

SUPPORTING SCHOOL MENTAL HEALTH SERVICES

Public Funding & Other Key Issues



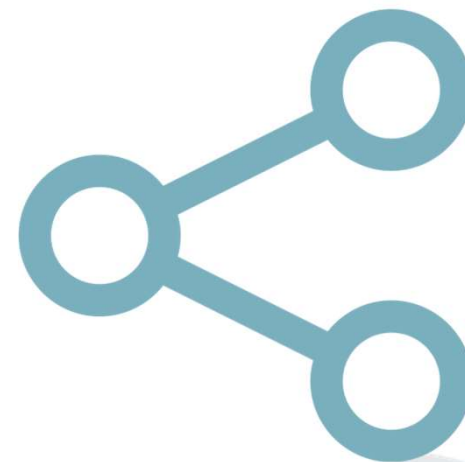


For audio, dial
415-655-0003

Access code
663 633 763



The webinar is
being recorded



Supporting
materials will be
shared



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Policy Director, California School-Based
Health Alliance



Saun-Toy Trotter

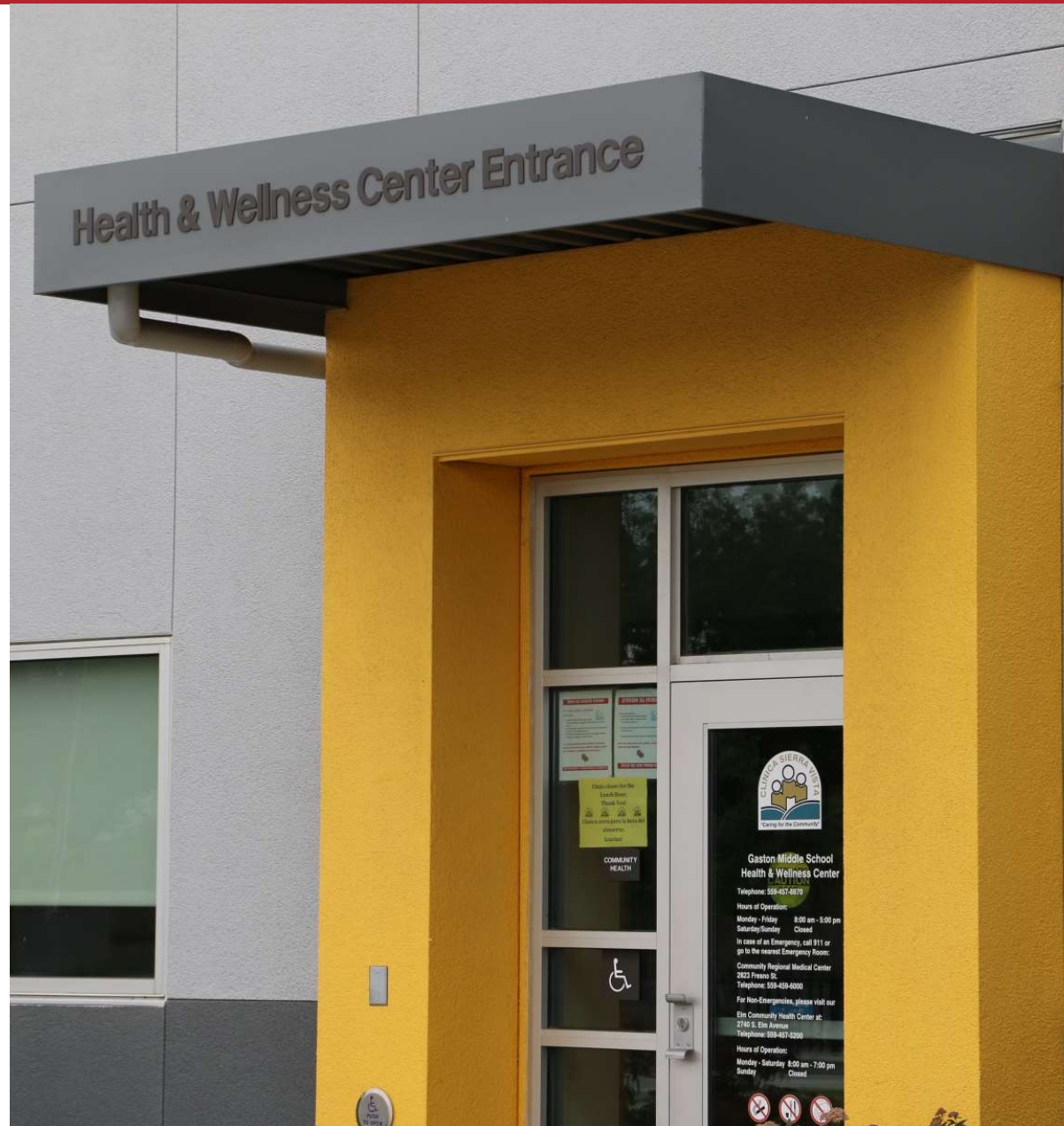
Program Manager – School-Based Behavioral
Health, UCSF Benioff Children's Hospitals

