

Schools as Centers of Wellness: A Countywide Approach to School Wellness Centers

Partners



Santa Clara County
Office of Education



Mountain View
Whisman
School District



Mental Health Services
Oversight & Accountability Commission



Tom Orrock, MHSOAC

Chief of Community Engagement & Grants

**Chaunise Powell, Ed.D, LCSW, PPS,
SCCOE**

Executive *Director* – *Youth Health & Wellness*



Krisan Meyer, SCCOE

Coordinator – *Social Emotional Wellness*

Brian White, Mountain View Whisman SD

Coordinator - *Health and Wellness*



Karin Jinbo, Mountain View Whisman SD

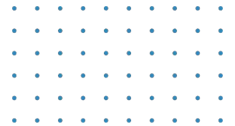
Director - *Student Supports & Special Education*

Agenda

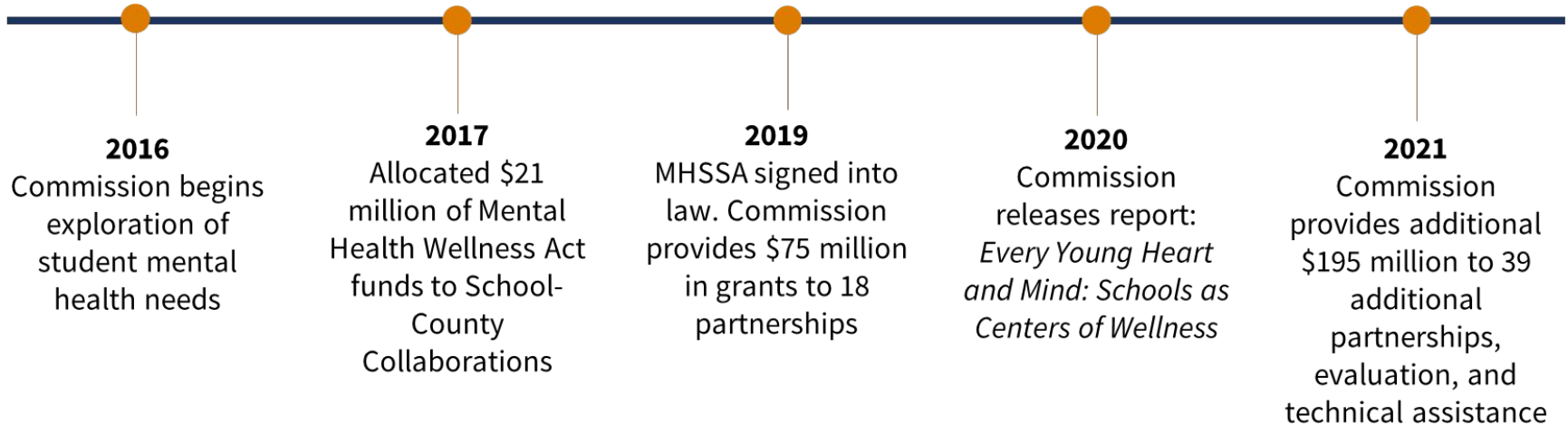
1. Mental Health Student Services Act (MHSSA) Overview
2. Overview of Santa Clara County Youth Health & Wellness Division
3. Santa Clara County School Wellness Center Model
4. Dolphin Wellness Center - Mariano Castro Elementary School
5. Question & Answer Session



School Mental Health and the Mental Health Students Services Act (MHSSA)



School Mental Health and MHSSA Timeline



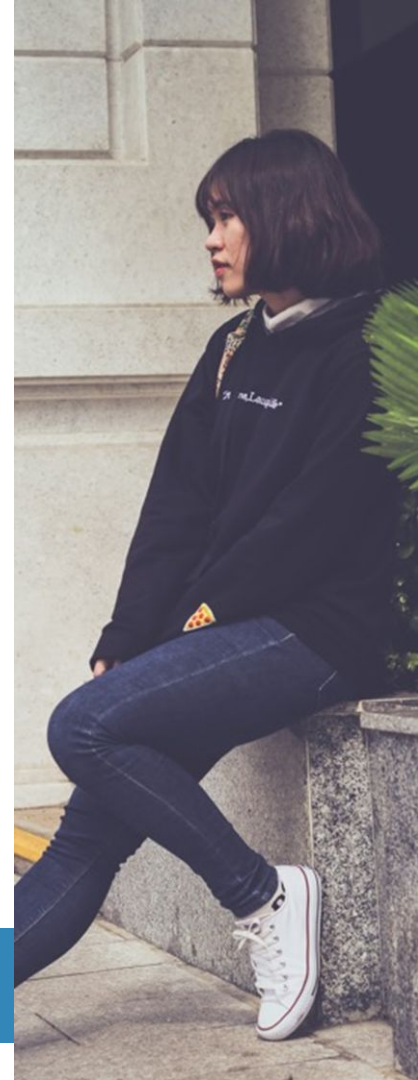
School Mental Health and MHSSA



- The report [Every Young Heart and Mind: Schools as Centers of Wellness](#) the Commission highlighted three broad recommendations:
- Develop a statewide strategy for making schools into centers of wellness.
- Make multi-year investments that increase services while also building necessary infrastructures, like data management systems and strong workforces.
- Provide technical assistance.

