Resources & Best Practices to Support Student Mental Health in Schools

KidStrong Conference
June 22, 2016

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Today's Objectives:

1. Increase knowledge of best practice programs and services within a multi-tiered systems approach.

2. Increase knowledge of mental health resources in WV and available tool kits and technical assistance for implementing Expanded School Mental Health (ESMH) services and programs.

3. Become familiar with a cross-systems framework that engages internal and external support systems to support positive student mental health in schools.

Vision

Every student in WV will benefit from a school environment that supports social and emotional well-being to achieve his/her full potential.

What we agree on . . . It takes a village

A cross-systems collaborative approach is critical to support WV students and improving emotional and behavioral health for academic success

- Schools and communities must work together for the education of our children.
- A multi-tiered system of student support is needed that connects students, home, school and community.
- Policies need to drive multi-tiered systems of student supports.
  - Fiscal stringency is the order of the day.

West Virginia CommunitySchools
Building community and school partnerships

What is ESMH?

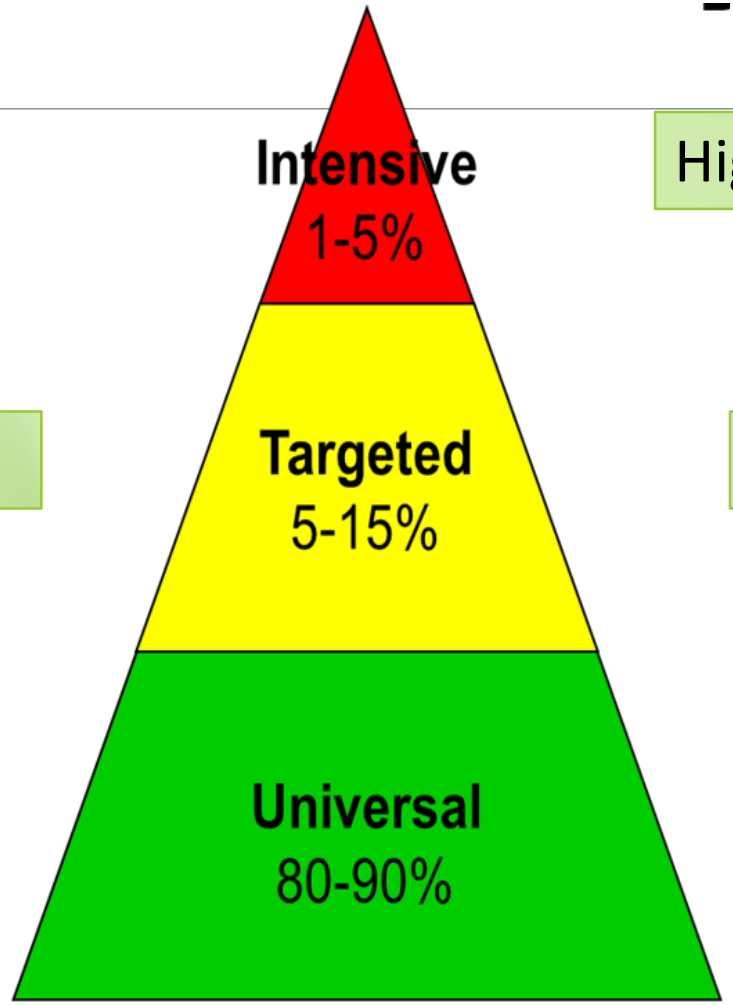
Expanded School Mental Health (ESMH) refers to programs that build upon the core services typically provided by schools. It is a three-tiered framework that includes the full continuum of mental health services.

ESMH emphasizes:

- services and supports for **ALL students**
- critical link between mental health and academic success
- shared responsibility between schools and community providers
- meaningful involvement of parents and youth
- evidence-based/best practices and programs
- continuous quality improvement

