Collaborative Planning and Implementation of School-Based Mental Health Services within an Urban School’s Multi-Tiered System of Support

Madison Metropolitan School District
Jeannette Deloya, Meg Nelson, Lynn Witte
Create energy for systems change
Share lessons learned from long term collaborative relationships
Explore practices that have demonstrated positive impact
Provide opportunities for applications to local conditions
Agenda

- Welcome & Introductions
- Setting the Stage - Background story and context
  - Building Bridges
  - Psychiatric School Consultation and Collaboration
  - Behavior Health in Schools
- Application and Dialogue
Key Take Aways and Questions

- What is something that may be useful to you?
- What is something you might want to know more about?
- What advice/suggestions do you have for us?
Why Expand School-based Mental Health Practices?

Let the Data Speak…

- Circa 1 in 5 youth have a mental health “condition”
- Students of color and students living in poverty are less likely to receive needed services
- 20% of these students receive no treatment in the community
- Schools and the Juvenile Justice System are the “de facto” mh providers
- Suicide is 4th leading cause of death among teens
- Factors that impact mh occur ‘round the clock’
- The challenge for educators to address factors beyond school and for providers to address factors in school are significant
- There’s a strong relationship between being well and doing well

(SAMHSA, MMSD MH data, DCYA)
Madison and Dane County, Wisconsin

- MMSD: 27,000 students
- 48% students living in poverty
- 56% students of color
- Rapidly changing demographics
- High mobility
- 3-5% uninsured, ~40% Medicaid
- 75% of African American families live in poverty
MMSD Mental Health Plan

Create a comprehensive, integrated, culturally-competent and trauma-informed school-linked system of mental health practices and supports for MMSD students and their families.
Continuum of Supports

Primary: All
- Trauma Modules
- Developmental Designs
- Responsive Classrooms
- Holistic Child Centered Plan
- Zones of Regulation
- Social Emotional Learning
- Tier 2 groups, School, Face-Kids, CBITS

Secondary: Some
- Collaborative Problem Solving
- Mindfulness
- Universal screening
- Motivational Interviewing

Tertiary: Few
- National Equity Project
- Restorative Practices

Additional Practices:
- CBITS
- Kidz
- Responsive Classrooms
- Developmental Designs
Cultural Competence Conversations and Commitment

How might the reflection questions for cultural competency in the plan and components be useful to you?
## Recommendations and Action Plans

### Organization and Policy

*Management, Partnership Protocols, Community Engagement & Organization Endorsement*

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*Note: Action plans have been developed for each of the vertical plan components listed above*
Building Bridges

Explore lessons learned from early implementation of a multi-district short term stabilization program
Building Bridges

- Program Description
- Lessons Learned
- Current Status
Building Bridges
Program Description

Building Bridges...

- Supports children’s educational experience by working with students, family, community agencies, and school staff to develop and promote emotional wellness

- Partners with school staff to connect students and their families to resources in the school and surrounding community
Building Bridges
Program Description

- Collaboration: Dane County Department of Human Services; three school districts; and Catholic Charities

- Serves students in grades 4K - 8, with immediate mental health needs, and their families

- Free of cost, Voluntary

- 90 days
Building Bridges
Program Description

Collaborative process

- School Social Worker and Catholic Charities Clinical Coordinator
- MMSD BB team meets regularly to review all treatment plans
- County BB team meets regularly to provide clinical case consultation; program development; and professional development
Building Bridges
Service Delivery

- Intake
- Team Development
- Treatment Plan
- Weekly contact with student, family and school
- Regular staffings
- Discharge Plan
- 1 month follow-up
- 6 month follow-up
Lessons Learned

- Clinical consultation model
- Collaborative teaming of school staff and MH professional
- Mutually beneficial
- Flexibility of scheduling and service provision

Building Bridges
Enhancing Student Emotional Health and School Success
Status Update

Positive momentum! Districts are requesting a expansion and County Executive has committed funding for an expansion of 4 teams in 2016

Preliminary data is favorable
Thinking about the ways you have worked with the Building Bridges Team, what has been most helpful to you or your child?

- “Finding ways to help him succeed in ways I didn’t think about.”

- “They helped us develop morning and evening schedules, as well as departing from school and arriving at school schedules. Doing those things helps us manage her behaviors better and lessens our stress. Great job!”

- The ‘child first’ approach is helping my son.”