MHSSA by the Numbers

- \$300 million investment
- 57 counties participating
- 17 counties building wellness centers
- Nine learning collaborative meetings



Accomplishments and Challenges

Key accomplishments

- Elevated schools as centers for wellness
- Established BH/LEA partnerships in 57 counties
- Invested more than \$300 million to support school mental health initiatives
- Technical Assistance Plan includes grantees as TA providers
- Phase 1 evaluation partner identified

Challenges

- Fiscal sustainability
- Technical assistance to counties with varied levels of partnership and service capacity
- Evaluate diverse and complex school mental health investments
- Workforce

Building and Strengthening Partnerships



“One of our rural districts had several student deaths over the summer and needed to augment their crisis and counseling services available during the first two weeks of school. The [MHSSA] partnership supported this district by allocating some staff from a service provider in a different catchment area to go to the affected school to provide on-site support to students and staff during the first two weeks of school.”

– Yolo August 2022 Monthly Check-In





MHSSA grants **build and strengthen partnerships** across behavioral health, education, and the community.



57

county behavioral
health departments
out of 58 counties



50

county offices of
education/county
superintendents
of schools out of
58 counties



440

districts out of
1,021 districts
statewide



2,161

K-12 schools
out of 10,558
schools statewide



221

charter schools
out of 2,164
schools statewide



39

community-based
organizations and
other partners

Creating Tailored Solutions



“The Wellness Center gives me a place to feel like I belong.”

– Ventura Student

Local MHSSA partnerships use their grant dollars for **solutions tailored to the needs of their students** through enhancing systems and services including:



Infrastructure and
capacity building



Multi-tiered
systems of support
(MTSS) for mental
health and wellness



Outreach and
training for
students, parents,
teachers, and staff



Prevention and
early intervention



Social and
emotional learning



Suicide prevention,
intervention, and
postventions



Crisis support
services



Assessment and
screening



Teletherapy



Referrals,
navigation, and
linkage

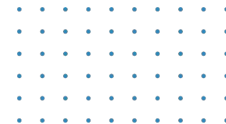


School-based
behavioral health
and wellness
services



The establishment
or expansion of
wellness centers

Hiring and Training Staff



“We are so grateful for your training that has helped us build capacity at our school sites to enable our teams to respond to crisis.”

– Orange County District Lead



MHSSA grant can be used to **hire and train staff** to provide services.

 **483**

staff currently funded under MHSSA

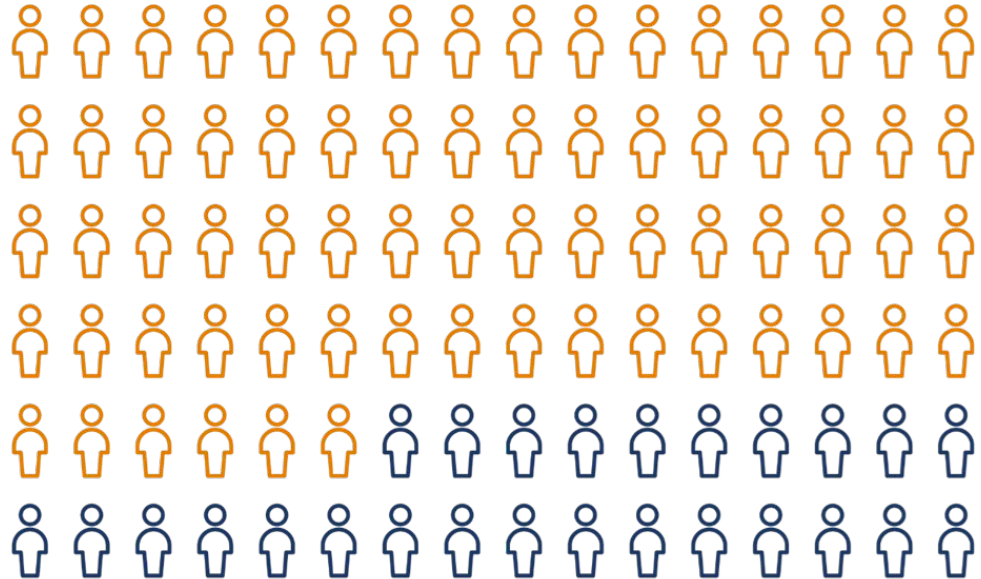
 **353**

staff providing direct mental health services and supports

+

 **130**

staff providing administration, partnership development, and coordination



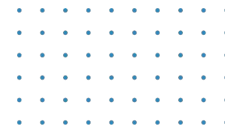
One figure represents five funded staff members

Expanding Student Access



“The team has been supporting a student and mom with services ... The Family has received a Section 8 voucher for housing and the student has been meeting with a clinician regularly and the family has currently been linked to Youth For Change for long-term services.”

