

# Comprehensive School Mental Health as Continuous Improvement

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# Centering Practice



# Today's Purpose

- Explore the Wisconsin School Mental Health Framework and Roadmap
- Reflect and Identify Your Purpose of advancing CSMH
- Share strategies for continuous school improvement



# Why?



**Why improve mental health systems at your school?**

**Protocol: The Five X Why?**

# Youth Power

**Centering  
People Closest  
to the Issues**



# How CSMHS Move us Towards Our Purpose



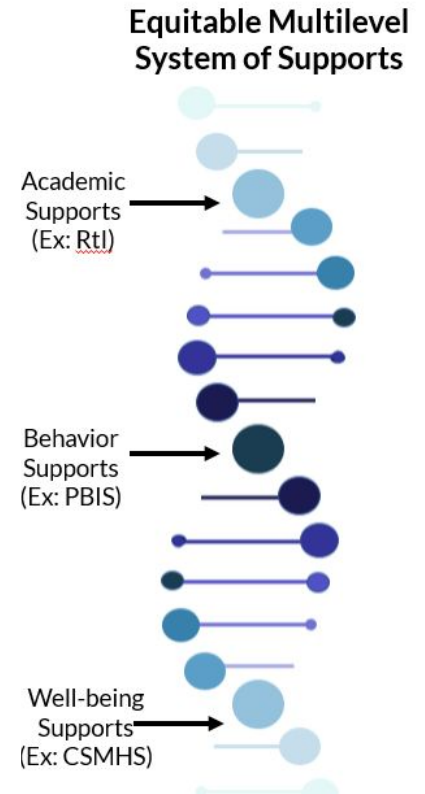
What are your goals as an educator?

Elements of CSMHS have been shown to:

- Increase academic achievement and graduation rates (Kase et al. 2017, Lehr et al. 2004)
- Increase student engagement and connectedness to school (Greenberg et al. 2005)
- Decrease the need for restrictive placements (Bruns 2004).
- Increased access to mental health care (Guo 2010)
- Promote positive psychosocial outcomes (Durlak et al. 2007)
- Improved school climate (Astor 2017).

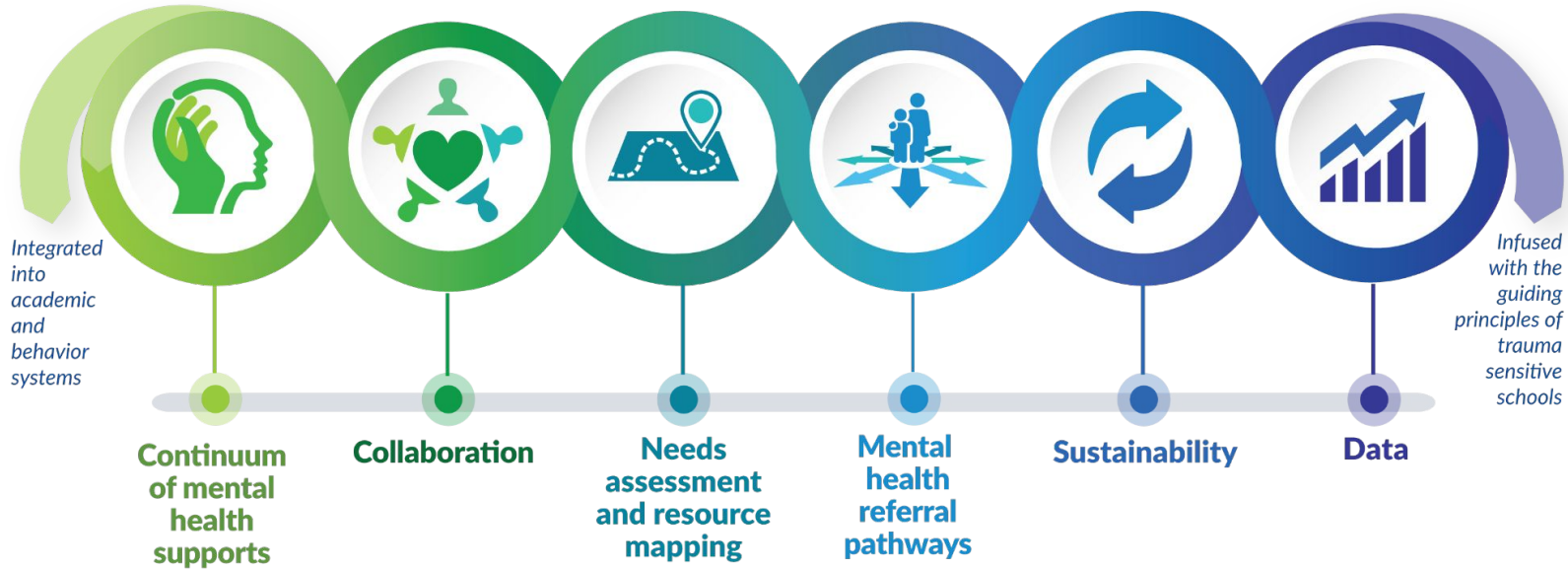
# What is a Comprehensive School Mental Health System (CSMHS)?

