Supporting School Mental Health in Rural Communities

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Learning/Discussion Topics

- **Student Mental Health Landscape Overview**

- **Collaborative School Mental Health grant program**

- **Available Training Options and Supports**

- **Biennial Budget Proposal Overview**

What day is it??

National Pasta Day
www.NationalDayCalendar.com
October 17

National Chocolate Cupcake Day
www.NationalDayCalendar.com
October 18

School Mental Health in WI

SUMMARY REPORT

2017

WISCONSIN YOUTH RISK BEHAVIOR SURVEY

WISCONSIN DEPARTMENT OF
PUBLIC INSTRUCTION
Tony Evers, PhD, State Superintendent

- **40%** of student respondents indicated elevated rates of <u>anxiety</u>

- **nearly 30%** experienced <u>depressive symptoms</u>

- **6.1%** of high school students reported <u>taking over-the-counter drugs to get high</u> at some point in their lifetime.

- **12.4%** reported <u>attending school under the influence</u> of drugs or alcohol in the past 12 months.

School Employed Mental Health Staff

Pupil Services Positions	Wisconsin Pupil Services Ratios						National Organization Recommendations
	2006	**2008**	**2010**	**2012**	**2016**	**2018**	
School Counselors	459:1	457:1	469:1	469:1	399:1	420:1	250:1
School Psychologists	1033:1	1022:1	980:1	1000:1	1073:1	967:1	500-700:1
School Social Workers	1804:1	1763:1	1652:1	1759:1	1528:1	1468:1	400:1
School Nurses	2761:1	2471:1	1625:1	1910:1	1721:1	1871:1	***

***To meet the health and safety needs of students, families, and school communities, school nurse workloads should be determined at least annually, using student and community specific health data. NASN 2015.
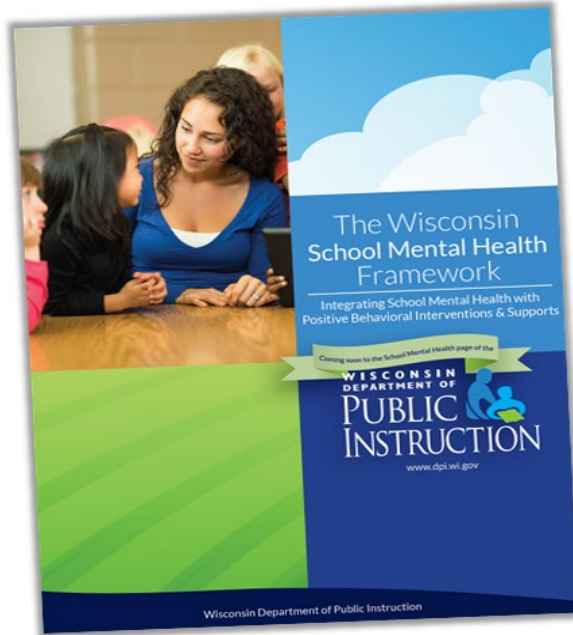
CONVERSATION: Local Data

- **What data sources do you currently use, if any, to assess student mental health related needs in your schools?**

- **How could DPI help you better collect, access, or interpret local data to make decisions?**