- “Building Bridges has been a great support to mom-helping with appointments and encouraging mom to keep in contact with school.”
Parent/guardian/School Staff
Comments

Thinking about the ways you have worked with the Building Bridges Team, what has been most helpful to you or your child?

- “They care about my son and his education.”
- “Getting him under control (somewhat). He’s doing so much better in school.”
- “To learn to communicate with the teachers and to know the questions to ask.”
- “Setting goals and then talking to my child.”
- “Help me when I needed it. Gave me helpful resources.”
- “This has been helpful for the student and the school staff’s understanding of how environment impacts the student.”
Key Take Aways and Questions

- What is something that may be useful to you?
- What is something you might want to know more about?
- What advice/suggestions do you have for us?
## Recommendations and Action Plans

### Organization and Policy

**Management, Partnership Protocols, Community Engagement & Organization Endorsement**

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Psychiatric Consultations

Describe impact for students when clinical consultation and specialized supports are embedded in an intensive needs program.
Psychiatric Consultations

- Program Description
- Lessons and Learnings
- Current Status
Program Description

**School Consultations**
- Residency Training
- 12 per year
- Presenting problems
- Prevalence of trauma
- Report/Recommendations

**Systems Consultations**
- Residency Training
- .5 day per week
- Alternative programs
- PD for teachers
- Consultation on student mental health
Lessons and Learnings

• Importance of school-based relationships and programming that occurs in schools

• You don’t have to be a therapist to provide a therapeutic relationship

• Kids need love

• Presence of psychiatrists for consultation brings validation and builds understanding
Key Take Aways and Questions

- What is something that may be useful to you?
- What is something you might want to know more about?
- What advice/suggestions do you have for us?
# Recommendations and Action Plans

## Organization and Policy

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Behavior Health in Schools

Share one district’s story of **soup to nuts**: Moving from exploration to implementation of school-based mental health using the Interconnected Systems Framework.
Behavior Health in Schools

- Program Description
- Essential Ingredients
- Current Status
Program Description

- **Target Population:** Students with intensive mental health needs who have barriers to services

- **Collaborating Partners:** Schools, Private Non-profit MH Agency, UW SSW, Funders

- **Scope:** 3 schools (2 elementary and 1 middle school)

- **Integrated Mental Health Model**
How will it work? Individual Student Case Example

- Teacher participates in MH professional development
- Teacher observes significant behavioral & academic challenges & consults family
- Teacher tries classroom interventions
- Teacher refers to Student Services Team for screening, assessment & problem solving
- Student participates in small group intervention & SST makes community referrals
- SST refers to MH professional in school
- MH Professional develops and implements treatment plan
- Team monitors progress
- Data inform continuous improvement
Student Services Team Members

- Support schoolwide social emotional learning
- Conduct screening, brief assessment, interventions and referrals to treatment for students and families
- Implement practice in small groups and classes
- Plan, implement and monitor behavior intervention
- Collaborate with community support teams

Mental Health Professionals

- Assess student needs, diagnose, refer
- Develop treatment goals and care plan with family, school staff
- Support ongoing MH professional development and teacher consultation
- Consult and support in crisis management
- Work with all to generalize progress within school environment
- Plan discharge; continue to monitor and evaluate progress

Integration

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<th>Treatment Services:</th>
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Essential Ingredients

- Family-community-school
- Integrated model
- Available to any student
- Bridge to primary care
- Quality improvement/control
Current Status

Positive Momentum:

2015-2021
Expansion of School Based Mental Health Services secured through a 5-year Community Impact Grant (University of Wisconsin School of Medicine and Public Health)

Advancing School Mental Health in Dane County
Sustaining School-Based Mental Health

Braided Funding

Coordination

Community Mental Health Agency (Catholic Charities)

Elementary school
Middle School
Elementary School
School-Community Implementation Barriers

- Funding
- Interdepartmental Policies and Procedures
- Client Engagement/relevance
- Parent and Student Voice
- Organizational Culture and Missions
- Climate: Urgency, Pace, Support & Energy

*Relationships Matter*
Key Take Aways and Questions

- What is something that may be useful to you?
- What is something you might want to know more about?
- What advice/suggestions do you have for us?
Hope...

- I am positive that if the task force recommendations are implemented, they will provide help and strength to families for generations to come, and the idea that my grandchildren won’t have to struggle the same way that my children did brings me hope and excitement for the future of Madison schools."

- Parent member, MMSD Mental Health Task Force, June 2013
Contact Information

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