

# The Midwest Center for School Mental Health: How can we help?

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November 10, 2022



Midwest Center  
for School Mental Health



REIMAGINE EDUCATION

Creating Community  
Connections  
& Culture



2022 Conference







# Welcome and introductions

# Overview

- Current state of school mental health
- Training and support needs for Minnesota schools
- Support available through the Midwest Center for School Mental Health
  - Technical assistance related to the comprehensive school mental health framework
  - Other technical assistance
  - Training
  - Research/evaluation



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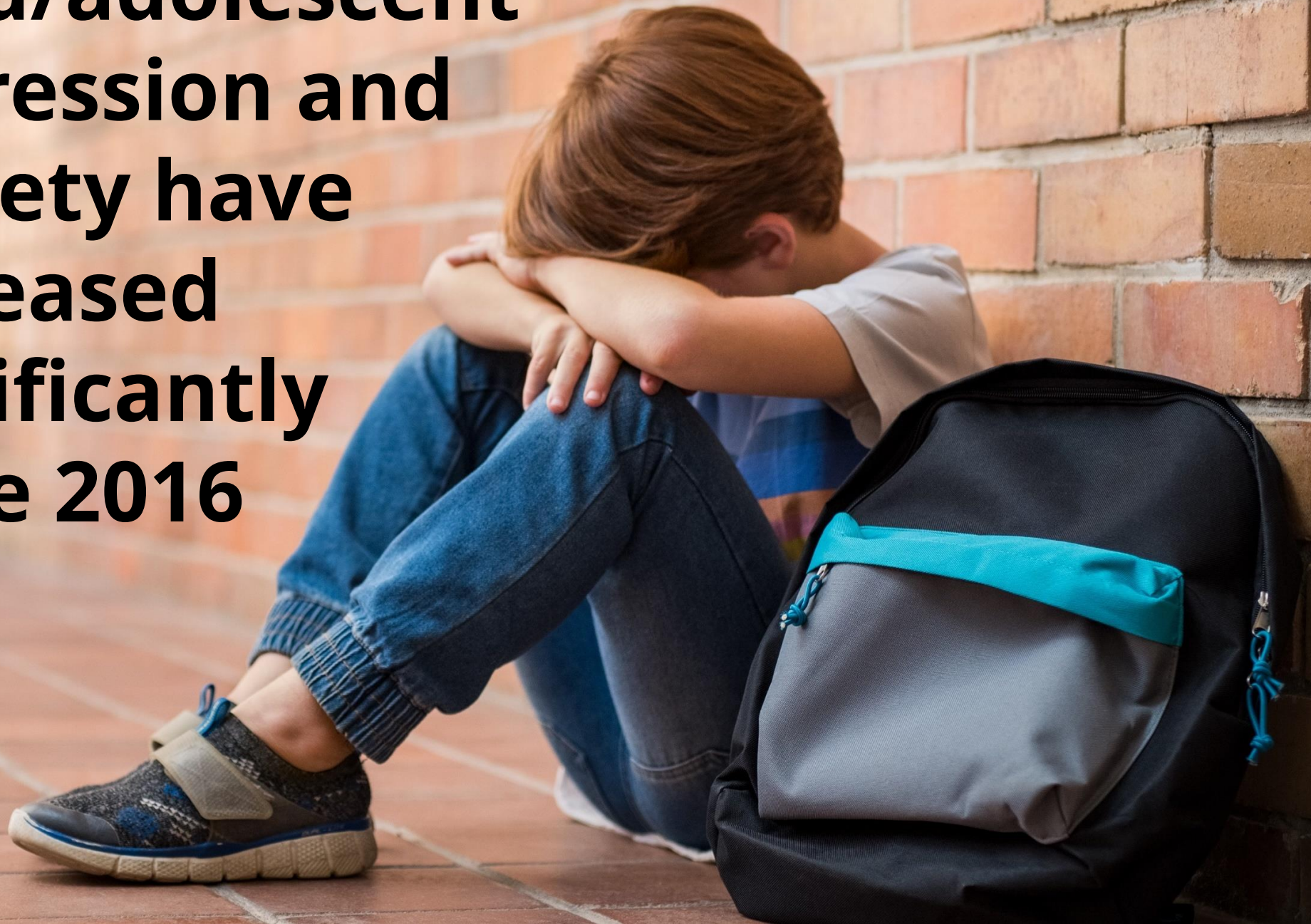




