Creating Student Assistance Programs at Your School

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www.schoolhealthcenters.org

Webinar Housekeeping

- Everyone is in "listen-only" mode.

- Two listen options: phone or web (phone tends to be better!)

- Call in #: 415-655-0003, Access Code: 669148481

- Type questions in the sidebar to the right and there will be time for questions at the end.

- The webinar is being recorded.

- The powerpoint and supporting materials will be emailed to you and available on our website.

About California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*, and
- Schools should have the services needed to ensure that poor health is not a barrier to learning
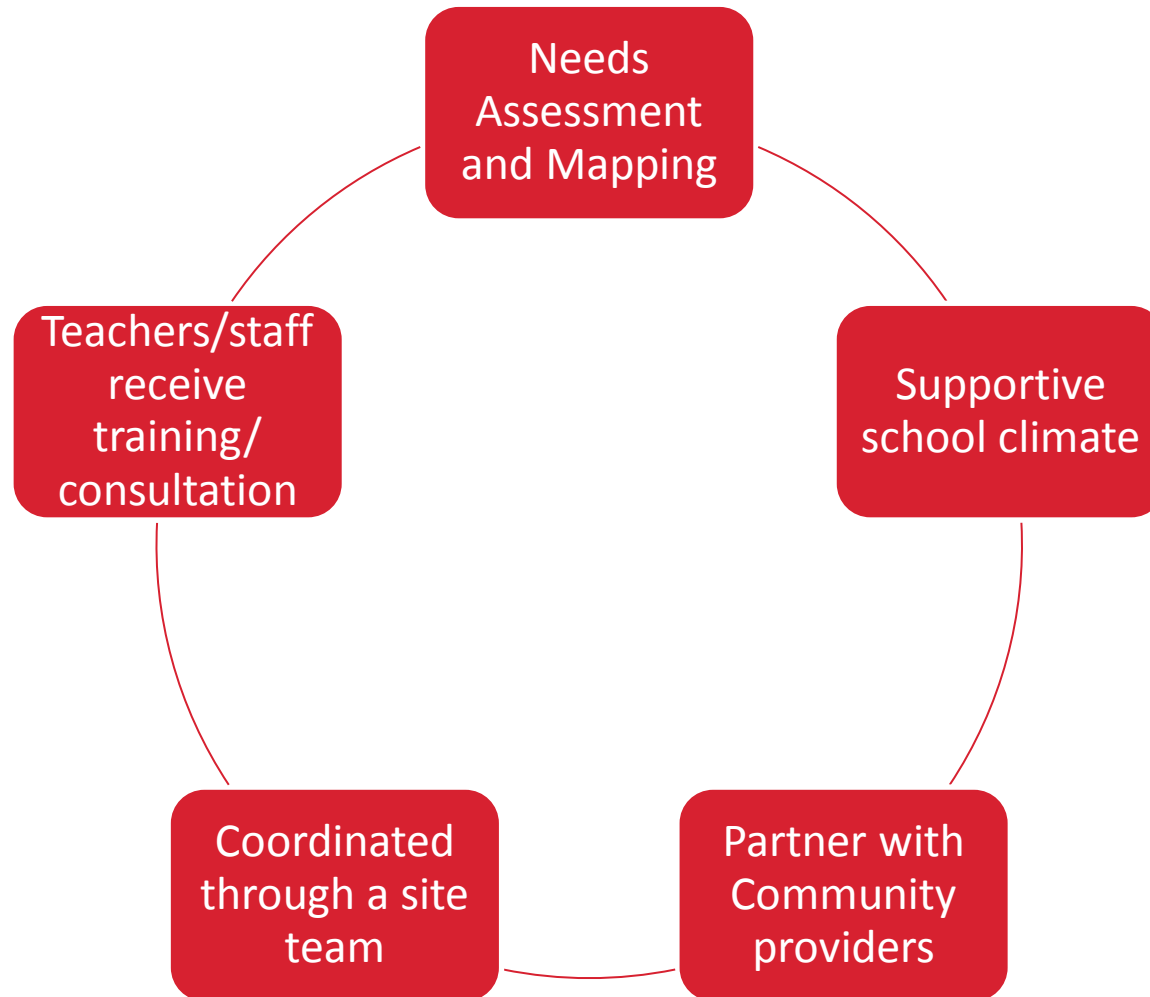
Objectives