– Sutter and Yuba County Grantee



MHSSA has significantly expanded the number of California students **able to access mental health and wellness services.**



2,161

MHSSA partnership schools out of
10,558 schools statewide



1.2+ million

Students enrolled in MHSSA partnership
schools out of 5.8 million students statewide

Meeting Student and Parent Need



"I joined the Fear is Love Class which has changed my parenting skills drastically ... Please keep this program going ... I AM FOREVER GRATEFUL."

– Humboldt County Parent

MHSSA partnerships reach **students who need support.**



60%

Percentage of students eligible for
Free or Reduced Price Lunch (FRPL) potentially
reached by MHSSA



10,000+

Number of **foster students** enrolled in schools
engaged in MHSSA partnerships

FRPL eligibility ranged from 10% to 100% across all districts reached.

Full county list available, as well as percentages for free lunch only, and free/FRPM for ages 5-17 only.



Next Steps

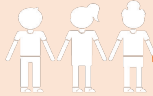
- Development of metrics and evaluation of outcomes
- Technical Assistance Plan (April 2023) to address:
 - Partnership development
 - Data collection
 - Implementation of mental health services
 - Workforce wellness and development
 - Fiscal sustainability
- Site visits
- Elevate the voice of youth in the school mental health space



Overview of Santa Clara County

Dashboard & Demographic Data

CHILD POPULATION IN COUNTY



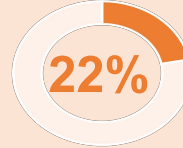
441,591

PUBLIC SCHOOL ENROLLMENT



263,449

KIDS ENROLLED IN MEDI-CAL



MEDI-CAL TOTAL ELIGIBLES



402,540

STUDENTS ELIGIBLE FOR FREE/REDUCED PRICE SCHOOL MEALS

34.70%

HIGH-NEEDS STUDENTS *(Unduplicated Pupil Count)*

44%



1-3 ACEs

42%



CHILDREN/YOUTH AGES 0-20 IN FOSTER CARE *(Per 1000)*

2.1

Santa Clara

Vs.

5.3

HOSPITALIZATIONS FOR MENTAL HEALTH ISSUES AGES 5-19 *(Per 1000)*

4.4

Santa Clara

Vs.

5.3

ALL HOUSEHOLDS WITH 1-3 ACEs

42%

Santa Clara

Vs.

45.1%

Student Wellness Advisory Group (SWAG)

Purpose: Students serve as advocates for policy and resources that combat stigmas around behavioral health while increasing mental health supports in school.

- Diverse group of Middle, High School & Undergraduate Students throughout Santa Clara County
- Meets Bi-Weekly (General & Committee Meetings)
 - General meeting facilitated by student Chairs
 - Committee Meetings facilitated by student committee leads
- Student led and facilitated:
 - 3 Adult Allies
 - Executive Director Youth Health & Wellness
 - Executive Director Government Relations (Policy Committee)
 - Director Media & Communications (M.A.C. Committee)

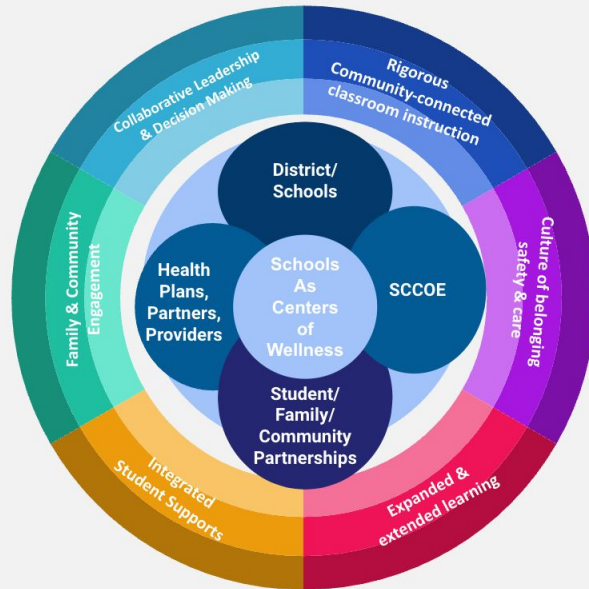




“Through the SWAG, I have the power to talk to the state and county, and have a voice ... We’re now more involved in school because of SWAG.”

– Stephanie, Schools Services Committee Co-Lead (2022)

A Countywide Approach to School-Based Health & Wellness



Community schools with integrated school-based health and wellness program that meets children and youth right where they are.

Purpose

The Department of Youth Health & Wellness is dedicated to supporting the holistic health and well-being of all students. We provide technical assistance, education, and direct health and wellness services that:

- meet students, families, and educators where they are;
- promote partnership and collaboration between families, schools, and the community;
- increase awareness of factors that contribute to health outcomes; and
- affirm student, family, and community strengths to nurture growth so that students are able to thrive.



