

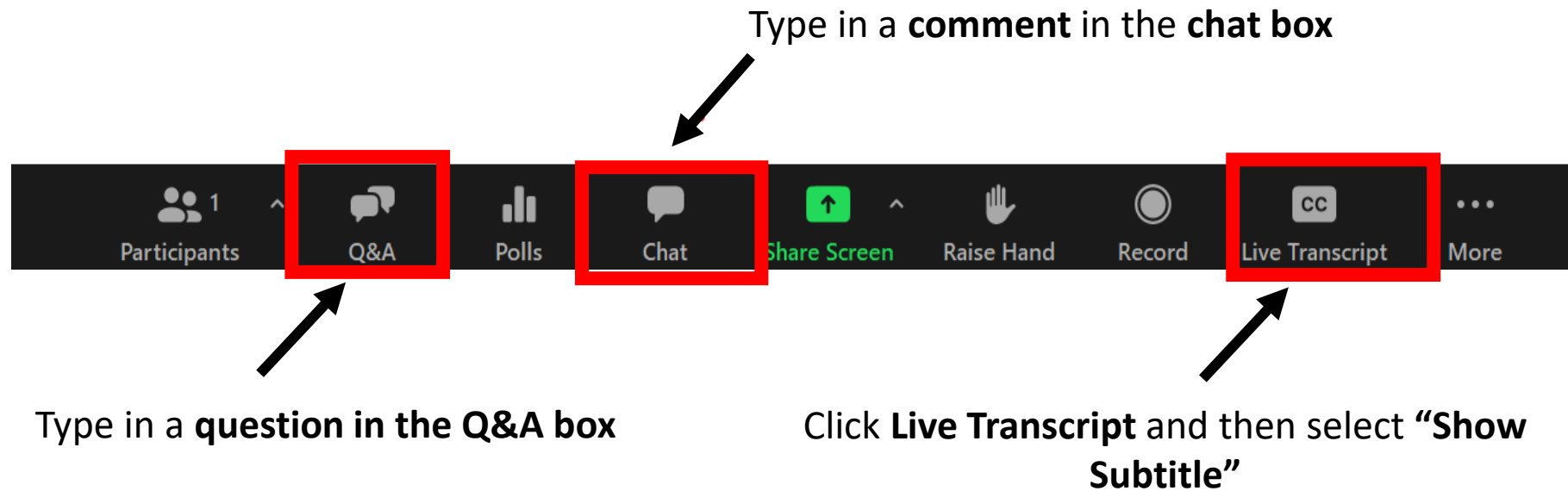
Integration with Schools: the Key to the Youth Mental Health Crisis

Tuesday, September 26, 2023
11-12pm E.T.

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

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Poll #1: What best describes your role?

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



Poll #2: 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



Addie Van Zwoell, MJ, LCSW
Senior Program Manager
School-Based Health Alliance



Donnie Greco, BA
Program Associate
School-Based Health Alliance



Michelle Theesfeld, LMHC
Director of School-Based Services
Seasons Center for Behavioral
Health



Jamie Martens-Perry, LCPC
*Director of Youth & Family
Support Services*
Chestnut Health Systems



School-Based Health Alliance

Transforming Health Care for Students

Our **Focus**

The School-Based Health Alliance Works to Support & Grow SBHCs

Policy



Establishes and advocates for national policy priorities

Standards



Promotes high-quality clinical practices and standards, including for telehealth

Data



Supports data collection and reporting, evaluation, and research

Training



Provides training, technical assistance, and consultation

We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships www.sbh4all.org

Learning Objectives

After this webinar, participants will be able to:

- Explain the value of school-based health services in supporting the mental health needs of youth
- Explain the value of a partnership between school-based healthcare and integrated care organizations to improve whole-person care needs of youth, including primary care, mental health, and substance use care needs
- Describe key considerations when partnering with schools to address integrated mental health needs
- Gather resources and tools to support building partnerships between integrated care organizations and school-based health centers (SBHC)
- Understand specific models and success stories from two integrated care organizations who partner with schools to improve youth mental health

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The Youth Mental Health Crisis

- Young people are experiencing high levels of mental health challenges, many of which were exacerbated during the COVID-19 pandemic (CDC, 2019; CDC, 2022).
- An estimated **49.5% of adolescents have had a mental health disorder** at some point in their lives (NIMH, 2021).
- High school students experienced a **40% rise in persistent feelings of sadness** or hopelessness between 2009-2019 (CDC, 2019).
- In 2021, **22% of youth considered suicide** and there was a significant rise in suicide rates between 2018 and 2021 among **African American youth ages 10-24** (CDC, 2022).
- In a 2022 survey, **45% of LGBTQ+ youth reported seriously considering suicide** in the last year, yet 60% who wanted care were not able to get it (Trevor Project, 2022).
- **Racial and ethnic disparities** continue to be prevalent among children and youth of color (AECF, 2022).

