



Helping Every Student in Need: A 5 Year Vision for School-Based Mental Health

Amy Kennedy
Education Director, The Kennedy Forum

Duncan Young
CEO, Effective School Solutions

MHIA
Mental Health America

B4Stage4

Disclaimer

This webinar was developed [in part] under contract number HHSS2832012000211/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.

A photograph of a theater stage. In the foreground, there are many rows of red upholstered seats. The stage floor is a light-colored wood. At the back of the stage, a large white rectangular screen displays text. Red curtains are visible on either side of the screen. The lighting is dim, typical of a theater setting.

**This event is
being recorded.**

**The recording will be sent to everyone who
registered. It will also be available on our
website at www.nasmhpd.org**

Audio Logistics

- Today's audio is broadcast through your computer speakers, and your lines will be muted throughout the duration of the event.
- If you need technical assistance, have questions or comments for the presenter(s), or want to communicate with each other during the presentation, please use the Questions, Comments, and Chat box.

Community of Practice Intimate Dialogue



Join us for Part Two

<https://us06web.zoom.us/meeting/register/tZUqcOyrqzgoGtDYtuWAtdTasVabDIqB0J98>

Helping Every Student in Need: A 5 Year Vision for School-Based Mental Health

May 25, 2022 from 2:00-3:00pm ET

- * Dive deeper into your questions
- * Coordinate your efforts
- * Expand your network

Part Two will be via Zoom so you will have the opportunity to interact with the presenters verbally or via chat.



Effective School Solutions

Reinventing K-12 Mental Health Care

ESS partners with school districts to help them implement culturally inclusive mental health and behavioral support programs that improve care, strengthen outcomes, address trauma, and maintain students in their home district.

ESS: Helping Districts Reinvent Their Approach to Mental Health Care

Since 2009, Effective School Solutions has offered intensive mental health programming services to support students with intensive emotional and behavioral challenges within the school setting.

ESS offers the same quality care as a therapeutic day school- but has pioneered delivery within the school setting.

Since then, we have evolved to help districts strengthen their entire Multi-Tiered System of Supports (MTSS) for mental health continuum.

ESS currently serves 3,000 students each day, in 100+ districts across the country.

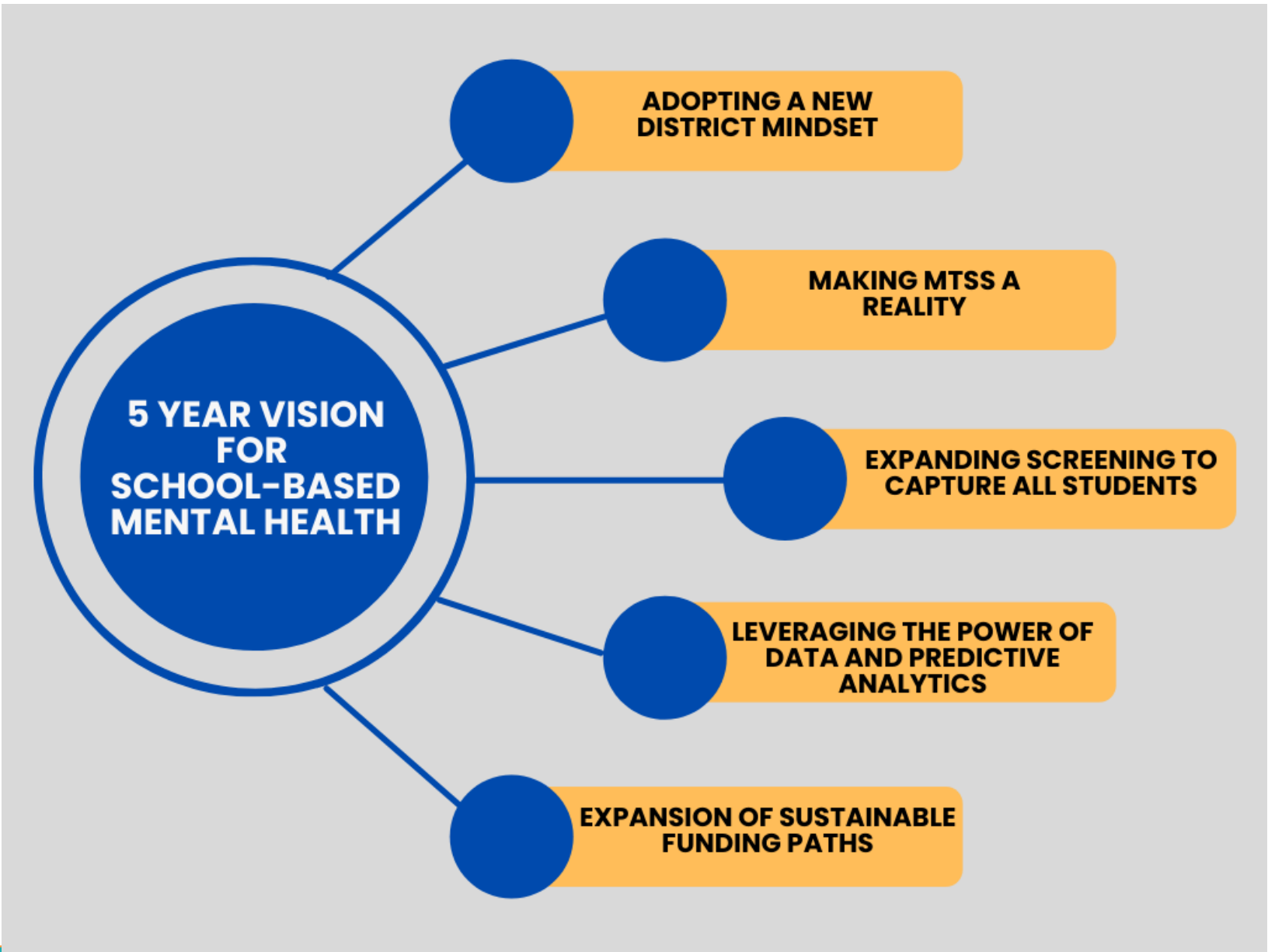
The Kennedy Forum: Transforming the way mental health is treated in our health care system

