



School Behavioral and Mental Health

SCHOOL DISTRICT OF PALM BEACH COUNTY

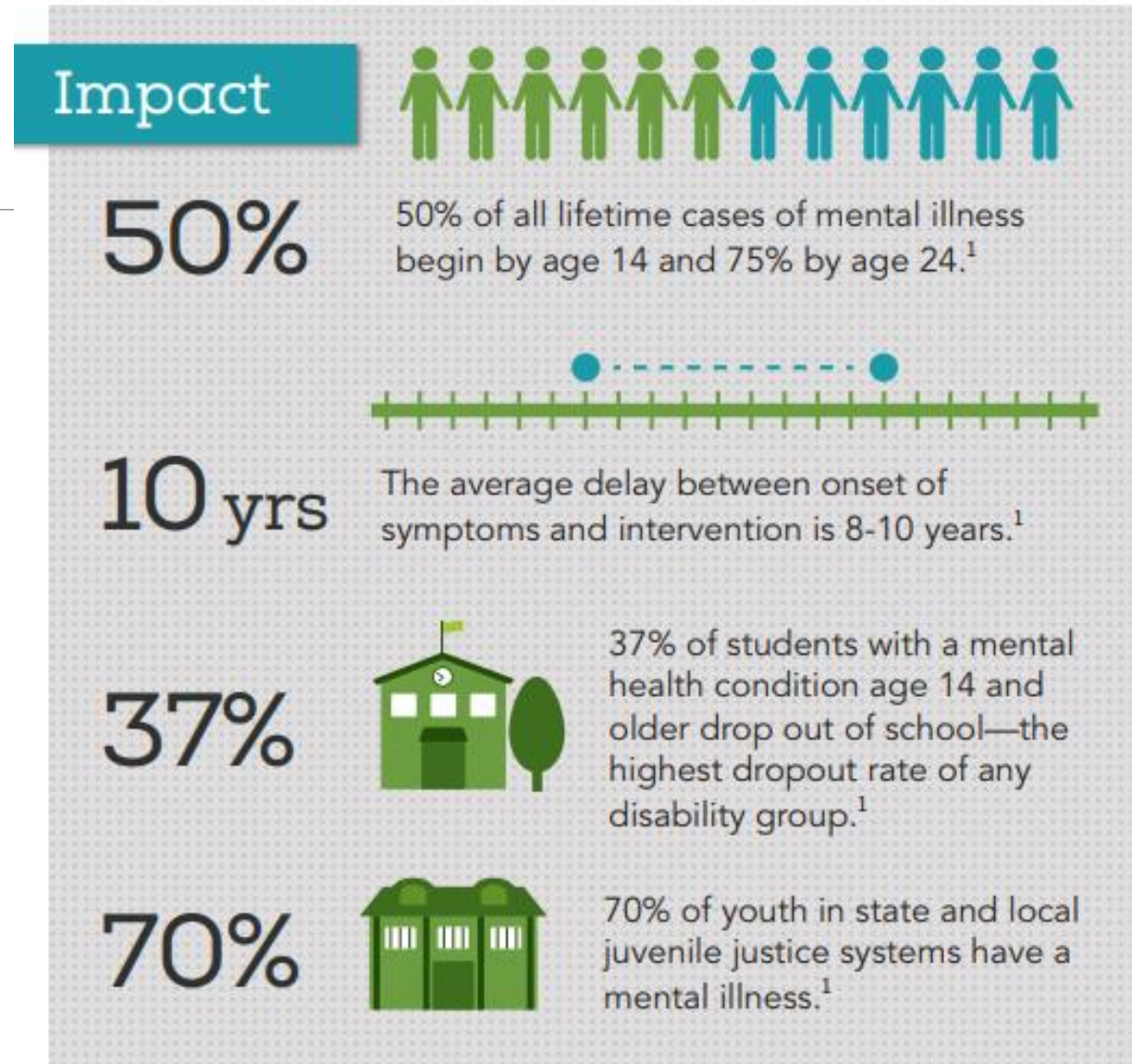
MICHAEL KANE, PH.D.