Putting Health Care in Schools


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

Learn more:

schoolhealthcenters.org



LEARNING OBJECTIVES & AGENDA

- ✓ Understand trauma-informed school mental health program model.
 - ✓ Identify two best practices for program development and clinical care.
 - ✓ Identify public funding streams that can be leveraged to sustain trauma-informed school mental health practices.
- 



SCHOOL-BASED BEHAVIORAL HEALTH

School Based Behavioral Health

- Health Equity and School Based Behavioral Health
 - Trauma Informed Treatment and Interventions
- Comprehensive School Based Behavioral Health
 - Youth as a Resource in School Based Mental Health

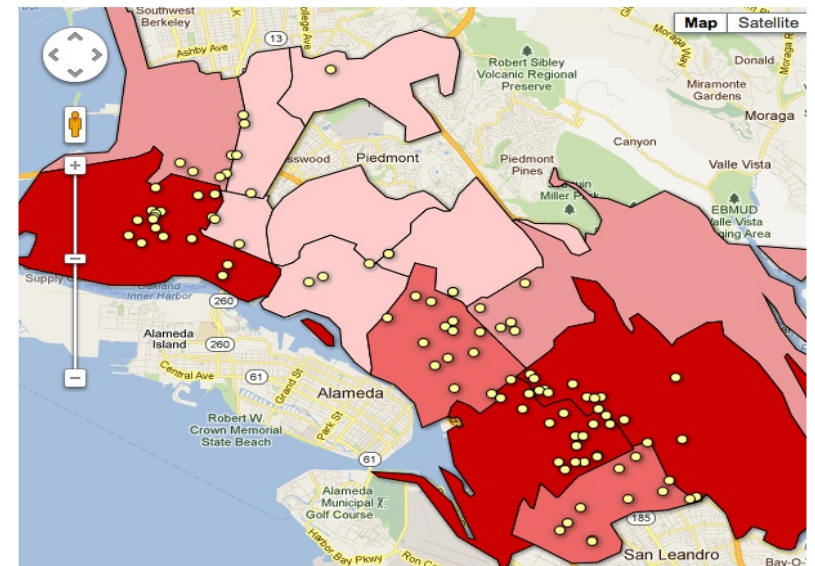
Place Matters

School Health Centers = Equity and Access to care

[The Pulse of Oakland](http://thepulseofoakland.com/)

<http://thepulseofoakland.com/>

- For a baby born in Castlemont today, the average life expectancy is 74 years, according to the Alameda County Public Health Department. That's 12 years less than a child born in nearby Piedmont, a small and wealthy enclave in Oakland, a few miles north of Castlemont.





Chappell-Hayes Health Center opened 2005

Youth Uprising/Castlemont Health Center opened 2006



Dr. Barbara Staggers, as Adolescent Medical Director at UCSF Benioff Children's Hospital Oakland, opened the Chappell-Hayes and YU/Castlemont School Based Health Center. Dr Su Park lead our school based behavioral health programs. Together they laid a foundation for culturally accountable and trauma informed care.

Equity & Health



Trauma Informed Care

According to SAMHSA's concept of a trauma-informed approach, "A program, organization, or system that is trauma-informed:

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seeks to actively resist **re-traumatization**.





Schools can no longer limit interventions to individual children with known trauma histories but must create instructional frameworks that integrate a trauma-sensitive approach into all aspects of the school day.

Craige, Reaching Children Who Hurt: Strategies for Your Classroom

Trauma Informed and Healing Schools

- Principal and Administrative Healing Schools Consultation
- Trauma Informed Schools Professional Development for educators
- Wellness sessions for educators led by clinicians
- Trauma and Resiliency trainings for parents
- In class presentations for students

National Models

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NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

SHAPE the Quality of your school mental health system at www.theSHAPEsystem.com [LEARN MORE](#)

The background image shows a group of people, including a woman in a green shirt, looking at a document on a table. A water bottle is also visible on the table.

