

# School-Based Mental Health



January 17, 2024



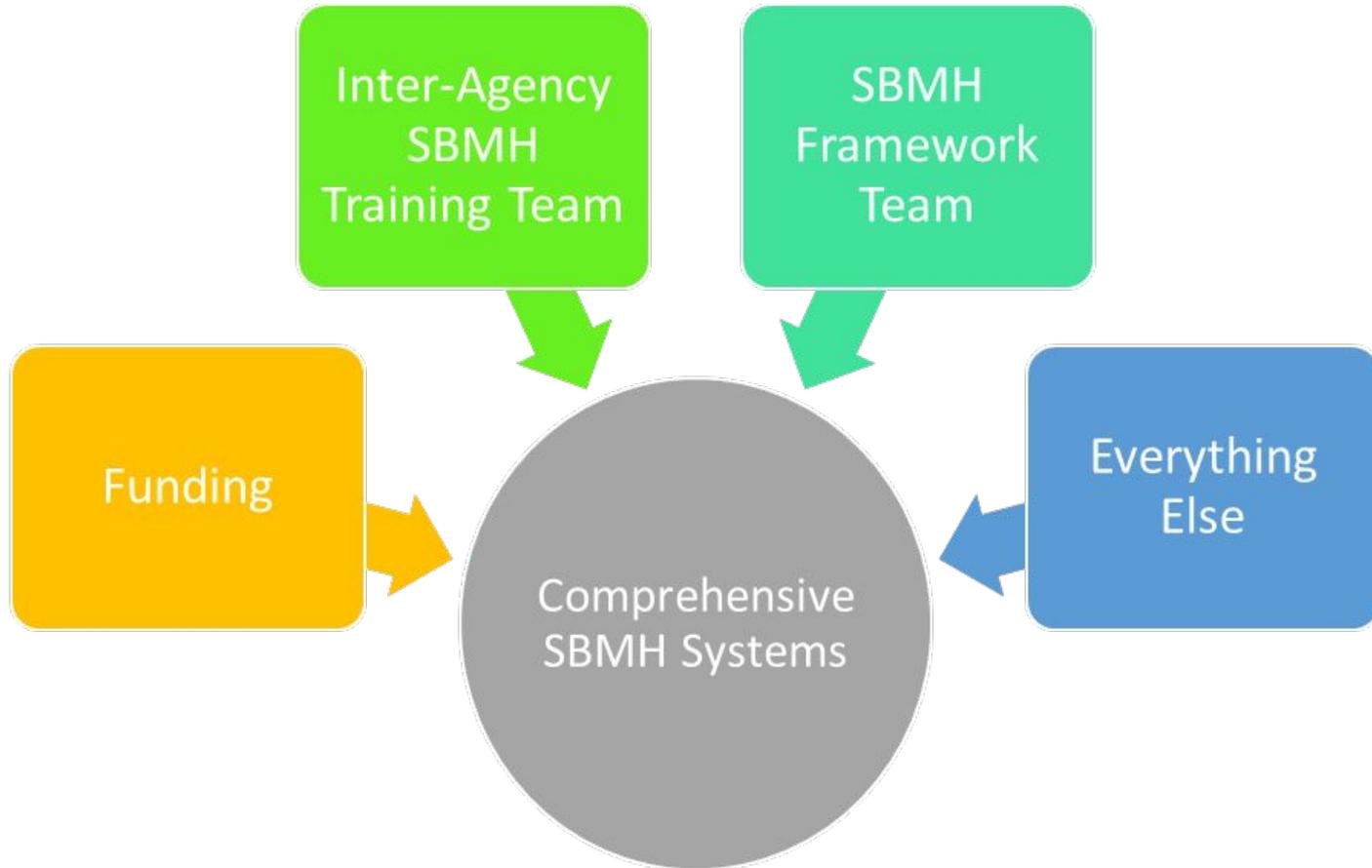
## History of the SBMH section

- Historically everything related to SBMH, mental health, School Social Work, etc. was through the School Counseling section at DESE
- In 2022 SB 681 created a “Mental Health Coordinator” position
  - Lisa hired in October 2022 as the “Coordinator of School-Based Mental Health”
    - Danny Rydman hired in December 2022 as the “Director of Project AWARE” making us a section of two (one being grant funded)
  - After much consideration the position of “Director of SBMH” was added and Jamie was hired in January 2024 making us a section of THREE!!!



The vision of the **School-Based Mental Health** section is to help create comprehensive school mental health systems to address the full array of these services and supports, including mental health promotion, prevention, early identification and treatment.