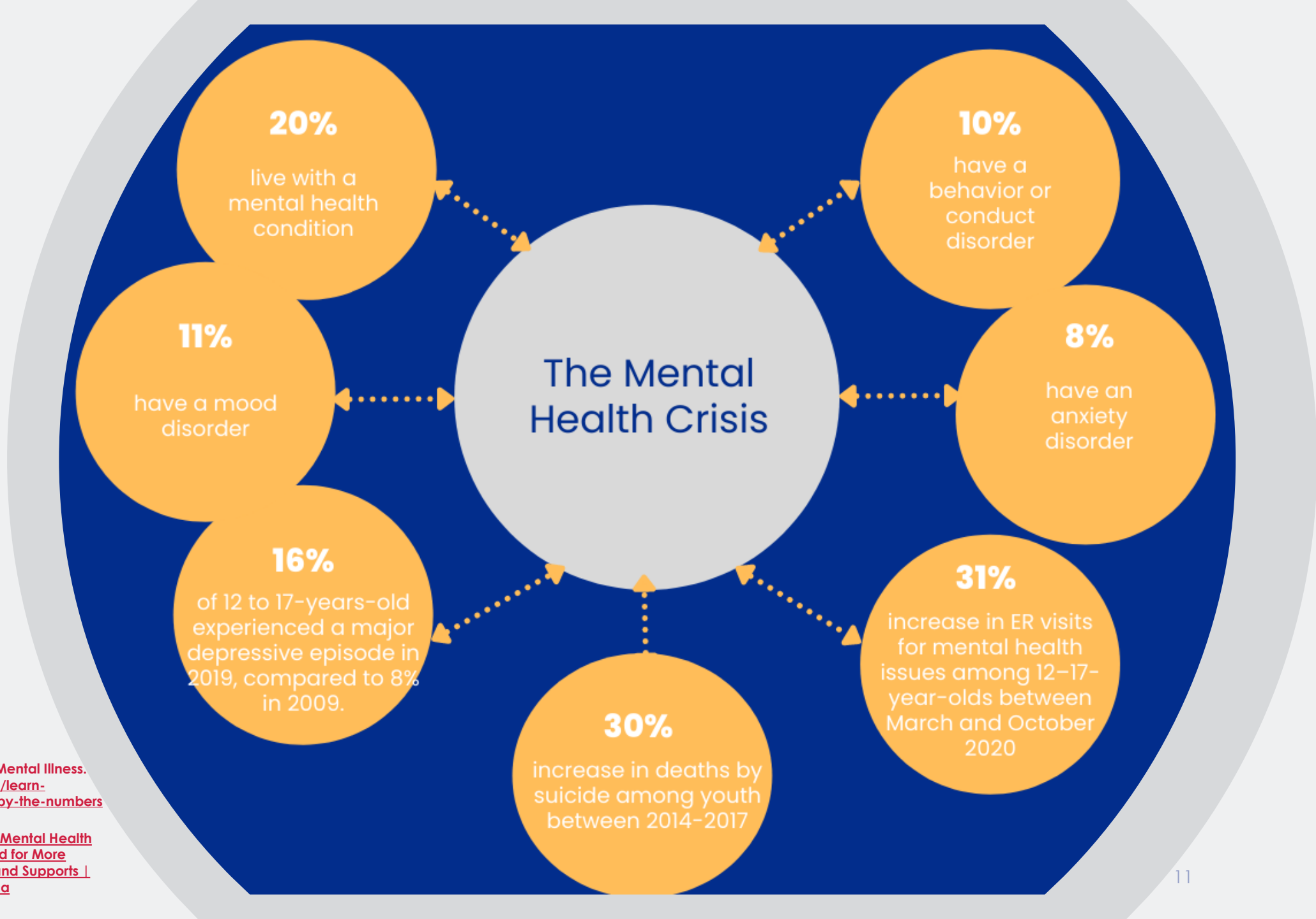
We seek to unite the health care system and rally the mental health community around a common set of principles:

- fully implement the 2008 parity law
- bring business leaders and government agencies together to eliminate issues of stigma
- work with providers to guarantee equal access to care
- ensure that policymakers have the tools they need to craft better policy give consumers a way to understand their rights

Learning Objectives

1. Understand the status and evolution of school based mental health and how it positively impacts social emotional development (SED)
2. Learn why now is the time to instill a MTSS for mental health framework in schools
3. The importance of universal mental health screenings and the use of data in the school based mental health realm
4. Understand how to identify permanent and sustainable funding streams for mental health service delivery





The Mental Health Crisis

20%

live with a mental health condition

10%

have a behavior or conduct disorder

8%

have an anxiety disorder

31%

increase in ER visits for mental health issues among 12-17-year-olds between March and October 2020

30%

increase in deaths by suicide among youth between 2014-2017

16%

of 12 to 17-years-old experienced a major depressive episode in 2019, compared to 8% in 2009.

11%

have a mood disorder

Sources:

National Alliance on Mental Illness. <https://www.nami.org/learn-more/mental-health-by-the-numbers>

[Addressing the Youth Mental Health Crisis: The Urgent Need for More Education, Services, and Supports | Mental Health America \(mhanational.org\)](#)

The Pandemic and Student Mental Health

CDC data highlights COVID-19's toll on student mental health

Officials warn the data points to long-term effects that should be used to inform school mental health programming.

Published April 1, 2022



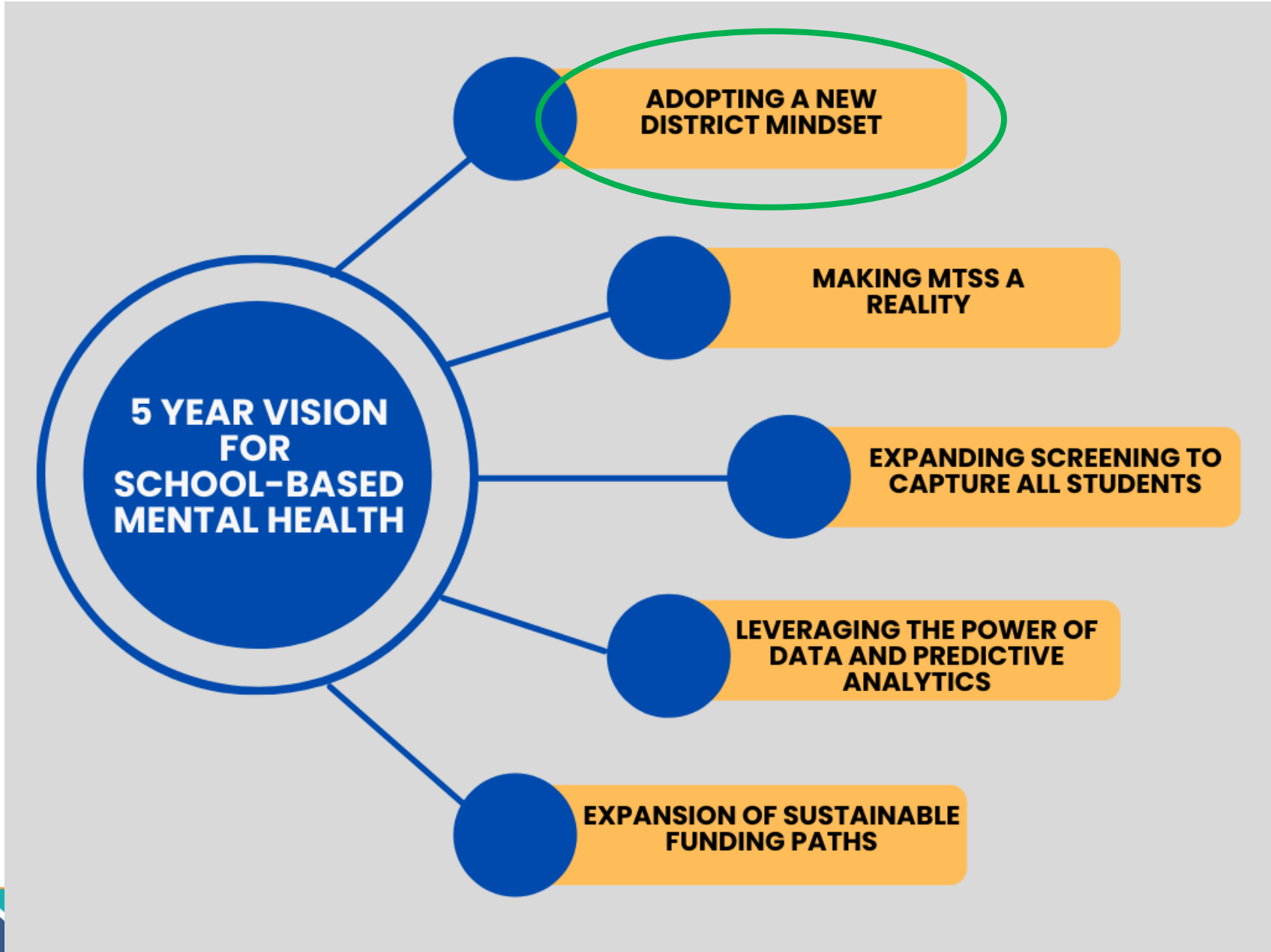
Naaz Modan
Reporter



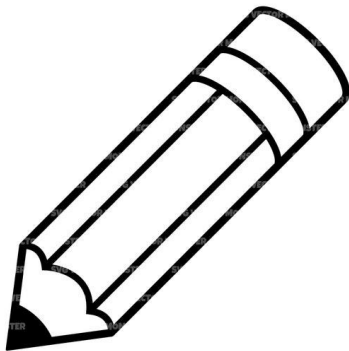
Michael Locantore via Getty Images

In 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic

- 44% reported they persistently felt sad or hopeless during the past year.
- 55% reported they experienced emotional abuse by a parent or other adult in the home, including swearing at, insulting, or putting down the student.
- 11% experienced physical abuse by a parent or other adult in the home, including hitting, beating, kicking, or physically hurting the student.
- More than a quarter (29%) reported a parent or other adult in their home lost a job.