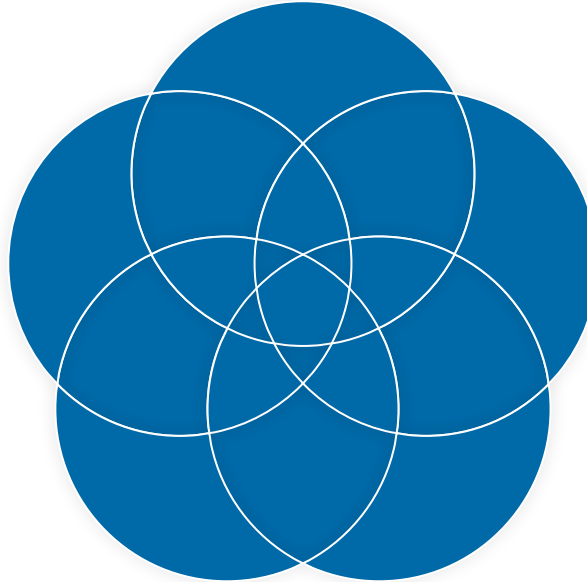
Youth Health & Wellness Teams

Youth Health & Wellness Administration

- Strategic Planning &
- Departmental Alignment
- Cross Systems Partnerships &
- Collaboration
- Funding

Community Schools & Engagement

- Community Schools Technical Assistance
- Family Engagement Technical Assistance
- Chronic Absenteeism Technical Assistance



Wellness Programs

- Wellness Center Direct Services
- Wellness Programs Technical Assistance

Physical Health & Wellness

- Child Health & Wellness
- Coordination & Liaisoning
- Pediatric Center Direct Support
- Substance Prevention

Health Systems & Billing

- Medicaid & Commercial Billing
- Infrastructure Technical Assistance
- Claims Submission &
- Reimbursement Support & Services

Countywide Studies

Assessments

Feasibility Study (2020)
Strength & Needs Assessment (2022)
Wellness Center Study (2023)

Data Analysis

- Mixed Methods study (quantitative and qualitative data)
- 6 Focus Districts one in each of Santa Clara Counties 6 Districts
- Countywide opportunities for participation outside of those 6 districts

Educator Survey

- o Received 1085 Responses
- o Representing 29 school districts
- o Management, Certificated and Classified Staff

Focus Groups/ Focus Group Polls

- o 297 Participants
- o Focus groups with students, parents/caregivers, educators, community providers

Interviews

- o 23 Interviews
- o Focus groups with students, parents/caregivers, educators, community providers, BHSD

Data

- o District Data including Attendance, Suspensions, Referrals, etc.
- o BHSD Data referrals, crisis, services providers
- o Managed Care Plan Data services provided, referrals

Workforce Pipeline

Masters Social Work
Pupil Personnel Services
Credentials
Board of Behavioral Sciences
Licensing Program

Service Delivery Model (Wellness Centers)

All Students (regardless of insurance)
Aligned with MTSS (Interconnected
Systems Framework)
Identify Key Elements of the Service
Delivery Model
Common Metrics
Iterative Continuous Improvement
Processes