MEANINGFUL FAMILY AND YOUTH ENGAGEMENT AT ALL LEVELS

Multi-tiered System of Student Supports



Treatment

High-risk students

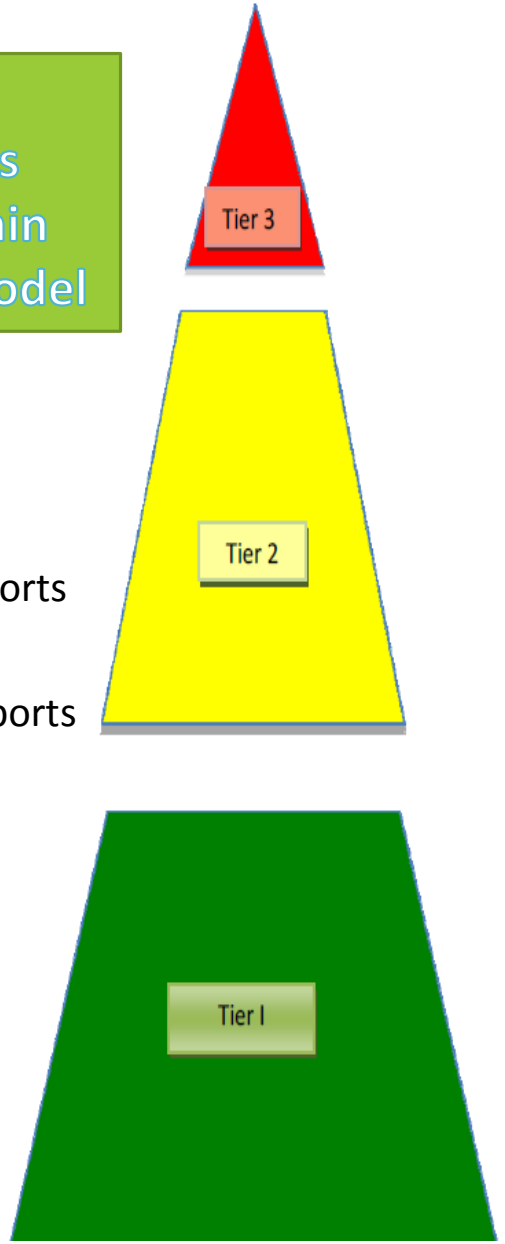
Early intervention

At-risk students

Prevention /MH promotion

ALL students

Sample Cross-systems programs and services within the WV ESMH Model



- Internal Supports
- External supports
- Either/Both

Tier 3 – Intensive: High Risk Students

- **Specialized community/school groups**
- **Individualized counseling/therapy/treatment** (i.e. Trauma Focused CBT, Rational Emotional Therapy, etc.)
- **Systems for students with high-risk factors (MSDT, IEP, 504, behavior support plans)**
- **Tele-Health Services**

Tier 2 – Targeted: At Risk Students

- **SAT team referrals/development of student support/behavior plans**
- **4373 Interventions, IEPs, 504s**
- **Systems for Students with at-risk behaviors**
- ***Regional Youth Service Centers**
- ***Prevent Suicide WV/ASPEN**
- ***School-based Diversions**
- **Positive Behaviors and Interventions (PBIS)**
- **Early Warning System** (ABC, Attendance, Behavior, Course failure)
- **Crisis Intervention/Response (**
- **Peer Support Programs** (i.e. Conflict Mediation)
- **Comprehensive School Counseling Programs**
  - **Crisis Interventions/Response Plans**
  - **(referrals/interventions)**
  - **Student Supports**
  - **Responsive Services**
- **Skill Building/Specialized Groups** (social skills, anger management, substance abuse, etc.)
- **Handle with Care**
- **Assessment & referrals** (nurses, pro officers, staff, community partners etc.)

Tier 1 – Universal – ALL Students

- **Early Warning System (ABC, Attendance, Behavior, Course failure)**
- **School-wide Student Advisory**
- **Support for Personalized Learning (SPL)**
- ***Prevent Suicide WV/ASPEN**
- **Jason Flatt Act (Suicide Prevention Training for school personnel and Universal prevention)**
- **HB 2535 Code (Jaime's Law) Training for Students**
- **4373 Dispositions/Expected Behaviors**
- **Best-practice Prevention Programs and Services** (i.e. Too Good for Drugs, Signs of Suicide, PBIS, iLead, Second Step)
- **Universal Screening** (i.e. SOS, CRAFFT, Strengths & Difficulties, SBIRT)
- **Positive School Climate/Culture**
- **Comprehensive School Counseling Programs**
  - **Integrated Delivery of the WVSSS** (Academic and Learning Development, Career and Life Planning, Personal and Social Development, Global Citizenship)
  - **Mental Health Crisis Prevention Plan**
  - **Student Supports**
  - **Universal referral system for counseling services, SAT, etc.**
- **Communities Schools Approach**
- **Community Engagement in Prevention**
- **Trauma Informed/Mental Health First Aid Training for Staff & Providers**

Collaborative, Multi-tiered System of Student Supports (ESMH)

