



NATIONAL
COUNCIL
for Mental
Wellbeing

Integrated Care Partnerships in School Settings

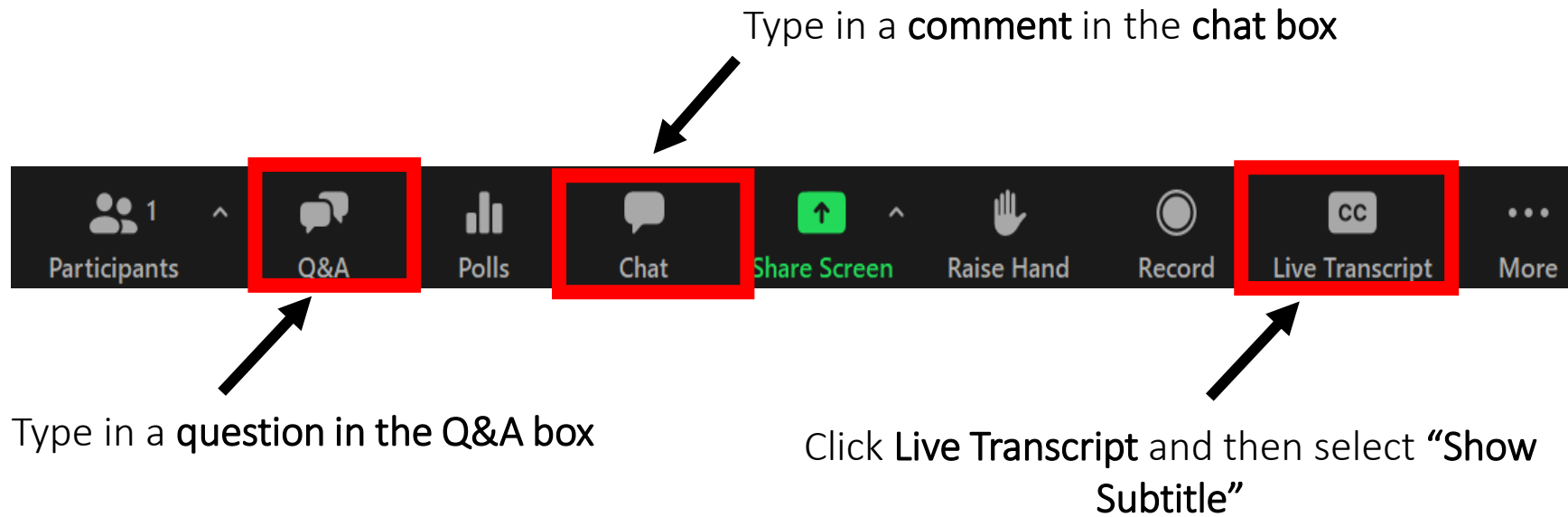
A Resource for Community Mental Health
and Substance Use Treatment Organizations

July 12th, 2022
1pm-2pm EST

CENTER OF EXCELLENCE for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

Questions, Comments & Closed Captioning



Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

SAMHSA

Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

NATIONAL
COUNCIL
for Mental
Wellbeing



Poll #1: What best describes your role?

- Clinician
- Administrator
- Policy Maker
- Payer
- Other (specify in chat box)



Poll #2: What best describes your organization? (check all that apply)

- Primary Care Provider
- Mental Health Provider
- Substance Use Treatment Provider
- School-Based Health Provider
- Other (specify in chat box)



Poll #3: Where is your organization in the process of integration?

- Learning/Exploring
- Beginning Implementation
- Advanced/Full Implementation
- Ongoing Quality Improvement
- Other (specify in chat box)



Speakers



Katy Stinchfield

Director,
Behavioral Health Programs,
School-Based Health Alliance



Jamie Martens-Perry

*Director of Youth and Family
Support Services,
Chestnut Health Systems*



Amy Hill

*Vice President of School-
Based Services
Burrell Behavioral Health*



Michelle Theesfeld

*Director of School-Based Services,
Seasons Center for Behavioral
Health*

NATIONAL
COUNCIL
*for Mental
Wellbeing*



Agenda

- Welcome
- About the School-Based Health Alliance
- Project Overview
- Guest Speakers
 - **Jamie Martens-Perry**, *Director of Youth and Family Support Services*, Chestnut Health Systems
 - **Amy Hill**, *Vice President of School-Based Services*, Burrell Behavioral Health
 - **Michelle Theesfeld**, *Director of School-Based Services*, Seasons Center for Behavioral Health
- Announcements
- Resources