The Evolution of School Based Mental Health



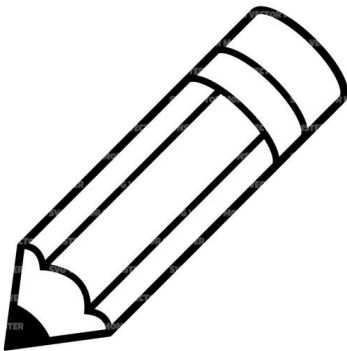
YESTERDAY: Schools as institutions of academic delivery



TODAY AND TOMORROW: Schools as institutions of whole child support



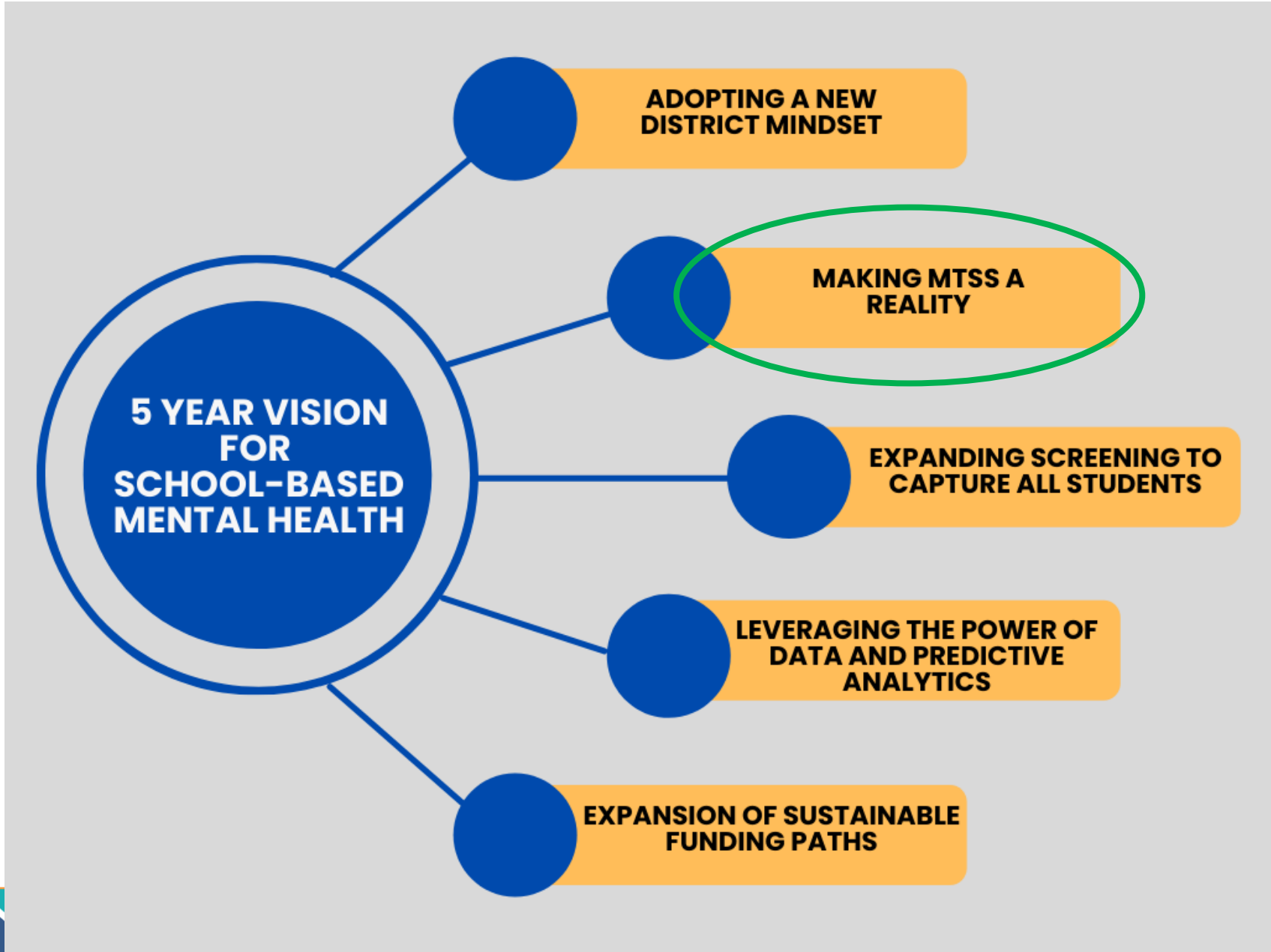
The Changing Mindset of Districts



“Mental health is a problem to be solved by the healthcare system.”

“To properly educate my students I must also focus on mental health....and what a great opportunity to do that given that my students are with me 8 hours a day”



