SDW School-Based Mental Health Services

SCHOOL DISTRICT OF WAUKESHA

Providing

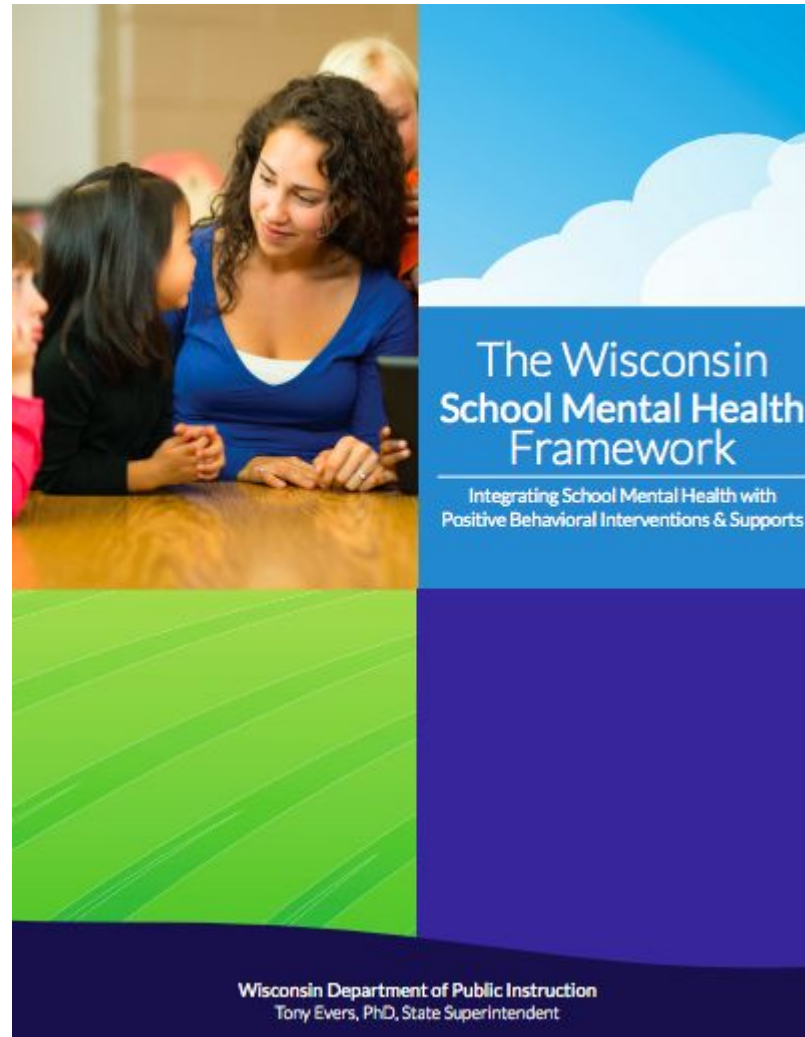**A**ccess

To

Healing

Luke Pinion
Director of Student Services

CAFSAC Presentation
3/17/22

The Why?

- Increasing student mental health needs

- Removing barriers to treatment

- Unmet needs

- Increasing access to treatment

- School capacity

- DPI School Mental Health Framework

1 out of 5 children has a diagnosable mental health disorder

The Wisconsin School Mental Health Framework
Integrating School Mental Health with Positive Behavioral Interventions & Supports

Wisconsin Department of Public Instruction
Tony Evers, PhD, State Superintendent

Our PATH Community Partner & Provider

family
service
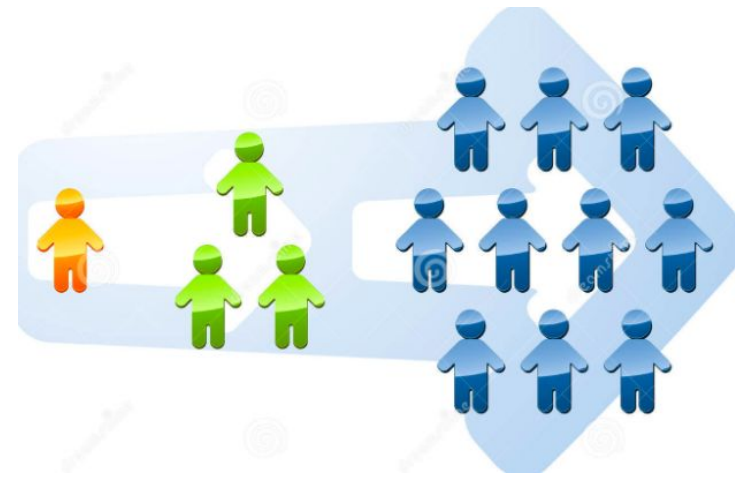
counseling • support • compassion

History of PATH

- Origins
  - Conversation began over 10 years ago
  - RFPs were accepted from non-profit organizations in Waukesha County
  - Whittier - 2011-2012 school year
  - Horning - 2014-2015 school year
- Billable model
- Started with a limited number of seats at each school
  - Grew within each school in subsequent years
- Adhere to legal, ethical and confidentiality guidelines & requirements
  - HIPPA - medical/mental health privacy laws
  - FERPA - school privacy requirements
- Grant-funded supplemental services
  - Began in 2017-2018