Key Elements of an Integrated School Health System that Centers Youth Voice



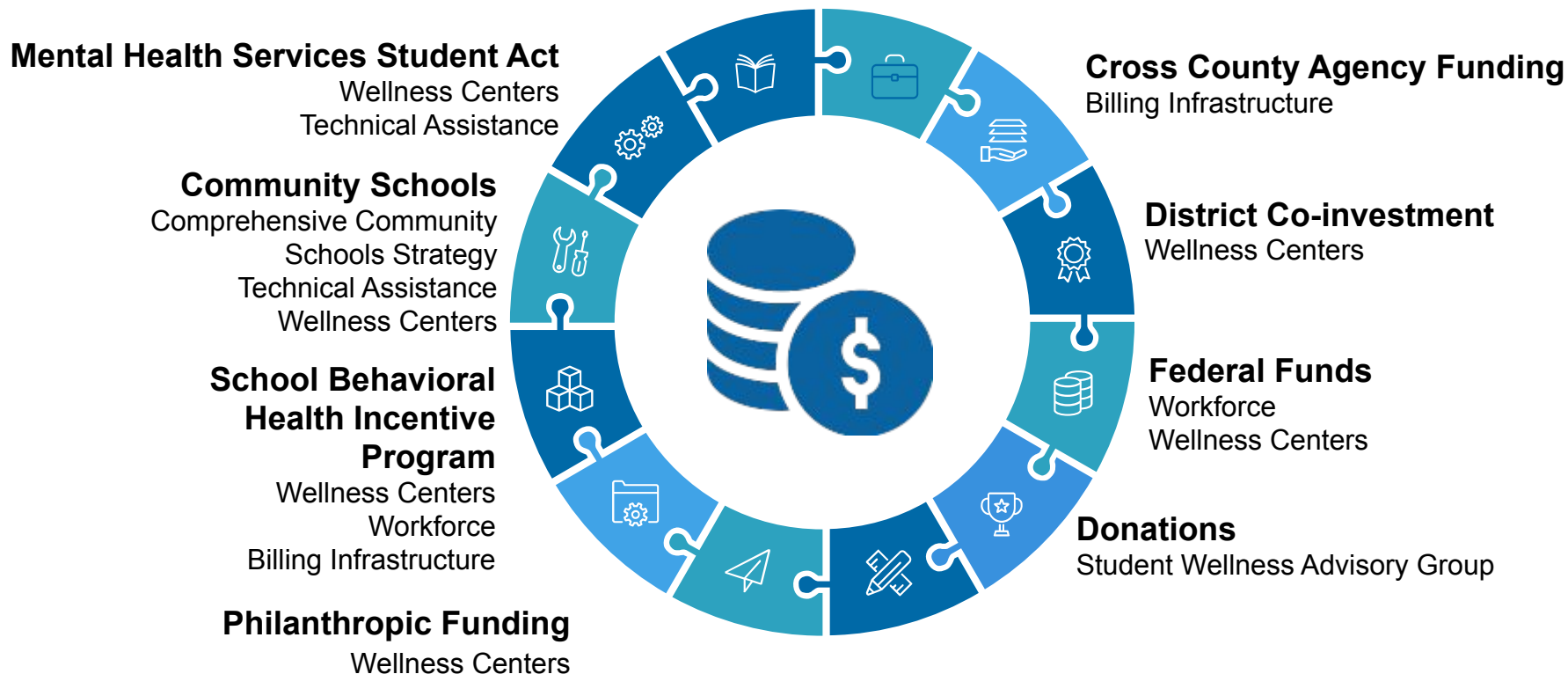
Sustainability

Blending & Braiding of
Cross Agency Funds
Maximize Commercial
& Medicaid
Reimbursements
Use one time dollars
for infrastructure first

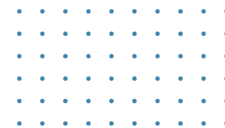
Technical Assistance (TA) Infrastructure

Build TA Infrastructure in County
Office of Education
TA Support aligned with Community
Schools strategies and MTSS
(Educators, Providers, & CBOs)

Blending & Braiding of Funds



Lessons Learned



Challenges

01

Workforce & Staffing

02

Structure of grants & one-time
funding

03

Evolving and unknown information
related to sustainability

Accomplishments



Dedicated Division

01

Cross systems partnerships and
approach

02

Wellness Centers

03

Wellness Centers

- **Andrew Hill High School**
East Side Union High School District
- **Aptitud Community Academy at Goss**
Alum Rock Union School District
- **Anderson Elementary School**
Moreland School District
- **Blue Ridge High School**
Santa Clara County Office of Education
- **Cupertino High School**
Fremont Union High School District
- **Eliot Elementary School**
Gilroy Unified School District
- **Hyde Middle School**
Cupertino Union School District
- **Lakewood Elementary School**
Sunnyvale School District
- **Lairon College Preparatory Academy**
Franklin McKinley School District
- **LeyVa Middle School**
Evergreen School District
- **Luther Burbank School**
Luther Burbank School District
- **Mariano Castro Elementary School**
Mountain View Whisman School District
- **Milpitas High School**
Milpitas Unified School District
- **Monroe Middle School**
Campbell Union School District
- **Oak Grove High School**
East Side Union High School District
- **Ohlone Middle School**
San Jose Unified School District
- **Santee Elementary School**
Franklin McKinley School District
- **Sunnyvale Middle School**
Sunnyvale School District



SCCOE Wellness Center Model

Six Key Elements

Holistic Support

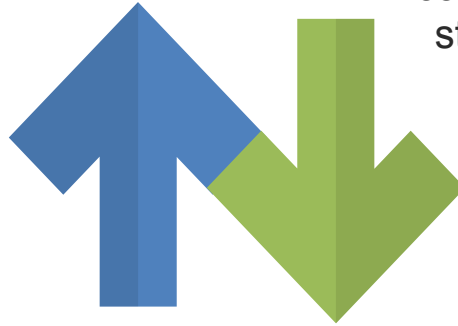
Increases access to supports that address physical, mental, emotional, and social support at school.

Family Support Services

Increases provision of outreach, psychoeducation workshops, and navigation services to students and their families.

Staff Support

Provides professional development and wellness support to school staff.