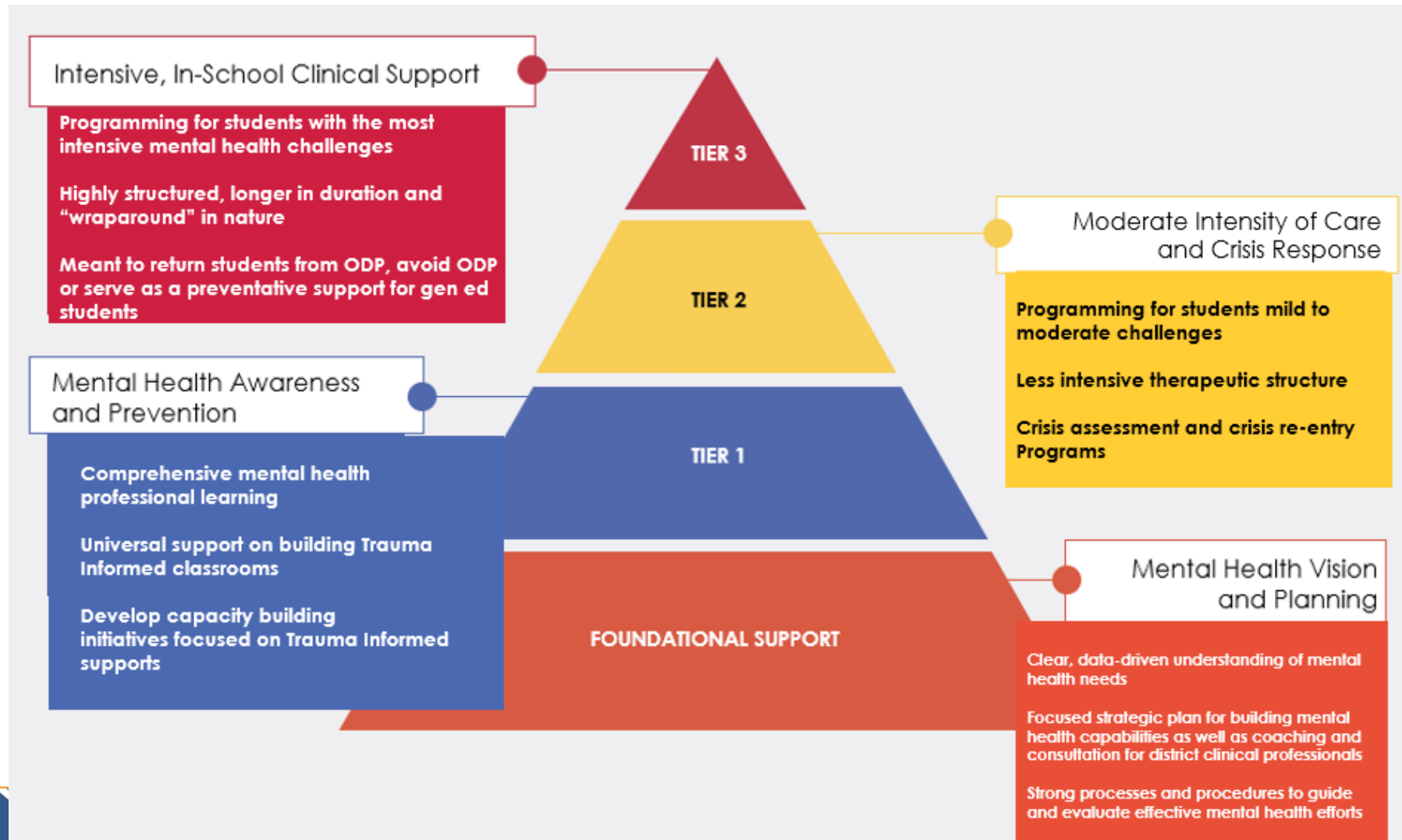


Multi-Tiered Systems of Support

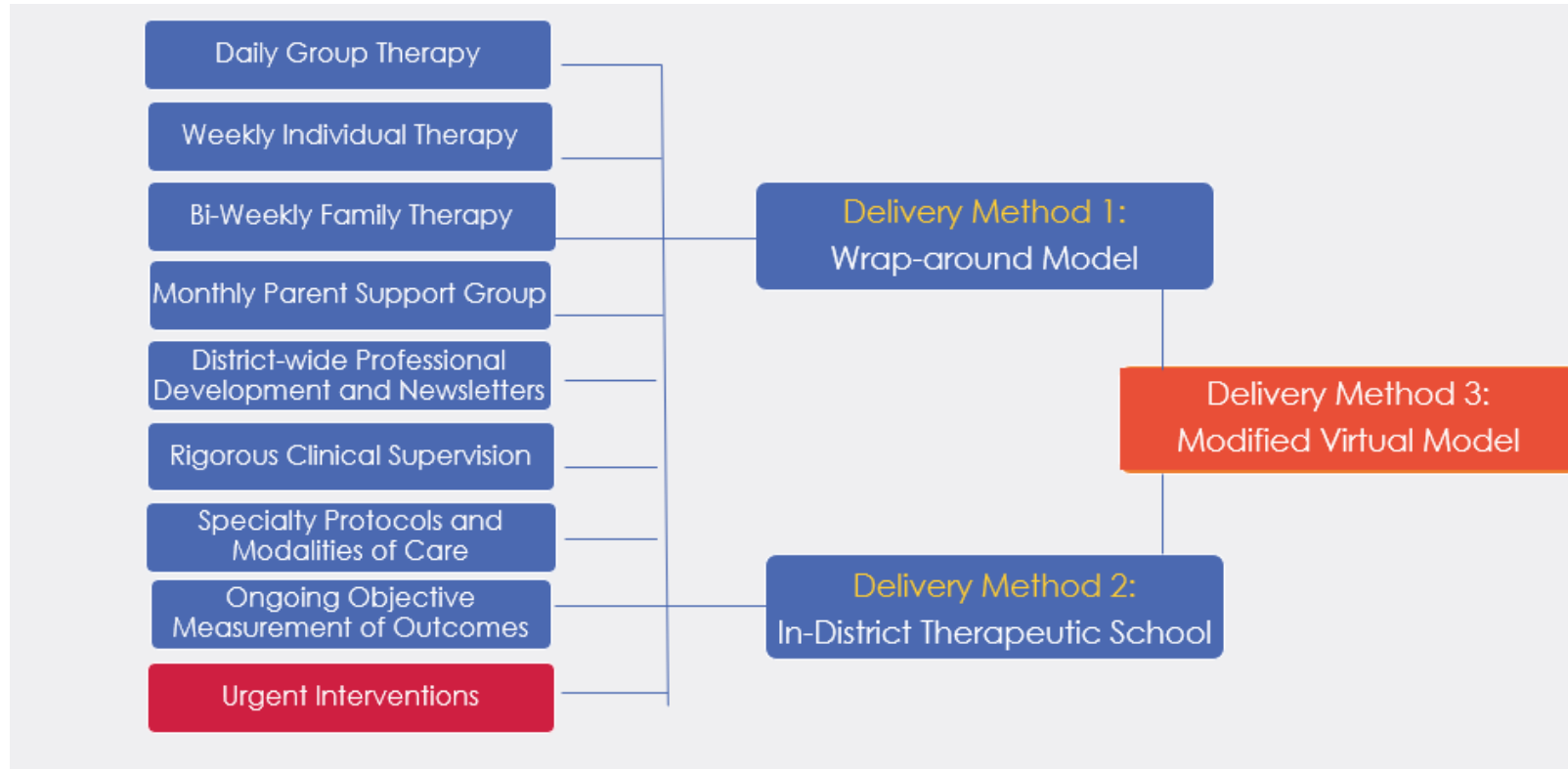
- One of the most fundamental actions that a state or district can take is to fully embrace Multi-Tiered Systems of Support (MTSS).
- MTSS is a proactive, holistic tiered system of support designed so that all students have equitable access to high-quality instruction and interventions to meet all student needs, including mental health and social-emotional development (SED)
- Different levels of care are delivered to students based on the intensity (or tier) of need.
- MTSS approaches are being adopted by most states, but in many locations the exact definition of appropriate interventions and strategies by tier are loose or non-existent. States can help by adopting more prescriptive guidance for what support at each tier needs to look like.

It is vital that in every MTSS tier, that objectives, program structure, and accountability is clearly defined