1. Review benefits of implementing school-based mental health services.

2. Learn about Student Assistance Programs (SAP) as a way to coordinate mental health services on school campuses.

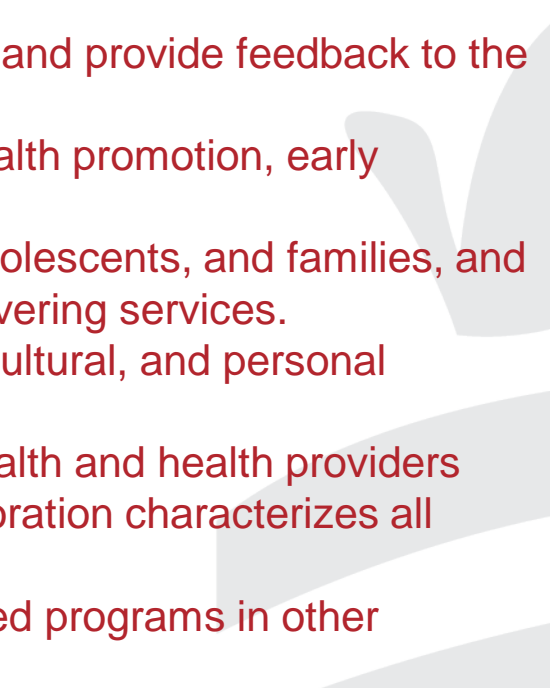3. Identify strategies and best practices for SAP employed by the San Francisco Unified School District.

Principles to guide
school mental health programs

Principles for Expanded School Mental Health
Center for Mental Health in Schools, University of Maryland

1: All youth and families are able to access appropriate care regardless of their ability to pay.

2: Programs are implemented to address needs and strengthen assets for students, families, schools, and communities.

3: Programs and services focus on reducing barriers to development and learning, are student and family friendly, and are based on evidence of positive impact.

4: Students, families, teachers and other important groups are actively involved in the program's development, oversight, evaluation, and continuous improvement.

5: Quality assessment and improvement activities continually guide and provide feedback to the program.

6: A continuum of care is provided, including school-wide mental health promotion, early intervention, and treatment.

7: Staff hold to high ethical standards, are committed to children, adolescents, and families, and display an energetic, flexible, responsive, and proactive style in delivering services.

8: Staff are respectful of and competently address developmental, cultural, and personal differences among students, families, and staff.

9: Staff build and maintain strong relationships with other mental health and health providers and educators in the school, and a theme of interdisciplinary collaboration characterizes all efforts.

10: Mental health programs in the school are coordinated with related programs in other community settings.

- Mental health programs and services are responsive to the needs identified in your school community.

- Mental health services are built from a positive school climate and delivered in a tiered intervention framework.

- Mental health services are leveraged through strong school staff and community provider partnerships.

- Mental health training and consultation is offered to teachers, administrators, and other school staff.

Mental health services are coordinated through a school-site team:

