School Mental Health: A Federal Perspective

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Investments in School Mental Health

Presented by: Sharon Stephan
Center for School Mental Health
Center for School Mental Health

MISSION
To strengthen the policies and programs in school mental health to improve learning and promote success for America’s youth

• Established in 1995. Federal funding from the Health Resources and Services Administration.

• Focus on advancing school mental health policy, research, practice, and training at local, state, and national levels.

• Shared family-schools-community mental health agenda.

• Co-Directors:
Sharon Stephan, Ph.D. & Nancy Lever, Ph.D.
http://csmh.umaryland.edu, (410) 706-0980
National Community of Practice on School Behavioral Health

www.sharedwork.org

- Facilitated by the CSMH and IDEA Partnership

**12 practice groups:**
- Connecting School Mental Health and Positive Behavior Supports
- Connecting School Mental Health with Juvenile Justice and Dropout Prevention
- Education: An Essential Component of Systems of Care
- Family Partnerships in Mental Health
- Improving School Mental Health for Youth with Disabilities
- Learning the Language: Promoting Effective Ways for interdisciplinary Collaboration
- Psychiatry and Schools
- Quality and Evidence-Based Practice
- School Mental Health and Culturally Diverse Youth
- School Mental Health for Military Families
- Social, Emotional, and Mental Health in Schools
- Youth Involvement and Leadership
CSMH Annual Conference on Advancing School Mental Health

- 1996 Baltimore
- 1997 New Orleans
- 1998 Virginia Beach
- 1999 Denver
- 2000 Atlanta
- 2002 Philadelphia
- 2003 Portland, OR
- 2004 Dallas*
  * Launch of National Community of Practice on School Behavioral Health
- 2005 Cleveland
- 2006 Baltimore
- 2007 Orlando
- 2008 Phoenix
- 2009 Minneapolis
- 2010 Albuquerque
- 2011 Charleston, SC
- 2012 Salt Lake City, UT
- Crystal City-Arlington, Virginia
- 2014 – September 18-20
  PITTSBURGH, PA
The national school-based health care advocacy, technical assistance and training organization based in Washington DC, founded in 1995.

• **Vision**
  
  All children and adolescents are healthy and achieving at their fullest potential.

• **Mission**
  
  To improve the health status of children and youth by advancing and advocating for school-based health care.

• **Offerings**
  
  Advocacy, Training and Technical Assistance, & Membership
Office of Special Education Programs (OSEP)
Investments in School Mental Health

Presented by: Renee Bradley
Office of Special Education Programs
THE EDUCATION-RELATED COMPONENTS OF “NOW IS THE TIME”

David Esquith
Director
Office of Safe and Healthy Students
U.S. Department of Education
Now Is the Time

“Now Is The Time (NITT)” is the President’s plan to protect our children and communities by reducing gun violence.

ED is collaborating with a number of agencies including the Departments of Justice, Homeland Security, Health and Human Services, and the FBI to implement the education-related components of “Now Is the Time.”
NITT’s 4 Ed-related Buckets

1. ensuring that every school and institution of higher learning has a comprehensive emergency management plan;

2. creating a safe and positive climate at schools across the country;

3. making sure students and young adults get treatment for mental health issues; and

4. ensuring that schools are safe.
1. Ensuring that every school has a comprehensive emergency management plan by giving schools and institutions of higher education:

- A model for how to develop and implement comprehensive plans.
- Examples of comprehensive plans.
- Best practices for developing comprehensive plans.
- Best practices for training and drilling.
- Incentives to have comprehensive plans.
1. Comprehensive Emergency Management Plan Activities

- Proposed $30 million for ED to undertake a new initiative: to provide one-time grants to States to help schools develop and implement high quality emergency management plans.

- On June 18, 2013 ED, DOJ, HHS, and DHS released guidance and models for how to develop and implement high quality emergency management plans for schools and IHEs.

- Congress should require states and LEAs receiving school safety funding from ED to have a comprehensive, up-to-date emergency management plan.
2. Creating safe and positive climate at schools across the country by:

- Helping 8,000 schools create safer and more nurturing school climates.
- Sharing best practices on school discipline.
- Helping schools address pervasive violence.
- Helping schools collect reliable school climate data.
2. Safe and Positive Climate Activities

- Proposed $50 million for ED to undertake a new initiative: To help 8,000 schools create safer and more nurturing school climates. These grants will assist schools to use evidence-based strategies to prevent and positively intervene to address problem behaviors such as bullying, drug abuse, and poor attendance.