Learning Objectives

- Understand the value of integrated care in school settings
- Recognize current trends in mental and physical wellbeing of youth across the country
- Gather suggested strategies and ideas from leaders of community mental health and substance use treatment services, including Certified Community Behavioral Health Centers (CCBHCs), for improving partnerships with School-Based Health Centers (SBHCs)
- Understand key considerations for building partnerships with schools, including school-community integration, workforce development, sustainability, and ongoing collaboration



SCHOOL-BASED HEALTH ALLIANCE

The National Voice for School-Based Health Care

www.sbh4all.org/

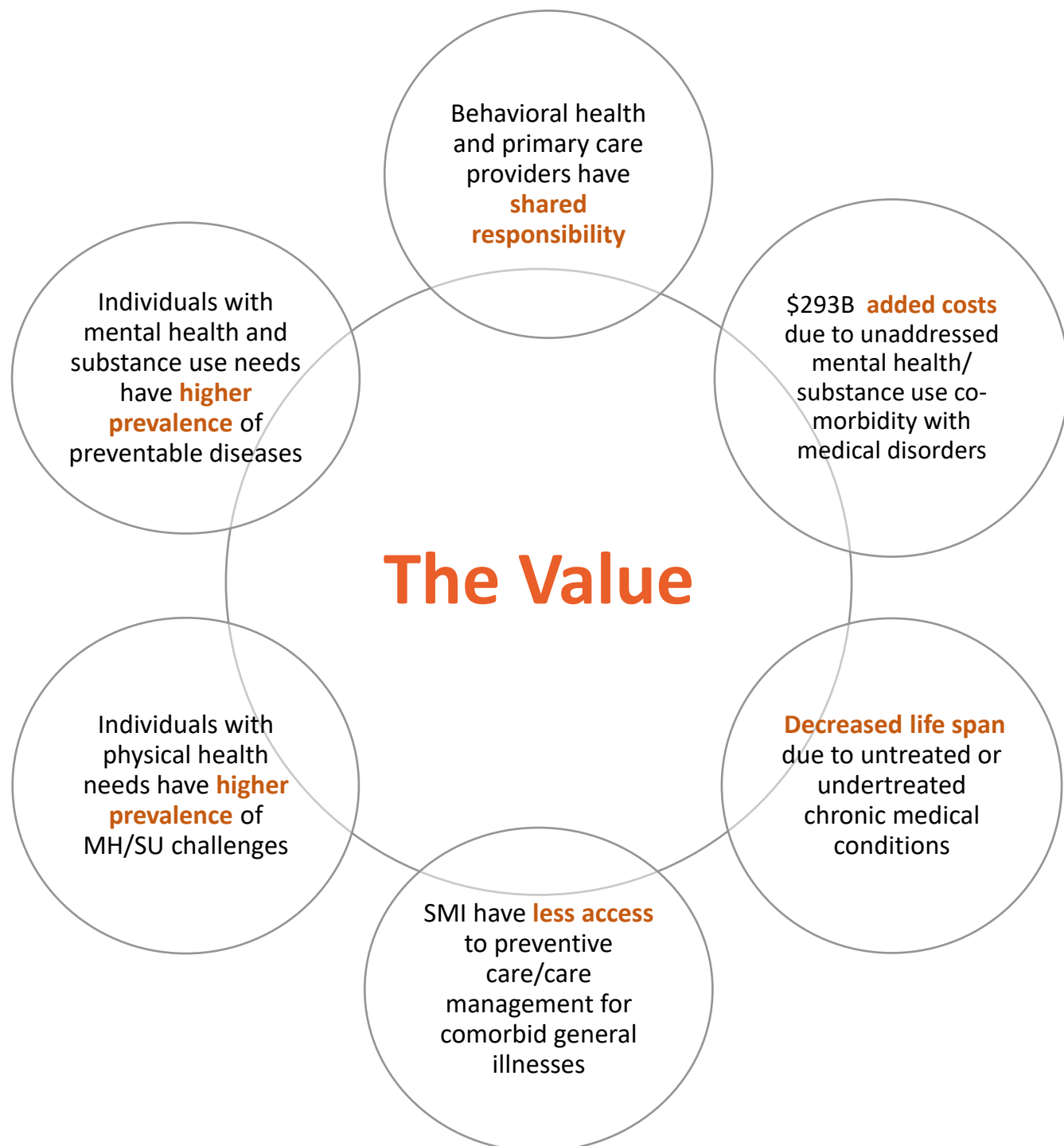


NATIONAL
COUNCIL
for Mental
Wellbeing



TheNationalCouncil.org/Interated-Health-CoE

Why Integrated Care?



NATIONAL
COUNCIL
for Mental
Wellbeing

CENTER OF EXCELLENCE for Integrated Health Solutions

*Funded by Substance Abuse and Mental Health Services Administration
and operated by the National Council for Mental Wellbeing*

Advancing Integrated Care Through Training and Technical Assistance

- To advance the implementation of **high quality, evidence-based treatment** for individuals with co-occurring physical and mental health conditions, including substance use disorders.
- **Provide training, resources, and technical assistance** to health practitioners and other stakeholders addressing the needs of individuals with co-occurring physical and mental health conditions, including substance use disorders.