What We Know...

1 in 5 children (13-18) have or will have a serious mental illness

- 20% of youth ages 13-18 live with a mental health condition

Credit: National Alliance on Mental Illness (NAMI) and National Institute of Mental Health



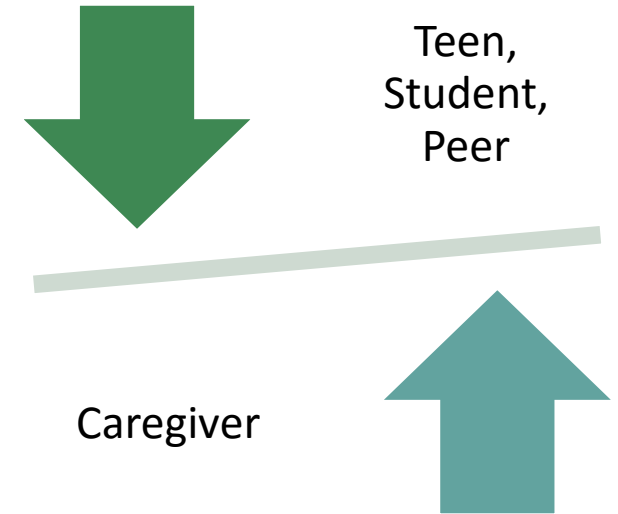
Caregiving Youth

Anxiety

Depression

Dual roles

Difficulty with anxiety and depression may persist into young adult hood



Cohen, Greene, Toyinbo & Siskowski (2012). Impact of family caregiving by youth on their psychological well-being: a latent trait analysis. *The Journal of Behavioral Health Services & Research*. 39(3), 245-256.

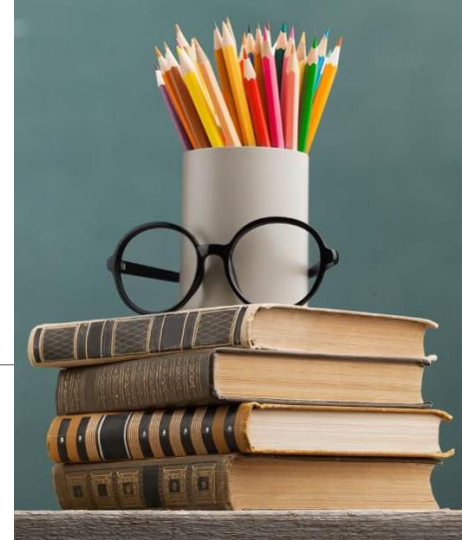
Greene, Cohen, Siskowski & Toyinbo (2017). The relationship between family caregiving and the mental health of emerging young adult caregivers. *The Journal of Behavioral Health Services & Research*. 44(4), 551-563.

What We Know...

Access to mental health supports can be difficult for families.

Schools provide significantly improved access to students and families.

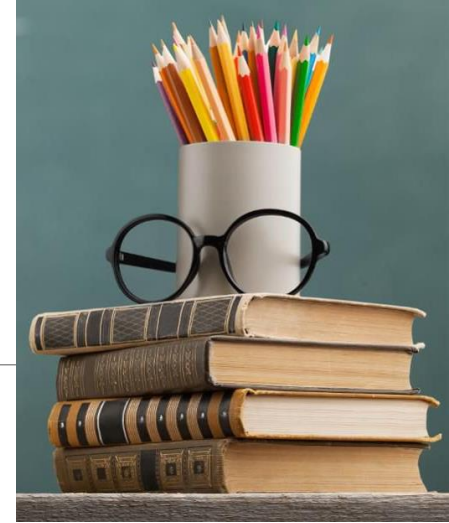
When mental health challenges arise, having professionals on site at a school can dramatically increase a student's access to and participation in mental health services.