# School-Based Mental Health (SBMH) at DESE





## Funding

- Over \$40 million-Immediate Responsive Services Grant, Stronger Connections Grant, SBMH Recruitment & Retention Initiative, Mental Health First Aid, Project AWARE, Future Projects

## Inter-Agency SBMH Training Team

- Leaders from DMH, DHSS, DESE provide virtual training on the national school-based mental health best practices and SHAPE assessment tool. (working to “Missouri-fy” them)

## SBMH Framework Team

- Leaders from the SBMH professional organizations (SSWAM, MSCA, MASP, MASN) come to come together to create a comprehensive school mental health framework specific to Missouri built upon national best practices in order to better align roles and responsibilities.

## Everything Else

- Support School Social Workers and School Psychologists
- Support ongoing SBMH initiatives (Youth Suicide Awareness & Prevention Model Policy)
- Partnerships with other state agencies, community mental health centers, Universities, etc.



## **Immediate Responsive Services Grant (current grant)**

- Not competitive, all LEAs had an allocation and could apply, 357 LEAs awarded
- Increase student access to mental health resources by hiring SBMH professionals, contracting SBMH, extend contracts, partnering with Universities, etc.

## **SBMH Recruitment & Retention Initiative (complete)**

- Available to all 37 SBMH programs in MO, 20 applied and were awarded contracts
- Build SBMH pipeline with scholarships, recruitment, etc.

## **Stronger Connections Grant (1st round awarded, 2nd round open-due Feb 9th)**

- Competitive grant for high-need LEAs (based on SBMH ratios, FRPL, absenteeism)
- Provide students safe, healthy, and supportive learning opportunities and environments by increasing mental health supports, professional development, parent and family engagement, and improving school climate and culture.



## Mental Health First Aid

- MHFA Training is available to school districts for FREE 😊 sign up at [DESE Application – MHFA Missouri](#).

## Project AWARE

- The purpose of Project AWARE is to develop a sustainable infrastructure for school-based mental health programs and services.
- Implement mental health related promotion, awareness, prevention, intervention and resilience activities to ensure that students have access and are connected to appropriate and effective behavioral health services

## Future Funding Initiatives

- Additional funding for SBMH efforts (recruitment and retention at the University level)

# SBMH-Inter-Agency SBMH Training Team



Leaders from DMH, DHSS, DESE provide virtual training on the national school-based mental health best practices and SHAPE assessment tool.

- [Module 1: Foundations of Comprehensive School Mental Health](#)
- [Module 2: Teaming](#)
- [Module 3: Needs Assessment and Resource Mapping](#)
- [Module 4: Screening](#)
- [Module 5: Mental Health Promotion for All \(Tier 1\)](#)
- [Module 6: Early Intervention and Treatment \(Tiers 2 and 3\)](#)
- [Module 7: Funding and Sustainability](#)
- [Module 8: Impact](#)



# SBMH-Framework Team



Leaders from the SBMH professional organizations (SSWAM, MSCA, MASP, MASN) come to come together to create a comprehensive school mental health framework specific to Missouri built upon national best practices in order to better align roles and responsibilities.

- ❑ Work began in December and will continue through September 2024
- ❑ National best practices and “Missouri-fy” them to make a Missouri Framework for SBMH-this will be the beginning work that will then go to additional groups; important that the four SBMH groups are on the same
- ❑ The overarching aim of this work is continuous quality improvement of a sustainable infrastructure for SBMH programs and services in Missouri





- Support School Social Workers and School Psychologists
  - Thanks to SB 681 and restructuring positions we now have two people on staff to help support school social workers and school psychologists
    - School Social Work Advisory
    - School Social Work Certification Efforts
    - Collaborative efforts within DESE for school social work
    - There is someone to coordinate efforts, support school social workers/school psychologists, and create resources to help
- Support ongoing SBMH initiatives (Youth Suicide Awareness & Prevention Model Policy)
- Partnerships with other state agencies, CCBHO/Cs, various initiatives, Universities, etc.



