Trauma & Mental Health: Responding to Student & Staff Needs

COVID-19 Listening & Learning Session

Friday, September 11, 2020 9:00 AM to 10:00 AM
Show-Me School-Based Health Alliance of MO

Mission: We support communities in building and sustaining quality school-based health programs.

Access to Resources & Best Practices

Target Audience
School districts, community stakeholders, and the healthcare providers that serve them.

Advocacy & Coalition Building

Peer-to-Peer Networking Across MO Programs

Data Collection & Evaluation

Technical Assistance

Training & Education
THE BIG SIX

The Show-Me School-Based Health Alliance has expanded the types of school-based health programs to represent the six types of programs that exist in districts throughout Missouri.

1. Comprehensive School-Based Health Center
Comprehensive School-Based Health Centers are a partnership between schools and community health organizations that deliver primary health care, behavioral/mental health care, oral care, and vision care coordinated by the center—even if they are delivered by different providers.

2. School-Based Health Center
School-Based Health Center (SBHC) programs are partnerships between schools and community health organizations that deliver primary health care, at minimum, through a fixed site on a school campus.

3. School-Linked Health Care
School-Linked Health Care programs are linked with schools to coordinate and provide health care for students. Services are delivered off campus through a fixed site near the school.

4. School-Based Mental Health Program
School-based mental health programs are partnerships similar to SBHCs but only provide behavioral/mental health.

5. Mobile Health Care
Mobile Health Care programs are without a fixed site that rotate a health care team through a number of schools, including mobile van/bus/clinic on wheels that parks on or near school property/campus.

6. Telehealth
Telehealth programs deliver 100% of school-based health care services using telemedicine technology.
Welcome!

ACCESS Family Care
BJC HealthCare
Cerner
Children’s Mercy
Clarity Healthcare
Clay County HD
Complete Family Medicine
Comtrean
Great Mines Health Center
Healthy Nevada
HCC of Rural Missouri
Katy Trail Community Health
LevelUP Kids, Inc.
Missouri Highlands
Polk County Health Center
ReDiscover
St. Louis Children’s Hospital
Samuel U. Rodgers Health Center
Synergy
Affton School District
Belton School District #124
Brentwood School District
Buder Elementary
Confluence Charter Schools
Crawford County R-II
Ferguson-Florrisant
Francis Howell School District
Fulton Public Schools
Jennings School District
Kansas City Public Schools
KIPP St. Louis Public Schools
Kirkwood School District
Lafayette Prep Academy
La Salle Middle School
Lee’s Summit R-7
Leesville School District
Marian Middle School
Mexico Public Schools
Osage County R-III
Parkway School District
Premier Charter School
Raymore Peculiar School District
Republic R-III
Richmond School
Ritenour School District
Rockwood School District
St. Francis Borgia Grade School
St. Louis Language Immersion School
The Biome School
The Soulard School
UMSL Sponsored Charter Schools
Wright City School District
Boone County Schools Mental Health Coalition
Great Circle
Legal Services of Eastern Missouri
Lutheran Family & Children’s Service
Mindoula Health
Missouri Association of School Nurses
Missouri Foundation for Health
Missouri School Counselor Association
MO DHSS
MO DSS
MO PTA
MO State Board of Nursing
MU Extension
Oregon Health Authority
Washington University in St. Louis
United Healthcare
Overview for Today’s Session

• 2020/2021 back-to-school updates

• Dr. Terry Harris, EdD, Executive Director of Student Services, Rockwood School District

• LouAnn Tanner-Jones, Ph.D., NCSP, Director, Boone County Schools Mental Health Coalition

• Q&A & resources
2020/2021 School-Based Health Program Operations

- Closed to students/community because school building will remain closed; some moving to telehealth operations
- Open to combination of staff/students/community even though school building will remain closed
- Open with significant changes to operations, especially for mobile programs (e.g., oral health, vision, & screening programs)
Role of SBH Programs to Support School Reopening