- ED will collect and disseminate best practices on school discipline policies and help LEAs equitably implement policies.
Proposed $25 million for ED to undertake a new initiative: (Project Prevent) that will help schools address pervasive violence. Funding could be used to offer students mental health services for trauma or anxiety, conflict resolution programs, and other school-based violence prevention strategies.

ED will develop a model school climate survey to help schools collect reliable data.
3. Making sure students and young adults get treatment for mental health issues by:

- Reaching 750,000 young people through programs to identify mental illness early and refer them to treatment.
  - Providing “Mental Health First Aid” training for teachers; and
  - Making sure students with signs of mental illness get referred to treatment

- Supporting individuals ages 16-25 at high risk for mental illness.
3. Making sure students and young adults get treatment for mental health issues by: (cont’d)

- Training more than 5,000 additional mental health professionals to serve students and young adults.

- Launching a national conversation to increase understanding about mental health.

- Ensuring coverage of health treatment by finalizing requirements for health insurance plans to cover mental health and making sure millions of Americans covered by Medicaid get quality mental health coverage.
3. Treatment for Mental Health Issues activities

- Proposed $55 million for HHS to undertake an initiative called Project AWARE to reach 750,000 young people through programs to identify mental illness early and refer them to treatment. It’s a two part program that through new two part program that (1) provides $15 million for “Mental Health First Aid” training for teachers, and (2) $40 million to help ensures students with signs of mental illness get referred to treatment.

- Proposed $25 million for HHS to undertake a new initiative to offer students with mental health services for trauma or anxiety, conflict resolution programs, and other school-based violence prevention strategies.
3. Treatment for Mental Health Issues Activities (cont’d)

- Proposed $50 million for HHS to undertake a new initiative to train more than 5,000 additional mental health professionals to serve students and young adults.

- Secretary Duncan in conjunction with Secretary Sebelius have launched a national conversation to increase understanding about mental health.
4. Ensuring that schools are safe by:

- Putting up to 1,000 more school resource officers and counselors in schools.

- Helping schools invest in safety including purchasing school safety equipment, training crisis intervention teams, and other school safety activities.

- Allowing local school districts to choose what type of support they need most – be it a school resource officer or a mental health professional.

- Properly training school resource officers.
Proposed use of existing authority for DOJ: under the DOJ COPS office Cops Hiring Program (CHP) to create a preference for grant applications that support hiring of school resource officers. $45 million in funding intended to create 356 new school resource officer positions under the federal COPS grants.

Proposed $150 million for DOJ to undertake in coordination with ED a new initiative: called the Comprehensive School Safety program which will provide funds for hiring school personnel, purchasing school safety equipment, and other school safety activities.

School districts and law enforcement agencies could use the funds to hire school resource officers, school psychologists, social workers, and counselors. Additionally, school districts could use these funds to purchase school safety equipment, develop and update safety plans, conduct threat assessments, and train crisis intervention teams.
NITT Funding Summary: $385 million.

- **Proposed $30 million for ED**: One time grants to States to help schools develop and implement high quality emergency management plans.

- **Proposed $50 million for ED**: To help 8,000 schools create safer and more nurturing school climates.

- **Proposed $25 million for ED**: Project Prevent that will help schools address pervasive violence.
Proposed $55 million for HHS: Project AWARE to reach 750,000 young people through programs to identify mental illness early and refer them to treatment. It’s a two part program that through new two part program that (1) provides $15 million for “Mental Health First Aid” training for teachers, and (2) $40 million to help ensures students with signs of mental illness get referred to treatment.

Proposed $25 million for HHS: offer students with mental health services for trauma or anxiety, conflict resolution programs, and other school-based violence prevention strategies.
Proposed $50 million for HHS: to train more than 5,000 additional mental health professionals to serve students and young adults.

Proposed $150 million for DOJ: Comprehensive School Safety program which will provide funds for hiring school personnel, purchasing school safety equipment, and other school safety activities. School districts and law enforcement agencies could use the funds to hire school resource officers, school psychologists, social workers, and counselors. Additionally, school districts could use these funds to purchase school safety equipment, develop and update safety plans, conduct threat assessments, and train crisis intervention teams.
For More Information

- Now Is the Time - www.whitehouse.gov/issues/preventing-gun-violence
- Safe and Supportive Schools – http://safesupportivelearning.ed.gov
- David Esquith - David.Esquith@ed.gov (202) 453-6722
School Mental Health: A Federal Perspective

Ingrid Donato
Chief, Mental Health Promotion Branch
Division of Prevention, Traumatic Stress, and Special Projects
Center for Mental Health Services
Let’s start with the big picture...
A Call for Action

Make a real change in the way we approach children’s mental, emotional and behavioral health
SAMHSA’s Prevention Strategic Initiative