What We Know...

Mental Health Supports are associated with:

- Improvements in social and emotional functioning
- Improvements in attendance
- Reductions in disciplinary concerns and suspensions



Credit: Sander, et al. (2012). Strengthening Children's Mental health Services through School based programs. New Beginnings
Ballard, Sander and Dougan (2014). School-Related and Social-Emotional Outcomes of Providing Mental Health Services in Schools

Mental Health Allocation and Plan

Marjory Stoneman Douglas Public Safety Act

“Provision of mental health assessment, diagnosis, intervention, treatment and recovery services to students with mental health or co-occurring substance abuse diagnoses and students at high risk of diagnoses”

Developing capacity

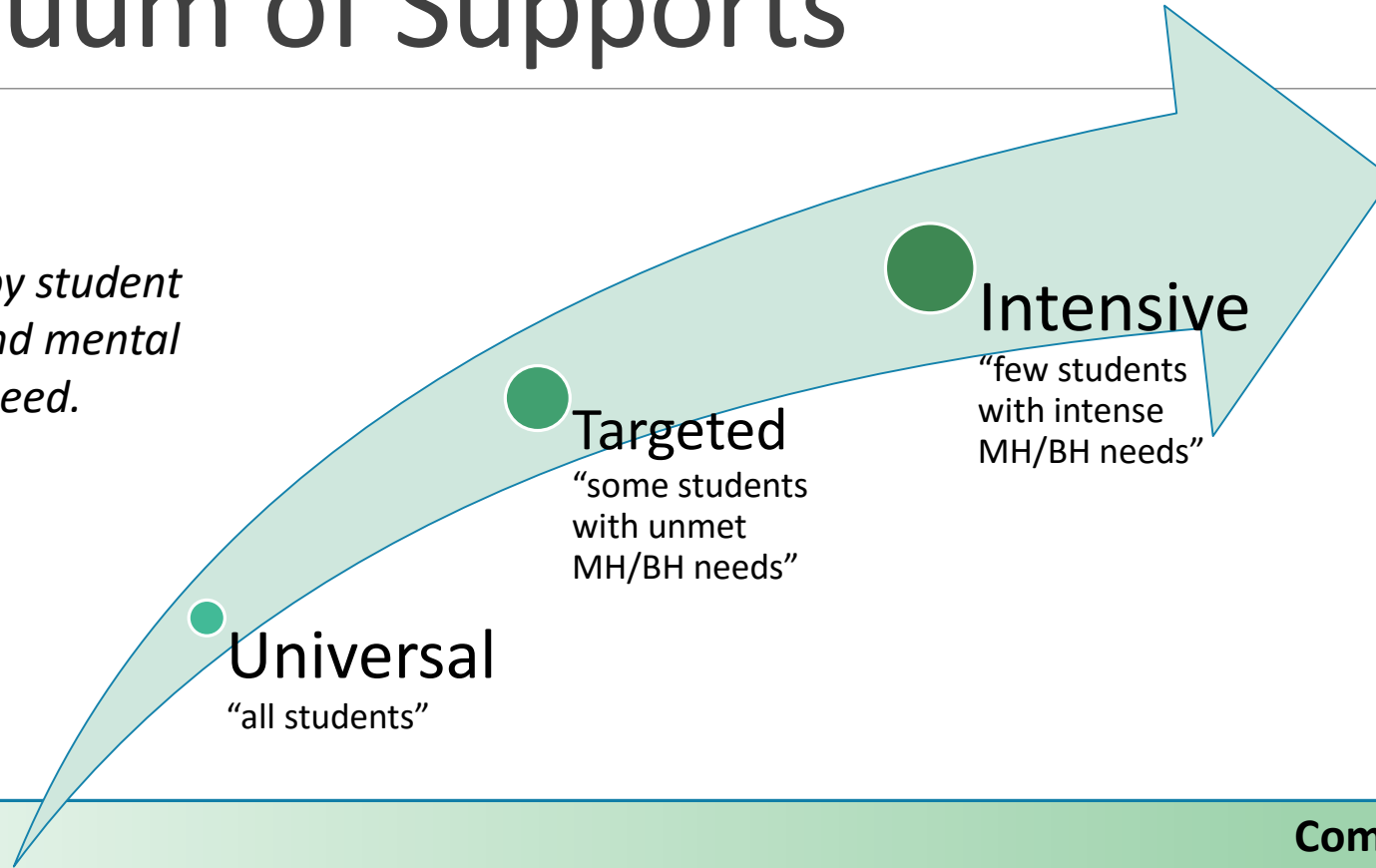
- 2 Crisis Assessment, Prevention, Education and Support Teams
- Co-Located Mental Health Professionals
- School Behavioral Health Team