MTSS Framework for K-12 Mental Health Support

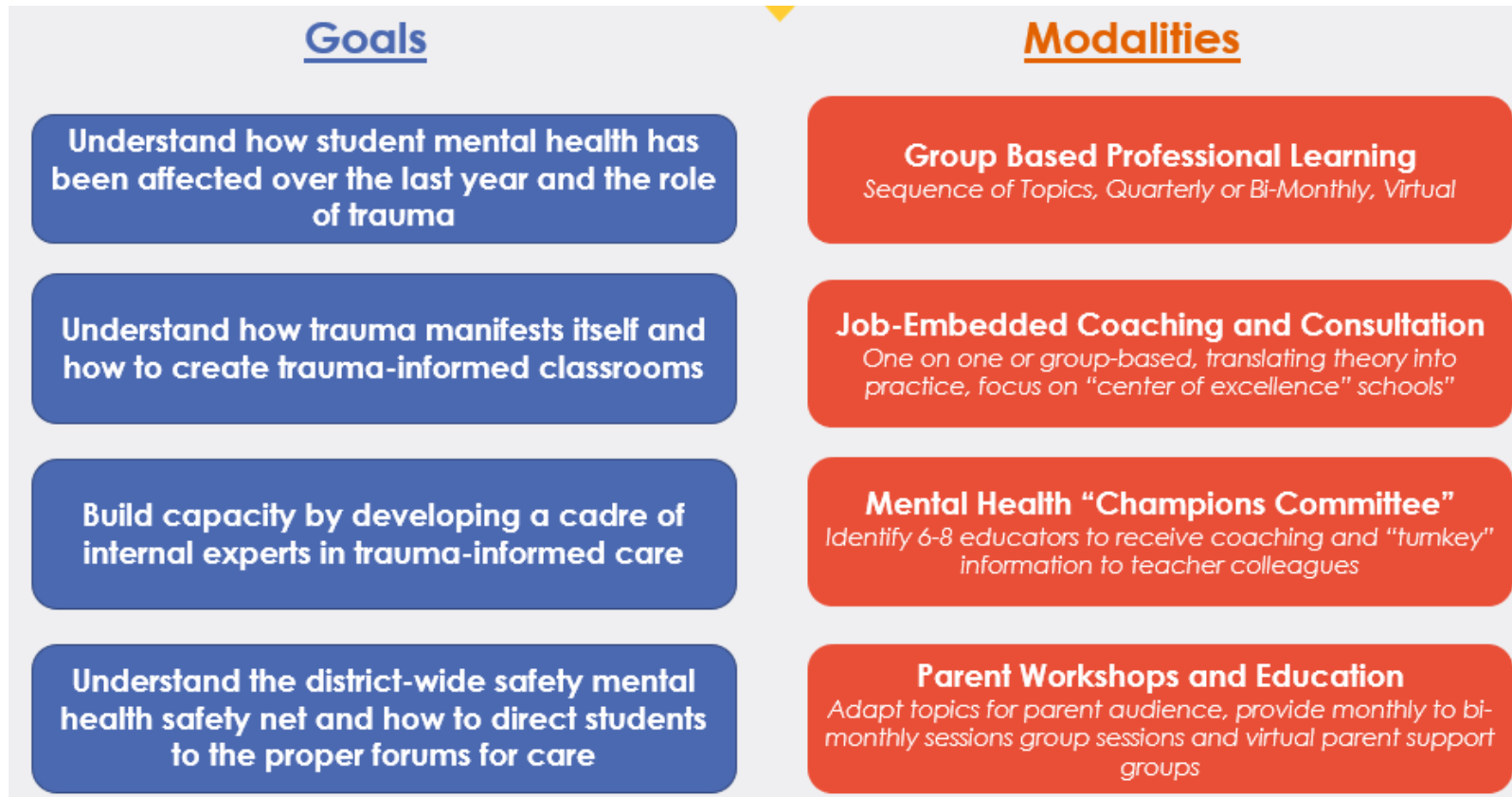


Example 1: Adding the Necessary Granularity to Tier 3

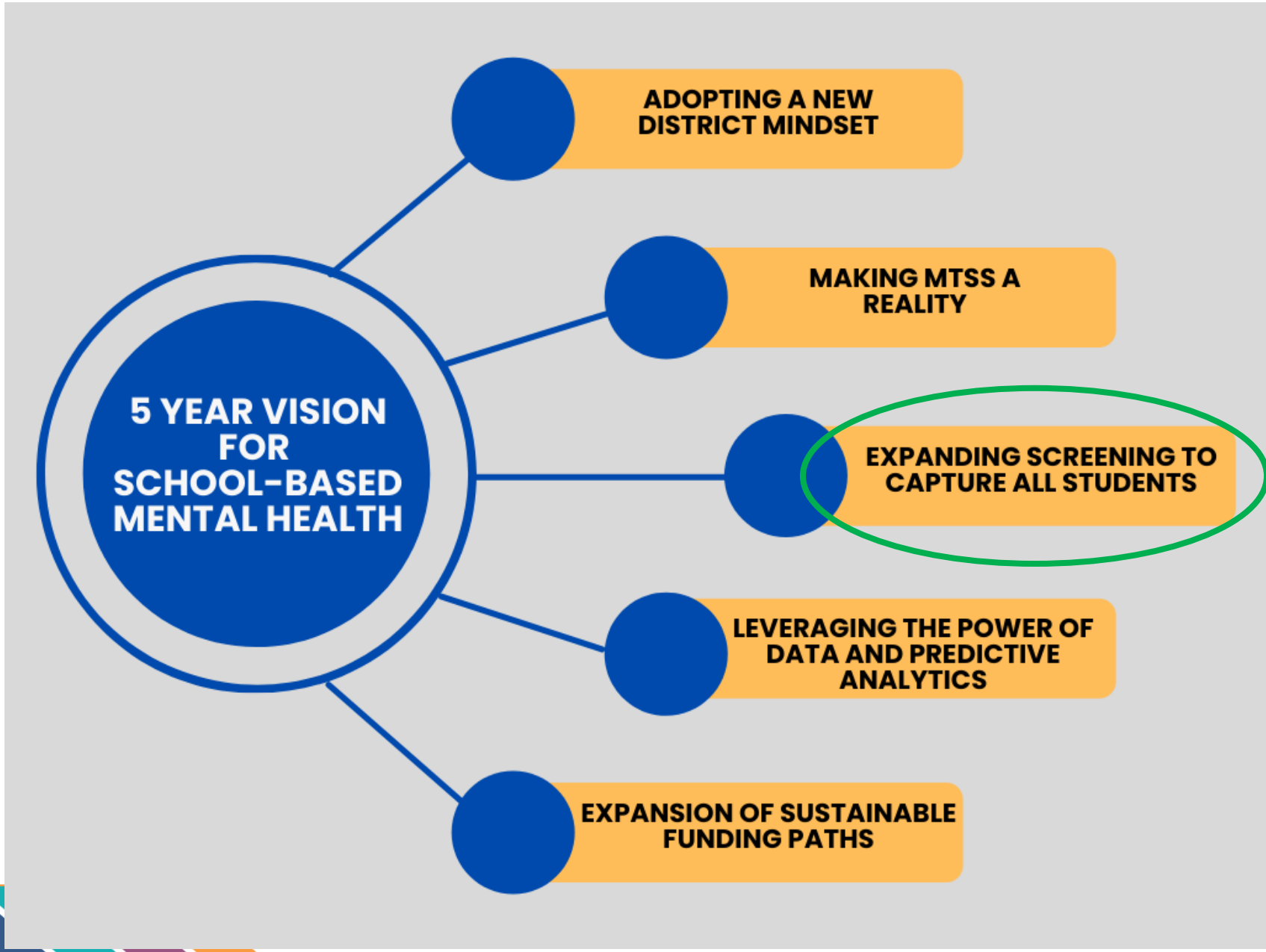


Key Goal: Avoid “Random Acts of Therapy!!!”

Example 2: Adding the Necessary Granularity to Tier 1



Key Goal: Avoid "Random Acts of Professional Learning!!!"



**YOU CAN'T
IMPROVE WHAT
YOU DON'T
MEASURE.**

Expanding Screening to Include All Students

- Develop a universal mental health screening program
- Equally important as screenings for vision, hearing, dental, or academic needs.
- When schools provide universal mental health screenings for students at key transition points throughout their education, they can increase the likelihood of success.*
- Community-based mental health providers can deliver mental health services in schools. These programs help address the inequities and disparities associated with access to healthcare, particularly for students of color.

*Source: [Ready, Set, Go, Review: Screening for Behavioral Health Risk in Schools \(samhsa.gov\)](https://www.samhsa.gov)

Benefits of Screenings

Approximately 50% of lifetime mental health conditions begin by age 14 and 75% begin by age 24.

The average delay between when symptoms first appear, and intervention is approximately 11 years.

