

Building a Framework For Developing a Comprehensive School- Based Mental Health Program

A webinar on how to effectively support the mental health needs of
students at school



Dr. Tracey Brown, Dr. Deborah Purge
& Dr. Annmarie Perez

March 27, 2024



Disclaimer

- This webinar was developed [in part] under contract number HHSS283201200021I/HHS28342003T from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Friendly Request

While waiting for others to come in, here are a few request from us.

01

Please remember to mute your microphone.

02

In the chat, please let us know your name and where you are joining us from.

03

Please feel free to type your questions in the chat box and we will allow time at the end for Q&A.



Learning Objectives

What we hope you will gain from this presentation

A framework for designing a school-based mental health program and mental health resources that will support students' needs and academic success.

A road map for the evaluation, planning, implementation, and sustainability of a school-based mental health services program, while also addressing challenges and barriers to implementation.





<https://www.mentimeter.com/>

School Prevalence

More than 50 percent of mental health conditions will start by age 14



Mental Health and Suicidality

The Percentage of High School Students Who: [†]	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health [†]	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	

*For the complete wording of YRBS questions, refer to the appendix.
[†]Variable introduced in 2021.

 In wrong direction
 No change
 In right direction

Center for Disease Control and Prevention (CDC). (2023). *The Youth Risk Behavior Survey Data Summary & Trends Report: 2011–2021* (p. 58). Retrieved from: https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf



NAMI. (2022). NAMI Policy Priorities: Mental Health in Schools (Video). Retrieved from: <https://youtu.be/6U9sy5P5OOc>

A Framework for School- Based Mental Health Programs

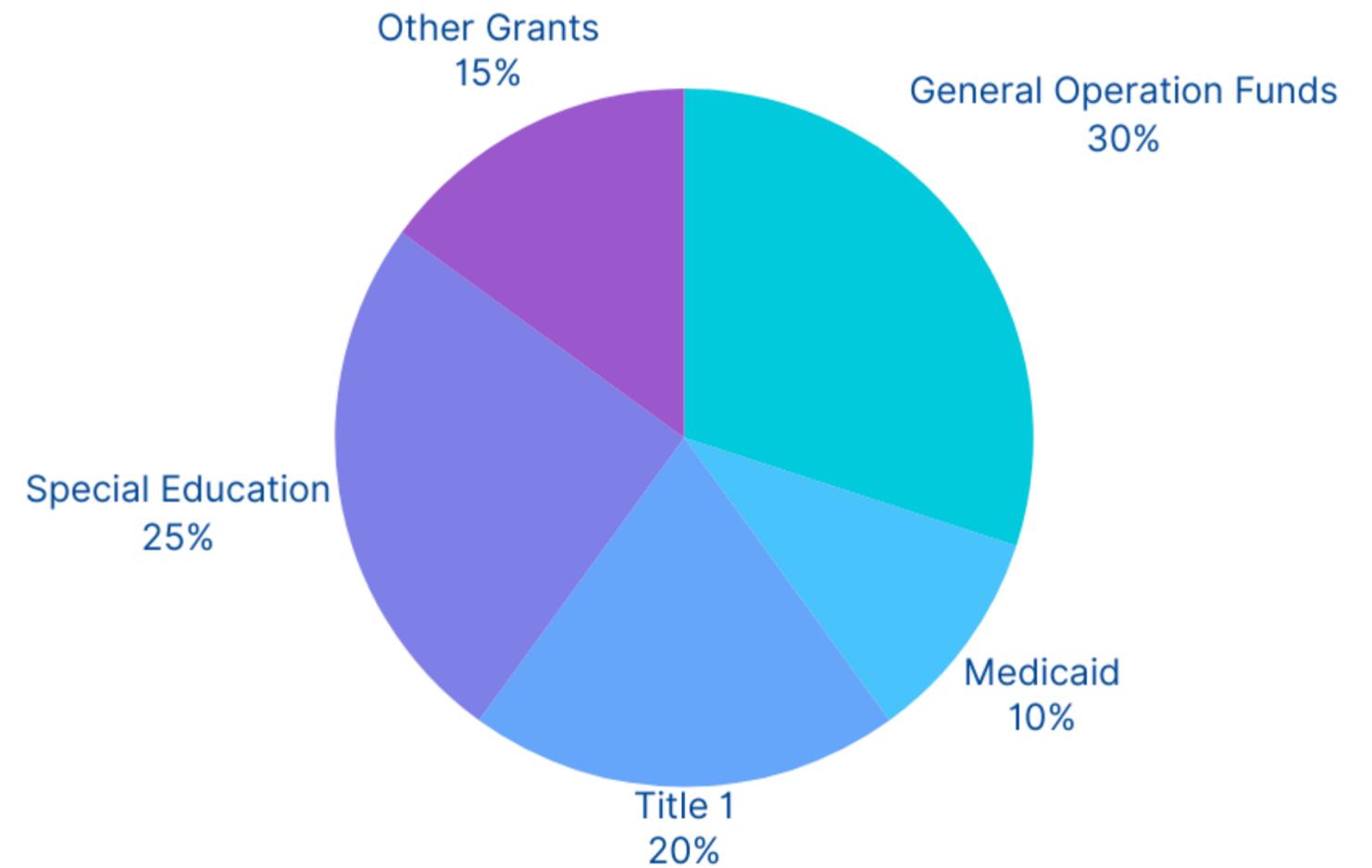
Student Success Matters!!

