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DBHDD



Expanding Knowledge and Best Practices in School-Based Mental Health (SBMH): Approaches to Implementing Peer-to-Peer Learning Opportunities

Annual Conference on Advancing School Mental Health
November 7, 2019



DMH South Carolina
Department of
Mental Health

Georgia
Health Policy
Center

GeorgiaState
University | ANDREW YOUNG SCHOOL
OF POLICY STUDIES



PRESENTERS

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TODAY'S OBJECTIVES

- 1) Share approaches to designing effective peer-to-peer learning for SBMH programs
- 2) Discuss opportunities for collaboration and partnerships across state SBMH programs.
- 3) Describe a multimodal approach to technical assistance (TA) and effective methods to adapt such an approach.



OVERVIEW

- Introduction
- Evolution of the Apex Program and Technical Assistance Model
- Peer Learning Exchange Georgia & South Carolina
- Reflection on Redesign and Implications
- Q&A



GEORGIA APEX PROGRAM

The Georgia Apex Program (Apex), supported by the Georgia Department of Behavioral Health & Developmental Disabilities, is a program to build infrastructure and increase access to mental health services for school-aged youth throughout the state.



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PROGRAMMATIC GOALS OF APEX



APEX Year 4 By the Numbers

33 Provider agencies

562 Schools involved*; 436 schools engaged**

5,419 Students receiving first-time services

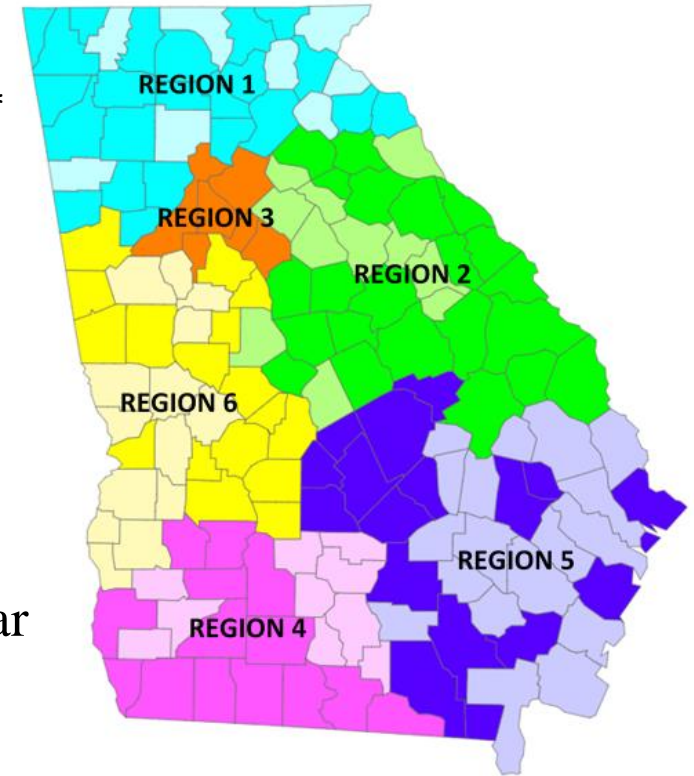
22,815 Referrals made to Apex services

89,642 Services provided in schools

313% increase in schools served from Year 1 to Year 4.

*Involved = schools submitting at least one month of reported data.

**Engaged = schools submitting three or more months of reported data.



Darker shaded counties have at least one Apex school.



South Carolina Department of Mental Health Beckman Center for Mental Health Services School Mental Health (SMH) Services and Programs

Presented by: Melanie E. Gambrell, LPC
SCDMH/Beckman Center for Mental Health Services



South Carolina Department of Mental Health (SCDMH)

- ▶ 16 Community Mental Health Centers
- ▶ 4 Hospitals
- ▶ 3 Veteran's Nursing Homes
- ▶ 1 Community Nursing Home
- ▶ Forensic Program
- ▶ Sexually Violent Predator Program

Innovation: School Mental Health Services

Mission

To promote academic and personal success through identifying and intervening at early points, and to support social and emotional/behavioral well-being of children and youth in SC.

Services

Prevention, early intervention, clinical assessment, individual/family/group therapy, crisis intervention, psychiatric assessment and evaluation, care coordination, and mental health awareness.

New Program

Initial cohort of *John H. Magill School Mental Health Certificate Program* started in January 2019 with 7 Master's level students from 6 degree programs working with 5 community mental health centers (CMHC).

