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


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

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

**Universal**
“all students”

**Targeted**
“some students with unmet MH/BH needs”

**Intensive**
“few students with intense MH/BH needs”

Determined by student behavioral and mental health need.

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**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
- Co-located Mental Health Therapist
- Collaborative Agencies with Behavioral Health Agreements
- Crisis Response Teams (CAPE/Mobile)
Continuum of Supports

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

Determined by student behavioral and mental health need.

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- Behavioral Supports
- Collaborative Planning

Community-Based
- Co-Located Mental Health Therapist
- Collaborative Agencies with Behavioral Health Agreements
- Crisis Response Teams (CAPT/Mobile)
### Who are Mental Health Professionals?

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  - 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

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

Florida School Personnel Mental Health Awareness Training
Mental Health Awareness & Trauma Informed Care
School Behavioral and Mental Health

Behavioral Health

STUDENT FOCUS

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