Arthur Seabury (School Social Worker of the Year for 2023) and I accepting the Proclamation for School Social Worker Week



In the next several slides we want to focus on several resources that are available on the DESE website and links from there to other resources. Here is a general overview:

- DESE-Mental Health Resources for School Staff and Students-this is the SBMH webpage for now and where we have put all resources and funding
  - SBMH Training, SHAPE Assessment Tool, Office Hours Link
  - Funding-IRSG, Stronger Connections, SBMH R&R, MHFA
  - Resources-Suicide Prevention, Trauma-Informed, Mental Health Awareness Curriculum, and more
- DESE-Student Wellness and School Counseling
  - WSCC Model, Child Sexual Abuse Prevention, Health and PE, Internet Safety, Etc.
  - School Counseling ListServ, Legislation Tab, Etc.
- DESE-SEL CORE Skills



## Mental Health Resources for School Staff and Students

<https://dese.mo.gov/mental-health-resources>



School Health Assessment  
and Performance Evaluation System

- Robust Resource Library
  - ❑ School Based Mental Health
  - ❑ Trauma Responsiveness
  - ❑ Preschool
  - ❑ Screening and Assessment Library
- Learn and Share SHAPE
  - ❑ Learn to use SHAPE
  - ❑ Collaboration with schools and districts in your region
  - ❑ Generate 1–3 achievable goals



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



[www.theshapessystem.com](http://www.theshapessystem.com)



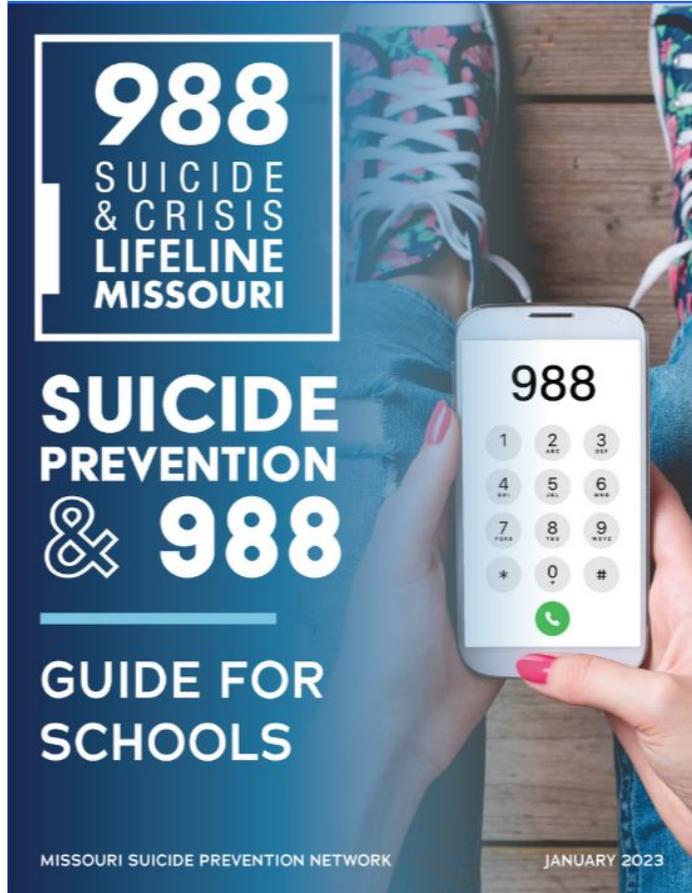
- Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18
- Training is available to school districts for FREE 😊 sign up at [DESE Application – MHFA Missouri](#)



# Teen Mental Health First Aid



- Teen Mental Health First Aid is an evidence-based training program for teens in grades 10-12, or ages 15-18. It teaches teens how to identify, understand and respond to signs and symptoms of mental health and substance use challenges among friends and peers. Teens gain the skills to have supportive conversations with their friends and learn how to get the help of a responsible and trusted adult as necessary.
- DESE grants will pay for the cost of training instructors (a value of \$1,700 per person) and provide required program manuals for the teen participants (a value of \$12.95 per student) for the fall 2024 semester.
- Application Process-attend information session & complete application
- FLYER and sign up [here](#)



- Youth Suicide Prevention and Awareness Model Policy
- Prevention Resource Centers
- MO Crisis Continuum
- Behavioral Health Crisis Centers
- Virtual and Physical Toolkit