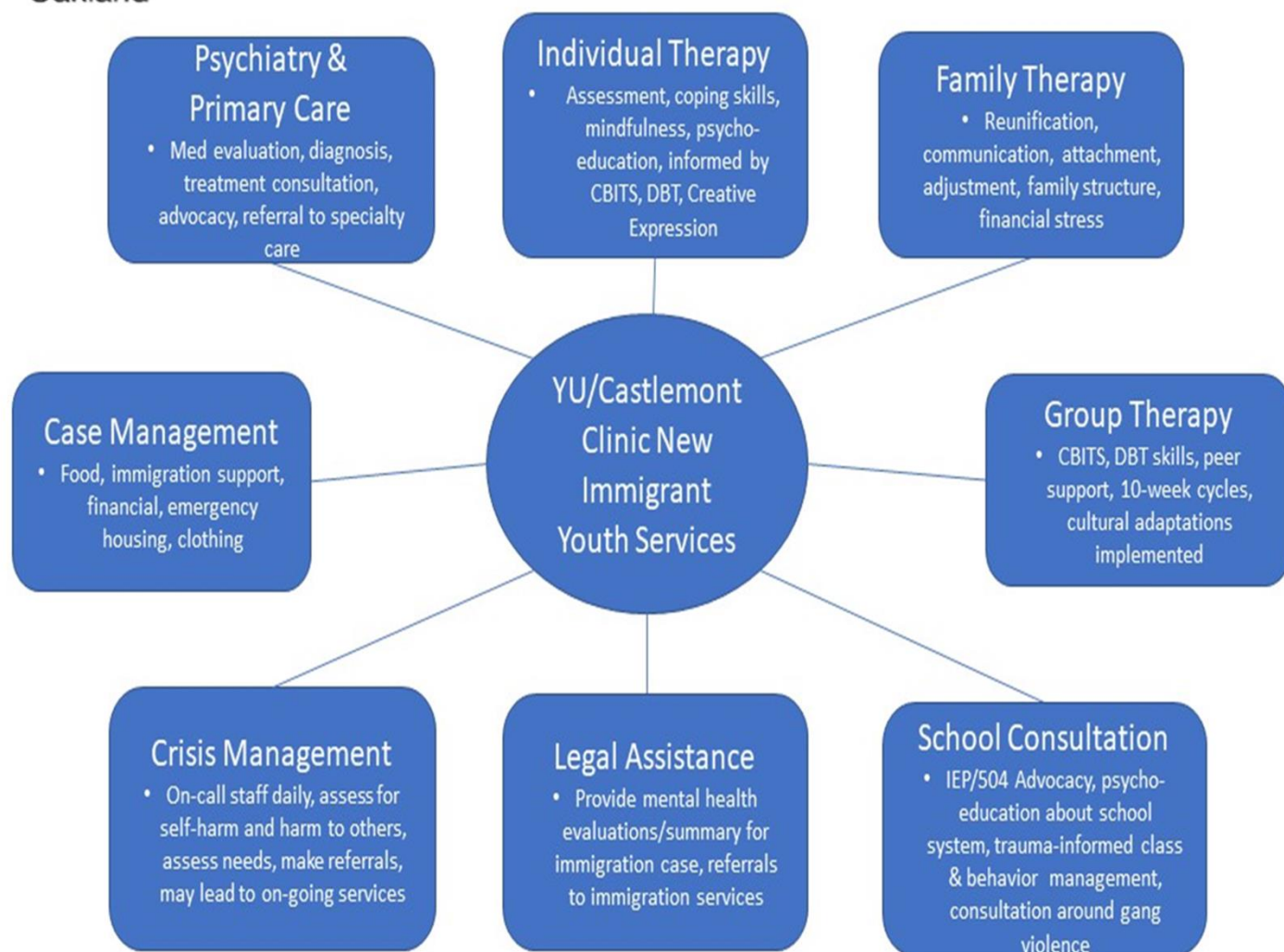
National Center for School Mental Health (NCSMH)

Comprehensive School Based Behavioral Health Services

- **Evidenced Based and Culturally responsive Psychotherapy for adolescents and families**
- **On-call** assessment for suicidal behaviors
- **Psychiatry services** and linkage to medical services.
- **Training and Consultation** to and with school staff, medical providers and school partners
- **Peer health education and outreach**

"Thank you so much for all your help, you know you are a part of our family now. You helped me so much with my parenting skills and supported me to take care of myself so I could take care of my family. We really appreciate you!"

—Parent February 2018



Treatment and Intervention

- Evidence Based and Culturally Responsive Care
- Addressing Social Determinants of Health
- School Based Behavioral Health Clinical Team



Selected Evidence-Based Interventions

Adolescents

- ✓ **Dialectical Behavioral Therapy (DBT)**
- ✓ Trauma-Focused Cognitive Behavioral Therapy
- ✓ Seeking Safety
- ✓ Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- ✓ Attachment, Regulation & Competency (ARC)
- ✓ Motivational Interviewing

SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP): <http://www.samhsa.gov/data/evidence-based-programs-nrepp>

National Child Traumatic Stress Network Treatments That Work: <http://www.nctsn.org/resources/topics/treatments-that-work/promising-practices>

Student Engagement

- Informed consent
- Destigmatizing Mental Health
- Managing confidentiality on a school campus