Sources: full citations listed on slide 36



Opportunities to Address the Crisis

- Young people are **more likely to access mental health services in schools** than other health care settings.¹
- **School-based health centers (SBHCs)** help to achieve health equity for youth, particularly those who unjustly experience disparities in outcomes because of their race, ethnicity, family income, where they live, sexual orientation or gender identity. Providing care at school reduces barriers and improves access for our most vulnerable youth. However, school staff are often at capacity and need additional support in supporting youth struggling with mental health issues.²
- **Certified Community Behavioral Health Clinics (CCBHCs)** and other community mental health and substance use treatment organizations can:
 - Provide high quality care
 - Provide consistent and effective care
 - Offer crisis intervention and support
 - Typically see students much sooner than services outside of the school
 - Reduce out of class time
 - Link students and families to other resources as needed

Sources:

1. Centers for Disease Control and Prevention (2022). New CDC data illuminate youth mental health threats during the COVID-19 pandemic [Press release]. Retrieved from: <https://www.cdc.gov/media/releases/2022/p0331-youth-mental-health-covid-19.html>

2. The Community Guide (2022). Task Force Recommends School Based Health Center to Promote Health Equity. <https://www.thecommunityguide.org/news/task-force-recommends-school-based-health-centers-promote-health-equity.html>



Key Players in School-Based Mental Health

Integrated Care Organizations; specifically Certified Community Behavioral Health Clinics

- Certified Community Behavioral Health Clinics (CCBHCs) that provide a wide range of integrated mental health services, including but not limited to, providing services in schools. [Learn more here.](#)
- CCBHCs provide services to anyone in need, regardless of the severity of need or ability to pay.

School-Based Health Centers (SBHCs)

- Comprehensive school-based health centers, provide access to primary care and often mental health and substance use care services.
- SBHCs work closely with schools to enhance, not replace, school-based health and mental health services.



New Resource!

PARTNERING WITH SCHOOLS to Improve Youth Mental Health

*A Resource for Community Mental Health and
Substance Use Care Organizations*



- Collaborative effort between School-based Health Alliance (**SBHA**) and National Council for Mental Wellbeing (**NCMW**)
- Conducted **interviews** with staff from **12** community behavioral health organizations
- Identified **key themes** through commonly identified topic areas
- Adapted a combination of **interviews, supplementary resources, and research data** to develop the guide

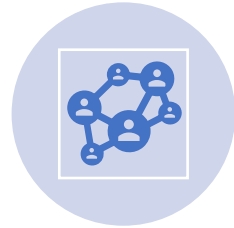
NCMW: [Partnering with Schools to Improve Youth Mental Health - National Council for Mental Wellbeing \(thenationalcouncil.org\)](https://thenationalcouncil.org/partnering-with-schools-to-improve-youth-mental-health/)

SBHA: [New resource for community mental health and substance use care organizations – School-Based Health Alliance \(sbh4all.org\)](https://sbh4all.org/new-resource-for-community-mental-health-and-substance-use-care-organizations/)

Learning Collaborative



6-MONTH LEARNING COLLABORATIVE WITH 8 CCBHCS (CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINICS) ACROSS THE COUNTRY