Internal Supports	External Supports
Structures and systems within WV Schools ➢ that support the ESMH framework (*Examples*: Comprehensive School Counseling Programs, SAT teams) and ➢ are required by or supported by WVDE Policies *It is a general expectation that these exist and are aligned with best practices in all WV schools.*	**Structures, systems and programs within the community, district, RESA and state** ➢ that support schools in implementing a multi-tiered system of student supports. *Based on local needs and resources, schools collaborate with external stakeholders to support student mental health.*

Collaborative, Multi-tiered System of Student Supports

Internal Supports

- Policy 2315 – Comprehensive School Counseling Program (CSCP)
- Policy 2510
  - Evidence and Standards-Based Advisory
  - Integrated delivery of the WVSSS
- Student Assistance Teams (SAT)
- School Leadership Teams
- Personalized Learning
- Policy 4373- Positive Approach to Discipline
- Community Schools
- Early Warning System (ABC, Attendance, Behavior, Course failure)
- Professional Development opportunities

External Supports

- RESAs
- DHHR supported services and supports
  - 6 Regional Lead Prevention Organizations
  - Prevent Suicide WV/ASPEN
  - ESMH Grants
  - Regional Youth Service Centers
- Community Behavioral Health Providers
- School Based Health Centers
- WVATC Autism Center at MU – PBIS
- MU SHTA
- Department of Rehabilitation Services
- Professional Development opportunities

- Community Schools
- Community In Schools
- Project AWARE
- Handle with Care
- (KidStrong Conference) & Student Success Summit

These are examples and not intended to be an inclusive list

ESMH Integration into WVDE Policies

Policy 2510: ***Assuring Quality of Education: Regulations for Education Programs***

Policy 2315: ***Comprehensive School Counseling Programs***

Policy 2425: ***Community Schools: Promoting Health, Safety, Well-Being and Academic Success of Students***

Policy 4373: ***Expected Behavior in Safe and Supportive Schools***

Building Upon Existing Services and Resources in Schools

- Academic supports
- Behavioral Supports
- Collaboration/shared leadership for other support programs (ESMH, PBIS, Bullying Prevention, attendance supports
- SAT, IEP, 504 student support role
- Outreach and linkage to community programs/resources

Interconnected Systems Framework for Student Success

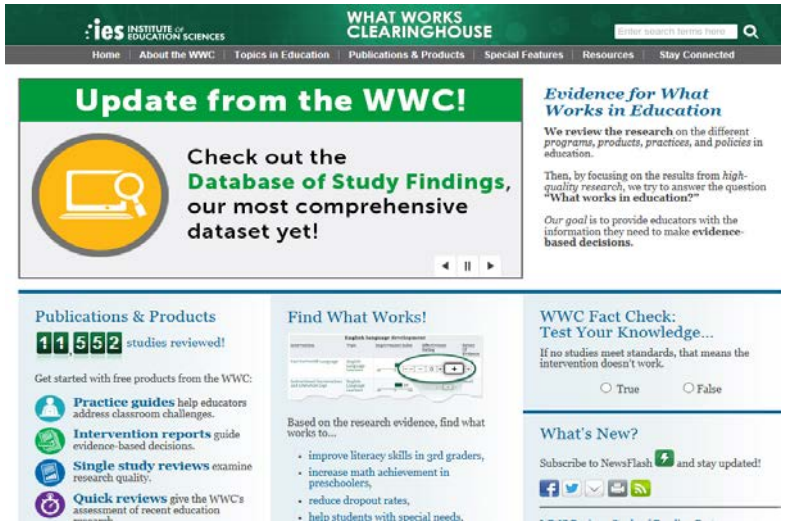
- Community Schools Approach
- Mental Health First Aid
- School Climate and Culture
- Comprehensive School Counseling Programs
- Positive Behavioral Interventions and Supports
- Student Advisory Programs
- School-based Mental Health Services
- Evidence and Best-practice Approaches and programs
- Shared Responsibility (Internal/External Resources)
- Handle with Care

Collaboration and Coordination Critical for Effective Multi-tiered Systems of Supports

- Consistent, systemic referral systems
- Mental health crisis plans
- Parent/Teacher Consultations
- Consultations with school staff, parents and community professionals
- Follow-up/collaborations with community partners

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/



Examples of EBPP programs per tier

- Tier 1 – Universal Prevention
  - PATHS – Promoting Alternative Thinking Strategies
  - Positive Action Climate
  - Signs of Suicide
  - STEP UP - Strategies and Tools to Embrace Prevention with Upstream Programs