PATH Expansion in SDW

- **17-18**
  - Onboarded third SDW school to PATH at this time (Banting)
  - United Way - Helping Kids Success (HKS) Grant
    - South, Hadfield, and Blair
- **18-19**
  - The DPI School Mental Health Grant was applied for and awarded
    - Hawthorne, Prairie, Heyer, Lowell, & Bethesda
  - HKS Grant continued
- **19-20**
  - DPI grant awarded
  - Rose Glen, Randall STEM, Summit View, Meadowbrook, & Hillcrest
  - HKS Grant continued - East Alternative brought on (Blair closed)
- **20-21**
  - DPI grant awarded
  - Les Paul, Butler, Saratoga STEM, North, & West
  - HKS Grant continues
  - PATH Coordinator (Mary Green, School Social Worker)

- **22-23**
  - DPI grant awarded
  - HKS Grant Expanded/Renamed
    - "Partnership Schools"
  - Added 2 Mental Health Navigator positions

Helping Kids Succeed / Partnership Schools
United Way Grant

- 50% or more free/reduced lunch population required
- Substantially increases the reach of our community mental health providers and added a mental health navigator
  - Not limited to face-to-face therapy
  - Attend school problem solving meetings
  - Consultations
  - Parent, student, and staff training
  - Mental health awareness, advocacy, & navigation
- HKS Aims to Increase
  - **Student achievement and readiness**
  - Family stability and empowerment
  - Educator effectiveness and retention
  - Community awareness and engagement

DPI School Mental Health Grant

- Fourth consecutive year of receiving funds
- WI: $3.25 million (18-19), $6.5 million/year (19-21+)
  - 2-year grant cycle started in 2019
- $75,000 per district maximum per year
- Highly Competitive
- Requirements
  - Initiate or expand collaboration with a community mental health partner (CMHP)
  - Collaboration between the school mental health providers (school psychologists, social workers, counselors) and CMHPs
- SDW focus: Expansion of PATH with sustainability plan
  - Year 1: Establish relationships, build readiness and knowledge
  - Year 2: Billable PATH

DPI School Mental Health Grant

- Additional Services of the CMHP
  - Mental health navigation
  - Mental health information/training for students & parents
    - Classroom Presentations
    - Parent nights/events
    - Classroom presentations
  - School consultations
  - Problem-solving team meetings
  - Small group facilitation
- 3-year staff training series on trauma-informed care and mental health
    - 3 hours of content every year
- Second Step (SEL) Kits Purchased in Year 1 for elementary

Grant Funds Awarded for Mental Health 5-Year Total

$500,000

Outcome Measures

- Increasing student access to treatment is our #1 goal and outcome measure
  - **Capacity of over 115 students to receive in-school therapy**
- HKS Outcome Measures
  - Percent and number of children who displayed signs of developmental improvement in...
    - Communication skills
    - Social skills
    - Self-regulation of emotions
    - & those who maintained appropriate behavior or improved behavior at school
  - **100% of students reported increases in resiliency measures according to UW data**

Outcome Measures

- The DPI Grant Outcome Measures*
  - Total number of student contacts by CMHP and SMHP at each site
    - **384**
  - Total number of formal referrals made to mental health providers for treatment
    - **112 school-based (PATH)**
    - **27 external referrals**
- We also measure*
  - Students in CMHP/SMHP small groups
    - **68**
  - Students receiving classroom presentations
    - **297**

*Data as of 4/1/21

Trauma-Informed Care & Mental Health Staff Training (3-Year Series)

- 2018-2019
  - Adverse Childhood Experiences (ACES
  - Understanding Student Dysregulation/Behaviors
  - Building Connections & Compassion Fatigue
  - Regulation & the Classroom
  - Perspective & Resilience
  - Caregiver Capacity
- 2019-2020
  - Trauma Overview
  - Regulation & SEL
  - Supporting Anxiety & Depression
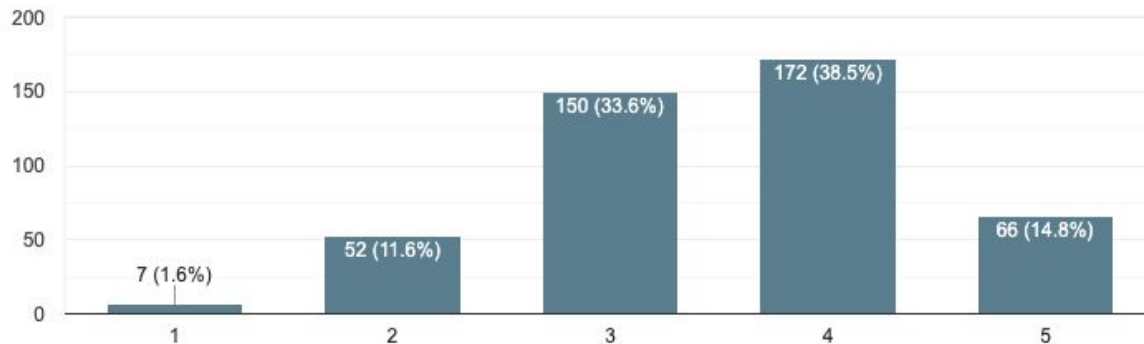 - Review & Putting it all Together