Funding

In FY 2019, SCDMH received \$4M from General Assembly for expansion of school mental health services. In FY 20, SCDMH received \$2.2M for further expansion.

FY19 Services Reach and FY 20 Goal

In FY 2019, with funds from General Assembly, SCDMH school mental health programs provided clinicians to approximately **740 of 1,267** public schools in SC (approximately **58%** of schools as of April 2019). *In FY20, the goal is to expand to 150 more schools with approximately 85 clinicians.*

SCDMH History with School Mental Health Services: 25+ Years

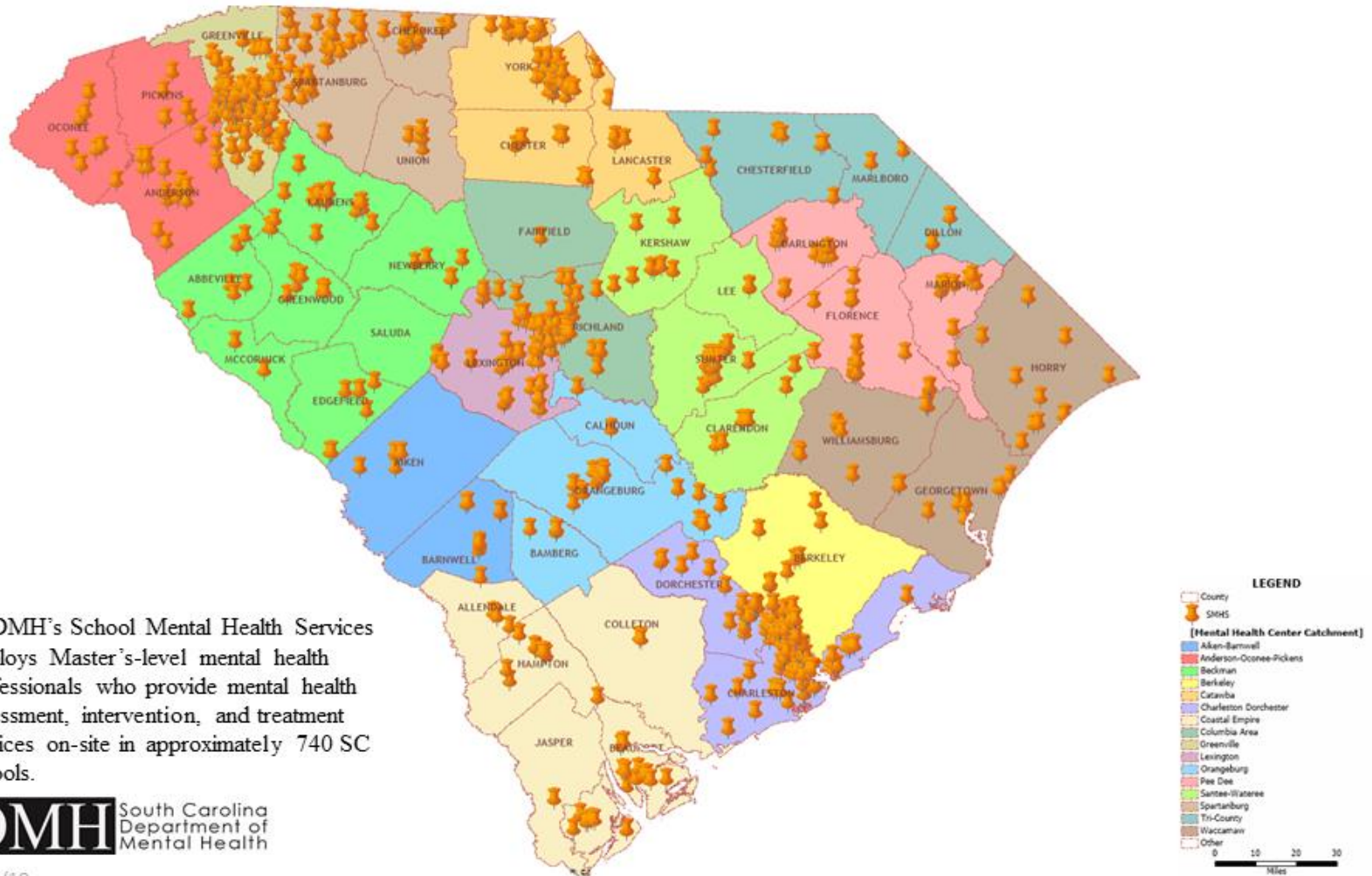
▶ 1993

- Bryson Middle School in Greenville County
- 1 Piedmont CMHC Mental Health Professional (MHP)

▶ Today 2019

- MHPs in 740 schools in S.C.
- That is 58% of schools in S.C.
- Goal is to expand to 150 more schools this year.