NATIONAL
COUNCIL
for Mental
Wellbeing



Value of Integrated Care in the School Setting

Schools & School-based Health Centers (SBHC)...

- Promote optimal health and wellbeing for young people
- Reduce barriers to quality mental health care
- Provide access to a broad range of services and supports from highly qualified providers
- Reduce disparities and promote health equity

Opportunity for Schools:

With increased demand for mental health and substance use services for youth, schools are a critical and supportive environment for increasing equitable reach, addressing comprehensive needs, and meeting students & families where they are.

NATIONAL
COUNCIL
*for Mental
Wellbeing*

The mental wellbeing of young people in America is suffering...

- High school students experienced a [40-percent rise](#) in **persistent feelings of sadness or hopelessness** between 2009-2019.
- [More than a third](#) of high school students reported experiencing **poor mental health** and nearly half said they experienced **persistent sadness or hopelessness** over one COVID-19 pandemic year.
- A [disproportionate number](#) of **African American youth are suspended and/or expelled** than their white peers, from pre-school through 12th grade. Black, indigenous and youth of color are more likely to be directed to juvenile justice system than specialty care services for behavioral and mental health challenges.
- Substances were [easier for youth to obtain](#), and they used them more often during the COVID-19 pandemic.
- Rates of **school violence** [continue to increase](#) year after year.



NATIONAL
COUNCIL
for Mental
Wellbeing



...and yet, effective solutions exist!

- Young people are more likely to access mental health services in schools than anywhere else.
- **Youth with strong school connections show better mental health** and (as well as social and academic) outcomes overall.
- School-based health centers are an evidence-based model for achieving health equity. But education partners are tapped out. Community partnership is the solution:
 - School-Based Health Centers
 - Comprehensive School Mental Health Programs



Our Work



That's why the national **School-Based Health Alliance** is proud to partner with the **National Council for Mental Wellbeing's Center of Excellence for Integrated Health Solutions (CoE-IHS)** to bring you **nationwide case examples and strategies** that highlight the work of community behavioral health organizations providing quality mental health services to young people where they are—in school.

NATIONAL
COUNCIL
for Mental
Wellbeing

School-Based Health Centers & Community Mental Health and Substance Use Treatment *Partnership Themes*