SESSIONS FOSTERED PEER-TO-PEER LEARNING, COLLABORATION, PARTNERSHIP, AND NETWORKING OPPORTUNITIES



CONTENT OF LEARNING COLLABORATIVE PRESENTATIONS WERE INFORMED BY THE GUIDE'S CONTENT AND CATEGORIES



ESTABLISHED RELATIONSHIPS WITH EXPERTS FROM THE FIELD



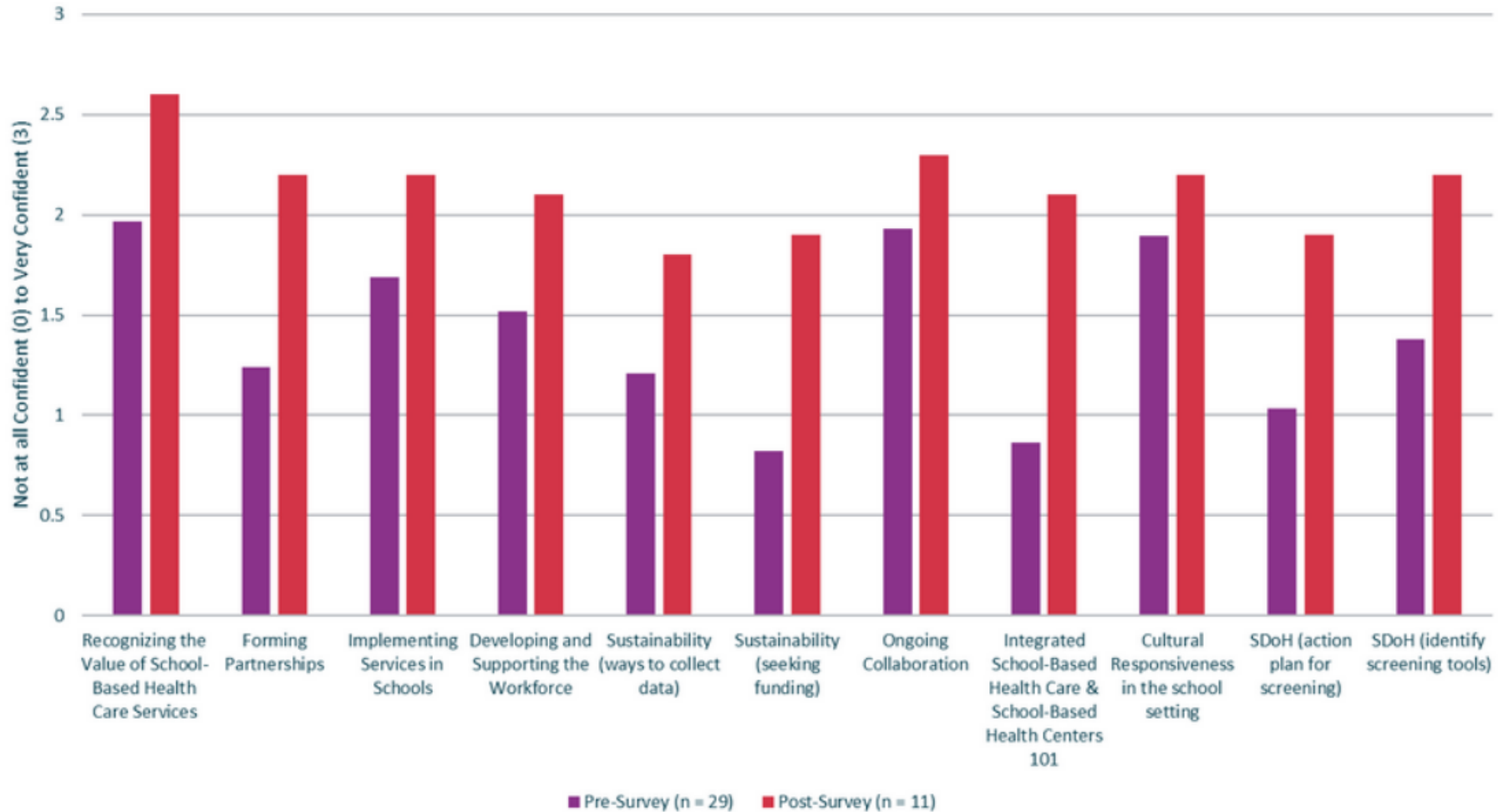
FOCUSED ON UNDERSTANDING THE WHY THEN THE HOW

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Learning Collaborative

National Council on Mental Wellness Learning Collaborative -
Knowledge Change Comparison (Mean Scores)



Key Considerations for Partnerships

Recognizing the Value of School-Based Healthcare Service

Forming Partnerships

Implementing Services in Schools

Ongoing Collaboration

Workforce Development

Sustainability

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Seasons Center for Behavioral Health

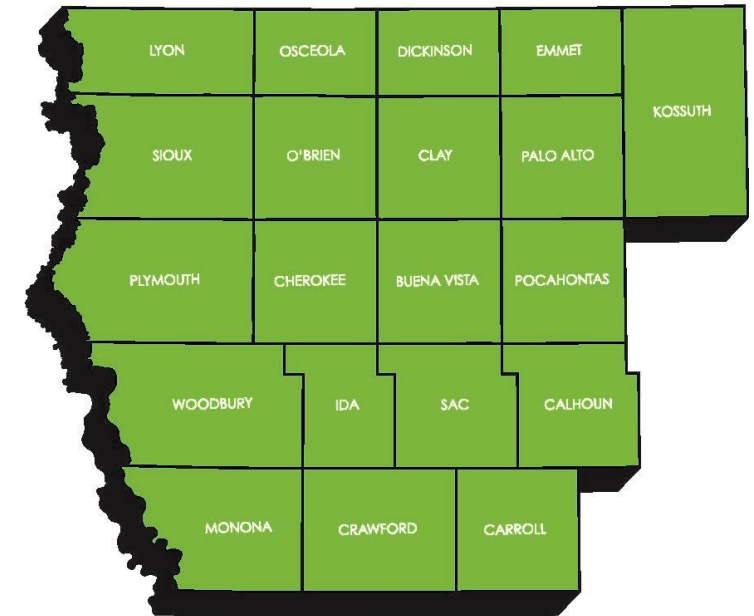
Michelle Theesfeld, LMHC
Director of School Based Services
Seasons Center for Behavioral Health

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About Seasons Center

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



Buena Vista | Calhoun | Carroll | Cherokee | Clay | Cr

Emmet | Ida | Kossuth | Lyon | Monona | O'Brien | Osceola | Palo Alto

Plymouth | Pocahontas | Sac | Sioux | Woodbury

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MISSION:

Guiding individuals and families towards a meaningful and fulfilling life.