SCDMH School Mental Health Services (SMHS)



SCDMH's School Mental Health Services employs Master's-level mental health professionals who provide mental health assessment, intervention, and treatment services on-site in approximately 740 SC schools.



3/15/19

Shared Goal with SC Department of Education

Goal:

Ensure that every student in SC has access to School mental health services

SCDMH and SC Department of Education Joint Memo

How:

- ▶ Continued Collaboration and Partnerships
 - State and Local
- ▶ Implementation Support
 - Program Evaluation and Consultation
- ▶ Expansion of Services
 - 90+ New Schools for 18/19 Academic Year
 - Telepsychiatry

SCDMH Best Practice Model

- ▶ 1:1 Model or 1:2 Model
 - Comprehensive programs designed to fit needs of school population
 - Addresses Barriers, Crisis Response, Classroom Collaboration, Enhances Universal Supports
 - Determining Model: “Day 1 Referrals”

- ▶ Mental Health Professional (MHP)
 - Masters Level
 - On-going training to improve clinical effectiveness
 - Evidence Based Practice (EBP)
 - Close liaison with school staff includes education

Comprehensive Mental Health Services

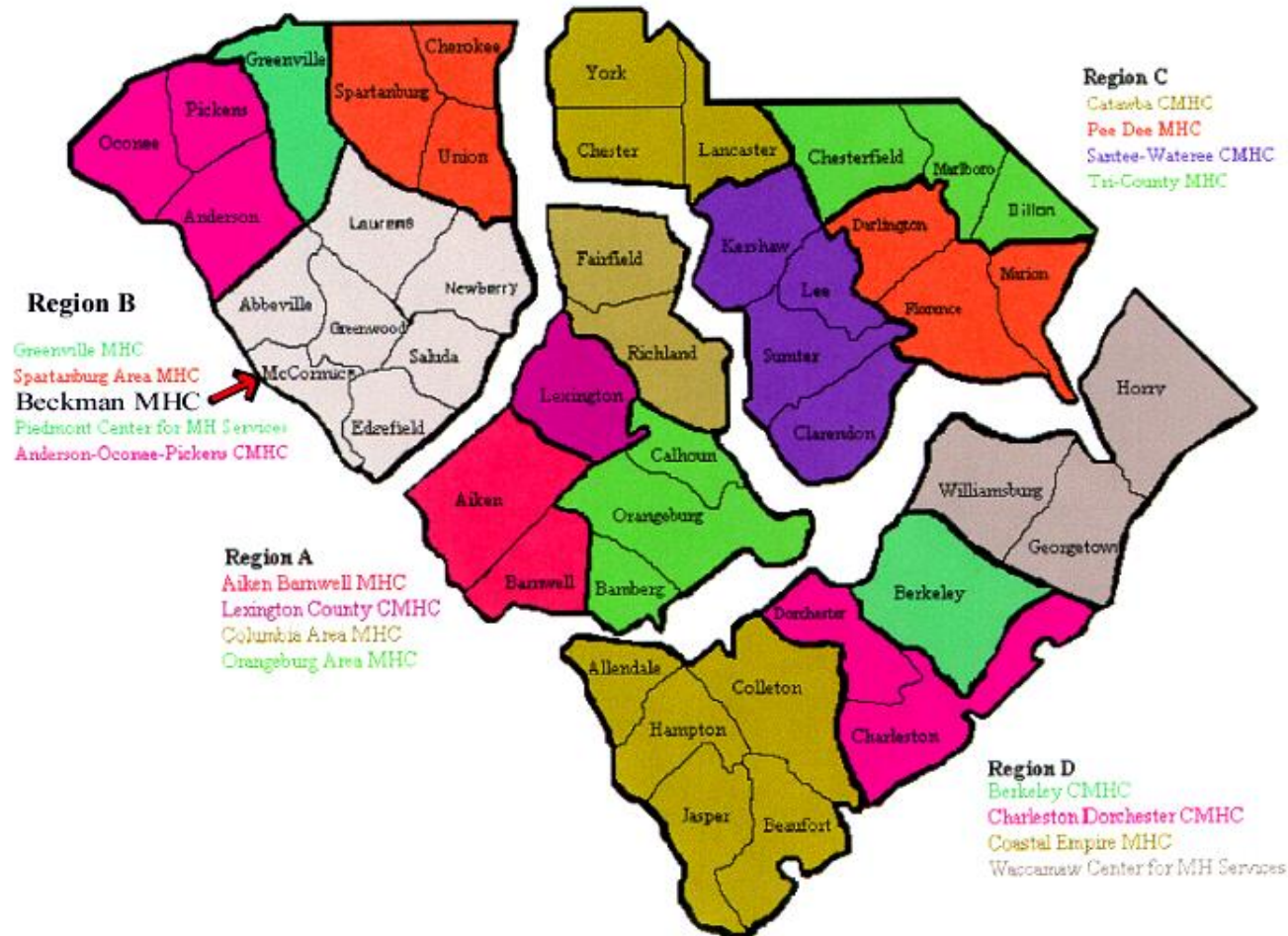
- ▶ Intake occurs in the school
- ▶ Clinical Assessments
- ▶ Treatment Plans
- ▶ Psychiatric Services from a psychiatrist or Advanced Practice Registered Nurse, either face to face or via telepsychiatry
- ▶ Individual, Group, Family Therapies
- ▶ Crisis Intervention
- ▶ Care Coordination
- ▶ Prevention & Early Intervention
 - Multi-Tiered Systems of Support (MTSS) and PBIS