Funding

District support from your Board of Trustees and Senior Leadership are both vital to sustainability of a school-based program

Also included in the considerations is the feedback from:

- Parents
- Community
- Other Stakeholders



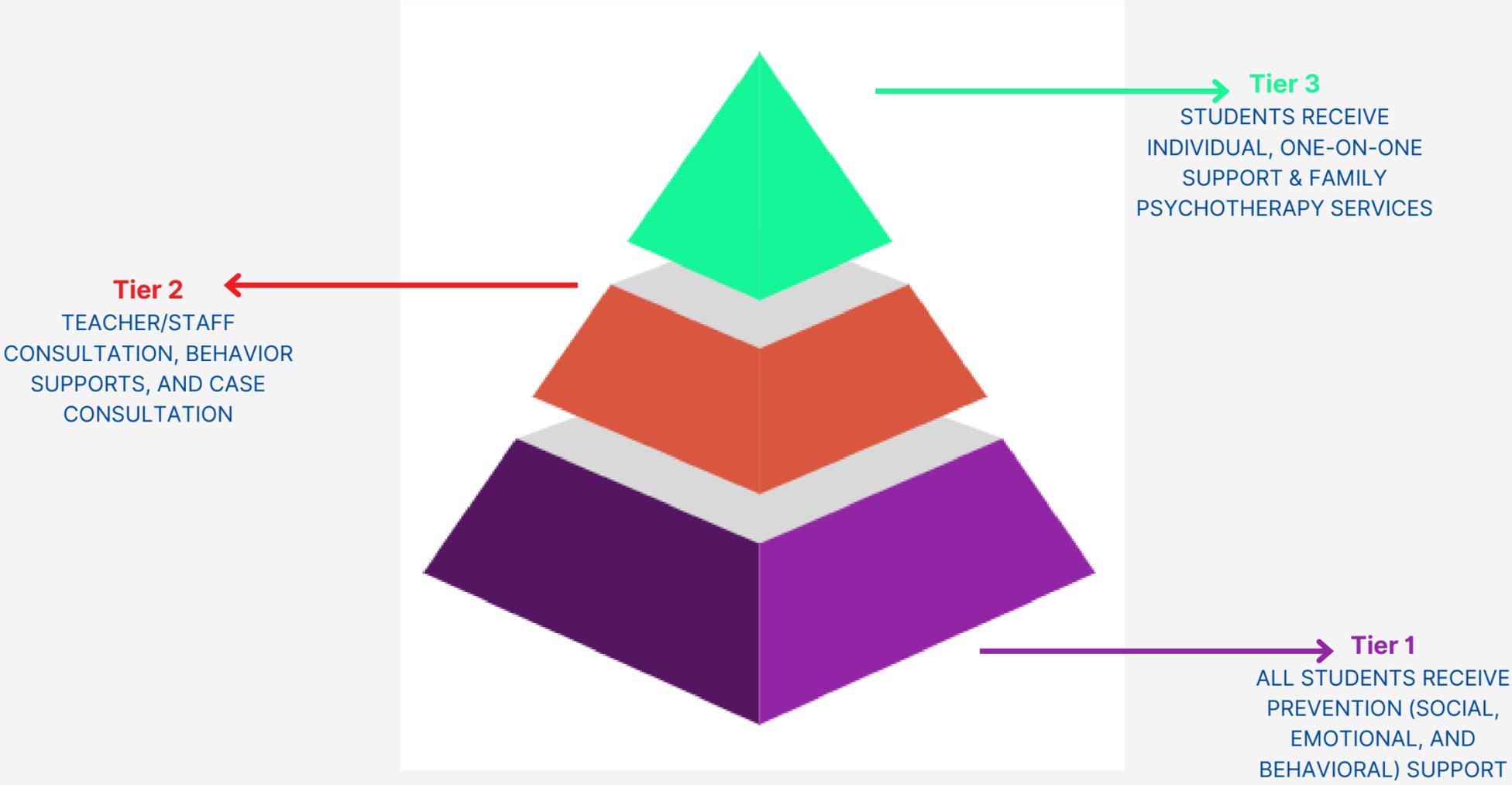
The Framework



An Example of the Components of a School-Base Mental Health Program



Multi-Tiered Systems of Support



<https://mtss4success.org/essential-components>

Continuum of Services

SERVICES	Student Support	School-Based	Clinic-Based	Threat Assessment	Alcohol & Drug
LEVEL	Prevention Tier 1	Intervention Tier 2	Intervention Tier 2 & 3	Intervention Tier 2 & 3	Intervention Tier 3
DESCRIPTION	Support provided to all students	Support provided to students in small groups or individual sessions	Support provided to students in small groups or individual sessions	Support provided by Threat Assessment Teams to campuses	Alcohol & Drug Prevention lessons, Intervention
EXAMPLES	SEL, Counseling, Schoolwide Initiatives, Alcohol & Drug Education	Problematic Behaviors, Suicide/ Violence Risk	Family Issues, Complex Trauma, ADHD	Threat Assessment, Risk for Violence	Individual /Residential Treatment

Access to Services

Tips and Recommendations



Mental Health Referral Form

Referral Process

(An Example)

Person Providing Referral Information

Referral Provider Name:	Referral Provider Phone:	Providing Referral:
Has the parent/legal guardian provided consent for this referral: <input type="radio"/> Yes <input type="radio"/> No	Counseling Services I am seeking: Clinic Based Services	Provider Relationship:
Are you interested in your student participating in groups? <input type="radio"/> Please discuss with your clinician which groups may be available <input checked="" type="radio"/> No		

Student Information

Name:	Grade:	ID:	Age:	Date Of Birth:
School:		Gender:	Ethnicity:	Race:

Parent/Guardian Information(1)

Name:	Preferred Language:	Relationship:
Address:		
Email:	Phone1: <small>May we leave a detailed voice/text message</small> <input type="radio"/> Yes <input type="radio"/> No	Phone2:

Parent/Guardian Information(2)

Name:	Preferred Language:	Relationship:
Address:		
Email:	Phone1:	Phone2:

Shared Referral and Electronic Medical Record (EMR) Systems Across All Services

www.dallasisd.org/mentalhealth



Informed Consent

(Required for all services)

Areas of Consideration

- Parent / Guardian
- Overage Students
- Homeless / Unhoused
- Unaccompanied Minors
- Pre-K Students
- Special Education
- Bilingual Students

Clinic-Based Health and Mental Health Services Consent Form
Servicios Clínicos y Servicios de Salud Mental Formulario de Consentimiento

Choose Language (Elige Idioma) *
 English (Inglés) Spanish (Español)

School & Location Section

Student ID (ID del Alumno) *

Date of Birth (Fecha de nacimiento) * 

School Name (Nombre de la Escuela) *

Grade (Grado) *

Youth & Family Center (Centro de la Juventud y la Familia) *

Student Information (Información del Estudiante)

Last Name (Apellido) *

First Name (Primer nombre) *

(Available in English and Spanish)

www.dallasisd.org/mentalhealth

Resources



Community Resources

- Journey of Hope
- Recovery Resource Council
- Medical Partners
- Trust-based Relational Intervention (TBRI)
- North Texas Behavioral Authority (NTBHA)/Youth Mental Health First Aid (YMHFA)
- University Partners
- “Grow Our Own” Program



K12 *Insight* 



A close-up photograph of a blue anchor with white rope. The anchor is the central focus, with its shank pointing downwards and two flukes extending outwards. The rope is coiled around the anchor's ring and flukes. The background is a blurred view of the ocean with white-capped waves.