# Importance of school-based mental health



**Child/adolescent  
depression and  
anxiety have  
increased  
significantly  
since 2016**







**The COVID-19  
pandemic had  
a negative  
impact on  
children's  
mental health  
and access to  
care**



**There are  
significant and  
growing  
inequities in  
access to and  
quality of  
children's mental  
health care**

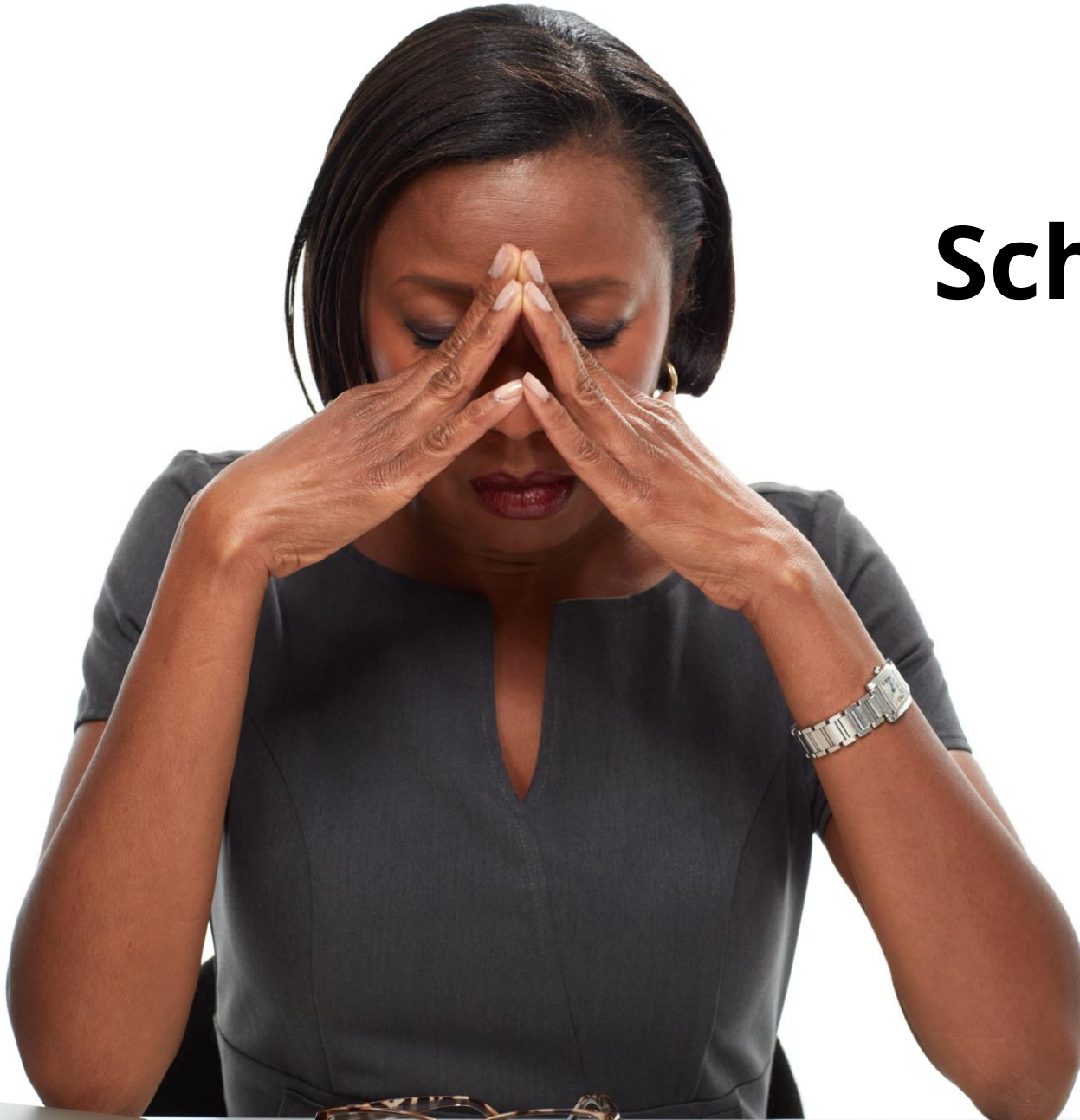




**School-related  
violence has  
increased  
dramatically,  
including gun  
violence**







**School staff stress  
and turnover  
have increased  
significantly**



**Schools are a critical  
resource in meeting the  
mental health needs of  
students (and staff)**







**Top training/technical  
assistance needs**

# Top priorities identified in a statewide needs assessment (2021)

- Aligning services with principles of cultural responsiveness, anti-racism, and equity
- Supporting teacher and staff well-being
- Involving students, families, or community members in school mental health planning efforts
- Increasing reimbursement for funding school-based mental health services
- Using data to plan, select, and implement services and supports