Creating communities where individuals, families, schools, faith-based organizations, and workplaces take action to promote emotional health and reduce the likelihood of mental illness, substance abuse including tobacco, and suicide. This Initiative will include a focus on the Nation’s high-risk youth, youth in Tribal communities, and military families.
To achieve positive mental health outcomes for children and youth, we need address all areas simultaneously. Development is dynamic and interactive, and not linear.
Five Guiding Principles: Public Health Approach

- Population focus
- Emphasis on creating supportive environments and building skills
- Balanced focus between children’s mental health problems and positive mental health
- Cross-system and cross-sector collaboration
- Local Adaptation
Balancing Early Intervention and Treatment with initiatives to Promote Mental Health and Prevent Mental Illnesses

Promoting Children’s Health and Well-being and Preventing Mental, Emotional and Behavioral Health Disorders

Ensuring Access to Effective Treatment Services and Supports

Social Determinants of Mental Health

There is a compelling need to invest in early identification and treatment. But we also need to invest in Prevention. Both are Essential. Investing in Promotion and Prevention saves dollars and reduces the need for more costly and intensives services later on.
Opportunities to Prevent Mental and Substance Use Disorders

Interventions by Developmental Phase

- Prior to Conception
  - Pregnancy prevention
  - Prenatal care
- Early Childhood
  - Home visiting
  - Early childhood interventions
- Infancy
- Childhood
  - Parenting skills training
  - Social and behavioral skills training
- Early Adolescence
- Adolescence
- Young Adulthood
  - Prevention of depression
  - Prevention of schizophrenia

Policy

Community interventions

Prevention focused on specific family adversities
(Bereavement, divorce, parental psychopathology, parental substance use, parental incarceration)

Classroom-based curriculum to prevent substance abuse, aggressive behavior, or risky sex

Safe Schools/Healthy Students

GBG

Systems of Care
What we’ve done so far....
Project LAUNCH Grantees

2008: Arizona, Maine, New Mexico, the Red Cliff Band of Lake Superior Chippewa, Rhode Island, and Washington

2009: California, the District of Columbia, Illinois, Iowa, Kansas, Massachusetts, Michigan, New York, North Carolina, Ohio, Oregon, and Wisconsin

2010: Weld County, CO; New Britain, CT; Boone County, MO; New York, NY; Multnomah County, OR; El Paso, TX

2012: Indiana, New Hampshire, Vermont, Florida, Maryland, Missouri, Cherokee Nation (Oklahoma), Pueblo of Laguna Department of Education (New Mexico), Muscogee (Creek) Nation (Oklahoma), Nottawaseppi Huron Band of the Potawatomi (Michigan), Pascua Yaqui Tribe of Arizona (Arizona)
Project LAUNCH: Core Components

Infrastructure Development:

• Federal, state, tribal and local level coordination, policy change and data integration

Prevention & Wellness Promotion Practices (5 core strategies):

• Use of developmental assessments in a range of child-serving settings
• Integration of behavioral health into primary care
• Mental health consultation in early care and education
• Enhanced home visiting through increased focus on social and emotional wellbeing
• Family strengthening and parent skills training

Cross-cutting activities:

• Interdisciplinary workforce development
• Public education/social marketing
Prevention Practices in Schools
Prevention Practices in Schools Grant: The Good Behavior Game

- Grantees: Local Educational Agencies and Tribal Organization
- Elementary schools in which 50% + of students are eligible for Free & Reduced Fee Lunches (USDA, National School Lunch Program)
- Outcomes: illicit drug use, anti-social personality, suicidal ideation.
Elements of Safe Schools/Healthy Students

- Create safe school environment and prevent violence
- Deliver alcohol, tobacco and drug prevention programs and early intervention programs
- Provide and promote student behavioral, social and emotional supports
- Promote school and community mental health services
- Provide early childhood social and emotional learning programs
Reach of Safe Schools/Healthy Students

Over 365 Grantees Since 1999
Impact of SS/HS

Improved provision of mental health services

- Students receiving school-based services ▲263%
- Students receiving community-based services ▲519%

INCREASED DELIVERY OF MENTAL HEALTH SERVICES

SS/HS State Program

Funding Mechanism: Cooperative Agreements
Available Funding: $14.027 million
Number of Awards: 7
Award Amount: Up to $2.214 million per year
Length of Project Period: Up to 4 year