- Closing the immunization gap critical to re-opening schools
- Providing COVID testing if approved (or any other diagnostic testing)
- Supporting tracking cases & quarantine efforts to reduce exposure & spread
- Providing preventative & urgent care & behavioral/mental health services to address gaps & reduce ED visits
- Providing medical supplies (i.e. PPEs, thermometers, etc.) that schools/school nurses may not be able to access
- Supporting the establishment of school cleaning & sanitizing procedures
- Educating staff on the symptoms of COVID-19, helping to establish protocols for screening & assessing symptoms & providing basic health education
Dr. Terry Harris, EdD, Executive Director of Student Services, Rockwood School District
Dr. Lou Ann Tanner-Jones, Ph.D., NCSP, Director, Boone County Schools Mental Health Coalition
Boone County Schools Mental Health Coalition

Cultivating Social and Emotional Health

Lou Ann Tanner-Jones, Ph.D., NCSP. BCSMHC Director
Mission of Coalition

• To promote a coordinated, multidisciplinary, collaborative initiative through:
  
  • Implementation of a scientifically-based model of prevention and intervention
  • Reduction of contextual risk factors and promotion of existing protective factors
  • Providing access for in-risk youth and their families to comprehensive mental health assessment and wraparound case management services.
Coalition Initiatives

• Development and implementation of a county-wide screening protocol to assess risk and protective factors that are predictive of poor school, mental and life course outcomes

• Providing professional development in evidence based practices to school personnel in Boone County.

• Supporting school-based teams as they implement evidence-based programs with at-risk and in-risk youth

• Improvement and coordination of information and services for at-risk youth and their families

• Development and implementation of child-centered and family-based wrap-around service plans for in-risk youth
Sales Tax
1/4 cent sales tax in Boone County was approved.

Tax was initially estimated to raise approximately $5-6 million per year to support mental health in Boone County.

Coalition Formed
Boone County superintendents and the University of Missouri formed the Coalition to provide coordinated mental health services in all Boone County schools.

Grant Awarded
The Coalition received a grant from the Children’s Services Board of Boone County to support and implement evidence-based mental health programs with school-age youth.

Programs Piloted
Coalition work and professional development for staff were piloted to begin to support mental health needs in schools.

Full Project Begins
Regional Coordinators begin work in all Boone County Schools.

Coalition Timeline
Early Identification System (EIS)

All students

- Teacher (K-12th) Checklist
- Youth (3rd-12th) Checklist

Students with elevated score(s)

Additional Assessments to Confirm Risk

Identified students

Problem Solving Team determines, delivers, and monitors progress of interventions
Overview of EIS

• Screening conducted according to school plan (2x or 3x) per year for all students
  • Teacher Report (K-12)
  • Student Self-Report (3rd-12th)
  • We are also using the Teacher report in ECSE and other early childhood settings in Columbia

• Items consist of *early risk indicators* of mental health problems

• Feasible and quick
  • Brief (10-15 minutes per classroom)

• Student checklist takes an average of about 10 minutes
Areas of Risk

- Attention & Academic Competence
- Social Skills & Peer Relations
- Internalizing Behavior
- Self-Regulating Externalizing Behavior
- School Engagement (student only)
- General Risk Indicator
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<th>Behavior</th>
<th>Destyn Collins</th>
<th>Akiniliee Foss</th>
<th>TaKlyy Griffin</th>
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Student Checklist Sample Items

• I have a hard time asking for help
• In the past month, I felt like I did not matter
• I feel left out by others
• I try hard to get good grades on my work
• I have a hard time controlling my temper
• I look forward to learning new things at school

• Indicate how often, in past month
  • never, sometimes, often always
Data are Available at Various Levels

- County
- District
- Building
- Classroom
- Student
In Collaboration with Schools

Implement and Monitor Supports

Databased Decision Making

Determine Appropriate Supports
Problem Solving Team (PST)

• Assist in the development of a teaming process to ‘problem solve’ identified risk

• Checklist reports help to identify which students should be discussed at PST meetings
  • Offer proactive and preventative problem solving
  • Team of educators including outside regional coordinator perspective
Evidence Based Interventions

• We use primarily manualized curricula and implement our interventions using pre-post assessments, progress monitoring and checks on the fidelity of implementation.