- Provides an array of supports and services
- Promote positive school climate, social and emotional learning, and mental health and well-being
- Reduces the prevalence and severity of mental illness
- Builds on a strong foundation of school professionals
- Partners strategically with students and families, as well as community health and mental health partners
- Assesses and addresses the social and environmental factors that impact mental health, including public policies and social norms that shape mental health outcomes (Lever 2019).





# Our Purpose





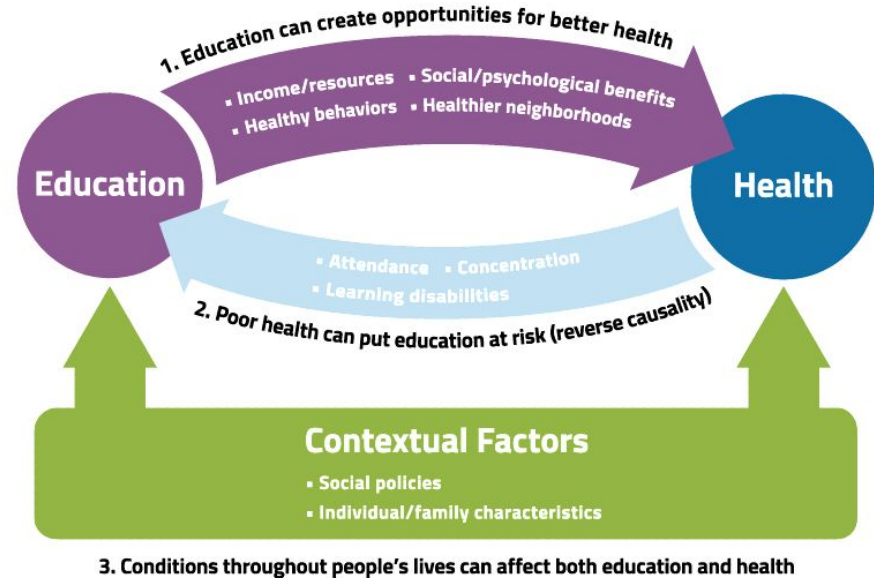
# How Do We Create a More Comprehensive System?



# Why Comprehensive School Mental Health?

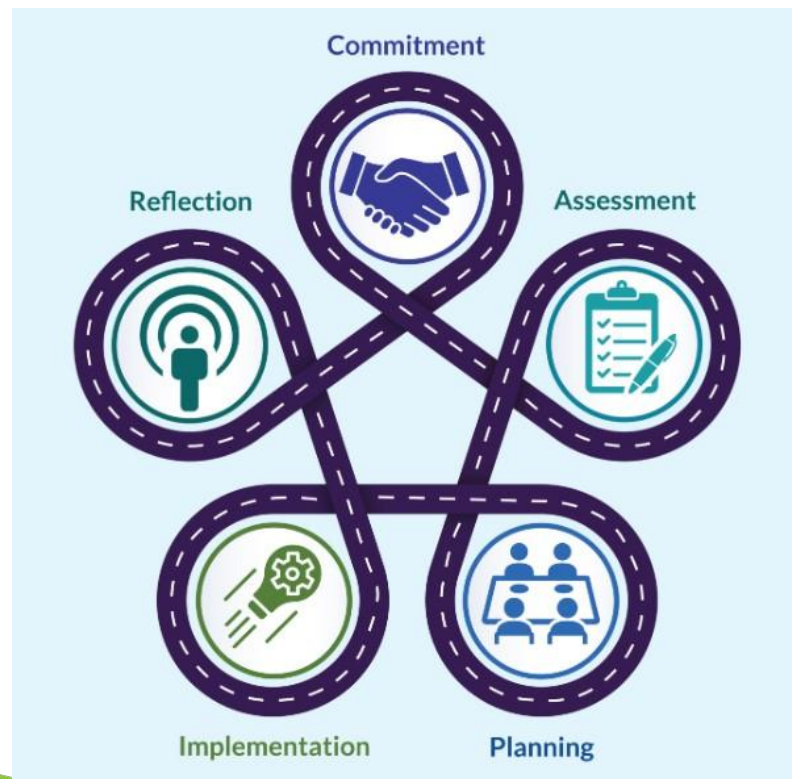
**“A CSMHS increases health equity by ensuring all students and staff have access to the prevention, early intervention, and treatment supports that they need, when they need them, free of stigma.”**