# Top priorities identified in a statewide needs assessment (2021)

- Measuring fidelity of early intervention and treatment services and supports
- Assessing and improving school climate
- Providing emotional and behavioral crisis response
- Measuring the impact of services
- Selecting evidence-based early intervention and treatment services
- Promoting effective collaboration and communication within a school mental health team



**Support available through  
the Midwest Center**



# About the Midwest Center for School Mental Health



Training



Research/evaluation



Technical assistance

# Technical assistance

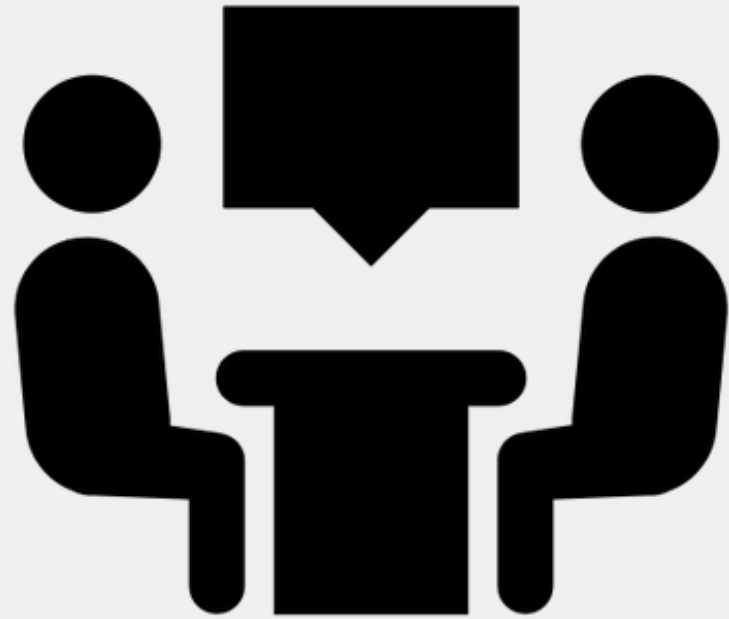
Some opportunities for free technical assistance are being offered through Great Lakes MHTTC and the Minnesota Department of Education/Project Aware

Contact us to determine eligibility!





## Technical assistance



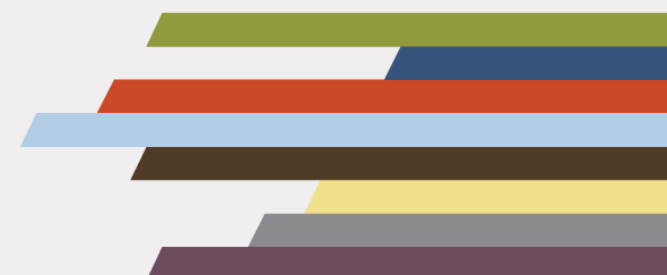
## Comprehensive school-based mental health framework

Multi-year support for school-based mental health teams to implement the “National School Mental Health Best Practices: Implementation guidance modules for states, districts, and schools.”