• We review data and revise plans with school teams on an ongoing basis to improve interventions and help students succeed.
Family-led Wraparound Process

- This standing committee has existed in Boone County for many years.
- Community providers and governmentally funded programs attend one afternoon each week.
- Originally designed to connect families to community providers.
  - Changed to define and eliminate barriers to accessing mental health supports and supporting the family as they make connections.
- Now is a coordination approach, led by family needs as assessed through the use of a Top Problems assessment.
- Periodic follow up and casemanagement until the family makes a meaningful connection to a community provider.
Examples of Recent Professional Development

• Trauma Informed Approaches to Helping Students Return to School after COVID
• Child Abuse and Neglect in the time of COVID
• Mental Health 101
• Executive Functioning
• Suicide Risk Assessment
• Non-suicidal self injury
• De-escalation strategies
• Mental Health Literacy for Paraprofessionals
For More Information

• If you would like more/detailed information about our Coalition, please feel free to contact me:

• Lou Ann Tanner-Jones, Ph.D., NCSP
  • Director, BCSMHC
  • Assistant Clinical Professor, Dept of Educational, School and Counseling Psychology
  • Hill Hall Annex #19
  • University of MO 65211
  • tannerjonesl@umsystem.edu
Missouri Prevention Science Institute

- http://moprevention.org/
Boone County MO Children’s Services Fund

- https://www.showmeboone.com/community-services/children/
National Center for Rural School Mental Health

• [https://www.ruralsmh.com/](https://www.ruralsmh.com/)

• Funded by the Institute for Education Sciences (IES)

• This $10 million project takes the model we designed in Boone County to 110 rural schools in VA, MT and MO

• We will be looking for schools next year who may want to test out the full EIS model.

• If interested in getting involved next year, contact Lou Ann with a contact person we could reach out to later this year.
Questions?

Find More About Us

Visit us at www.BCschoolsMH.org

Instagram: BCSMHC

Follow Us @BCschoolsMH
Additional Resources

• **Whole School, Whole Community, Whole Child (WSCC): Conversation to Action** – EducationPlus & Missouri Healthy Schools – Thursday, Sept. 17 9:00 am – 10:30 am

• **Back to School Behaviors** – Heartland Telehealth Resource Center – Monday, Sept. 14 12:00 pm – 1:00 pm

• **Building Equitable Learning Environments in Crisis Mode** - Collaborative for Academic, Social, and Emotional Learning (CASEL) – Friday, Sept. 18 12:00 pm - 1:00 pm

• **Training, Education, and Mental Health Supports** - Mental Health First Aid Training - Missouri Institute of Mental Health (MIMH)
Additional Resources

- MOSBHA Calls for Heightened Awareness & Prioritization of Student Mental Health

- Back to School After COVID-19 from SAMHSA & MHTTC – toolkit w/ recommendations for adopting a trauma-informed, equitable, and compassionate lens to providing mental health supports

- One for All Missouri Back to School Resources – activities & resources for parents/students & teachers/educators

- Professional Development Opportunities from MU Extension
MOSBHA Listening & Learning Sessions

• Beginning of School Year: Operational Changes & Ongoing Student Needs
  • Friday, September 25 | 9:00 am to 10:00 am | Registration Link

Kindly complete today’s evaluation here!
Resources

National School-Based Health Alliance
www.sbh4all.org

Show-Me School-Based Health Alliance of MO
www.moschoolhealth.org
800-807-8494
info@MOschoolhealth.org
@MOSchoolHealth
Twitter | Facebook | LinkedIn

MOSBHA Staff
Molly Ticknor, Executive Director
mticknor@moschoolhealth.org

Molly Imming, Training & TA Manager
mimming@moschoolhealth.org

Rachel Barth, Evaluation Coordinator
rbarth@wustl.edu
Thank you to those whose financial and in-kind contributions support our efforts!

Interco Charitable Trust

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George Warren Brown School of Social Work

Missouri School Boards’ Association

Missouri Foundation for Health

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