- **Any other thoughts or ideas you'd like to share today?**
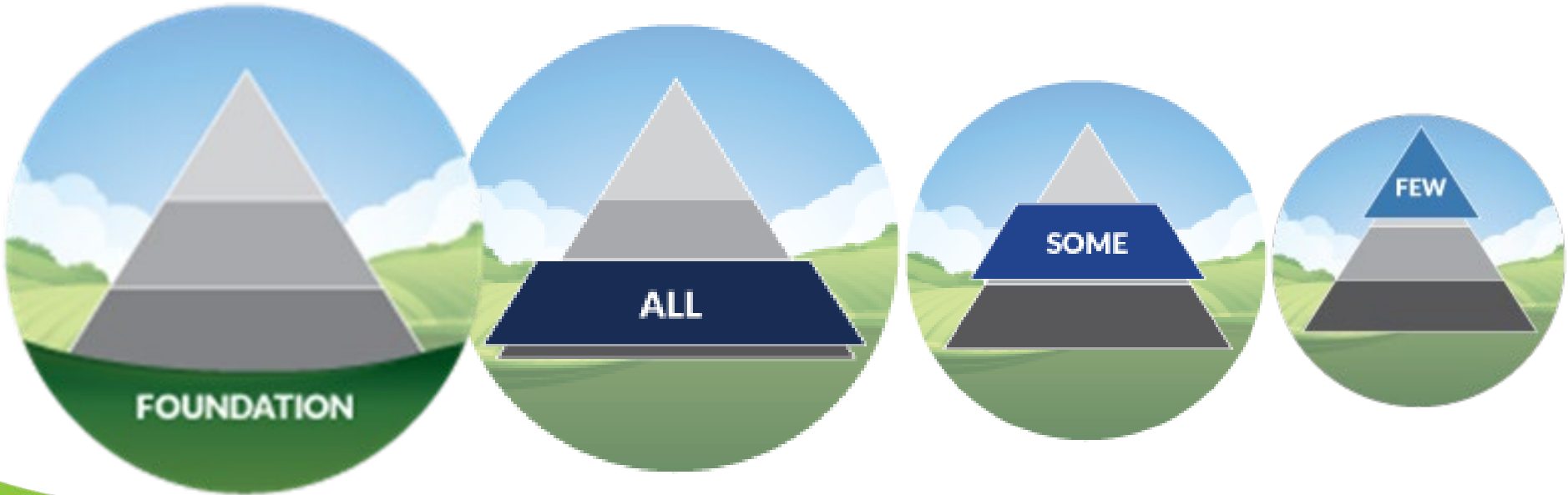
The WI SMH Framework: The Guide

Through an Equity Lens

Educational equity means that every student has access to the resources and educational rigor they need at the right moment in their education, across race, gender, ethnicity, language, disability, sexual orientation, family background, and/or family income.
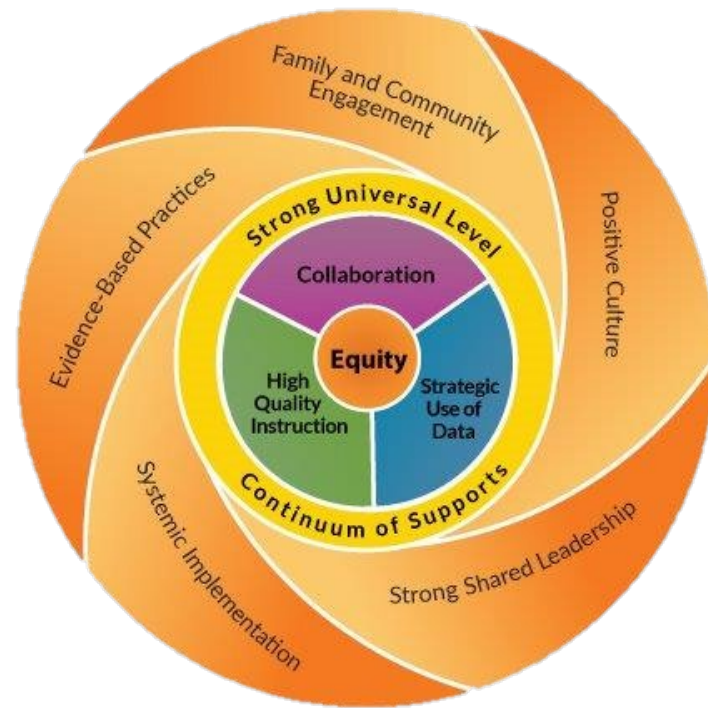
The WI SMH Framework: Multi-Level Supports

The WI SMH Framework: Foundations

The WI SMH Framework: Universal

Trauma Sensitive Practices
http://dpi.wi.gov/sspw/mental-health/trauma

Resiliency
http://dpi.wi.gov/sspw/mental-health/resiliency

Social/Emotional Learning
SEL Competencies Coming soon!