# Comprehensive School Mental Health Systems

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- Provide a **full array of supports and services** that promote positive school climate, social emotional learning, mental health and well-being, while reducing the prevalence and severity of mental illness
- **Built on a strong foundation of district and school professionals**, including administrators and educators, specialized instructional support personnel (e.g., school psychologists, school social workers, school counselors, school nurses, other school health professionals) in **strategic partnership** with **students, families and community health and mental health partners**
- Assess and address the **social and environmental factors** that impact health and mental health





# Curriculum Overview

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Mod 1	Foundations of Comprehensive School Mental Health
Mod 2	Teaming
Mod 3	Needs Assessment & Resource Mapping
Mod 4	Screening
Mod 5	Mental Health Promotion for All (Tier 1)
Mod 6	Early Intervention and Treatment (Tiers 2/3)
Mod 7	Funding and Sustainability
Mod 8	Impact

# Overview of School Mental Health Quality Domains and Indicators

## Quality Domains

- Teaming
- Needs Assessment and Resource Mapping
- Mental Health Promotion for All (Tier 1)
- Early Intervention and Treatment Services and Supports (Tiers 2/3)
- Screening
- Impact
- Funding and Sustainability

### School Mental Health National Quality Assessment Overview of Domains and Indicators



#### Teaming

- Multidisciplinary teams
- Youth and family partnership
- Community partnerships
- Addresses all tiers
- Avoid duplication and promote efficiency
- Best practices for meeting structure/process
- Delineated roles/responsibilities
- Effective referral processes to school and community services
- Data-based decisions to determine student interventions
- Data sharing

#### Needs Assessment/ Resource Mapping

- Assess student mental health needs
- Assess student mental health strengths
- Use needs assessment results to select, plan and implement services and supports
- Conduct resource mapping to identify existing services and supports
- Use resource map to select, plan and implement services and supports
- Align existing services and supports

#### Mental Health Promotion Services & Supports

TIER 1

- Tier 1 Services and Supports:
  - School Climate
  - Teacher and School Staff Well-Being
  - Positive Behaviors and Relationships
  - Positive Discipline Practices
  - Mental Health Literacy
  - Social Emotional Learning
- Determine whether services and supports are evidence-informed
- Ensure fit with strengths, needs, cultural, and linguistic considerations
- Ensure adequate resources for implementation
- Provide interactive training and ongoing supports
- Monitor fidelity

#### Early Intervention and Treatment Services & Supports

TIER 2&3

- Provide access to needed services and supports
- Determine whether services are evidence-informed
- Ensure all services and supports are evidence-informed
- Ensure fit with strengths, needs, cultural, and linguistic considerations
- Ensure adequate resources for implementation
- Provide interactive training and ongoing supports
- Monitor fidelity
- Ensure intervention goals are SMART
- Monitor student progress across tiers
- Implement a systematic protocol for emotional and behavioral crisis response

#### Screening

- Use best practices for mental health screening planning and implementation
- Indicate the number of students:
  - Enrolled in school
  - Formally screened in the absence of known risk factors
  - Identified as being at-risk or already experiencing a mental health problem
  - Referred to a mental health service following identification
- Of students screened, how many screened for [specific mental health areas]

#### Funding and Sustainability

- Use multiple and diverse funding and resources to support full continuum of school mental health
- Leverage funding and resources to attract potential contributors
- Have strategies in place to retain staff
- Maximize expertise and resources of partners to support ongoing professional development
- Have funding and resources to support:
  - Tier 1 (mental health promotion) services
  - Tier 2 (early intervention) services
  - Tier 3 (treatment) services
- Maximize reimbursement for eligible services

#### Impact

- # of students who:
  - Were eligible to receive Tier 2 or Tier 3 school mental health services
  - Received at least one Tier 2 or Tier 3 service
  - Demonstrated documented improvement in educational functioning
  - Demonstrated documented improvement in social, emotional and behavioral functioning
- Use best practices to:
  - Document impact on educational outcomes
  - Document impact of social, emotional, and behavioral outcomes
  - Disaggregate student mental health service and support data to examine student-level outcomes based on sub-population characteristics
  - Document and broadly report the impact of your comprehensive school mental health system

For a full copy of the school mental health national quality assessment, visit [www.theSHAPESystem.com](http://www.theSHAPESystem.com)



**SHAPE** School Health Assessment and Performance Evaluation System

About Us Contact Us [Take a Tour](#) [Sign Up](#)

## What is SHAPE?

Your **FREE** assessment tool designed to improve school mental health system quality and trauma responsiveness at the school, district, and state levels.