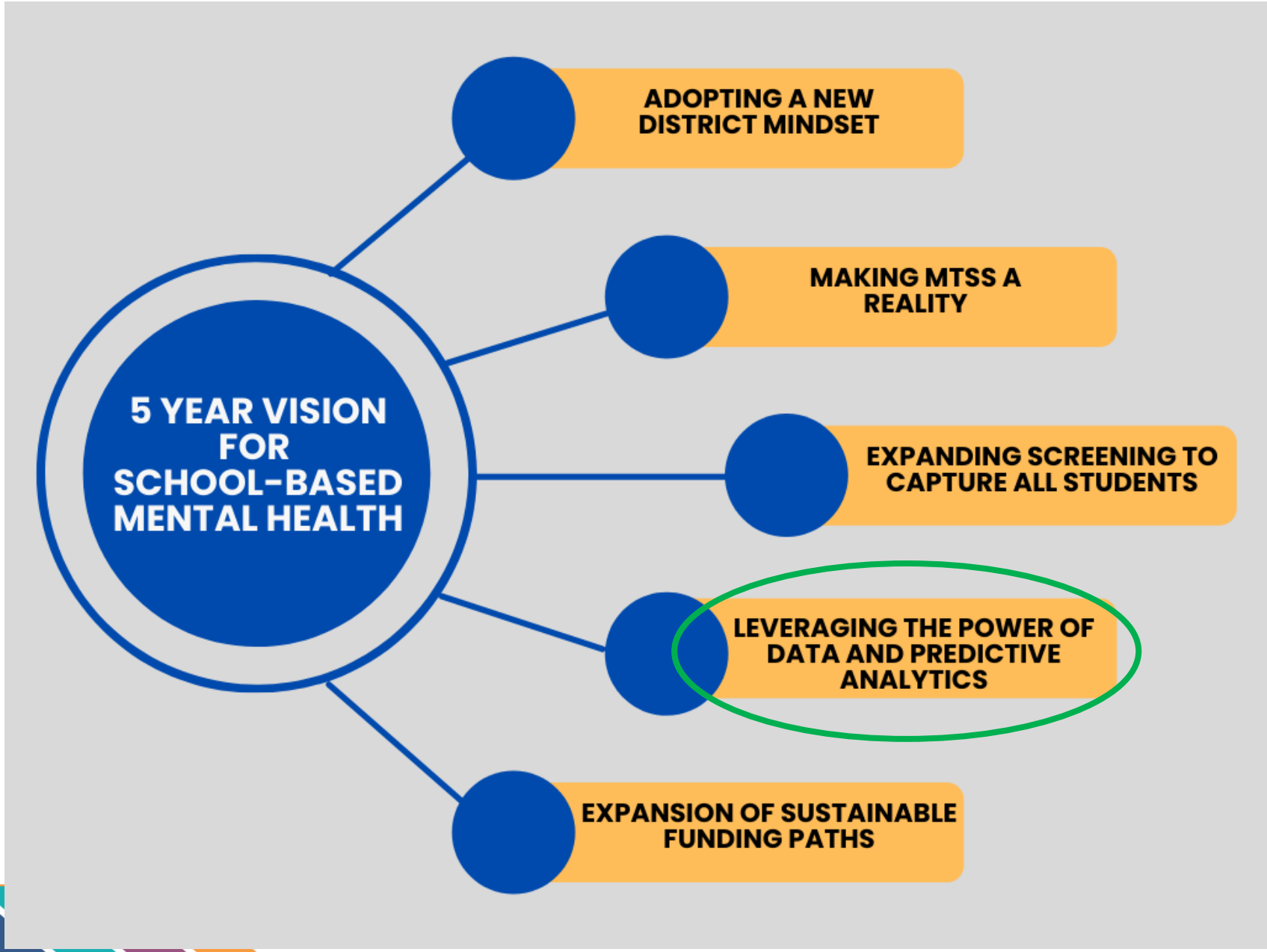
Mental health screenings allow for early identification and intervention and help bridge the gap.

Screening is a vital part of a well functioning MTSS framework.

bhworks
mdlogix.com

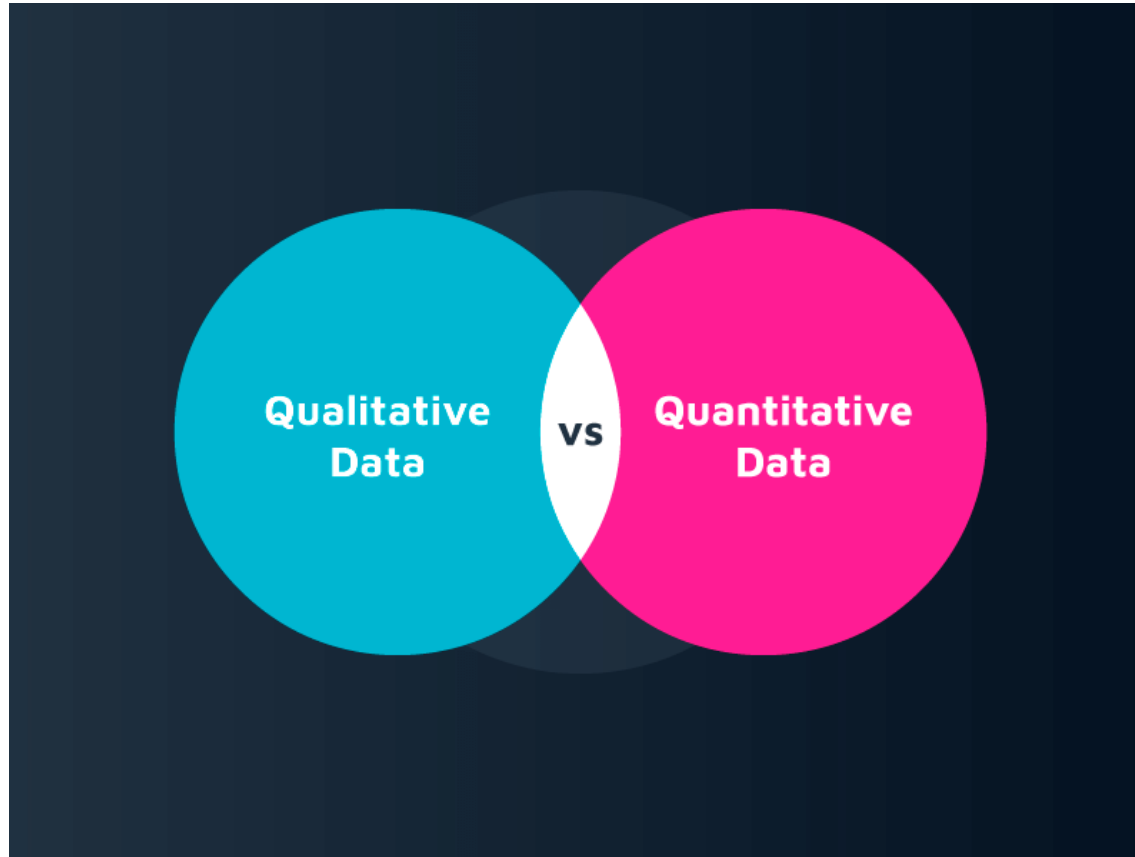
behavioral and mental health software for use anywhere





Leveraging Data in School-Based Mental Health

Traditional
approach with
mental health



Emerging
approach with
mental health



School-Based Mental Health Scorecard

- States and districts should adopt a more data driven approach for measuring the implementation of mental health action steps and mental health outcomes.
- School-Based Mental Health Scorecard- measure key performance indicators by district across the state.
- The data should be reported out on par with other more prevalent forms of achievement data such as literacy scores, math scores, etc.

Domains to Be Measured

Population
Assessment and
Placement



Who are the students in my population who are in need, and are they placed in the levels of care they require?

Therapeutic
Engagement



For students placed, are they participating in services at the proper level?

Direct Measures of
Therapeutic Progress



Are students responding therapeutically to the treatment being delivered?

