

USD497

Mental Health Services

Jose Cornejo
Mental Health Facilitator

Kevin Harrell
Director, Student Services

Excellence, Equity & Engagement



Student Services



System of Support

Teaching & Learning



What is School Mental Health?

School Mental Health refers to the continuum of supports for school-age children integrated throughout the school district. Interventions include practices to address the emotional well-being to significant student mental health challenges to improve engagement and academic success. School Mental Health addresses all aspects of social-emotional development of students, including wellness, mental health, substance abuse and effects of adverse childhood experiences.

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Need for School Mental Health

According to the American Psychological Association, less than half of children with mental health challenges get treatment, services or support. Yet, research increasingly reveals the connection between social-emotional development, mental health and academic achievement.

(American Academy of Pediatrics)

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Benefits of School Mental Health

Creates efficiency and coordination of services among school mental health professionals and community service providers;

Provide social and emotional supports through building Mental Health Teams and Student Services;

Early identification of mental health or social emotional challenges through a referral process that all building staff have access to;

Provide better access to services, including services provided by the Bert Nash WRAP Program for students with serious emotional or behavioral challenges;

Crisis Intervention supports;

Reduce the stigma associated with mental health treatment by informing students of services available in the school and community;

Prevention education for all students using the Ci3T model and Social Skills curriculum (Positive Action & Connect with Kids) aligned with the States SECD Outcomes: Social Development, Character Development & Personal Development

Tiered System of Supports

Tier III
Individual Interventions, Individual meetings with School Counselor, Social Worker, Referral to WRAP, Collaboration with Family & Community Provider

Tier III
FEW

Tier II
SOME

Effective Individual & Group Interventions
Co-Planning Strategies with Student, Teacher, Family & Community Providers

Tier I
ALL

Positive Action, Connect with Kids
Relationship Building, Mental Health & Wellness
Prevention Education

Academic

Behavioral

Social

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Primary Tier Preventative

Educational & Mental Health Services

- Social Skills Curriculum – Positive Action & Connect with Kids
- Prevention Education – stress management & coping strategies
- Physical Education/Health Curriculum
- Bully Prevention Plans
- School-wide Positive Behavior Intervention Supports (PBIS)
- Building Suicide Prevention Plans

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Second Tier – Early Intervention

Counseling, Educational, Psychological & Social Services

- Small Group Skill Development & Counseling
- Crisis Response Consultation
- Positive Behavior Supports & Intervention Plans
- Student Improvement & Support Teams
- Building Based Mental Health Teams
- Referrals and Links to community agencies
- Parent Consultation

Tier Three – Sustained Interventions

Counseling, Educational, Psychological and Social Services

- Individualized Positive Behavior, Health and Discipline Plans
- Suicide Assessment / Prevention Procedures
- School, Staff and Family Consultation
- Individual counseling
- Resource Acquisition Support for student and family
- Agency Collaboration
- Crisis Support Team Direct Response
- Special Education programming
- WRAP Program

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District Service Providers

- Administrators, Educators and Support Staff
- School Counselors
- Parent Facilitators
- School Nurses
- School Psychologists
- School Social Workers
- Crisis Response Teams
- WRAP Social Workers (LHS, FSHS, Middle Schools, New York & Sunflower, Woodlawn & Pinckney, Kennedy & Prairie Park)

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District Collaboration with Community Services

- Bert Nash
- Marillac
- DCF
- Heartland Behavioral Health Service
- Two Rivers Behavioral Health System
- Private Mental Health Providers
- KU Child & Family Clinic
- Headquarters
- KVC
- The Care Center
- Heartland
- Local Shelters
- Court Services

District Plans

- Imminent Danger Protocols
- Mental Health Reintegration Plan
- Mental Health Referral Process
- District Mental Health Feedback from Staff
- Anxiety Curriculum – Developed by KU Child & Family Clinic
- Elementary Tier II Interventions

Current Staffing FTE

- Elementary – 20.5
 - ⑩ Counselors; Mental Health Support Professionals
 - ⑩ Special Education Social Workers & School Psychologists
- Middle School – 12.5*
 - ⑩ Counselors; Mental Health Support Professionals
 - ⑩ Special Education Social Workers & School Psychologists
 - ⑩ WRAP Social Workers
- High Schools – 14.4*
 - ⑩ Counselors; MHSP
 - ⑩ Special Education Social Workers & School Psychologists
 - ⑩ General Education Social Worker
 - ⑩ WRAP Social Workers

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Continuing Challenges

- Access to Community Mental Health Services
- Student's presenting more serious and intense needs
- Transient & Homeless students
- Systems Navigation & Collaboration
- Ci3T Implementation with Fidelity
- Keeping the focus on the whole child

Thinking Ahead

- Systematic and consistent mental health interventions
- Mental Health services
 - ⑩ Staffing
 - ⑩ Increase Tier 2 & Tier 3 programming
- Continue expanding Professional Development for District Mental Health Professionals
- Increase access & time for group and individual counseling
- Consistent structure and time for SST, and Mental health teams.
- Parent Education Opportunities

Professional Development

- Anxiety Training
- Trauma Informed Care & Trauma Sensitive Schools
- Yellow Ribbon Suicide Prevention
- Youth Mental Health First Aid
- Question, Persuade & Refer (QPR)
- Human & Sexual Trafficking
- Darkness to Light – Sexual Abuse Training
- Mandatory Reporting
- Managing Acting Out Behaviors

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