Suicide Prevention Education for Secondary
http://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention

The WI SMH Framework: Selected and Intensive

Early Identification/Screening	Community & School Based Wrap -around
Small group & individual intervention	Referral pathways
Wellness plans	Safety & re-entry plans
Deep collaboration with youth, family and providers	

Collaborative Mental Health Grants

- **$3.25 million available for one year**

- **138 applications were reviewed**

- **$7,831,270 in requests**

- **52 awards were made**

Data Discovery

- Most **funded applicants** had enrollment of 1000-3000 students
- 42% of **applicants** had enrollment of less than 2000
- 40% of **funded applicants** had enrollment of less than 2000
- 23% of **applicants** had enrollment of less than 1000
- 13% of **funded applicants** had enrollment of less than 1000
- Smallest funded district: Northwood (313)

Responding to the Field

- Concern: Limited or no access to grant writers
  - *DPI will host a grant writer's workshop prior to next round*
- Questions about allowable costs
  - *Enhancing current guidance for allowable activities, such as:*
    - *Transportation*
    - *Telehealth*
- Access to grant application scoring rubrics
  - *Available through pupil records request*

Where are Funds Going? The Top Five:

1. Mental Health Navigator

2. Social Emotional Learning

3. Trauma

4. Referral Pathway Development

5. Screening

FEEDBACK: Collaborative Mental Health Grants

- **What recommendations would you offer to improve the grant application <u>process</u> as it relates to rural schools and consortia?**

- **How could DPI restructure this grant to best address the mental health needs of students attending rural schools?**

- **Any other thoughts or ideas you'd like to share today?**

Primary Training Options and Supports

- **Youth Mental Health First Aid**

- **Trauma Sensitive Schools**

- **Social and Emotional Learning**

- **Screening, Brief Intervention, and Referral to Treatment** (SBIRT)

- **Suicide Prevention**

- **Compassion Resiliency**

WI Safe and Healthy Schools Center

Chris Kleiman
CESAs 1,7,8

Jackie Schoening
CESAs 2,3,6

Tracy Herlitzke
Center Director

Carol Zabel
CESAs 4,10,11

Lynn Verage
CESAs 9,11,12

https://www.wishschools.org/contact/

Youth Mental Health First Aid

- **For parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens**

- **Teaches how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis**

- **Trainings may be available at no-cost**

Trauma Sensitive Schools

- **School Climate Transformation grant → TSS cohorts**

- **Development of online modules**

- **Internal and external coaching supports**

- **Statewide roll-out in progress through WISH Center**

SBIRT

- Screening, Brief Intervention, Referral to Treatment
- **Efficient, evidence-based, and comprehensive**
- Addresses **selected behavioral health concerns** among adolescents (e.g., alcohol/other drug involvement)
- Readily adapted for delivery in **middle and high school** settings **by existing student services** staff

Social and Emotional Learning

- **SEL Competencies document**
- **Safe Schools & CASEL grants**
- **Monthly Webinar Series**
- **SEL alignment tools**
  - Evidence based programs, ASCA mindsets

- **Online safety and SEL**
- **SEL email list**
- **Online learning modules – coming soon!**

https://dpi.wi.gov/sspw/mental-health/social-emotional-learning

Suicide Prevention

- **DPI Gatekeeper Training module**

- **QPR: Question, Persuade, Refer**

  - 3 simple steps : recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life.