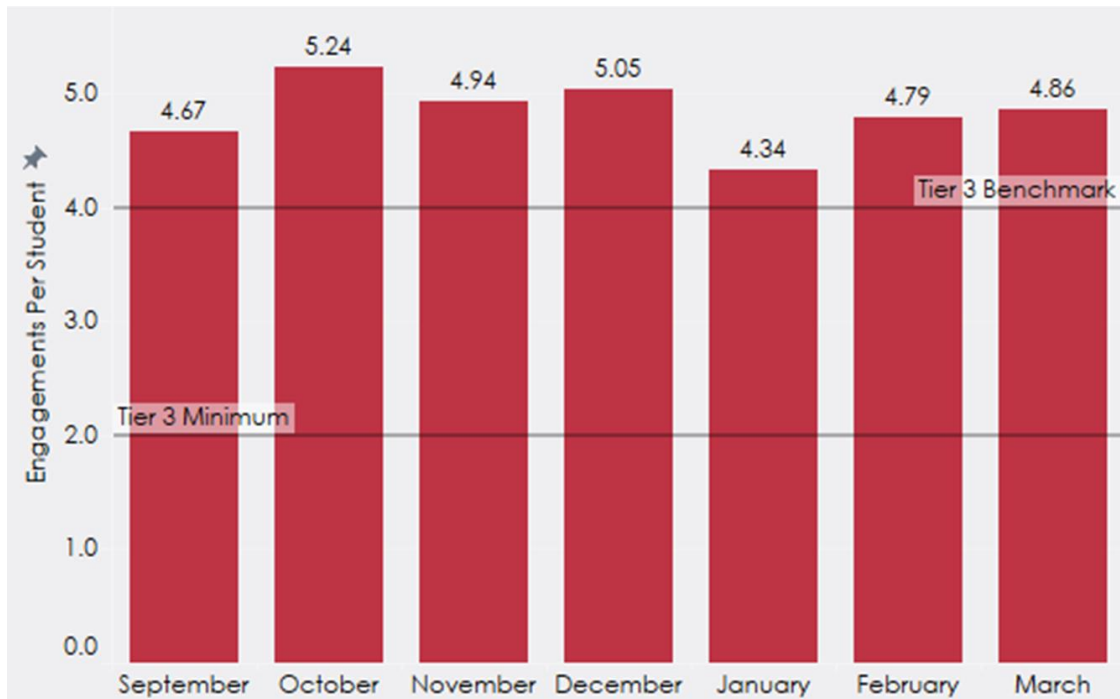
Impact of Treatment
on Academic
Outcomes



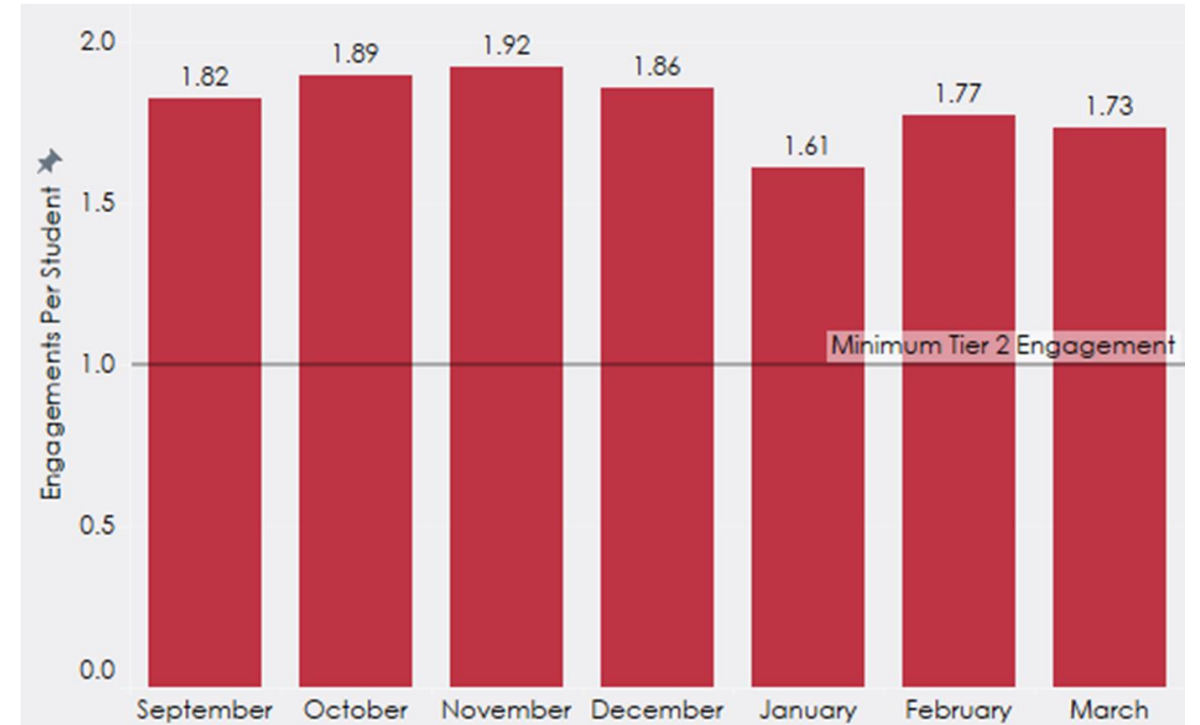
Is this response translating into improvements in their attendance, discipline, and grades?