VISION:

Best in the Midwest in Behavioral Health

VALUES:

Innovation, Impact, Influence

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Why School-Based Mental Health is Important

Collaboration

Same-page support system

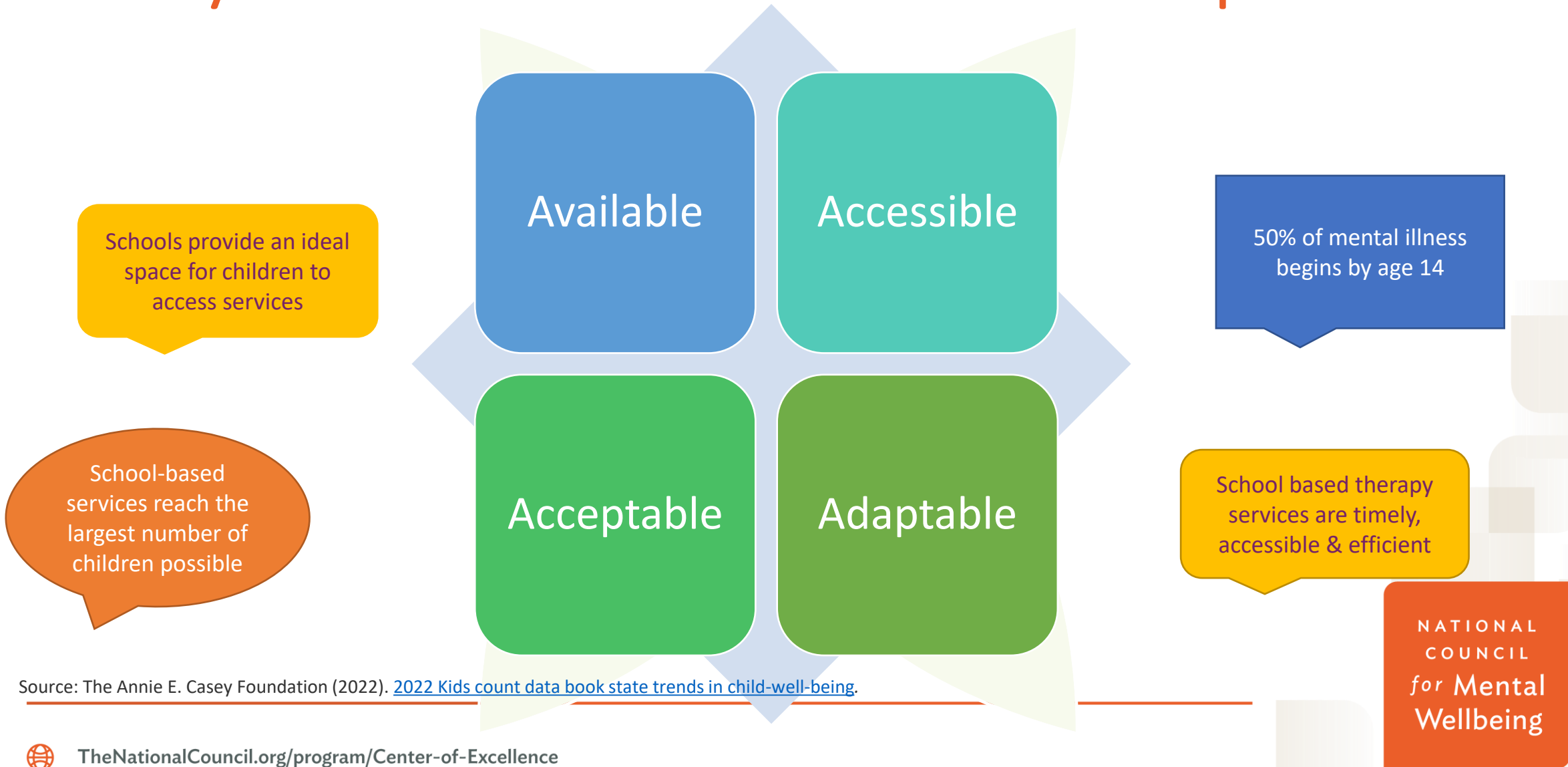
Reducing barriers and creating connections