Stress Reduction

Decreases stress by providing a comfortable setting on campus that offers strategies to increase student resilience, regulation skills, and overall well-being

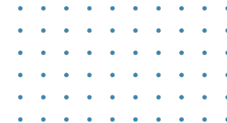
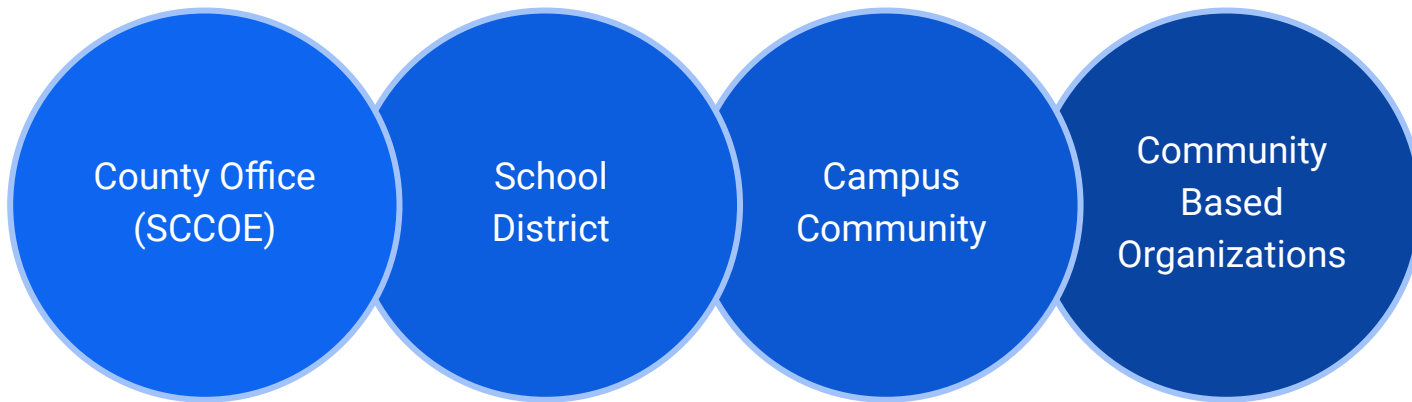
Reduction in Wait Time

No Wrong Door: drop-in before/after school, during break and lunch. Unified care coordination in a centralized program and location.

Reduction in Need for Intensive Care

Provides screening to assess strengths and needs, and to identify type and level of care.

Partnership



Wellness Center Team



- Supervised and supported by Wellness Program leadership.
- Work in partnership with school staff, county, and community-based agencies to provide just-in-time support and to increase coordination of integrated care.

Site-based Wellness Center Staff

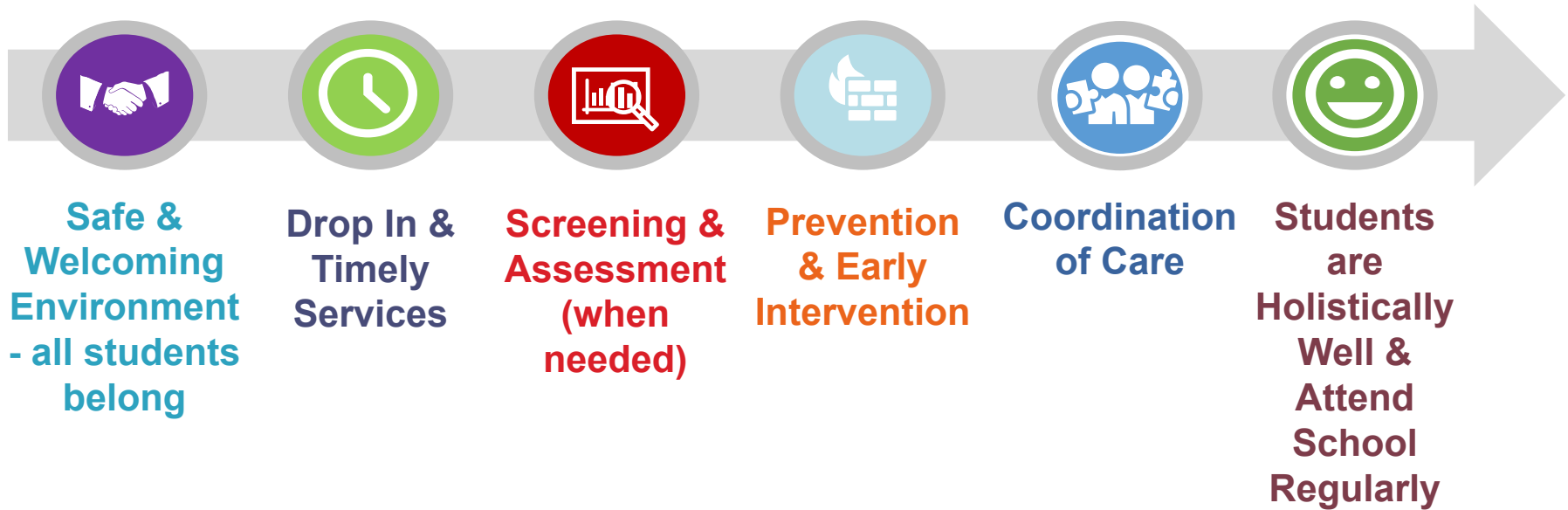
Liaison

- Wellness calming space guide
- Day-to-day operations
- Check students in & out
- Support with selection of a wellness tool/activity
- Triage screening
- Navigation support & services
- Community outreach

Specialist

- Credentialed social worker, counselor, psychologist or licensed clinician
- Psychoeducation
- Student screenings & assessments
- Individual & group counseling
- Coordination of integrated care
- Crisis response

