position is key
- ❖ Infrastructure = Leadership teams +
- ❖ Evidence-based programs & promising practices - EBPPP
- ❖ Continuous quality improvement – MHPET +
- ❖ Reporting
- ❖ Technical Assistance

3 Tier Model

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 services and supports.

- Serves all students
 - Prevention – All Students
 - Early intervention – At Risk
 - Treatment – High Risk
- A **shared responsibility** between schools and community providers



Steering/Leadership Teams

- ❖ Build upon existing school/community teams
- ❖ Collaboration/shared leadership for other support programs (ESMH, PBIS, Bullying Prevention, attendance supports)
- ❖ Local level organization is critical
- ❖ Planning is not linear but circular
- ❖ FACE to FACE is critical
- ❖ Use technology to include those who have difficulty attending

Take a deep breath! Keep communicating and collaborating.

TIPS

- Make an agenda
- Develop a common purpose using common language
- Clarify roles – role confusion inhibits readiness
- Keep meeting minutes & notes
- Team problem solve
- Collaboration – identifying partners
- ASK - What do YOU do that works?

Examples of EBPP programs per tier

- *Tier 1 – Universal Prevention*
 - PATHS – Promoting Alternative Thinking Strategies*
 - Positive Action Climate*
 - Signs of Suicide*
- *Tier 2 – Early Intervention*
 - Coping Cat*
 - Early Risers “Skills for Success”*
 - Incredible Years*
 - Seeking Safety*
 - Triple P (Positive Parenting Program)*
- *Tier 3 – Clinical Intervention (therapy)*
 - Cognitive Behavioral Therapy (CBT)*
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)*

Best Practice Programs and Interventions

- ❑ SAMHSA NREPP – Substance Abuse and Mental Health Services Administration National Registry of Evidence-Based and Promising Practices - <http://nrepp.samhsa.gov/>
- ❑ IES – Institute of Education Sciences What Works Clearinghouse - <http://ies.ed.gov/ncee/wwc/>
- ❑ Research Press - <https://www.researchpress.com/>



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Find What Works!

Based on the research evidence, find what works to...

- improve literacy skills in 3rd graders,
- increase math achievement in preschoolers,
- reduce dropout rates,
- help students with special needs.

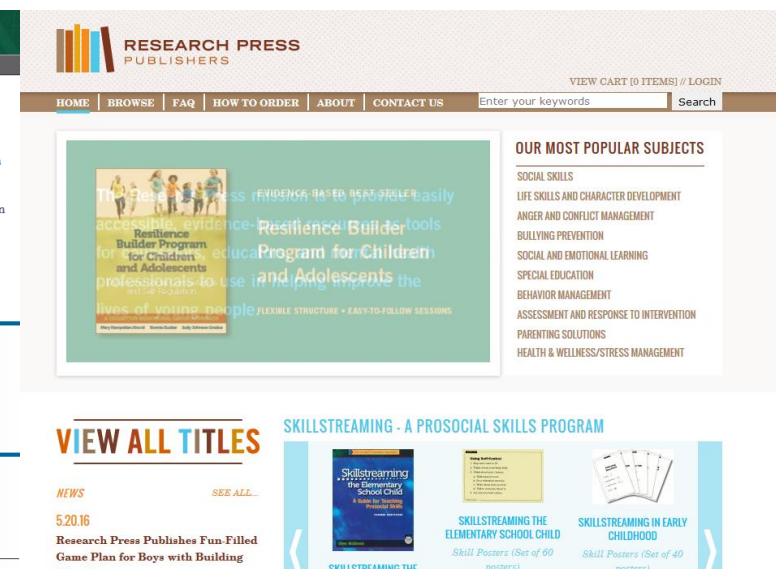
WWC Fact Check: Test Your Knowledge...

If no studies meet standards, that means the intervention doesn't work.

True False

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VIEW ALL TITLES

NEWS [SEE ALL...](#)

5.20.16
Research Press Publishes Fun Filled Game Plan for Boys with Building Characters

SKILLSTREAMING - A PROSOCIAL SKILLS PROGRAM

- SKILLSTREAMING THE ELEMENTARY SCHOOL CHILD**
Skill Posters (Set of 60 posters)
- SKILLSTREAMING IN EARLY CHILDHOOD**
Skill Posters (Set of 40 posters)

Resources to Support Implementation

WV ESMH Website/Resources & Toolkits: https://livewell.marshall.edu/mutac/?page_id=660

Roles and Resources to Support Student Mental Health in Schools Resource Packet:
<https://livewell.marshall.edu/mutac/Docs/2016ESMHResourcePacket.pdf>

Center for School Mental Health, University of Maryland: <https://csmh.umaryland.edu/>

Coalition for Community Schools: <http://www.communityschools.org>

US Department of Health and Human Services <https://www.hhs.gov/ash/oah/>

MHPET - Mental Health Planning Evaluation Tool

<http://www.nasbhc.org/atf/cf/%7BCD9949F2-2761-42FB-BC7A-CEE165C701D9%7D/MHPET.pdf>

School Based Health Alliance: <http://www.sbh4all.org/resources/>

And many more...