More time spent in the school

Early identification and intervention

Prevention, Intervention, Postvention

Why School-Based Mental Health Is Important



Source: The Annie E. Casey Foundation (2022). [2022 Kids count data book state trends in child-well-being.](#)



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Forming Partnerships

Key word: PARTNERSHIPS

Integrate the team into the district

Know the community/district and their needs

Set a standard

Support students, admin, teachers, caregivers,
community

Establish systems of communication

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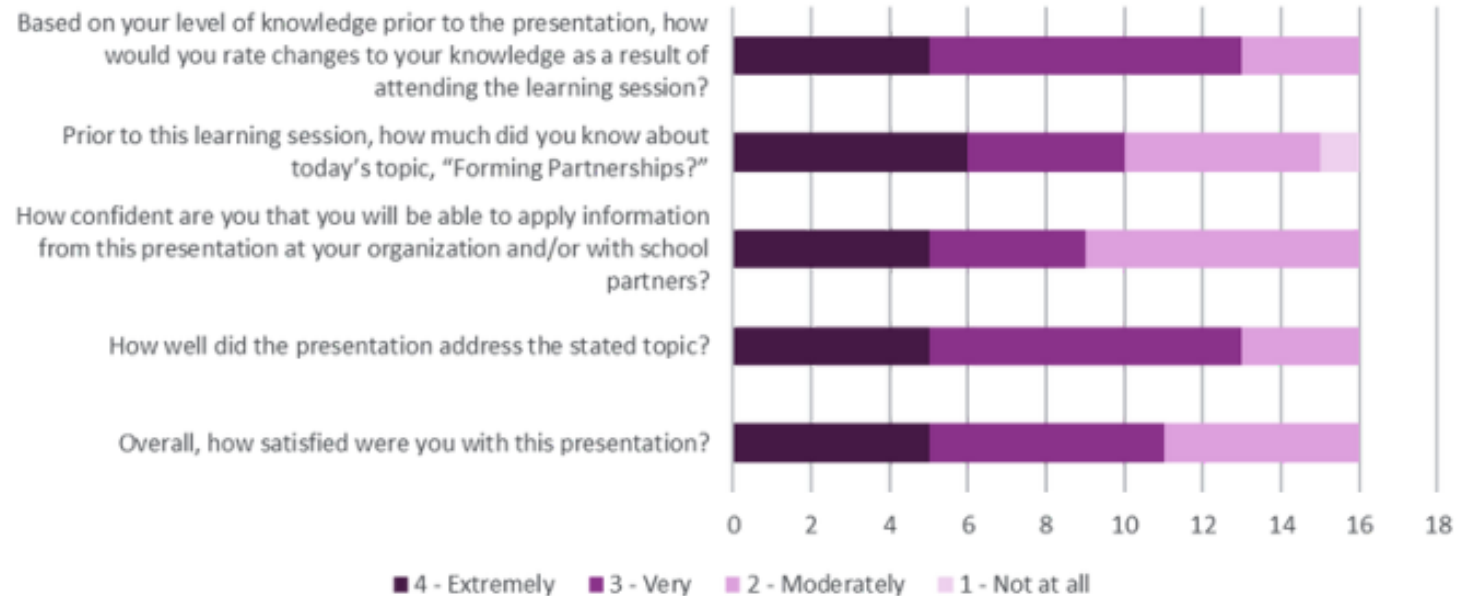
Promote Positive Healthcare Engagement

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Forming Partnerships

- Conduct a needs assessment resource map to better understand the needs in your specific community
- Recognize and build upon mutual goals
- Conduct informal internal assessments to identify strengths and areas for growth
- Formalize expectations, including establishing a Memorandum of Understanding (MOU)
- Establish clear referral process
- Meet with school staff frequently

Figure 9. Poll Results: Forming Partnerships



Source: SBHA Learning Collaborative Data Summary





School Based Mental Health Services

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Key Considerations for Partnerships

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Service

Forming
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Implementing
Services in Schools