Aligning and creating systems and procedures

- Continuum of School Behavioral and Mental Health Supports
- District-employed mental health professionals
- Collaborative/contracted agencies with Behavioral Health Agreements Grant from Children's Services Council for Co-Located Therapists

Continuum of Supports

Determined by student behavioral and mental health need.



School-Based

- ✓ Awareness/Education
- ✓ PBIS
- ✓ SEL Practices
- ✓ Trauma Sensitive Approaches

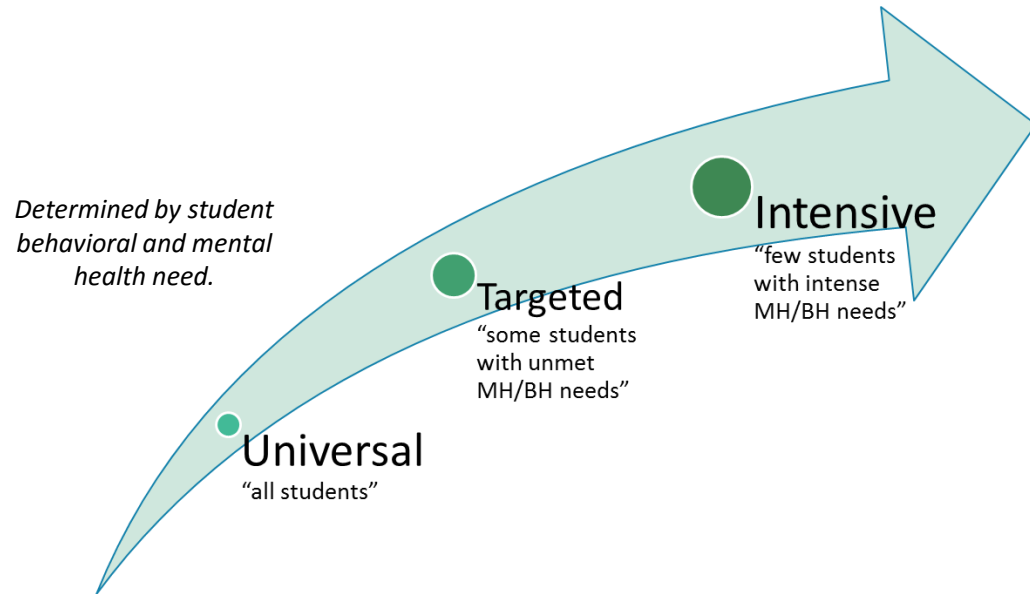
- ✓ School Counseling
- ✓ School Teams (e.g. SBT, CST)
- ✓ School Psychological Services
- ✓ School Nurses

- ✓ Small Group Counseling
- ✓ Behavioral Supports
- ✓ Collaborative Planning

Community-Based

- ✓ Co-Located Mental Health Therapist
- ✓ Collaborative Agencies with Behavioral Health Agreements
- ✓ Crisis Response Teams (CAPE/Mobile)