Reporting Review

HIGHLIGHTS, CHALLENGES, & TIPS



Let's share some successes!





Remember, we're here to help and learn together!

Reporting - Challenges & Solutions

Challenge	Solution
Not reporting	Document if “no activity” has taken place
Lack of Tier 1 & Tier 2 activities reported	Infrastructure is critical. Communicate.
Form is to be used for the entire fiscal year	Reminder integrated
Deleted items	Blocks are now locked
It appears some activities overlooked	Determine if this is reporting error
Confusion over activities per tier	Review of tier examples; TA available

Reporting Tier 1 Universal Prevention Programs

- Determined by needs of school & student population
- Responsibility of school – likely already in place
- Largest number of students reported
- Ongoing (not a one time speaker)
- Early Identification of Students at Risk
- Proactive, preventive, and reduce the risk of stigma for other students served
- Is not linear – should coincide with other tiers

Examples of EBPPP Tier 1 activities

Positive Action Climate*

Too Good for Violence & Drugs*

Signs of Suicide*

Dinosaur School (The Incredible Years Curriculum)*

*Evidence Based Programs being utilized



Reporting Tier 2 Selected Early Intervention Programs

- Leadership team matches needs to intervention
- Students are carefully selected because they show risk factors
- Group format and highly structured
- EBPPP required but non EBPPP should be reported as well
- Second largest number of students reported
- Interventions are ongoing (not a one-time speaker)
- Interventions are collaborative
- Nonbillable
- Includes Social-Emotional Groups, Anxiety, Grief/Loss, Anger Management, Stress coping, Social Skills

Examples of Tier 2 EBPPP interventions

Signs of Suicide*

Resilience Builder Program for Children and Adolescents

~Enhancing Social Competence and Self-Regulation

Coping Cat (Anxiety)

In Control (Anger)

The Real Deal (Anger)

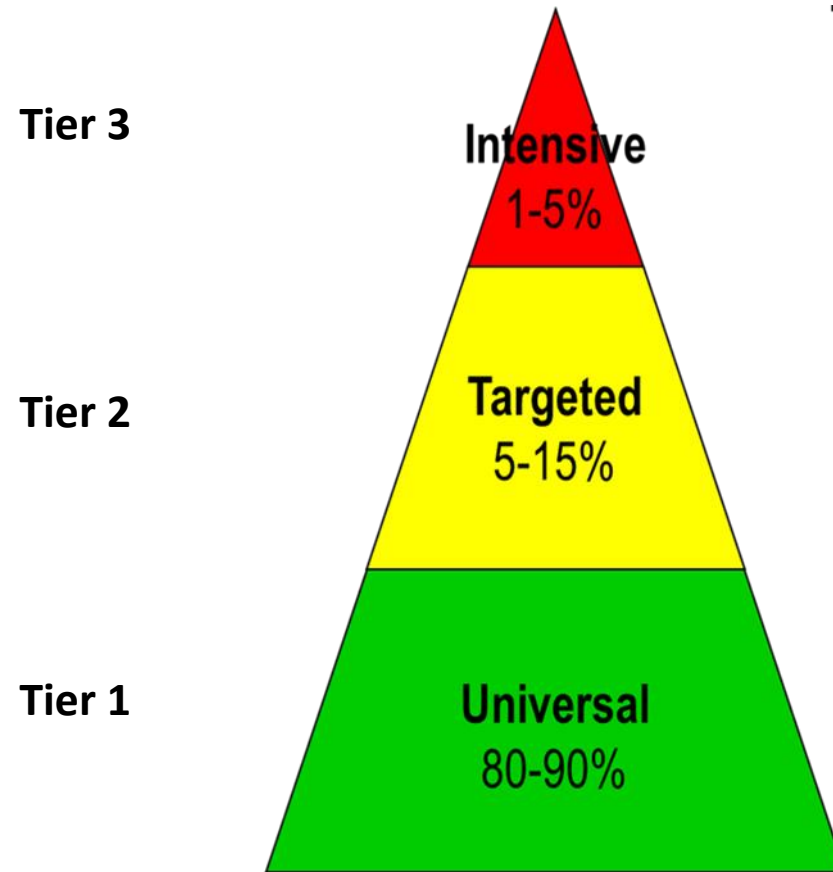
Prepare Curriculum (Prosocial)

*EBPPP being utilized

Reporting Tier 3 Intensive Intervention

- Students are identified as having symptoms related to diagnosable mental health disorders
- Billable – all clinical interventions fit here
- Smallest number of students in ESMH
- Individual therapeutic interventions
- Includes clinically recognized EBPPP
SAMHSA Mental Health Treatment Evidence-Based Practices (EBP)
<https://www.samhsa.gov/ebp-web-guide/mental-health-treatment>

Ideal Breakdown of Activities by Tier



You can't build a great building on a weak foundation. You must have a solid foundation if you're going to have a strong superstructure.

---Gordon B. Hinckley



Where do I report that?!?

❖ Discussion

❖ Q & A



Thank you!

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