[Learn More](#)

### Take a Tour

From our program quality and trauma responsiveness assessments and feedback reports to our extensive library of free and low-cost screening and assessment measures, SHAPE delivers the tools you need to improve your school or district's mental health programs and increase your grant funding opportunities. Take the tour to learn more.

I want to sign up for:

[Myself](#) [My School](#) [My District](#) [My State](#)

### SHAPE helps districts and schools improve their school mental health systems! **HOW?**

- SHAPE users map their school mental health services and supports
- Assess system quality using national performance standards
- Receive custom reports and strategic planning guidance and resources
- Utilize additional SHAPE features including the Screening and Assessment Library and Trauma-Responsive Schools Assessment and Resources
- Use state and district dashboards to collaborate with schools in your region

### SHAPE Features

- School & District Profiles
- Quality Assessment & Resources
- Screening & Assessment Library
- Trauma-Responsive Schools Assessment & Resources

**School Mental Health Matters**

You are **8x more likely** to complete mental health treatments in schools than in other community settings

**3/4** of youth who receive mental health services access them in schools

Positive school climate integrated with social emotional learning **improves school safety** and decreases bullying

Students who participate in social emotional learning programs improve academic performance by **11 percentile points**

### Put your star on the map

**92 schools** have earned Gold Star Status

**112 school districts** have earned Gold Star Status

**28 states** have schools or districts with Gold Star Status

[Learn More](#)

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# School Health Assessment and Performance Evaluation (SHAPE) System

[www.theSHAPEsystem.com](http://www.theSHAPEsystem.com)

SHAPE helps districts and schools improve their school mental health systems! **HOW?**



(NCSMH, 2019)