-DPI,2021



# The Roadmap for Improvement

- Provides the HOW
- Utilizes the principles of improvement science to move teams forward in their efforts to build more comprehensive systems
- Applies the Center for Disease Control (CDC 2021) Community Change Process to school mental health



# The Roadmap for Improvement

- Designs specific approaches to understand problems to solve them
- Focuses on learning by doing
- Guides the development and fine-tuning of tools, processes, roles, and relationships (Carnegie Foundation 2023) and uses rapid-cycle testing in real settings to better understand what changes can be made to a system to improve it (Shakman 2020)



# Getting Started: Collaboration




**What is the Function of a School-level School Mental Health Team?**

# Getting Started: Collaboration

**What is the Function of a District School Mental Health Team?**




# Barriers to Advancing CSMHS: Teaming

- Define Roles and Responsibility of the team
  - Define Roles and Responsibility of the team members
  - Develop Multidisciplinary Membership of the team
  - Promote and message team & team action
  - Address all tiers
- 



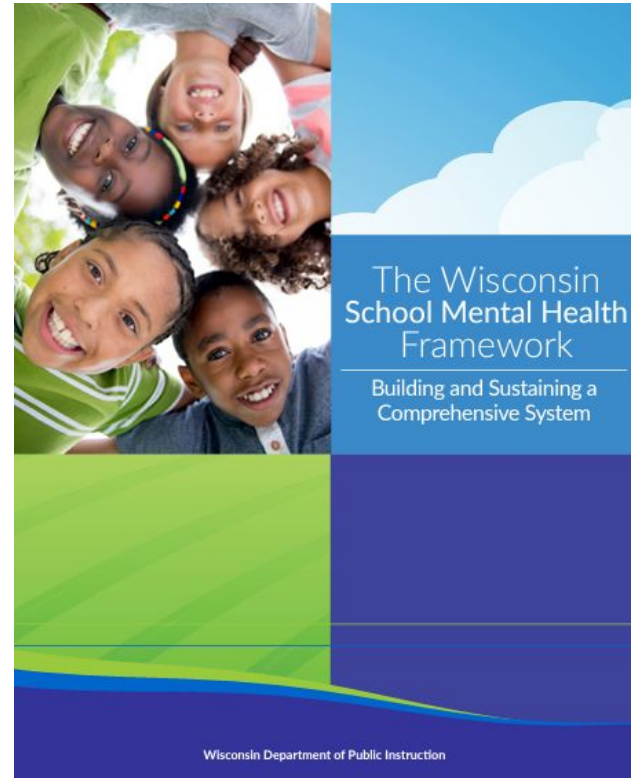
# Barriers to Advancing CSMHS

- **Staff Wellness, Turnover, and Capacity**
  - **Stigma and/or Current Political Climate**
  - **Alignment of Vision, Goals, and Initiatives**
  - **Sustainability**
  - **Cultural Responsivity**
  - **Access and Referral of Services**
- 

# Staying Grounded in the Work

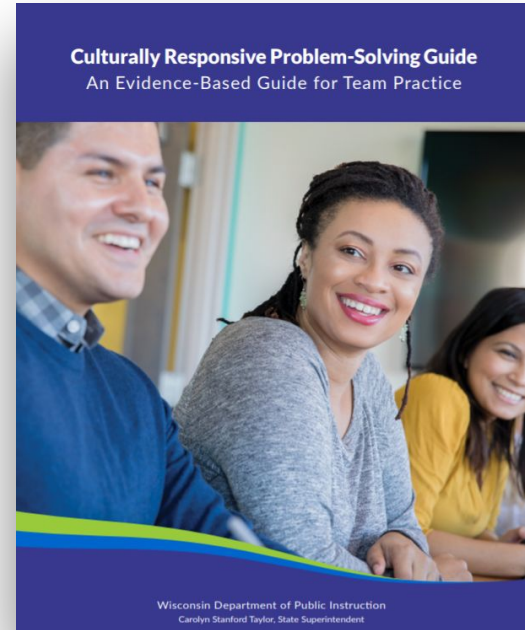
## [The Wisconsin School Mental Health Framework](#)

For a more in-depth look at topics introduced today, download this guide from the [DPI's School Mental Health Framework webpage!](#)