**Value of School-
Based Healthcare
Services**

**Forming
Partnerships**

**School-
Community
Integration**

**Workforce
Development**

Sustainability

**Ongoing
Collaboration**

**NATIONAL
COUNCIL
for Mental
Wellbeing**

Acknowledgements



NATIONAL
COUNCIL
for Mental
Wellbeing



NATIONAL
COUNCIL
for Mental
Wellbeing

Partnership Spotlights

CENTER OF EXCELLENCE for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

Jamie Martens-Perry

Chestnut Health Systems



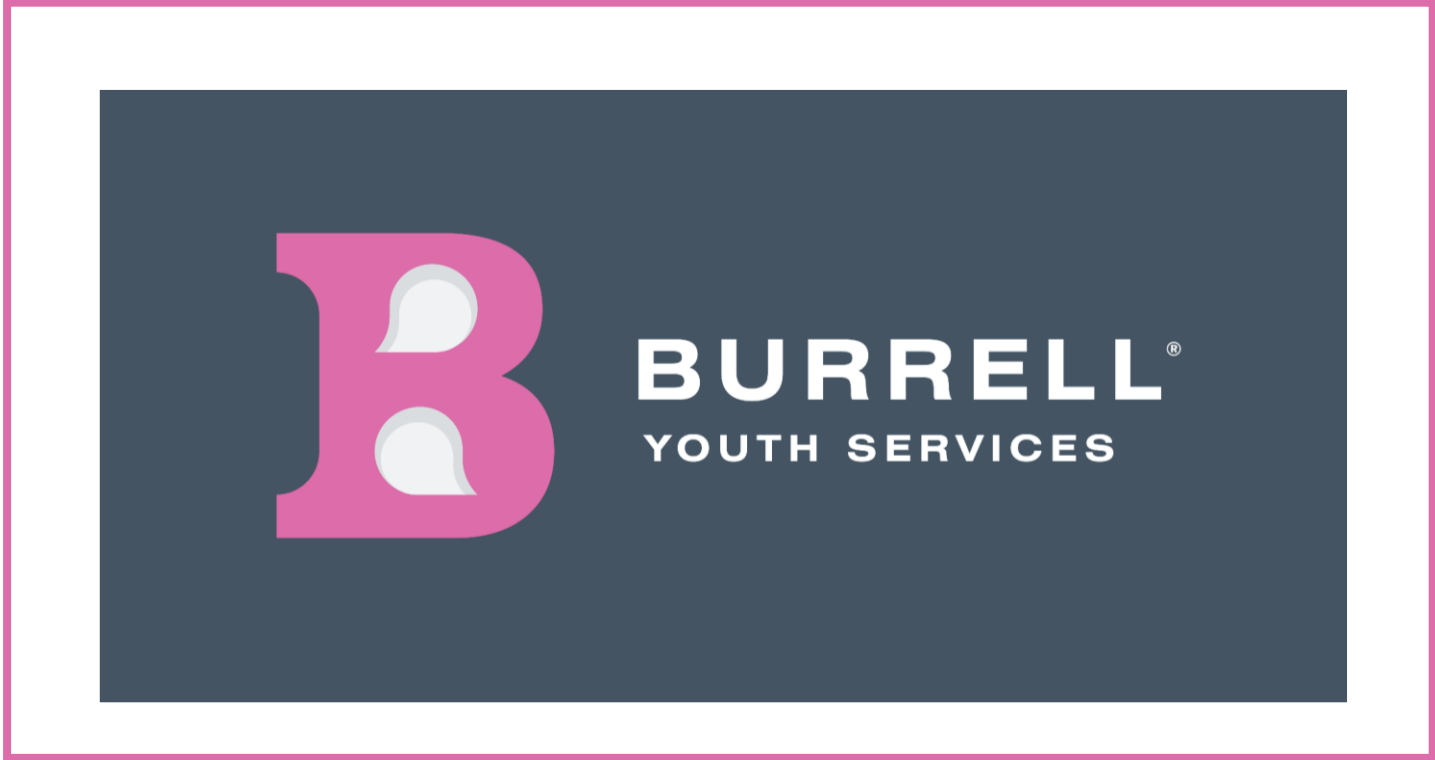
NATIONAL
COUNCIL
*for Mental
Wellbeing*

Amy Hill
Burrell Behavioral Health



BURRELL®
BEHAVIORAL HEALTH

NATIONAL
COUNCIL
*for Mental
Wellbeing*



WHY SCHOOL MENTAL HEALTH?

NATIONAL
COUNCIL
for Mental
Wellbeing

Data for Missouri Classrooms

33%

of MO middle and high school students reported feeling very sad during the past 30 days (2020 Missouri Student Survey).



45,000

children and adolescents in MO are estimated to struggle with anxiety.



50%

of all lifetime cases of mental illness begin by age 14.

B

Mental health facts - nami. (n.d.). Retrieved June 23, 2022, from <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>