Implementation Approach



Wellness Center Photos

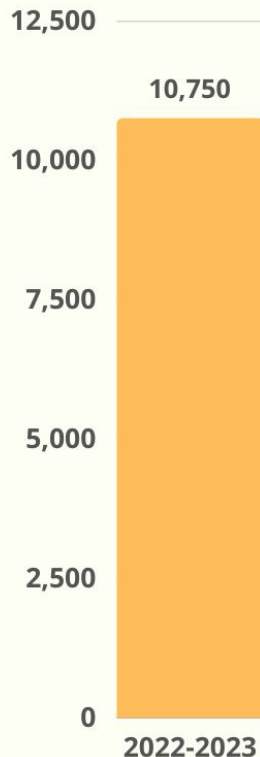


Wellness Center Data

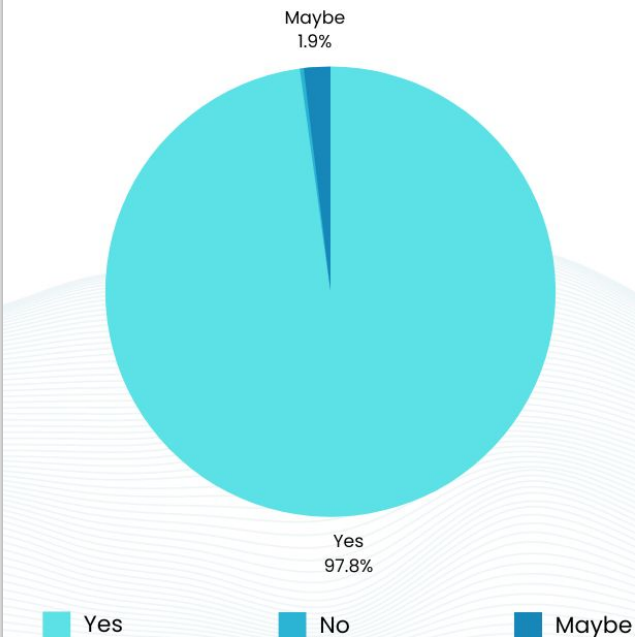
Wellness Center Visitors

Number of Wellness Center student visits

Since Fall 2022, our Wellness Center drop-in spaces have supported over 10,750 student visits!

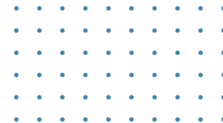


Number of visitors who would like to return to the Wellness Center



Key Elements of School-Based Wellness Centers

Santa Clara County
**Key Elements of
School-Based Wellness Centers**



Strengths & Lessons Learned



We are stronger together!

- *Partnerships are essential & wellness does not happen in isolation.*

Recipe for success: consistent framework + tailoring

Workforce & staffing...

- *What are the possibilities in the meantime?*

What is best for our students? For our community?

- *Ask, listen, learn & do!*

Transforming systems takes work.

- *Pause, reflect & celebrate. Take care of yourselves & one another.
Remain rooted in your why!*



Mariano Castro Elementary School

Mariano Castro Elementary is a K-5 school with 251 students.

- 77% English Learner students, with 11 languages represented
- 86% socio-economically disadvantaged students
- 80% Hispanic/Latino students
- 61 (24%) students unhoused or in non-permanent housing
- 13.7% students with IEPs
- 40 newcomer students from 11 countries



Mariano Castro Elementary School

Mariano Castro Elementary is a K-5 school with 251 students.

- 12.0 FTE grade-level classroom teachers
- 1.0 FTE STEAM teacher
- 2.0 FTE At Risk Intervention Supervisors
- 1.5 FTE Engagement Facilitators (SCCBH Partnership)
- 6.0 Instructional Assistants
- 6.5 FTE Classified (Site Operations)
- 1.0 FTE School-Based Counselor (CHAC partnership)
- 1.0 FTE Wellness Center Liaison (SCCOE partnership)
- 1.0 FTE Wellness Center Specialist (SCCOE partnership)

Castro Wellness Center





What does it look like at Castro?

Our student support team consists of:

- Principal
- MVWSD Health and Wellness Coordinator
- Wellness Liaison
- Wellness Specialist
- School/Community Engagement Facilitator
- At-Risk Intervention Supervisor
- School Psychologist
- Community Based Organizations

What does it look like at Castro?

Coordination of Services/Support Team (COST)

The COST process is utilized to examine student needs, progress monitor services & supports, and insure that students receive the supports they need.

Community Based Organization Partnerships

MVWSD partners with SCCOE, Community Health Awareness Council (CHAC), & Santa Clara Behavioral Health to provide the needed mental health supports to our children and families.



What is available to our Castro students?