- Connecticut
  - Bridgeport, Middletown, and New Britain
- Michigan
  - Detroit, Saginaw, and Houghton
- Wisconsin
  - Racine, Beloit, and Menominee Indian School District
- Nevada
  - Washoe, Lyon, Nye
- New Hampshire
  - Concord, Laconia, Rochester
- Ohio
  - Green County, Williams County, and Harrison Hills
- Pennsylvania
  - Northeastern, Carbon Lehigh, and Penncrest
System of Care

An organizational philosophy and framework that involves collaboration across agencies, families, and youth for the purpose of improving access and expanding the array of coordinated community-based, culturally and linguistically competent services and supports for children and youth with a serious emotional disturbance and their families.
All Working to Help America’s Children be healthier and Succeed at Home, in School and in Life

Safe, Healthy and Successful Children, Youth and Communities

- Project Launch (Birth to Eight)
- Prevention Practices in Schools (First and Second Grade classrooms)
- Safe Schools/Healthy Students (Early Childhood through Secondary School)
- Systems of Care/Comprehensive Coordinated SOC (Early Childhood through Adolescence)
Moving Towards a Shared Vision

Communities, as well as society at large will….

• Shape and strengthen the worlds in which children live, work and play
• Promote children’s mental and overall well-being and help prevent mental health problems.
• Provide a full continuum of services and supports
• Help all children manage environmental, social, and emotional challenges,
• Help all children thrive, and be contributing members of society.
Envisioning the Future

1. Factors shown to improve the physical and mental health of children are addressed and enhanced by the systems that provide services to them.

2. Families and children have ready access to the best available evidence-based preventive, early identification and treatment interventions delivered in their own communities in a culturally competent and respectful way.

3. Preventive, early identification and treatment interventions are provided as a routine component of school, health, and community service systems.

4. A well organized public health monitoring system is in place to track the incidence and prevalence of MEB disorders and used to appropriately direct resources.

5. Services are coordinated and integrated with multiple points of entry for children and their families (e.g., schools, health care settings, youth centers).

Slides are from: IOM Public Briefing March 25, 2009
Washington DC
6. As new preventive, early identification and treatment interventions are developed, they are rapidly deployed in multiple systems.

7. Families are informed that they have access to resources when they need them without barriers of culture, cost, or type of service.

8. Families and communities are partners in the development and implementation of preventive, early identification and treatment interventions.

9. The development and application of preventive, early identification and treatment interventions intervention strategies contribute to narrowing rather than widening health disparities.

10. Teachers, child care workers, health care providers, and others are routinely trained on approaches to support the behavioral and emotional health of ALL young people and the prevention of MEB disorders.
“We won’t be able to stop every violent act, but if there is even one thing that we can do to prevent any of these events, we have a deep obligation, all of us, to try.”

President Obama
Now is the Time in action....
National Conference on Mental Health: Bringing Mental Health Out of the Shadows
Creating Community Solutions

Goals

Get Americans talking about mental health to break down misperceptions and promote recovery and healthy communities.

Find innovative community-based solutions to mental health needs, with a focus on helping young people.
Toolkit for Community Conversations About Mental Health

- Includes a Planning Guide, a Discussion Guide, and an Information Brief
- Will be available in Spanish and will include an information graphic
- How the Toolkit is being ordered for:
  - Community conversations
  - Training staff, medical reserve corps, and regional prevention centers
  - Educating students
  - Supporting coalitions
  - Facilitating peer support groups

Download the Toolkit at [http://www.samhsa.gov/communityconversations/](http://www.samhsa.gov/communityconversations/)
Take the Pledge to Break the Stigma
One community in Charlotte is taking a pledge to break the stigma - one conversation at a time. Click the "Learn More" button to learn about their efforts and take the pledge!

What is the National Dialogue?

How can I participate?

What are the outcomes?

Click on a pin for details of the event

Previous Events

Upcoming Events

Events being planned
Distributed Conversations

- 80 dialogues have already happened
- 52 events are being organized
- 33 states plus DC (sites)
- 34 outcomes have been uploaded to our website
Funding Partnership

blue of california foundation

SIERRA HEALTH FOUNDATION

health happens here

The California Endowment

California Wellness Foundation

Grantmaking for a Healthier California
Sacramento Action Planning Process

- Goal to develop an action plan for next 12-18 months
- Action planning meetings
- Plan just completed in November
- RFP to support implementation process
Text, Talk & Act
http://www.creatingcommunitysolutions.org/texttalkact

**IT’S EASY!**

**TXT**
"start" to 89800

Talk in groups of 4 to 5 people about the issues presented.

**TLK**

Be part of the change!

**ACT**
MentalHealth.gov

- Provides basic information about mental health problems
- Treatment locator & get help immediately feature
- Provides resources to help discuss mental health openly with various audiences
Thank you

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