8-10 Years

Average delay
between onset of
symptoms and
intervention

1 in 5

children that
struggle with
behavioral and
emotional issues in
the classroom

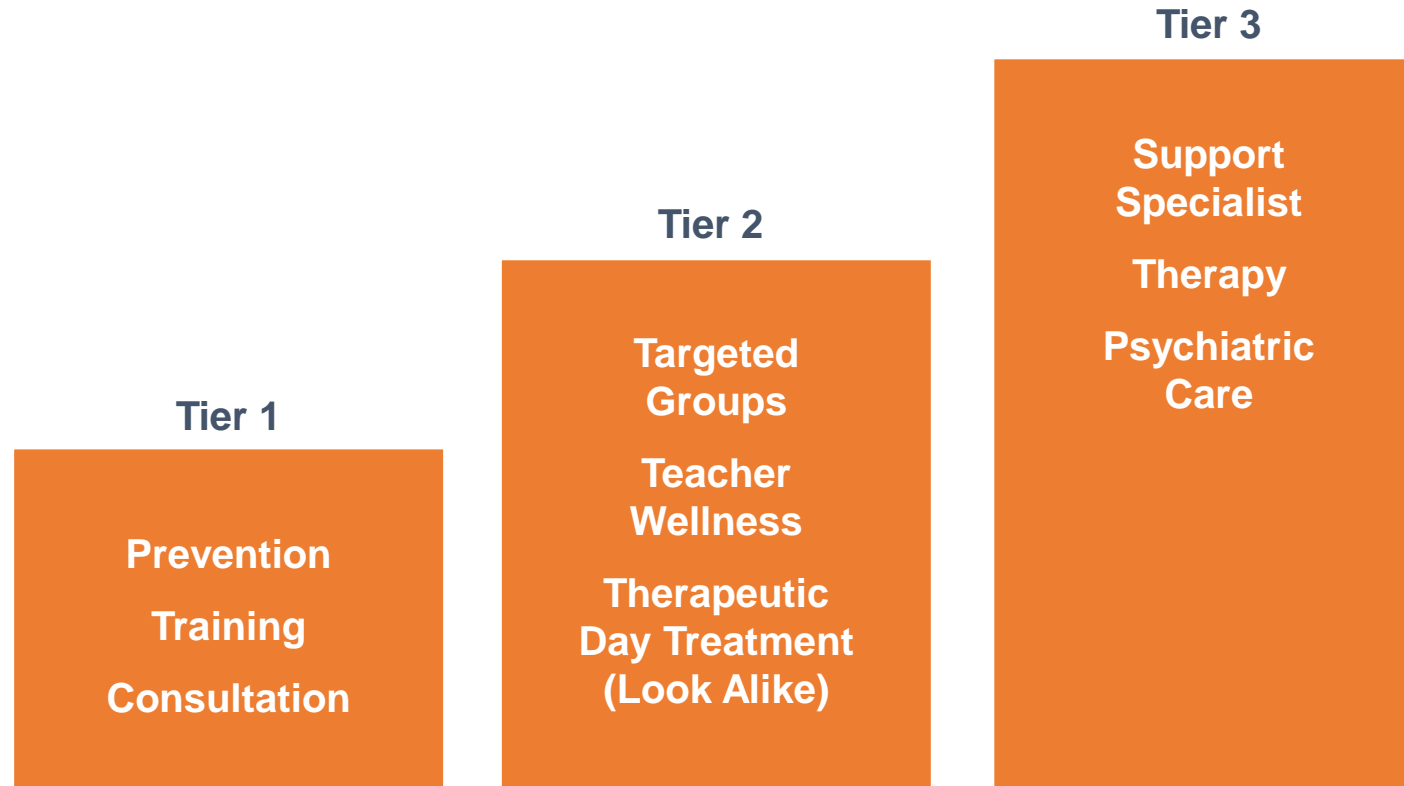
Data from Missouri Classrooms

B

NATIONAL
COUNCIL
*for Mental
Wellbeing*



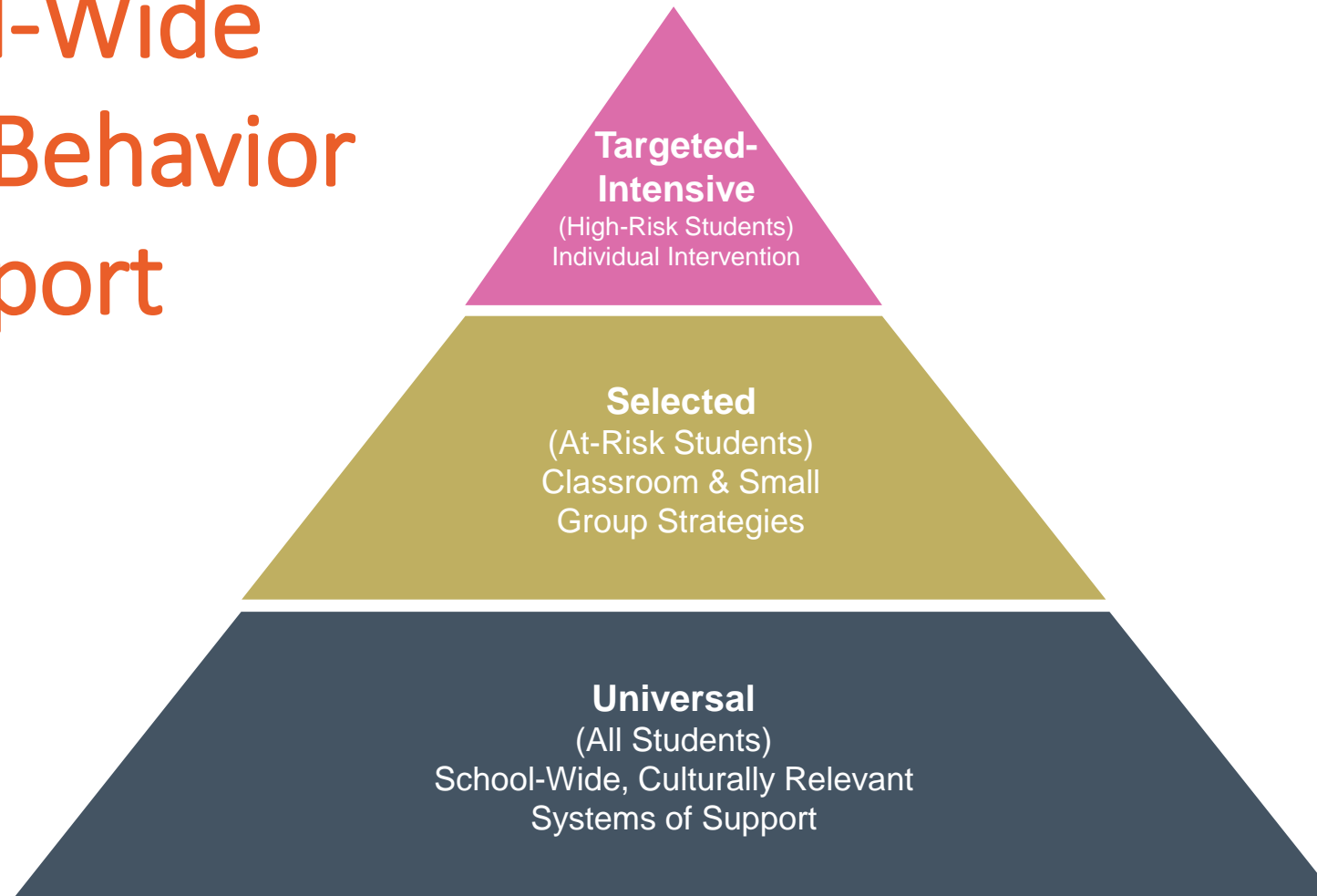
Whole-School Approach



NATIONAL
COUNCIL
for Mental
Wellbeing



School-Wide Positive Behavior Support



NATIONAL
COUNCIL
for Mental
Wellbeing

2018-2021 ACCOMPLISHMENTS

70

School
Districts
Served

10,000+

Referrals
Made

5000

Students
Served

25,000

Professional
Development
Contacts

250

Employees
Hired

CONFERENCE PRESENTATIONS

National School Mental Health Conference

National Trauma-Informed School Conference

State Administration and Counselor Conferences

NATIONAL
COUNCIL
*for Mental
Wellbeing*



THANK YOU!



BURRELL[®]
YOUTH SERVICES

NATIONAL
COUNCIL
*for Mental
Wellbeing*





Michelle Theesfeld, LMHC

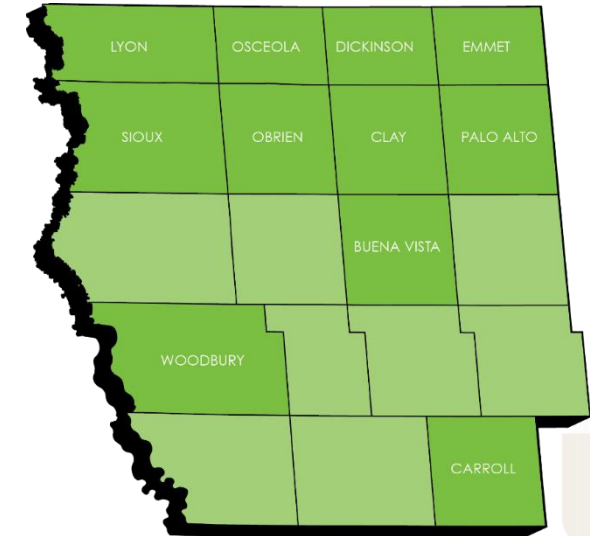
Director of School Based Mental Health Services
Seasons Center for Behavioral Health

NATIONAL
COUNCIL
for Mental
Wellbeing



About Seasons Center

- Serving northwest Iowa since 1959
- Certified Community Behavioral Health Clinic (CCBHC)
- Not-for-profit organization
- Safe, confidential setting
- Offers a broad range of psychiatric and behavioral health services in eleven counties



**Buena Vista | Carroll | Clay | Dickinson | Emmet | Lyon
O'Brien | Osceola | Palo Alto | Sioux | Woodbury**

NATIONAL
COUNCIL
*for Mental
Wellbeing*



About Autumn Elgersma

Autumn's Center and Camp Autumn are named in honor and memory of Autumn Elgersma, of Orange City, Iowa who died on October 31, 2013 after being hospitalized for two days due to abuse she endured while in the care of her babysitter.





About Autumn's Center

- Regional children's center serving northwest Iowa
- Specialty care for children ages 0-21
- Comprehensive care using evidence-based practices
- Located at 120 E. 5th Street in Spencer