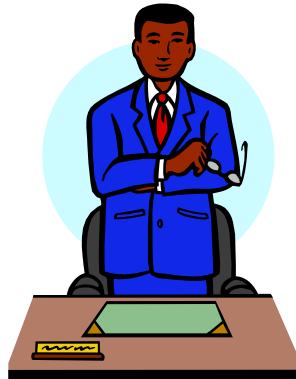COST...MDT...SST...SAP
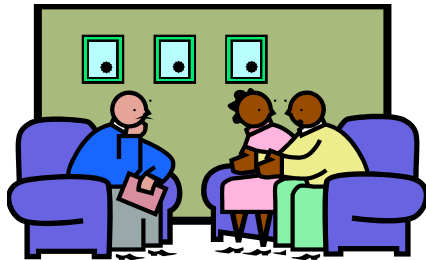
What is a SAP?
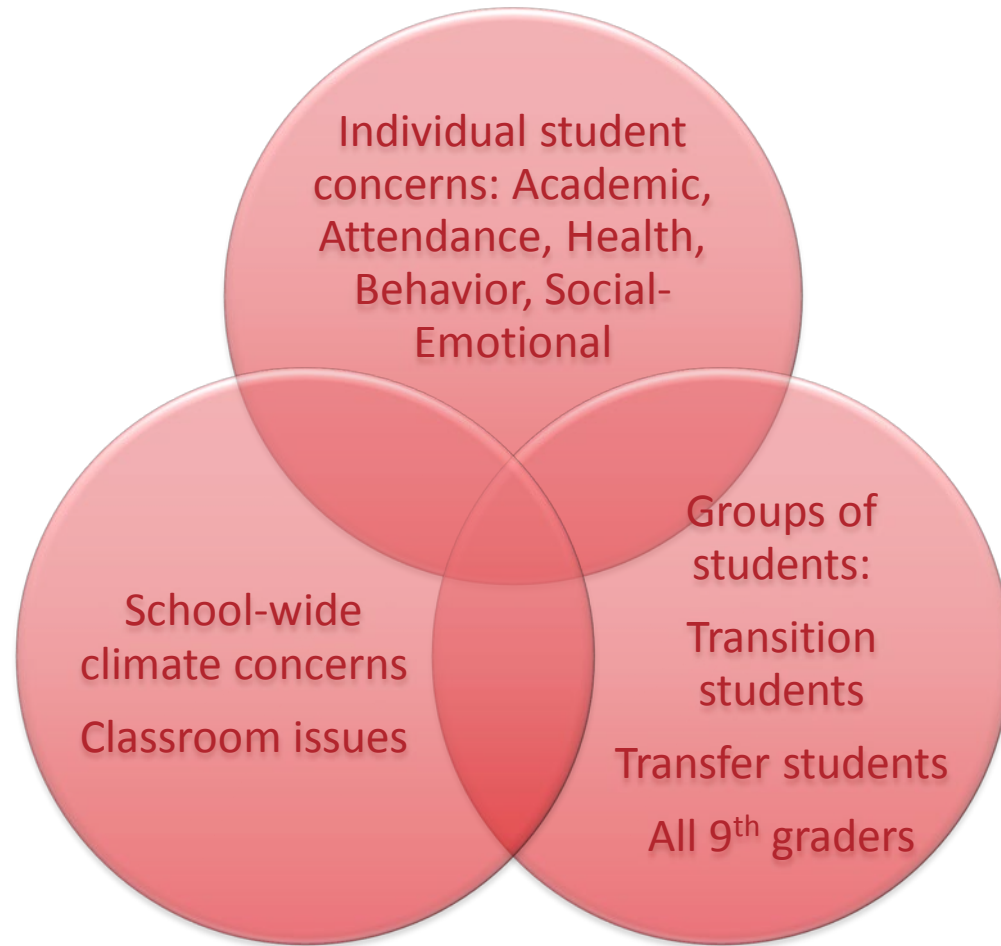
What is the structure of a SAP?

- Meets at least bi-monthly (weekly is preferred).

- Organized, facilitated meeting with confidentiality practices, notes and documentation.

- Receives referrals from inside and outside the SAP team and school staff.

- Individualized interventions assigned to student, teacher, family, SAP team members.

- Follow up processes to ensure interventions worked or to make another plan.

Who is on the SAP?

What types of concerns/ referrals can a SAP team address?

Individual student concerns: Academic, Attendance, Health, Behavior, Social-Emotional

School-wide climate concerns

Classroom issues

Groups of students:

Transition students
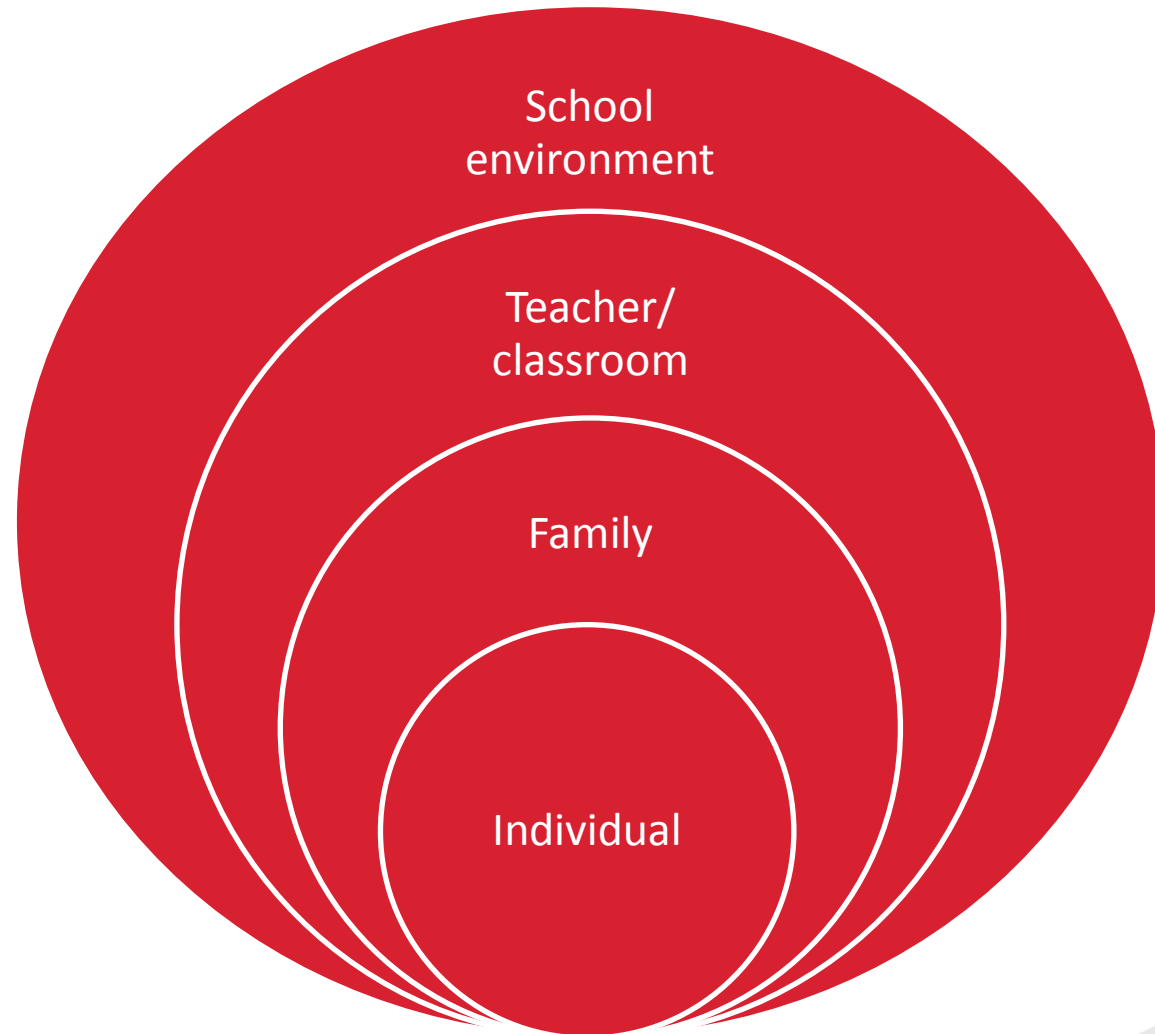
Transfer students

All 9th graders

How to refer and who can refer?

- Paper form
- Email
- Teacher check-ins
- Hallway conversation

- Teachers
- Any school staff
- Parents/caregivers
- Students
- Community health/ mental health providers
- SAP team members

What happens after a student is discussed in SAP?

What forms and documentation are necessary?

In advance of SAP…

- Referral form
- Cumulative folder
- Attendance/discipline records
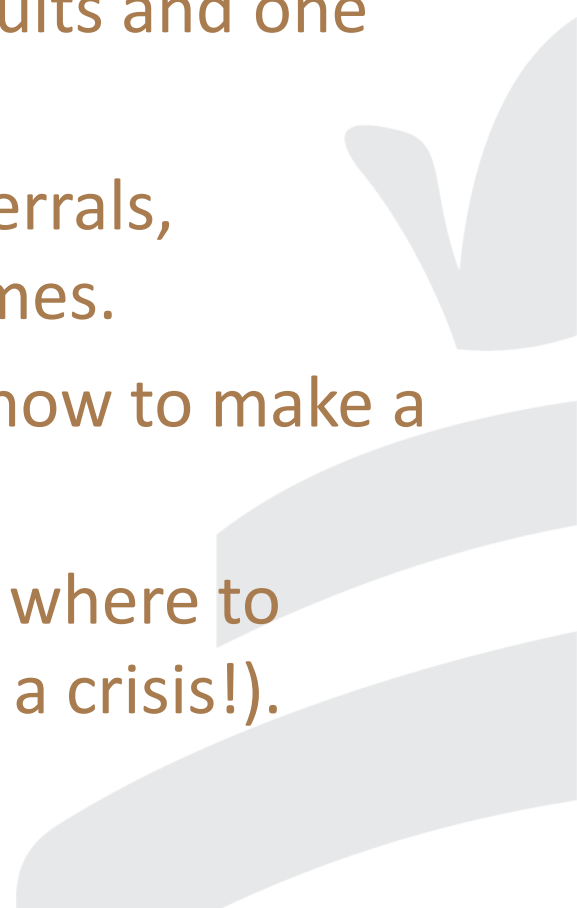- Teacher input forms
- Special education records
- Agenda

During SAP…

- Confidentiality agreement
- Notes
- Case management

Referral systems for mental health…

- Coordinate referrals through one person, program or team.