Ongoing
Collaboration

Workforce
Development

Sustainability

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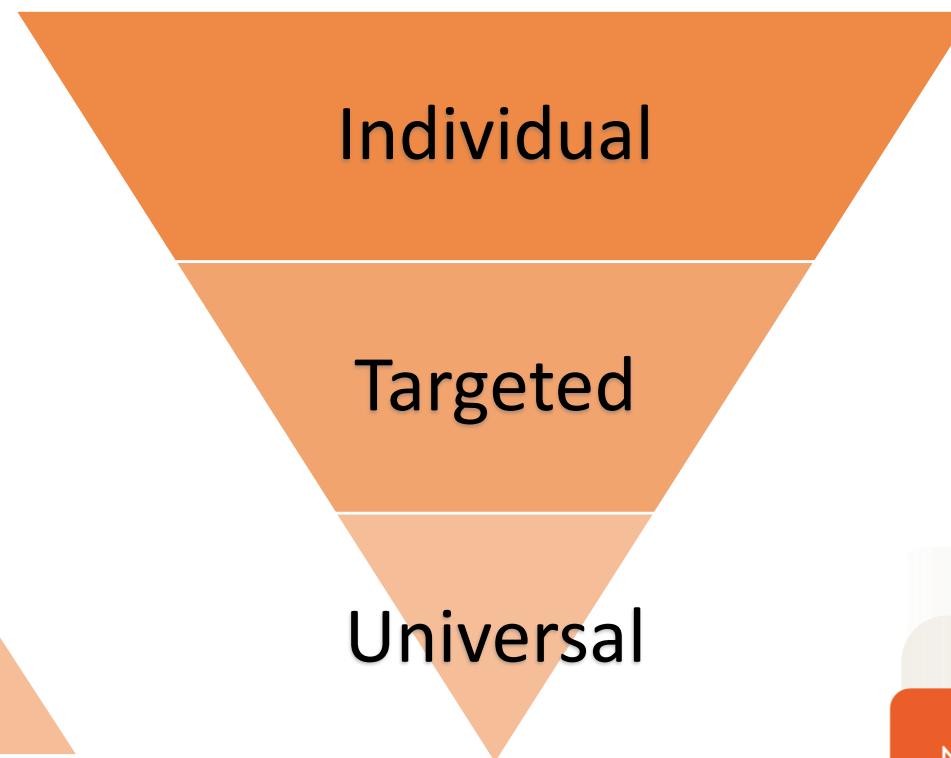
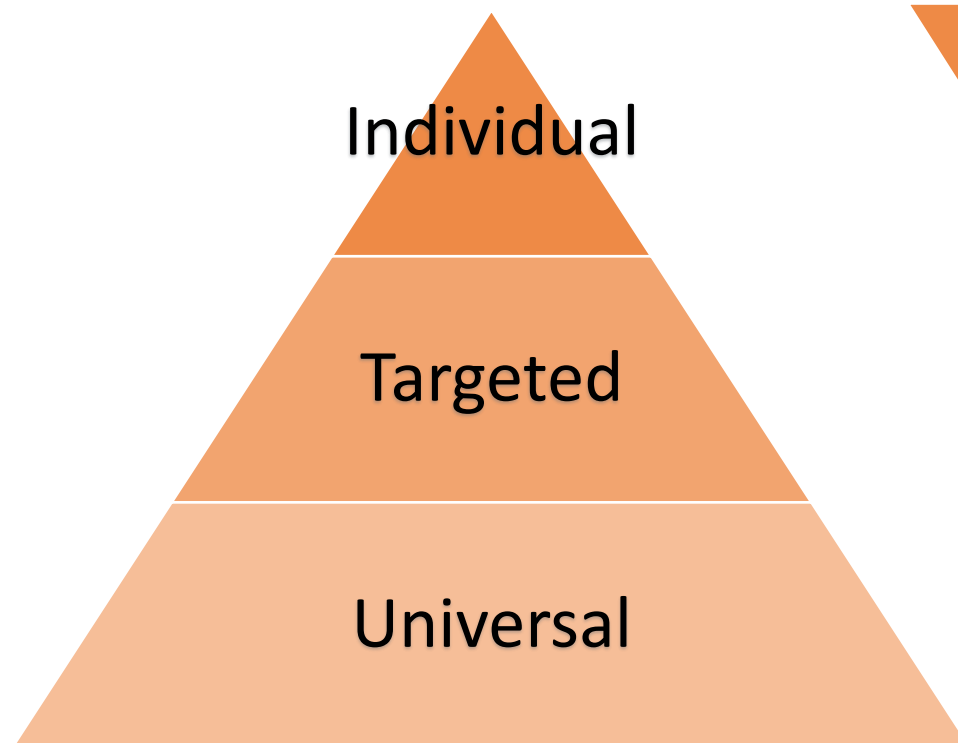
Implementing Services in Schools

- Ensure a clear understanding of services available to students, including referral process
 - Provide services at all three tiers (see next slide)
- Be a part of the school's crisis intervention team/Multi-Tiered System of Support (MTSS) team
- Schedule regular meetings/check-ins with school staff
- Implement evidence-based and culturally informed quality care
- Communicate regularly with parents
- Have a clear and mutual understanding of crisis intervention protocols for students in immediate danger to self or others

Complementary Roles & Resources

Schools

Community Partners



Source: Hoover, S., Lever, N., Sachdev, N., Bravo, N., Schlitt, J., Acosta Price, O., Sheriff, L. & Cashman, J. (2019). Advancing Comprehensive School Mental Health: Guidance From the Field. Baltimore, MD: National Center for School Mental Health. University of Maryland School of Medicine.