NATIONAL
COUNCIL
for Mental
Wellbeing



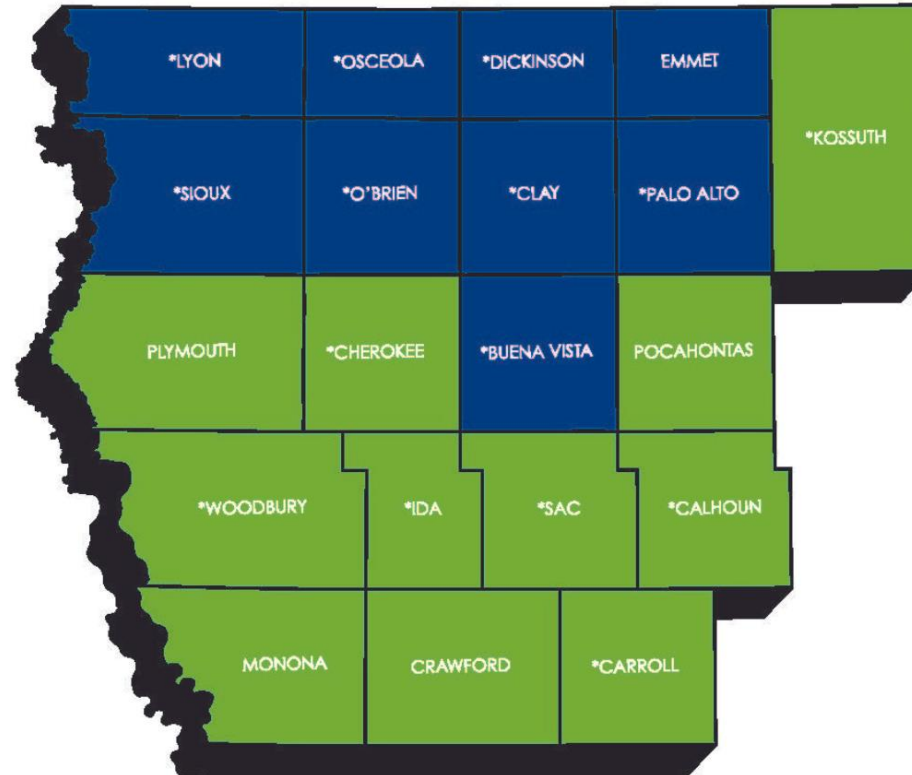
About Camp Autumn

- Therapeutic day camp for children ages 4-21
- Provides a unique blend of therapy, skill development, & fun – small group sessions, group activities, one-on-one
- Located at 4233 Yew Avenue in Sutherland, IA



NATIONAL
COUNCIL
for Mental
Wellbeing

School Based Mental Health Services



NATIONAL
COUNCIL
for Mental
Wellbeing



OUR PROGRAM

Seasons Center partners with northwest Iowa school districts to support the social, emotional, and behavioral health of all students needing individualized services.

THERAPIST

Our board-certified mental health therapist provides individual mental health therapy to children with a diagnosed mental health condition. The therapist develops goals for treatment in collaboration with parents and teachers/school personnel in order to improve the child's overall functioning in the classroom and at home.

YOUTH SERVICES WORKER

Our school-based Youth Services Worker assists students with their behavioral health with the purpose of regaining or attaining a maximum level of functioning and development.

NATIONAL
COUNCIL
for Mental
Wellbeing

What We Can Offer

Mental Health Evaluation

- Develop a comprehensive plan based on therapeutic assessments to identify needs and establish steps to mitigate the symptoms identified.

Individual Therapy

- Use evidenced-based practices (EBP)

Groups (Therapy and Skill-Based)

- EBP Curriculum

Education

Collaborative Meetings

Community Agency Meetings



NATIONAL
COUNCIL
for Mental
Wellbeing

Working Together

Trauma Informed Care

Help manage social emotional & behavioral health needs, including but not limited to:

- **Anger management**
- **Impulse control**
- **Communication and social skills**
- **Problem solving**
- **Attention**
- **Listening**



Recognizing the Value of School Based Services

- **Schools provide a space that is accessible, timely, and efficient**
 - **School based services provide opportunities to reach the largest number of children possible**
- Keep in mind, nearly **60%** of school aged children with a mental health disorder do not receive any type of mental health care
 - While **1 in 5** children ages 13-18 have a diagnosable mental health disorder
 - Of the children that do receive mental health care, **2/3** did so in a school setting
 - **50%** of all mental illness begins by age 14
 - Nearly **50%** of children age 14 and over with a mental health illness, drop out of school
 - There is an average **8-10 year** delay between onset of symptoms and access of services

Information from www.educateiowa.gov and www.name.org



NATIONAL
COUNCIL
for Mental
Wellbeing

Forming Partnerships

- Teamwork
- Collaboration
- Supporting them
- Services designed to the needs of the school
- Outreach
- Making the providers part of the district
- SERT meeting
- Quarterly administrative meetings
- Join the SEL team
- Biannual provider meetings
- Roadmaps connecting MTSS/SEL/PBIS and mental health services

**“We don’t have
to do it all alone.
We were never
meant to.”**
Brene Brown

Keep in mind, we are not here to take over, but to compliment the programs in the school and provide services to the youth. We, together, create change.



