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

Dr. Mark Sander
Dr. Cheryl Holm-Hansen

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REIMAGINE EDUCATION
Creating Community Connections & Culture
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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
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!
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

- 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

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**

**Teaming**
- Multidisciplinary teams
- Youth and family partnerships
- Community partnerships
- Addresses all Tier levels
- Avoid duplication and promote efficiency
- Best practices for meeting schoolwide goals
- Delimitation of roles and responsibilities
- Effective referral processes to school and community services
- Data-based decisions to determine student interventions

**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 Services and Supports
- School Climate
- Teacher and School Staff Well-Being
- Mental Health Literacy
- Positive Behavioral and Relationships
- Social Emotional learning
- Determine whether services and supports are evidence-informed
- Ensure IF with strengths, needs, cultural, and linguistic considerations
- Ensure adequate resources for implementation
- Provide interactive training and ongoing support
- Monitor fidelity

**Screening**
- Use best practices for mental health screening, planning, and implementation
- Indicate the number of students
- Complete surveys
- Fidelity screen in the absence of known risks factors
- Identify a segment of risk already experiencing a mental health problem
- Referral to mental health service for further determination
- Of students screened, how many screened for [specific mental health area]

**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

For a full copy of the school mental health national quality assessment, visit www.theSHAPEsystem.com

(NCSMH, 2019)
School Health Assessment and Performance Evaluation (SHAPE) System

www.theSHAPEsystem.com

SHAPE helps districts and schools improve their school mental health systems! \textit{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

(NCSMH, 2019)
Core Features

• 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)

Tier 3
Targeted interventions for students with serious concerns that impact daily functioning

Tier 2
Supports and early intervention for students identified through needs assessments as at-risk for mental health concerns

Tier 1
Promotion of positive social, emotional, and behavioral skills and overall wellness for all students

Professional development and support for a healthy school workforce

Family-School-Community partnerships
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,
- Supporting the creation of school- or district plans to create cultures of staff wellness
“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
One-time or ongoing trainings for mental health providers, teachers and other school staff, district administrators, and families.
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 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

Mark Sander, PsyD
mark.sander@midwestschoolmentalhealth.com
612.387.3191

Cheryl Holm-Hansen, PhD
cheryl.holm-hansen@midwestschoolmentalhealth.com
612.644.2463