Sample Metrics: Engagement

Tier 3 Average Therapeutic Engagements Per Week

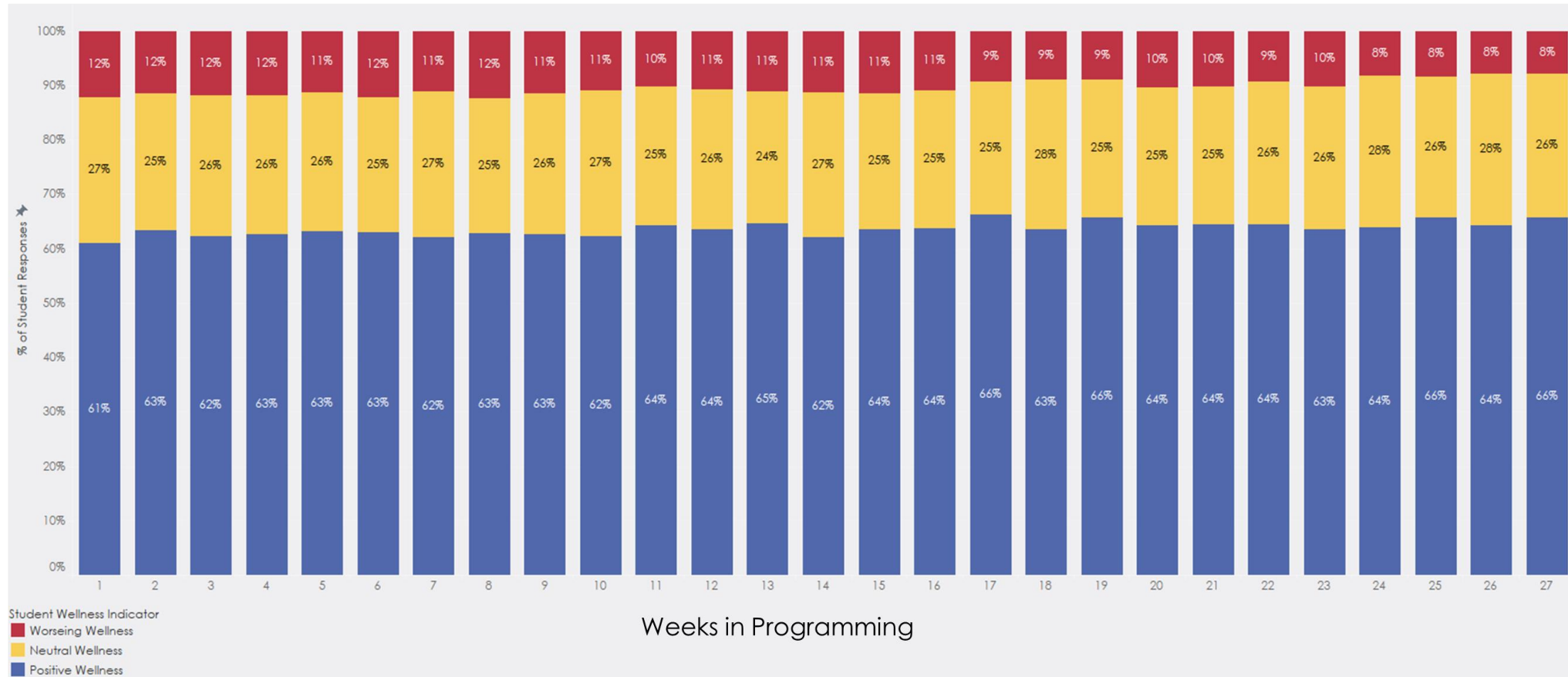


Tier 2 Average Therapeutic Engagements Per Week



Sample Metrics: Therapeutic Wellness

Student Wellness Self Ratings vs. Weeks in Programming



Source: ESS student self reported wellness data September 2021-March 2022

Sample Metrics: Academic Impact

98%

Retention of
Students In-District



16%

Increase of Grade
Point Averages



35%

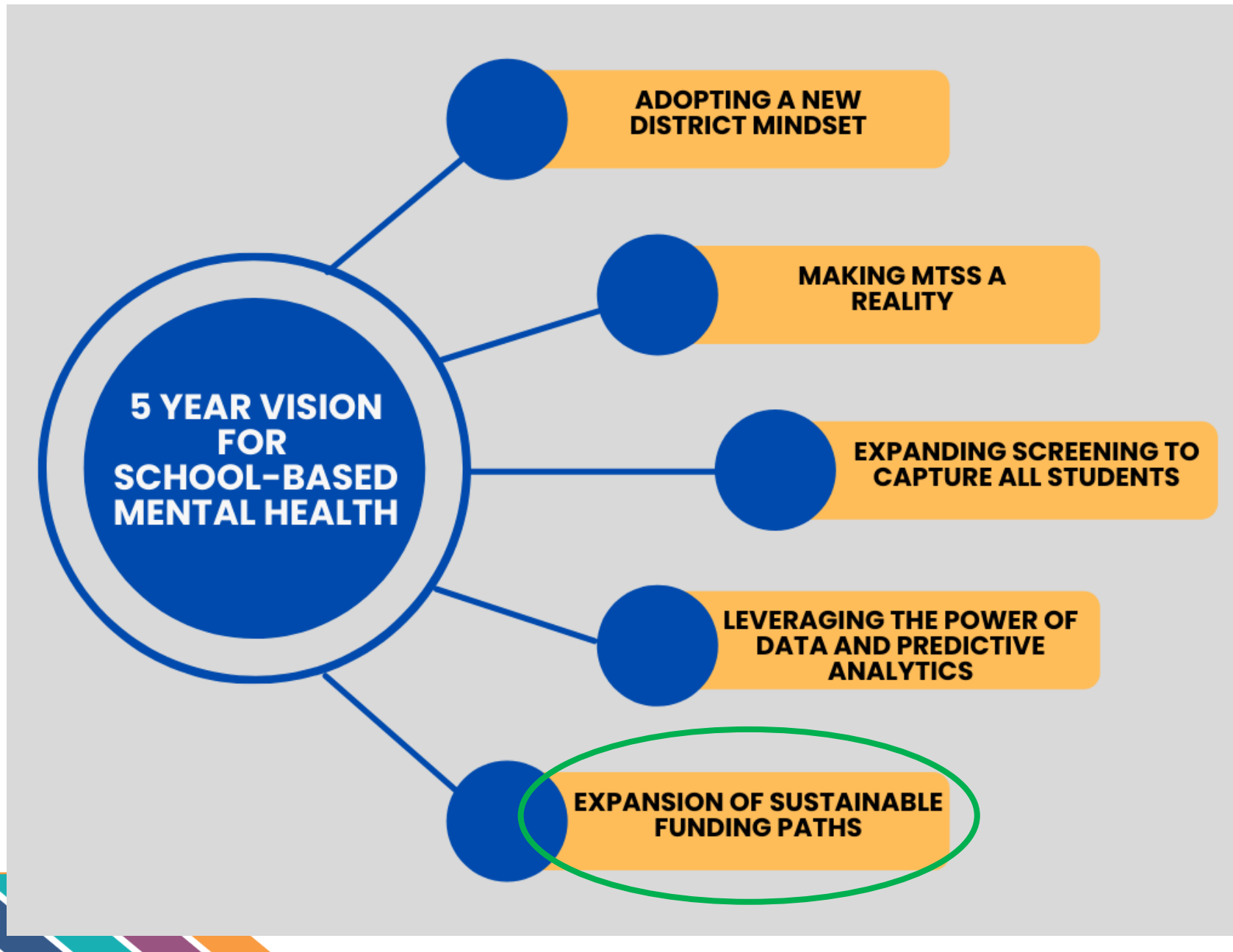
Reduction in
Student Absences



38%

Reduction in
Disciplinary Incidents





How to Create a Sustainable Mental Health Continuum

T	Title funds fully utilized
I	IDEA Funds
M	Medicaid Reimbursement
E	Examine out of district placement expenditures



Title funding can be used to support clinical programming and professional development.



IDEA can fund mental health supports for identified students. Funding is also earmarked if a district has been cited for significant disproportionality.



Medicaid reimbursement can also provide a cost offset for eligible students. ESS supports districts with SEMI billing.



Out-of-District Placement can cost over \$100k per student/per year.* Operating an in-district program can help to return students and prevent the future flow of outplacements.

+ ESSER

Out of district tuition: Example of a “hidden” cost for most districts

Current Program	School Year 2021-2022	School Year 2022-2023	School Year 2023-2024
ODP Returner Savings			
<i>Students in program brought back from ODP</i>	4	4	4
<i>Annual cost savings per student</i>	\$100,000	\$105,000	\$110,250
Total savings from ODP returners	\$400,000	\$420,000	\$441,000
Total "Hard" Cost Savings	\$400,000	\$420,000	\$441,000

Estimate of Cost Avoidance from Preventing Additional Future ODP			
<i># of students at risk of future ODP</i>	5	5	5
<i>Annual cost savings per student</i>	\$100,000	\$105,000	\$110,250
Total Additional Cost Avoidance from Future ODP Prevention	\$500,000	\$525,000	\$551,250

Contact Us



Effective School Solutions

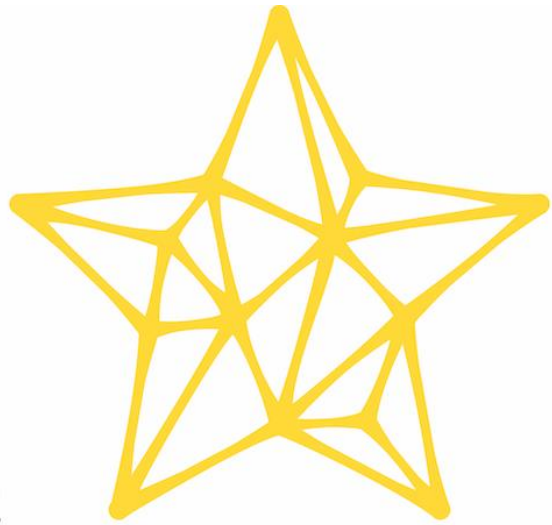
121 Chanlon Road
New Providence, NJ 07974
973.299.9954

facebook.com/effectiveschoolsolutions/

twitter.com/EffSchSol

linkedin.com/company/effective-school-solutions

Contact Us



THE
KENNEDY
FORUM

The Kennedy Forum

4326 Harbor Beach Boulevard

Unit 573

Brigantine, NJ 08203

info@thekennedyforum.org

<https://www.facebook.com/kennedyforum>

<https://twitter.com/kennedyforum>

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Thank You!

JOIN US FOR PART 2 OF THIS WEBINAR:

[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZUQCOYRQZGGOGTDYTUWATDTASVABDIQB0J98](https://us06web.zoom.us/meeting/register/tzuqcoyrqzggogtdytuwatdtasvabdiqb0j98)

PART TWO WILL BE VIA ZOOM SO YOU WILL HAVE THE OPPORTUNITY TO INTERACT WITH THE PRESENTERS VERBALLY OR VIA CHAT.

THE COMMUNITY OF PRACTICE INTIMATE DIALOGUE WILL BE HELD ON WEDNESDAY, MAY 25, 2022, AT 2:00PM EASTERN TIME.