- 2020-2021
  - Mental Health First Response
  - Building Relationships & Addressing Grief
  - Anxiety & Stress Management

PRIOR TO attending the SDW Trauma-Sensitive/ Mental Health training(s), my knowledge and confidence in supporting student behaviors and emotional needs was:
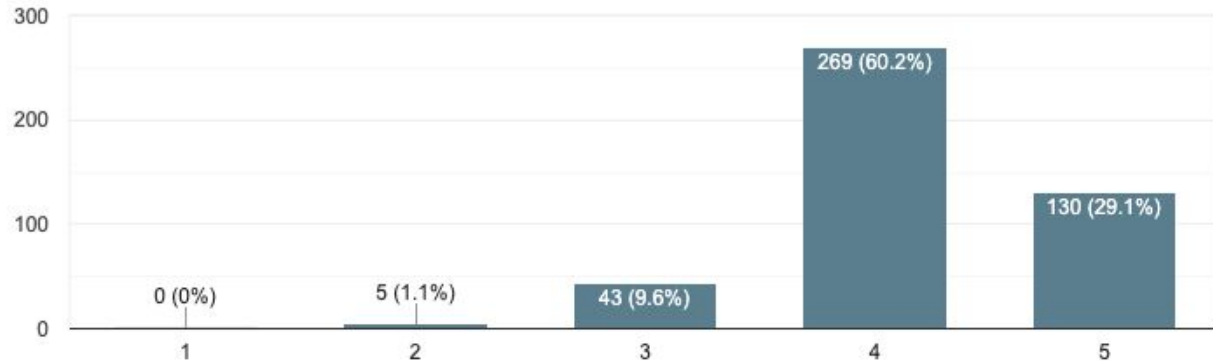
447 responses

- 1: 7 (1.6%)
- 2: 52 (11.6%)
- 3: 150 (33.6%)
- 4: 172 (38.5%)
- 5: 66 (14.8%)

"I feel that these trainings have been very helpful in giving me knowledge and understanding in how students are thinking and feeling. I also appreciate that strategies are shared which I can use with my students."

Since completing the SDW Trauma-Sensitive/ Mental Health training(s), my knowledge and confidence in supporting student behaviors and emotional needs is:
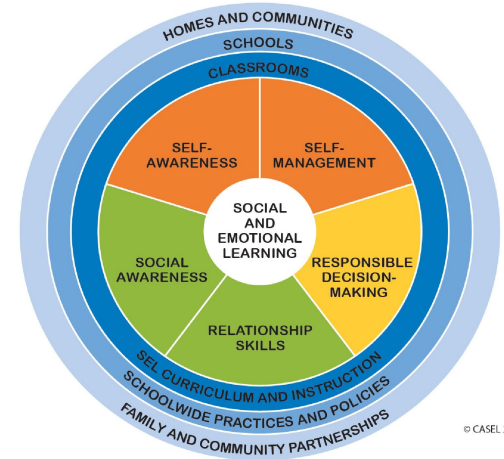
447 responses

- 1: 0 (0%)
- 2: 5 (1.1%)
- 3: 43 (9.6%)
- 4: 269 (60.2%)
- 5: 130 (29.1%)

"This PD was some of the best PD offered by the district because of the consistency across the district. It provided a systematic way for all teachers to receive the same information. I think that PD like this should be continued."

Other Areas Supporting Mental Health

- SEL (Social-Emotional Learning)
  - Second Step 4K-8
  - Character Strong Pilot currently in 9th grade
- ATODA Supports & Services (Alcohol, Tobacco, and Other Drug Abuse)
  - Substance Use Prevention Committee, Peers for Peers, Too Good for Drugs, Prime for Life, Elementary AODA grant programming
- Suicide Prevention and Intervention
- Student Services Support
  - Universal (Tier 1), Selected (Tier 2), Intensive (Tier 3)
  - 20 School Counselors
  - 18 School Psychologists
  - 10 School Social Workers
- SST (Student Services Team Meetings)
- PST (Problem Solving Team Meetings)
- YRBS - Data Source

[SDW Continuum of Mental Health Supports](#)

*Pathways of support and specific interventions used across our system

New as of December 2021!

care solace

Calming the Chaos of Mental Health Care

Where are we going?

- Maintain current grants
- $165,000 recently awarded for mental health
  - Must be spent down by 2024
- Fill unfilled mental health navigator position
  - Focus on supporting eAchieve & Hispanic students/families
- Continue integration with student services supports and school systems

What questions do you have for us?