# Core Features

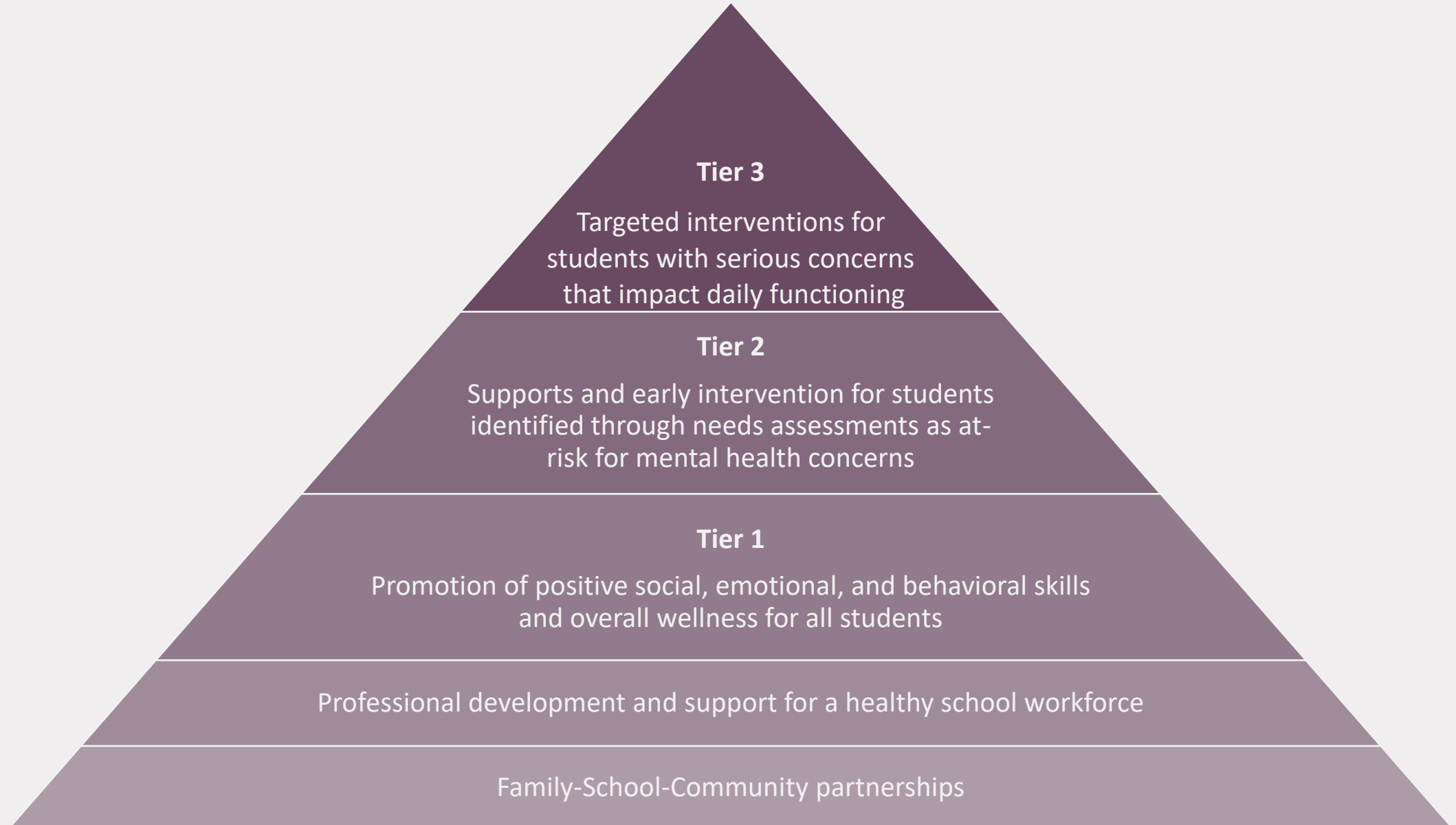
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- Educators and Student Instructional Support Personnel
  - Adequate staffing and support
  - Trained to address student mental health in schools
- Collaboration and Teaming
  - Youth and Families
  - Community Health/Mental Health and Other Partners
- Multi-Tiered System of Supports
  - Mental health promotion support (Tier 1)
  - Early intervention and treatment services and supports (Tiers 2-3)
- Evidence-Informed Services and Supports
- Cultural Responsiveness and Equity
- Data-Driven Decision Making



# Multi-Tiered System of Supports (MTSS)



# Technical assistance



## Strategic planning

Support for school- or district teams in:

- completing the School Health Assessment and Performance Evaluation (SHAPE),
- reviewing the results,
- and developing a multi-year strategic plan to strengthen school-based mental health



# Technical assistance



## Support in developing a culture of staff wellness

- Administering an online survey to assess school staff stress and well-being, and
- Supporting the creation of school- or district plans to create cultures of staff wellness

# Technical assistance



## Flex plan

“Blocks” of flexible/on-call technical assistance that can be used as needed to support mental health efforts



# Technical assistance



## Other technical assistance

- Developing program models
- Reviewing existing school-based mental health services and developing strategic improvement plans
- Providing ongoing consultation to mental health providers and/or school staff
- Assisting with school-based mental health funding proposals

# Training



**One-time** or **ongoing** trainings for mental health providers, teachers and other school staff, district administrators, and families.



# Training



## Sample training topics:

- Developing and implementing comprehensive school mental health systems
- Creating effective approaches to interconnect mental health supports in schools
- Understanding and supporting student mental health
- Promoting effective cross-system collaboration
- Implementing trauma-sensitive schools and healing-centered engagement
- Establishing effective practices for schools to implement mental health programs

# Recorded trainings available online

Great Lakes MHTTC is funding the development of 5 free online training videos (**to be completed this winter**)

- Needs assessment
- Resource mapping
- Teaming
- Parent/youth engagement in school mental health teams
- Staff wellness promotion



# Research/ evaluation



## Research/evaluation supports

- Evaluating existing school-based mental health services
- Assessing community needs
- Creating dashboards or other tools to support planning
- Compiling existing program information
- Developing ongoing school-based mental health tracking or monitoring approaches
- Collecting feedback from program partners or stakeholders

# Contact us

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