Key Considerations for Partnerships

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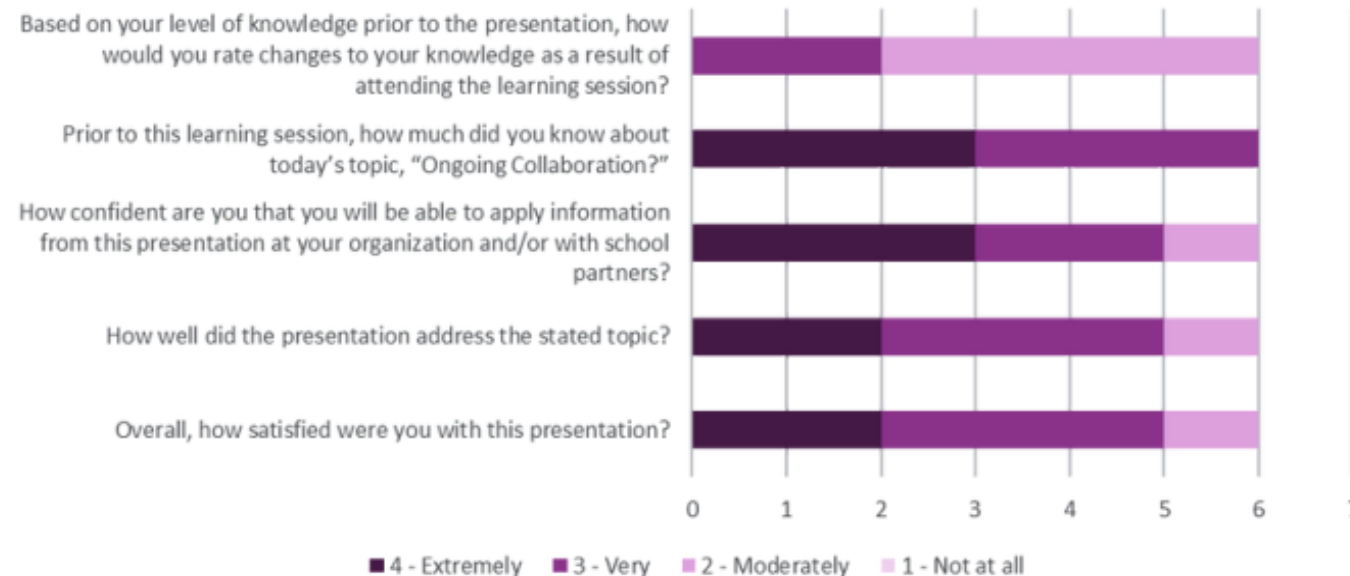
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Ongoing Collaboration & Maintaining Relationships

- Communication is KEY
 - Annual Reports can be a helpful way to communicate impact and spread the word about the partnership opportunities
- Make time to build relationships with various stakeholders within the school (not just the school mental health staff)
- Provide support to teachers and staff where possible
- Ongoing promotion of services and supports is critical due to school/district/agency turnover

Figure 14. Poll Results: Ongoing Collaboration



Key Considerations for Partnerships

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Workforce Development

- Workforce shortages are extremely prevalent in community and school-based settings
- More than 1/3 of Americans live in a designated Mental Health Professional shortage area
- Many providers are experiencing burnout, have high workloads, and are considering a change in profession due to the high demands
- Ideas for Recruitment & Retention
 - Increased pay and retention bonuses
 - Tuition reimbursement, funding for professional development
 - Free, onsite clinical supervision for licensure
 - Offer internship opportunities
 - Mentoring opportunities

For more ideas, see page 24 in the [new resource!](#)

Source: School-Based Health Alliance. 2023. [Partnering with Schools to Improve Youth Mental Health](#).