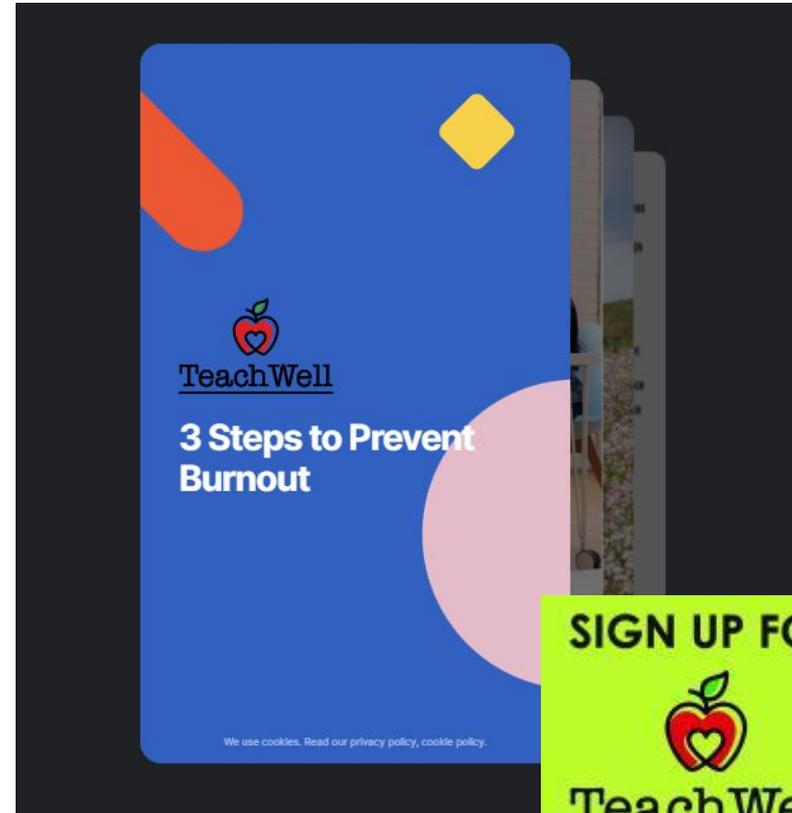
- Four Domains
  - Defining Mental Health
  - Identifying Strategies for Achieving and Maintaining Sound Mental Wellness
  - Decreasing the Stigma of Mental Health Concerns
  - Recognizing How to Connect to Services When Needed
- Supplemental materials:
  - Thirteen mental health learning objectives
  - Fifty-four course level expectations



Workgroup convened to “develop written curriculum frameworks relating to health and family education with an **emphasis on behavioral health relating to the causes of morbidity and mortality of youth, chronic disease management, and parenting skills associated with optimal family health over a lifetime** that may be used by school districts. The state board of education shall adopt and implement academic performance standards relating to health and family education for the 2024-25 school year and all subsequent school years.”



- TeachWell is a text-based wellness program from the Missouri Department of Mental Health as a thank you to educators.
- This comprehensive program aims to support the mental health and well-being of educators, recognizing that their emotional and mental well-being directly impacts their ability to create a positive learning environment for students.
- TeachWell offers a series of courses addressing key topics such as preventing burnout, seeking help, the benefits of movement, managing depression and anxiety, and fostering resilience through self-care and team care. By prioritizing your well-being, you can thrive both personally and professionally.
- **Sign up** for free bite-size wellness exercises that come to you via email or directly to your mobile device.





## Shared Purpose

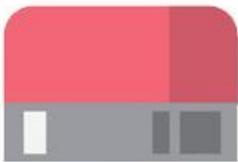
- To build partnerships to create a broad, integrated process for meeting the multiple needs of children and families.
- Supporting children and youth in their development toward successful lives.
- Collaboration between youth-serving agencies, schools, and districts remove the barriers to care, which enables students access to services in an environment where they spend every weekday.

Partnerships must consider their differences to successfully work together. Which may include:

- ❑ **Terminology**
  - Understanding each other's professional language and protocols.
- ❑ **Confidentiality and Information Sharing**
  - Important for schools and outside agencies to have a clear understanding of the confidentiality requirements of each other and that accurate information on regulations be shared with family members (parent/guardians).
- ❑ **Professional Culture**
  - Important to understand the vision of both partners to best support the students.
- ❑ **Perceptions of each other**
  - Often a misperception of the roles/responsibilities of each other (e.g., school counselor vs. mental health counselor vs. social worker).

- Important to Identify needs of district/LEA and service gaps
- Need unification/coherence in the intention and delivery of services or can result in role overlap/duplication of services
- Clarifying roles and establishing relationships; discussing purpose of partnership
- PD Days: Have outside agencies present to staff, the services they will be providing to students/school
- Schools inviting agencies to parent evenings, events, etc.
- What other ideas have been sparked from today's discussions?

- Relationships, relationships, relationships
- It is important to be considerate when working with each school and ensure you are mindful of their protocols, procedures, etc.
- Remember to be consistent with scheduling, giving notice if cancel/rescheduling, returning phone calls. Need to establish a good working relationship with consistency and follow-through.



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