Anchor Your Why

*If you are comfortable,
please drop in the chat
"Your Why"*

The Road to Implementation



A Closer Look:

One District's Solution to Providing Equitable Mental Health Services for Students

Where We Started

1990s

Developed Community Partnerships

1993 - Youth and Family Centers (YFC)
1995 - County hospital to provide medical services at all YFCs

2020

Mental Health Services Growth

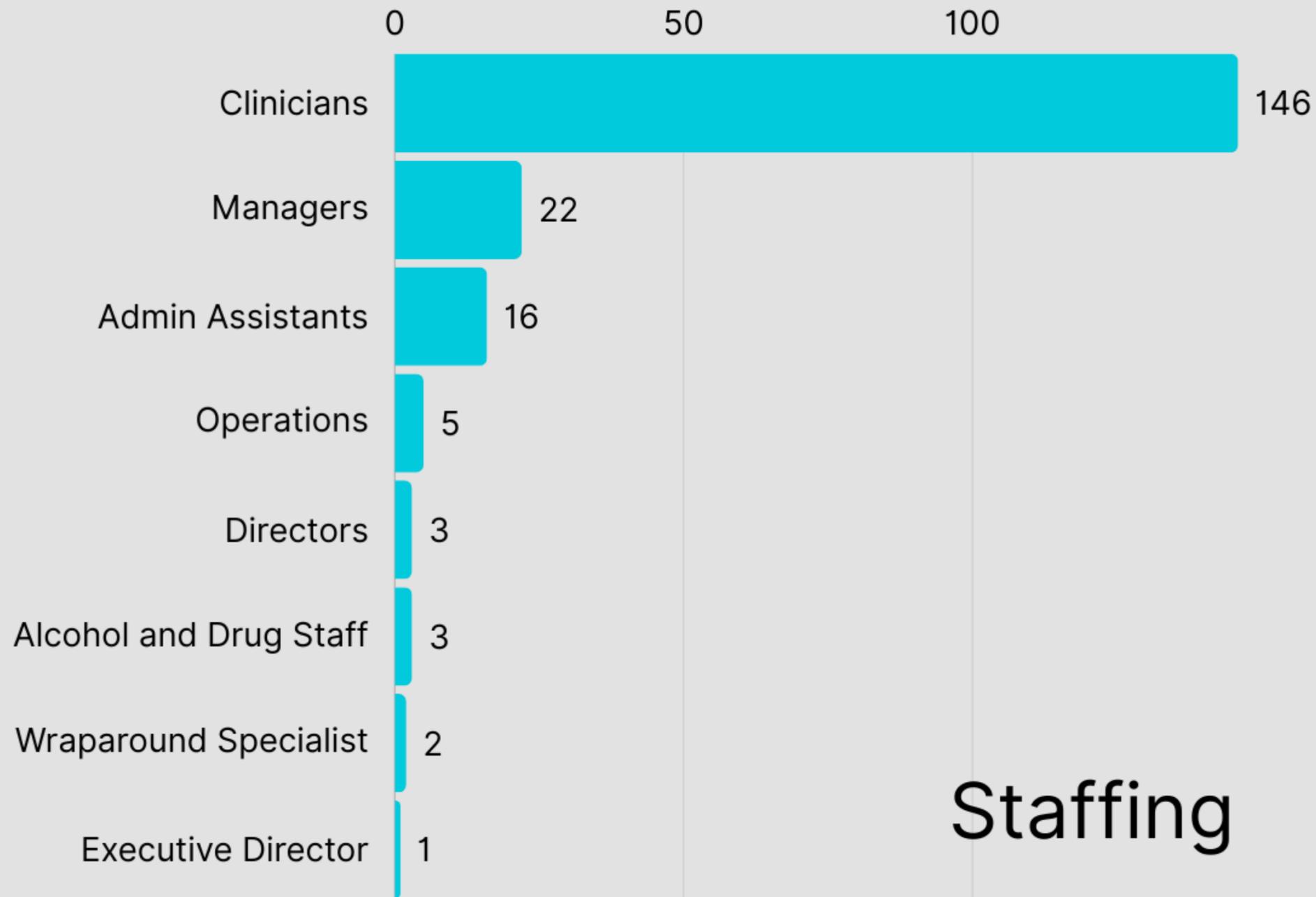
Psychological Services and YFC programs merged to form Dallas ISD Mental Health to increase access to services for all students.

2024

District and Community Partners

Increase mental health awareness through trainings, outreach, partnerships, and expanded services to students and families.

Where We Are Now



Staffing



**THE BIGGER
WHY?**

*ACADEMIC
ACHIEVEMENT*

*STUDENT
ENGAGEMENT*

*SCHOOL
ATTENDANCE*

Contact Information

9400 North Central Expressway
Suite 1304
972.502.4190
Website:
dallasisd.org/mentalhealth
Twitter: @disdmhs



Tracey Brown, Ph.D., LPC, CSC
Executive Director



Deborah Purge, Ph.D., LMFT
Clinic Manager



Annmarie Perez, Psy.D., LP
Quality Assurance Manager

THANK YOU!!

