

# EXPANDED SCHOOL MENTAL HEALTH STEERING TEAM REPORT

TEAM ESTABLISHED: MAY 26, 2006

COMMISSION UPDATE: MARCH 2009

## CHARTING A COURSE TO EXPANSION AND INTEGRATION

Since our last report in November, 2008, the ESMH team has:

- Continued its work on defining the collaborative model of expanded school mental health (ESMH) for West Virginia;
- Began the development of a “How To” manual on ESMH which will serve as a comprehensive resource for schools and community providers who are interested in developing school based mental health programs;
- Advised regarding the development of the request for proposals RFP for ESMH planning grants ; and in the review of proposals and the selection of the grantees;
- Presented at a workshop for school mental health grantees on topics of sustainability, role of school counselors, and planning for ESMH.
- Submitted a proposal, through the WV Department of Education, to the National Assembly on School Based Health Care for their Mental Health Capacity Building Project. Of ten states that applied, West Virginia was chosen to receive this training. (See details below.)

## WEST VIRGINIA SELECTED FOR NATIONAL PILOT SITE

The National Assembly on School Based Health Care has selected West Virginia as the pilot state for its School Mental Health Capacity Building Training Initiative. This initiative will provide training and ongoing technical assistance on statewide expansion and quality school mental health service delivery to the West Virginia Department of Education and its collaborating partners.

A proposal was submitted by the Office of Healthy Schools, WV Department of Education in collaboration with several partner agencies and organizations, including the Bureau for Behavioral Health and Health Facilities, the Bureau for Public Health, the School Health Technical Assistance Center at Marshall University, the WV School Based Health Assembly. and the Family Advocacy, Support and Training program. Ten states applied for this opportunity, and according to Laura Hurwitz, Director of School Mental Health at

### GOALS

**1. A legislative appropriation to support expanded school mental health (ESMH) .**

**2. A model for ESMH that fits the context and meets the needs of WV’s students and communities.**

**3. A statewide data management system that tracks implementation of ESMH model and documents student outcomes.**

**4. An ESMH Program in one or more schools in every county.**

**5. A technical assistance center to support and sustain ESMH.**

**6. Trained personnel in each county that support ESMH at all levels.**

## **NASBHC, CONT'D**

NASBHC, West Virginia was chosen due to its capacity and potential for advancing its school mental health efforts. "It is clear from the accomplishments that West Virginia has already made in school mental health that not only are they well positioned to make significant gains from the initiative but that NASBHC will learn from their accomplishments. It is our intention to integrate the knowledge and experience of West Virginia into our future capacity building activities for other states," said Hurwitz.

Melanie Purkey, Director of the Office of Healthy Schools, stated that the project will enhance efforts already underway between the Department of Education and the Children's Division of the Bureau for Behavioral Health. "We are very excited to have been selected for this project and are looking forward to learning from the trainers and working with others in the state to address this very critical need. We know that for children to be successful in school, they must be emotionally healthy first."

The School Mental Health Capacity Building Partnership is part of a national initiative made possible through a five year cooperative agreement between NASBHC and the Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC-DASH). Additional support for this initiative is provided by the Substance Abuse and Mental Health Services Administration.

### **West Virginia ranks 50<sup>th</sup> out of 51 states on mental health status**

*Ranking America 's Mental Health : An Analysis of Depression Across the States:*

<http://www.nmha.org/go/state-ranking>

### **Recent Release: *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities***

The federal government should make preventing mental, emotional, and behavioral disorders and promoting mental health in young people a national priority, says a new report from the National Research Council and Institute of Medicine. These disorders -- which include depression, anxiety, conduct disorder, and substance abuse -- are about as common as fractured limbs in children and adolescents. Collectively, they take a tremendous toll on the well-being of young people and their families, costing the U.S. an estimated \$247 billion annually, the report says . Research has shown that a number of programs are effective at preventing these problems and promoting mental health.... Programs that can be offered in family or educational settings show particular promise in promoting mental health and addressing major risk factors. <http://www.nap.edu>

*For more information about the ESMH Steering Team contact Dave Majic, Director, Children's Mental Health, BBHMF, [dmajic@wv.gov](mailto:dmajic@wv.gov)*

# School-Wide Systems for Learning Supports

## Academic Systems

### Intensive, Individual Interventions

- Individual Students
- Assessment-based
- High Intensity

### Targeted Group Interventions

- Some students (at-risk)
- High efficiency
- Rapid response

### Universal Interventions

- All students
- Preventive, proactive

## Behavioral Systems

### Intensive, Individual Interventions

- Individual Students
- Assessment-based
- Intense, durable procedures
- System of Care

### Targeted Interventions

- Students at-risk
- Small group interventions to address anger, social skills, substance abuse, other needs
- High efficiency
- Referral
- Rapid response
- Individual as needed

### Universal Interventions

- All settings, all students
- Preventive, proactive
- PBIS and other prevention initiatives (i.e.g. suicide, drug abuse, anti-bullying)

## State Level

- ESMH Steering Team
- Technical Assistance
- Quality Assurance
- Tool Kit Training

## RESA Level

- Fiscal Agent
- Regional Coordination
- Training Coordination
- Data Collection & Reporting
- Monthly Meeting with Local Teams

## Local Level

- District Steering Team
- School Learning Support Team
- School Advisory Committee
- Service Provision Reporting

# School-Wide Systems for Learning Supports

West Virginia