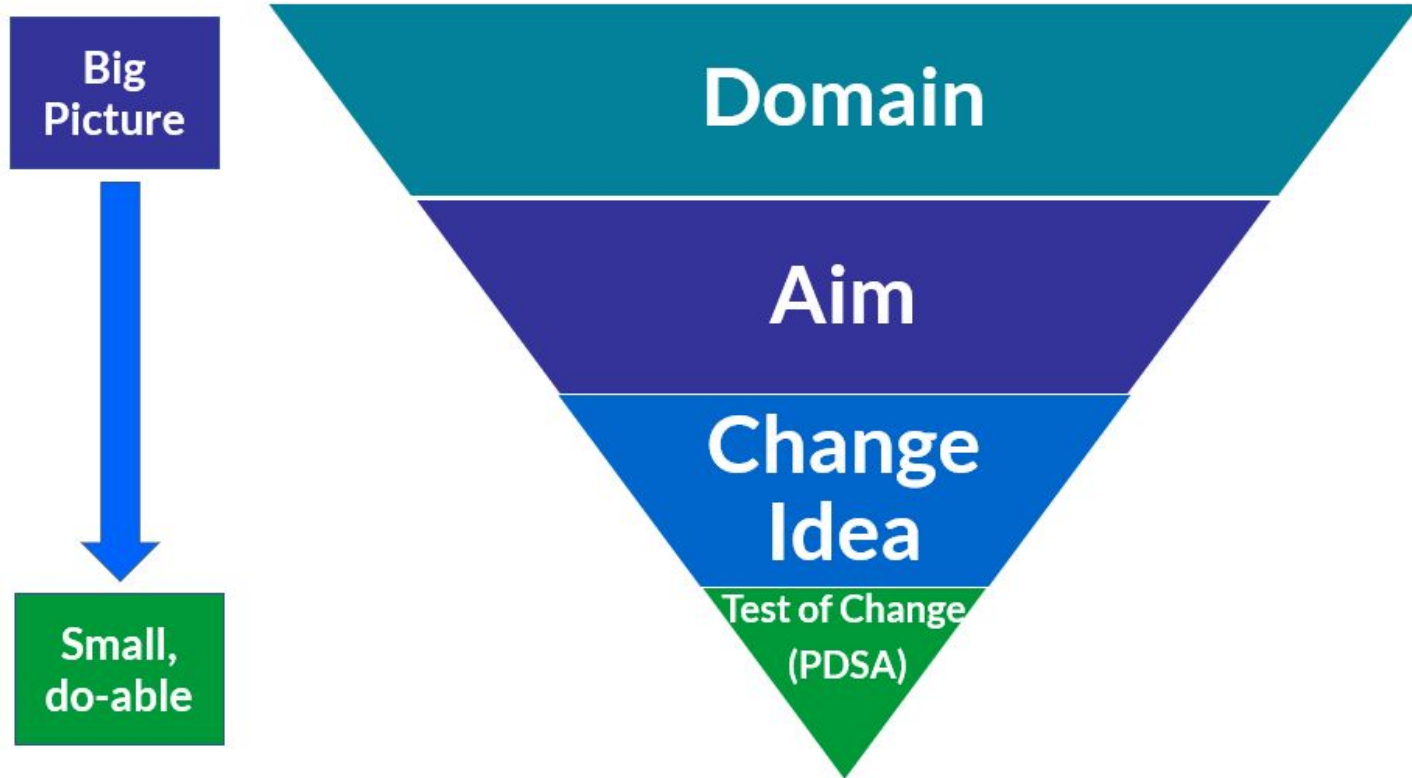


# Changes in Policies and Adult Practices: Tools

- [SHAPE System, SMH-QA](#)
- [Mental Health Referral Pathways](#)
- [Culturally Responsive Problem Solving](#)



# Big Aim to Small Action



# What?



**What change do you wish to see in day-to-day practices to improve school mental health?**

# What is SHAPE?

- The School Health Assessment and Performance Evaluation (SHAPE) System
- Developed by the [National Center for School Mental Health \(NCSMH\)](#) in partnership with the field
- Purpose: To increase the quality and sustainability of comprehensive school mental health systems
- [The SHAPE System](#)



# How does SHAPE help improve school mental health systems?



SHAPE users map their school mental health services and supports



Assess system quality using national performance standards



Receive custom reports and strategic planning guidance and resources



Utilize additional SHAPE features including the Screening and Assessment Library and Trauma-Responsive Schools Assessment and Resources



Use district and state dashboards to collaborate with schools and districts in your region



# Learning from One Another



What does it mean to be part of a learning community?

# Thank You!

How can I support you?



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