Continuum of Supports



School-Based			Community-Based
<ul style="list-style-type: none"> ✓ Awareness/Education ✓ PBIS ✓ SEL Practices ✓ Trauma Sensitive Approaches 	<ul style="list-style-type: none"> ✓ School Counseling ✓ School Teams (e.g. SBT, CST) ✓ School Psychological Services 	<ul style="list-style-type: none"> ✓ Small Group Counseling ✓ Behavioral Supports ✓ Collaborative Planning 	<ul style="list-style-type: none"> ✓ Co-Located Mental Health Therapist ✓ Collaborative Agencies with Behavioral Health Agreements ✓ Crisis Response Teams (CAPE/Mobile)

- SEL – Self-Awareness, Self-Management Skills, Healthy Relationships, Resiliency*
- AACY Supports - skill building, resource mapping, respite*
- Trauma Sensitive Approaches*
- School Counseling*
- Small Group Counseling*
- Collaborative Planning*
- Community Agency Supports*

Who are Mental Health Professionals?

District-Employed

- School Counselors
- School Psychologists
- Family Counselors

Collaborative

- Community professionals (e.g. LMHC, LCSW, LPC)
- Behavioral Health Agreement

Co-Located

- Contracted agency professionals (e.g. LMHC, LCSW, LPC)
- Placed on school campus
- Behavioral Health Agreement

Who are Behavioral Health Professionals?

Behavioral Health Resource Teachers

- Support SBT meetings
- Meet with students
- Collaborate with agencies with BHAs
- Train Youth Mental Health First Aid

Social Service Facilitators

- Support students experiencing a mental health crisis
- Re-entry planning for students returning from a hospitalization
- Attend SBT
- Collaborate with agencies with BHAs

Mental Health Awareness & Training

Youth Mental Health First Aid

40 YMHFA Instructors

148 classes (as of 2/12)

2879 First Aiders trained



YOUTH
MENTAL
HEALTH
FIRST AID®

6th Annual Student Mental Health and Wellness Conference

Save the Date!

Student Mental Health and Wellness Conference

Friday, June 7, 2019

8:00 a.m. to 3:30 p.m.

Conference Details and Registration Information Coming Soon

Atlantic Community High School

Kognito Florida School Personnel Mental Health Awareness Training

Mental Health Awareness & Trauma Informed Care

PALM BEACH COUNTY

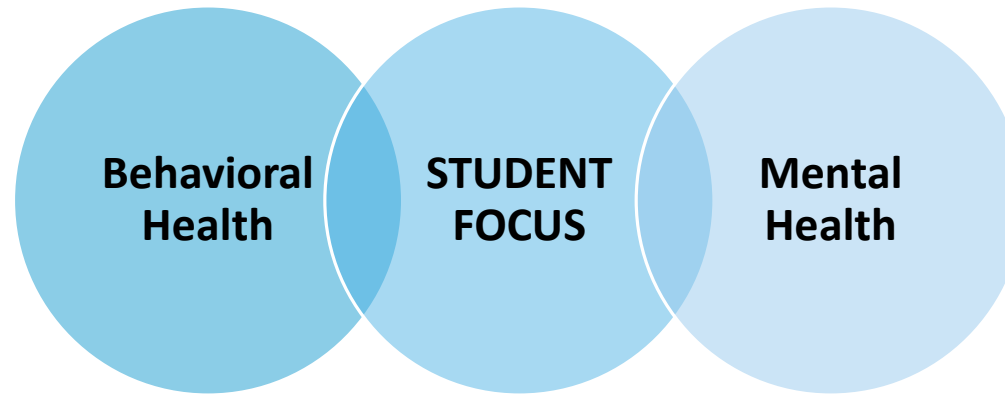


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FOR MENTAL HEALTH AWARENESS
& TRAUMA INFORMED CARE

 **Birth TO 22** **#GETYOURGREENON #GYGO2019** 
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