- Tier 2 – Early Intervention
  - Coping Cat
  - Early Risers “Skills for Success”
  - Incredible Years – spans multiple tiers
  - Seeking Safety
  - Triple P (Positive Parenting Program)

- Tier 3 – Clinical Intervention (therapy)
  - CBT
  - Trauma informed CBT

Role of MU Technical Assistance Center

- Ongoing Technical Assistance for ESMH initiatives
  - Grantees/Bureau for Behavioral Health & Health Facilities
  - Schools seeking to implement or expand ESMH
  - Schools seeking to implement Community Schools Framework
  - ESMH State Steering Team meeting coordination
  - Trainings
- Ongoing Technical Assistance for Project Aware
- Identifying Best Practices
- Networking and Identifying New Partners

West Virginia School Health Technical Assistance Center

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Whats New

- New 2015-2016 School Based Health Center Directory
- 2015-16 Webex Series
- Project AWARE grant awarded to WVDE
- WV School Crisis Planning Resources
- Talking Points -Why ESMH?
- Trauma Sensitive Schools Webinar
- WVDHHR Oral Health Curriculum Available
- ESMH Profile of Cabell County

School-Based Oral Health

School-Based Health Centers

School-Based Behavioral Health

The West Virginia School Health Technical Assistance Center

is dedicated to improving the health and academic success of West Virginia's students through effective school – community partnerships.The purpose of this website is to provide a central source of information for health and social services providers, parents, educators, and policy makers about best practices, resources, and current community – school health initiatives in West Virginia.

https://livewell.marshall.edu/mutac/

West Virginia School Health Technical Assistance Center

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About School Mental Health in WV

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Expanded School Mental Health

...because a healthy student is a teachable student

A jointly sponsored effort of the West Virginia Department of Education and the West Virginia Department of Health and Human Resources

"Expanded school mental health" refers to programs that build on core services typically provided by schools. Expanded School Mental Health is a framework that:

- includes the full continuum of prevention, early intervention and treatment
- serves all students
- emphasizes shared responsibility between schools and community mental health providers.

The WV ESMH Initiative is developing tools and resources for educators, behavioral health professionals, families and ESMH grantees. Together we can address the mental health needs of West Virginia's students, and reduce barriers to learning.

ESMH Planning & Implementation

ESMH START-UP GUIDE

2014 Talking Points: Why ESMH?

- Why ESMH?

PRACTICAL GUIDE FOR SCHOOLS (SAMHSA):

- Realizing-the-Promise.The-Whole-School-Approach-to-MH (Adobe pdf)

Mental Health & School Safety in West Virginia (Adobe pdf document)

RESOURCE GUIDES:

- ESMH Resource Packet
- Statewide Resources
- Community Schools 2014
- PERC 2016
- RESA-RWS Map
- A Regional Wellness Info Sheet
- School Counseling
- WV Early Warning Overview
- Youth-Mental-Health-First-Aid

Resources to Support Student Mental Health

- **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
- **DHHR/BBHHF Comprehensive Behavioral Health Centers Directory:** http://www.dhhr.wv.gov/bhhf/resources/Documents/BHHF%20Comprehensive%20Behavioral%20Health%20Centers%20Directory.pdf
- **24 Hour Substance Abuse & Mental Health Referral & Outreach Call center** 1.844.HELP4WV (435-7398) www.HELP4WV.com
- **National Suicide Prevention Lifeline** – 1.800.273.TALK (8255)
- **Youth Mental Health First Aid:** www.mentalhealthfirstaid.org

Mental Health Resources

- **Suicide Prevention Resources for Schools** http://www.dhhr.wv.gov/bhhf/resources/Pages/Suicide.aspx
- **Prevent Suicide WV** www.PreventSuicideWV.org

Coping with Traumatic Events: Resources for Children, Parents, Educators and other Professionals:

- https://captus.samhsa.gov/access-resources/coping-traumatic-events-resourceschildren-parents-educators-and-other-professional

90 Seconds to Explain Bullying

- http://www.tosavealife.com/these-90-seconds-perfectly-explain-what-bullying-can-do/

- **Substance Free WV** www.WVsubstancefree.org
- **LINKS Student Advisory** http://wvde.state.wv.us/counselors/links/about.html

Substance Abuse and Mental Health Services Administration (SAMSHA) http://www.samhsa.gov/

Trauma informed care: http://www.samhsa.gov/nctic/trauma-interventions and http://nctsnet.org/

Questions/Comments

What do you see as next steps in improving your ability to support student mental health in schools?

Thank you!!!!

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