DPI Resources: https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention
**WISH Center Resources:** https://www.wishschools.org/resources/suicidepreventionresources.cfm

Compassion Resiliency

- **Compassion Resilience Online Toolkit**

- [**www.compassionresiliencetoolkit.org**](http://www.compassionresiliencetoolkit.org)

- **Staff wellness**

- **Compassion fatigue**

- **Compassion resilience**

Peer to Peer Support

Percent of Students Who Have At Least 1 Teacher They Can Talk To About a Problem, by Grade

Grade	Percent
9th	64.20%
10th	70.80%
11th	73.70%
12th	77.70%
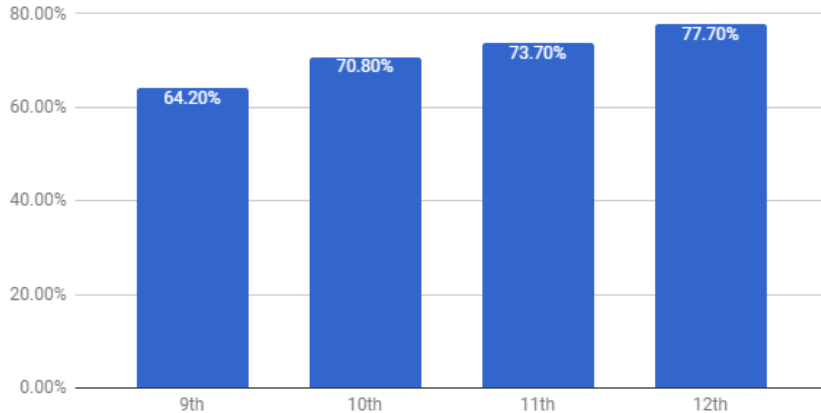
But when asked who they DO talk to, students hardly ever mention adults and instead mention peers

- **HOPE Squad training**

FEEDBACK: Training Options and Supports

- **What gaps do you notice, if any, in training options and supports for rural school communities?**

- **In what ways do you think DPI could help better support rural schools with trainings and implementation?**

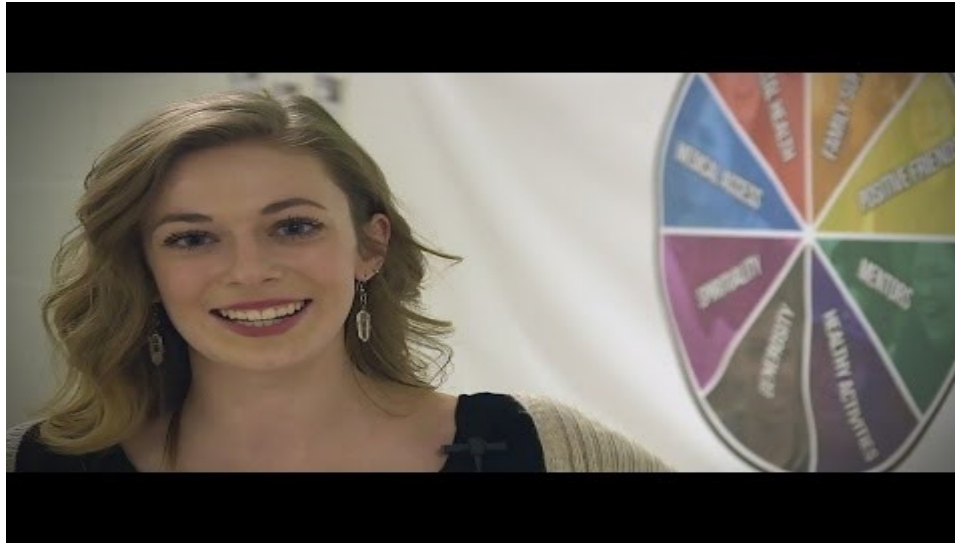- **What other thoughts or ideas would you like to share?**

Adams-Friendship: Positive Action

https://dpi.wi.gov/sites/default/files/imce/sspw/selcasestudy-adams-friendship.pdf

Hortonville

Next Biennial Budget

- Increased funding for collaborative mental health grants

- State funds to support out of school programs

- Categorical aid for all pupil services areas

- Enhanced training opportunities

- Improved YRBS supports

https://dpi.wi.gov/sites/default/files/imce/budget/pdf/budget-mental-health-infographic-FINAL.pdf

Thank You for this Opportunity!

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Division for Learning Support

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