- Develop at least 2 forms—one for adults and one for youth/self-referral.

- Create a system to track status of referrals, interventions, provider(s) and outcomes.

- Educate everyone on campus about how to make a referral and what happens next.

- Ensure the school community knows where to refer in a crisis (and what constitutes a crisis!).

Best Practices for SAP

Kristin Nelson, MSW, PPSC

School Social Worker

Fairmount Elementary School

San Francisco Unified School District

Assessing SAP Readiness

- Meeting your school site where they are at
    - Phase 1: Emergent
    - Phase 2 : Foundational
    - Phase 3: Optimal

Critical considerations for SAP

- Core Team
- Meeting Essentials
- Referral Process
- Intervention Planning and Progress Monitoring
- Program Evaluation
- Teacher Collaboration

Core Team

- Identifying your team

- Regular Attendance

- Meaningful participation

- Community building

Meeting Essentials

- Time and location
- Roles
- Norms
- Agenda

Referral Process

- Referral protocol
- Forms
- Staff Training

Intervention Planning and Progress

- Using Data
- Multi-Tiered Systems of Support (MTSS)
- Action Plans
- Feedback and Follow-up

Teacher Collaboration

- Professional Development
- Individual Consultation
- Active Participation

Program Evaluation

- Process Evaluation

- Needs Assessment

- Staff/Teacher Feedback

How do we get started?

- What are the strengths? What are the challenges?

- Who else can you identify to start an effective SAP team?

- Identify yearly goals

Additional Resources

San Francisco Unified School District
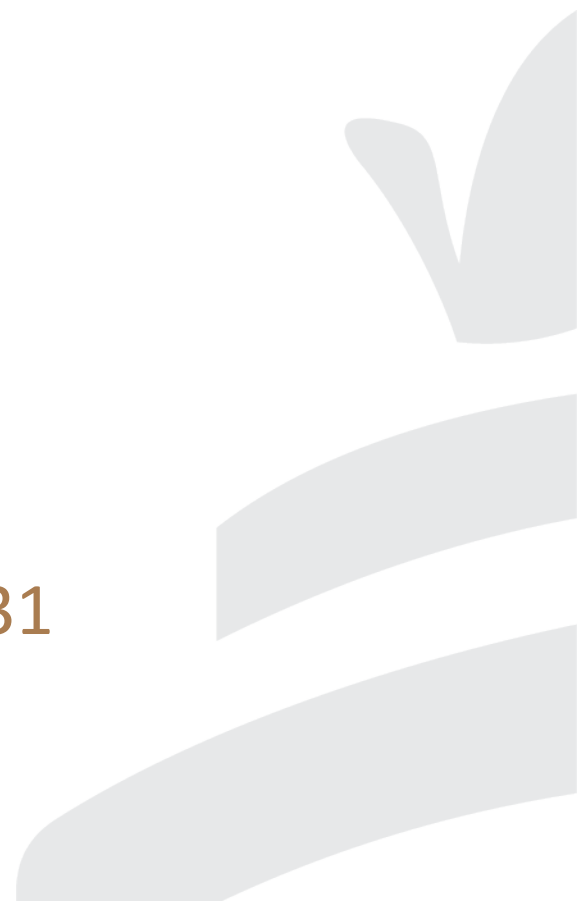
School Health Programs Department

www.healthierSF.org

California School-Based Health Alliance

www.schoolhealthcenters.org

Kognito Interactive (free in CA until 12/31

http://california.kognito.com/

Upcoming Health/Mental Health Webinars

Setting Therapeutic Boundaries in School Mental Health Care, next Wednesday, 11/5, 1:00-2:00pm

Coverage Outreach Strategies for Schools, Thursday, 11/6, 10:00-11:00am

ACA Basics: Understanding the New Health Coverage Options, Wednesday, 11/12, 10:00am-11:00am

To sign-up, visit: http://www.schoolhealthcenters.org/about-us/toolkits-and-services/webinars/

Additional School Health Resources

Join Us in sunny San Diego April 30 & May 1, 2015, for *Advancing Equity in Education & Health Care*, our statewide annual conference.

More information at www.schoolhealthcenters.org.

April 30 & May 1
Bahia Resort
San Diego's Mission Bay

Additional School Health Resources

Get popular education and school health materials online through our special ETR School Health Catalog.

**Go to
http://pub.etr.org/ecatalogs/CA_Alliance-ETR_Catalog**

or find it on our homepage at www.schoolhealthcenters.org.