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>
<p>Designed for all students, with ongoing differentiation.</p> <ul style="list-style-type: none">• Sown to Grow• Parent-Teacher communication• Movement breaks• Differentiated instruction• Core SEL instruction• Peer buddy• Wellness Center lunchtime activities• CHAC Arts lessons• Parent workshops• Calm Corners• Wellness Center drop-ins• Food Services• CBO Activities	<p>Small Group Problem Solving Targeted interventions for students not meeting expectations, in addition to core instruction.</p> <ul style="list-style-type: none">• Wellness Center skill building groups• <i>Group counseling</i>• Targeted mental health screening• Wellness Center check-ins• Office/ARIS student check-ins• Structured school-family communication• CBO targeted groups• PEI/SLS Counseling	<p>Individualized Problem Solving Intensive and strategic interventions, in addition to core instruction. Focus on specific foundational skills.</p> <ul style="list-style-type: none">• <i>Individual counseling</i>• Safety planning• Individual behavior plan• <i>Specialist consultation support (observation)</i>

22-23 Wellness Center Data

Drop-In:

1087 total contacts

Average of 136 contacts per month

Group Counseling:

FUERTE Curriculum for Newcomers, Girls Group, Anxiety Group, & Art Therapy

42 students

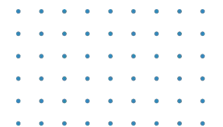
Individual Counseling:

Average 6 per month

Family support/collateral



Strengths & Lessons Learned



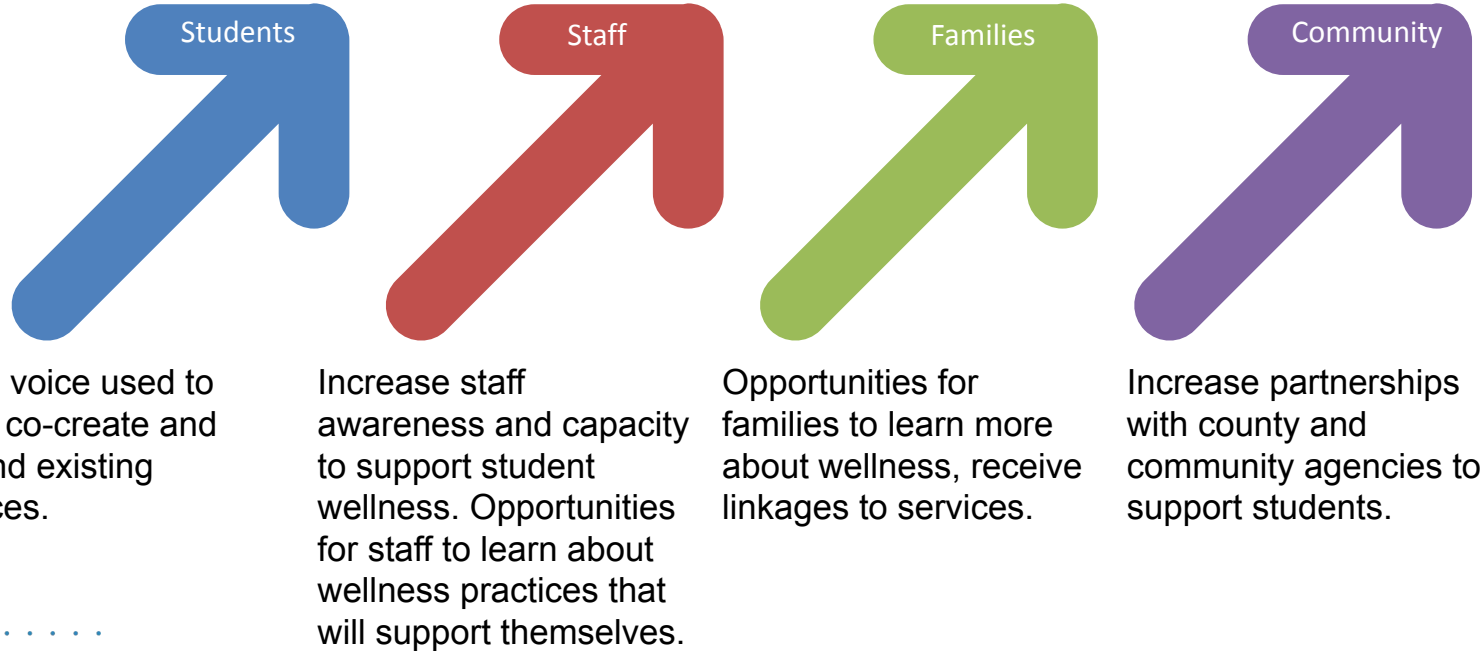
Teaming:

- Preparation for implementation is equally important as implementation activities.
- Expect “2 steps forward, 1 step back”: Prepare for school staff turnover and re-teaching about the resources.
- Managing expectations is part of the implementation process.
- Mindful integration of education & clinical perspectives.

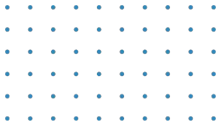
Strengths/Advantages to having a Wellness Center on campus:

- A licensed clinician on campus every day.
- Normalizes the process of social/emotional/behavioral regulation.
- Our partnership has provided the District support greater than the Wellness Center

Impact of Partnership



Q&A Panel (15 minutes)





THANK YOU