School-Community Integration

- Carnivals
- Resources
- Education
- Trainings
- County Mental Health Regions
- Self-care days
- Surveys
- Action from surveys
- Medical clinics, DHS/JCS/PD, and SO



Workforce Development

- **Self-Care**
- **Valuing their needs**
- **Productivity**
- **Incentive bonuses**
- **Team meetings**
- **Resources**
- **Trainings**

Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.

- **Sensory Rooms**
- **Current EBP's**
- **Equipment**
- **Trauma Informed space**
- **Monthly individuals**
- **Yearly evaluations**



Sustainability

- Meet with school board
- Provide numbers
- Set a standard
- Use surveys
- Word of mouth
- Pride in your work
- Grants to sustainability



*"If everyone is moving forward together,
then success takes care of itself."*

Henry Ford



School-Based Mental Health Services



Want to Know More?

Upcoming Office Hours Session

Please join us on **July 14th at 1:00 PM ET** for a follow up Office Hours (Q&A) session to connect with today's speakers and other project participating organizations with successful school partnerships. [Register here!](#)

NATIONAL
COUNCIL
for Mental
Wellbeing



References

- <https://www.cdc.gov/nchhstp/newsroom/docs/factsheets/dash-mental-health.pdf>
- <https://www.cdc.gov/media/releases/2022/p0331-youth-mental-health-covid-19.html>
- <https://publications.aap.org/pediatrics/article/144/2/e20191765/38466/The-Impact-of-Racism-on-Child-and-Adolescent?autologincheck=redirected#ref-3>
- <https://www.thenationalcouncil.org/covid-19s-lasting-impact-on-youth-mental-health-and-substance-use-trends/>
- <https://www.cdc.gov/violenceprevention/youthviolence/schoolviolence/fastfact.html>
- <https://nces.ed.gov/programs/coe/indicator/a01>
- <https://www.thenationalcouncil.org/our-work/focus-areas/integrated-health/>
- https://www.thenationalcouncil.org/wp-content/uploads/2022/01/GHI-Framework-Issue-Brief_FINALFORPUBLICATION_8.21.20.pdf
- <https://www.thenationalcouncil.org/event/coe-office-hour-exploring-partnerships-between-school-based-health-centers-sbhc-community-based-mental-health-organizations/>

Resources (1/3)

- [How Schools Work and How to Work with Schools](#)
- [The Whole School, Whole Community, Whole Child \(WSCC\) Model: A Guide to Implementation](#)
- [SPEAKING EDUCATION'S LANGUAGE: A Guide For Public Health Professionals Working in the Education Sector](#)
- [Local Health Department and School Partnerships: Working Together to Build Healthier Schools](#)
- [Effective School-Community Partnerships to Support School Mental Health](#)
- [Advancing Comprehensive School Mental Health Systems](#)
- [School Health Assessment and Performance Evaluation System \(SHAPE\)](#)



Resources (2/3)

- [Why School Mental Health Matters](#)
- [America's School Mental Health Report Card](#)
- [Health Affairs: Twenty Years Of School-Based Health Care Growth & Expansion](#)
- [The Evidence on School-Based Health Centers: A Review](#)
- [School-Based Health Centers to Advance Health Equity: A Community Guide Systematic Review](#)
- [Realizing the Potential of School-Based Health Centers: A Research Brief and Implementation Guide](#)
- [SCHOOL-BASED HEALTH CENTERS: Vital Providers of Mental Health Services for Children and Adolescents](#)



Resources (3/3)

- [Core Competencies for School-Based Health Centers](#)
- [Youth Development in School-Based Healthcare](#)
- [Hallways to Health](#)
- [Starter Guide: School-Based Health Center \(SBHC\) and School Collaboration](#)
- [Mental Health Service Provision at School-Based Health Centers During the COVID-19 Pandemic: Qualitative Findings From a National Listening Session](#)
- [Bringing Wellness to Schools: Opportunities and Challenges to Mental Health Integration in School Health Centers](#)
- [School Nursing & School-Based Health Centers in the United States: Working Together for Student Success](#)



Upcoming CoE Events

CoE-IHS Webinar: Perinatal Health Part 4: Addressing Serious Mental Illness

[Register here](#) for the next webinar in this series on Thursday, July 21st from 2-3pm ET

CoE-IHS Webinar: CHI Part 4- Payment Models for Comprehensive Health Integration

[Register here](#) for this webinar on Wednesday, July 27th from 1-2pm

Interested in an individual consultation with the CoE experts on integrated care?

[Contact us through this form here!](#)

Looking for free trainings and credits?

[Check out integrated health trainings from Relias here](#)

Subscribe for Center of Excellence Updates

[Subscribe here](#)

NATIONAL
COUNCIL
for Mental
Wellbeing



Thank you!!

Questions? Email integration@thenationalcouncil.org

SAMHSA's Mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) 1-800-487-4889 (TDD)