Key Considerations for Partnerships

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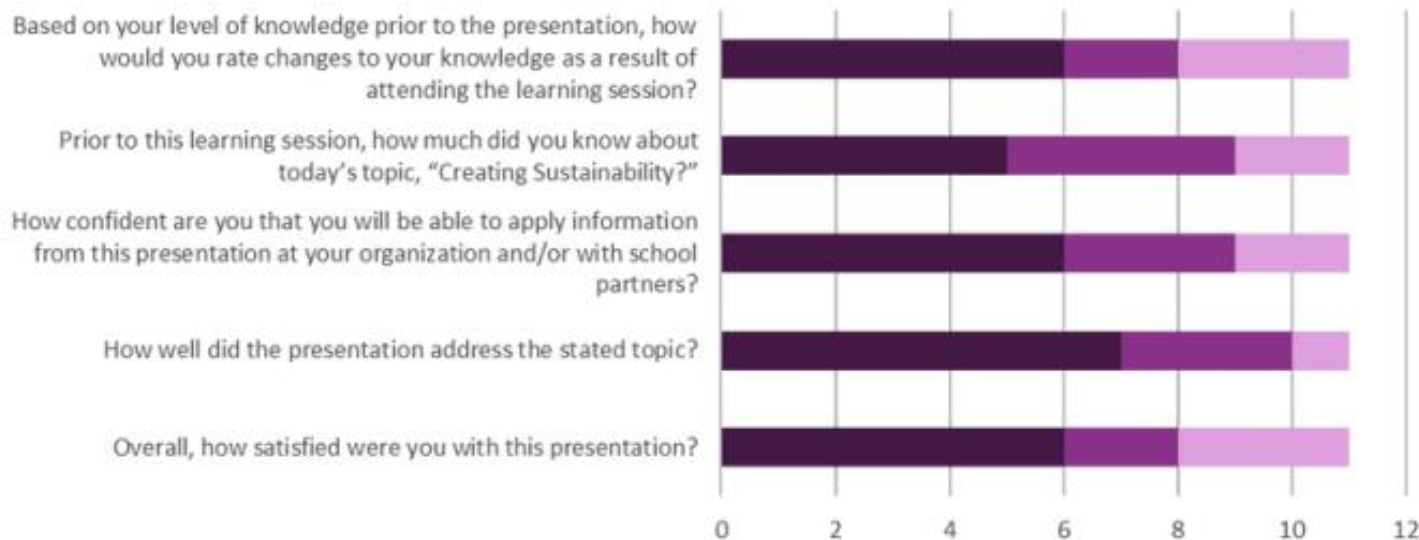


Creating Sustainability

Several options for funding sustainability:

- Billing for services and patient revenue from Medicaid or other third-party insurances
- Federal, state, local, and private foundation grants
- Direct contracts between the community mental health/substance use organization and the schools
- CCBHCs: Medicaid Demonstration Program or Independent State Adoption receives Medicaid payment through a daily or monthly clinic-specific prospective payment system.

Figure 12. Poll Results: Creating Sustainability



Strategies for Success

- Plan
- Combine funding streams
- Consider contracting as a best practice

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Contact Information



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- Centers for Disease Control and Prevention (2022). New CDC data illuminate youth mental health threats during the COVID-19 pandemic [Press release]. Retrieved from: <https://www.cdc.gov/media/releases/2022/p0331-youth-mental-health-covid-19.html>
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- U.S. Department of Health and Human Services, National Institute of Mental Health. (2021). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>
- The Community Guide (2022). Task Force Recommends School Based Health Center to Promote Health Equity. <https://www.thecommunityguide.org/news/task-force-recommends-school-based-health-centers-promote-health-equity.html>



Tools & Resources

- [Trauma-Informed, Resilience Oriented Schools Toolkit](#)
- [Consultation for Kids – Models of Psychiatric Consultation in Pediatric Primary Care](#)
- [A Guide to Building Collaborative Mental Health Care Partnerships in Pediatric Primary Care](#)
- [Pediatric Integrated Health Care Implementation Model](#)
- [Pediatric Integrated Care – Opportunities for Screening, Prevention & Intervention](#)
- [Building Integration in Pediatric Settings](#)
- [Partnering with Schools to Improve Youth Mental Health](#)
- [School-Based Screening, Brief Intervention, and Referral to Treatment: An Implementation Playbook](#)
- [School-Based SBIRT Process Evaluation Final Report](#)
- [Expanding Substance Use Prevention and Early Intervention in Schools: A Toolkit](#)





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QUESTIONS?

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Upcoming Events



Oct.

18

from 11-12pm ET

CoE-IHS EIA:
Integrated Care
Approaches to
Latinx Traditional
Healing in End-of-
Life Care

[Register Here](#)

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Relias On-Demand Training

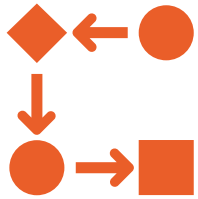
[Learn More](#)

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CHAT WITH AN EXPERT!

Schedule a free call with an integrated care expert to discuss:



**Implementing
Models of
Integrated Care**



**Health Equity
through Integrated
Care**



**Population Health
in Integrated Care**



**Workforce
Development**



**Integrated Care
Financing &
Operations**

Diversity, Equity and Inclusion

Ongoing Impacts of COVID-19 Pandemic

Submit a Request!

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

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