Family Engagement

- Engaging multi-stressed families
- Managing confidentiality, mandated reporting and therapeutic relationships
- Child and adolescent development
- Engaging caregivers in safety planning
- Celebrating with families



Collaboration

- School Staff
- Educators
- Primary Care
- Psychiatry
- Social Workers,
Probation Officers
- Coaches



Bridging to Resources

- School services
- Medical providers
- Therapeutic Behavioral Services
- Regional Center
- Psychological testing
- Youth Development Programs
- Internships and work opportunities
- Addressing social determinants of health



Competencies needed in a School Based Behavioral Health Team

- Cultural Humility
- Youth Development
- Case Consultation
- Reflective Supervision
- On Going Training
- Addressing Vicarious Trauma



Comprehensive School Based Behavioral Health: Reaching the whole school

Our goal is to promote the health of the whole school – students, families, educators and to support a healthy and safe community.



Youth as a Resource in School Based Mental Health

- Youth were actively involved with design and implementation of each clinic
- Couch – wanted to replicate the feeling of “Sanctuary”
- Chose name: Chappell Hayes to honor Chappell Hayes, West Oakland environmental activist who worked in the woodshop where the clinic is now



Youth as a Resource in School Based Mental Health

- Youth Health Advocates
- Peer Health Workers
- Peer Counselors
- Youth Health Ambassadors





- **Thank you for being somewhere I can come to when I don't know what's best for me and I can't talk about it/make decisions with anyone else**
- Helped get less stressed and more focused on my schoolwork
- **Helped me build myself a stronger woman by example and conversation**
- con recursos en la comunidad
- **The school health center helped me manage my stress at home, fill out job applications get connected to a psychiatrist**
- me han ayudada a valorarme mas como persona
- **They have helped me control my anxiety and not feel depressed**
- they have helped me in not getting distracted so easily

Resiliency and Hope





PUBLIC FUNDING

[TRAUMA-INFORMED] FUNDING PRINCIPLES

Mental health resources reach ALL students

- The goal is to sustain services in all three tiers for a comprehensive school-based mental health



Comprehensive school mental health programs require strong partnerships between school staff and community providers, where everyone identifies resources to bring to the table.



Some funding sources may run counter to trauma-informed, healing-centered goals.



FUNDING

SCHOOL

COUNTY

LEA Billing
Option
Program

Educationally
Related
Mental
Health
Services

Medi-Cal
Specialty
Mental
Health

Mental
Health
Services
Act

ESSA

Local
Control
Funding
Formula

Tier 3

Tier 2

Tier 1

Medi-Cal
Mild/
Moderate
Mental
Health

“COUNTY” FUNDING:

The Who? What? How?

Medi-Cal
Specialty
Mental Health

- Sometimes called “EPSDT funding or services”
- Controlled by County Mental Health Plans
- Intensive, clinical services
- Must contract with the county

Medi-Cal
Mild/Moderate

- Controlled by Medi-Cal Managed Care Plans
- Shorter term interventions
- Must contract with managed care plan

Mental Health
Services Act
(MHSA)

- Distributed directly to the counties
- Enhance, rather than replace, existing programs
- PEI funding category! Three year spending plans submitted by the county!

“SCHOOL” FUNDING:

The Who? What? How?

Educationally-Related MH Services (ERMHS)	<ul style="list-style-type: none">• Restricted funds to SELPAs• Mental health identified in a student’s IEP• Usually school-employed MH providers
LEA Billing Option Program	<ul style="list-style-type: none">• Reimbursement program for schools• 50% share of cost for school-employed providers like LCSWs, MFTs
Local Control Funding Formula (LCFF)	<ul style="list-style-type: none">• Per student funding for public schools• LCFF funds almost every service provided by public schools• District personnel, training, schoolwide and targeted programs
Every Student Succeeds Act (ESSA)	<ul style="list-style-type: none">• Federal funding from states, then to LEAs• Two sections, Title I and IV, promote investments beyond academically focused learning supports

NEW FUNDING: ACES AWARE

- Initiative between DHCS and State Surgeon General
- To increase trauma screening for Medi-Cal patients in primary care settings
- \$29 supplemental payment to Medi-Cal providers
 - PEARLS tool for pediatric patients
- After July 1, 2020, providers must complete a training to continue receiving supplemental payment
- <https://www.acesaware.org>



RESOURCES

Public Funding for School-Based Mental Health Programs (toolkit):

<http://bit.ly/SMHfunding>

School Mental Health Resources:

<https://www.schoolhealthcenters.org/healthlearning/mentalhealth/>



2020

California School-Based Health Conference

A Shared Vision for Healthy Students

May 14-15 | Sacramento, CA | bit.ly/CSHAconference



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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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