Roles and Benefits of SMH Professionals

- ▶ SMH Services are a partnership between Community Mental Health Centers (CMHCs) and School Districts. Schools provide funding to the CMHCs through a contractual relationship.
- ▶ Roles
 - Provide mental health services in the school setting
 - Active with agency
 - Collaborative partners in the classroom
 - Provide staff education
 - Participate in MTSS
- ▶ Benefits
 - Address barriers to care
 - Crisis intervention
 - Support frequency/continuity of care plans
 - Improve school climate

Beckman Center for Mental Health School Mental Health Services

S.C. Department of Mental Health



Beckman School Mental Health Data FY 19

- ▶ 11,304 School Mental Health Services were provided by 19 staff
- ▶ Contracts with 53 schools
- ▶ Expanding to 9 additional schools with 5 Mental Health Professionals in FY 20
- ▶ 1,279 Individuals were served in a school setting
- ▶ The top 5 diagnoses of children seen in schools were as follows:
 1. ADHD
 2. Anxiety Disorders
 3. Adjustment Disorders
 4. Depressive Disorders
 5. PTSD

Evidence-Based Practices at Beckman

- ▶ Parent Child Interaction Therapy (PCIT)
- ▶ Attachment and Biobehavioral Catch Up (ABC)
- ▶ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- ▶ Dialectical Behavioral Therapy (DBT)
- ▶ Individual Placement and Support (IPS)
- ▶ Eye Movement Desensitization and Reprocessing (EMDR)
- ▶ Multidimensional Family Therapy (MDFT)
- ▶ Multi-Family Group Therapy in the Portland Identification and Early Referral System (PIER) Model for the Clinical High Risk for Psychosis Population

Zero Suicide Initiative at Beckman

- ▶ SCDMH received a Garrett Lee Smith Grant and developed the SC Youth Suicide Prevention Initiative
- ▶ Pilot Centers were selected.
- ▶ Beckman was selected in the second round of pilot Centers.
- ▶ Leadership and Workforce Surveys have been completed
- ▶ Trainings provided to staff, clinical and non-clinical are as follows: ASK About Suicide to Save a Life, Counseling on Access to Lethal Means (CALM), Assessing and Managing Suicide Risk (AMSR), Applied Suicide Intervention and Skills (ASIST), Training on the Columbia Screener, Suicide to Hope Training and SAFE Talk.
- ▶ Goal is to prevent suicide.

South Carolina's School-Based Mental Health Summit

- ▶ Annual School-Based Mental Health Summit
- ▶ Includes school-based staff (therapists) from SCDMH
- ▶ Approximately 356 attendees
- ▶ Topics have included the following:
Suicide Prevention, Understanding Psychoeducational Testing, School Mental Health Intakes, Training from NAMI, Family Engagement Strategies, and Deaf/Hard of Hearing Services.

26 years of implementation in
South Carolina



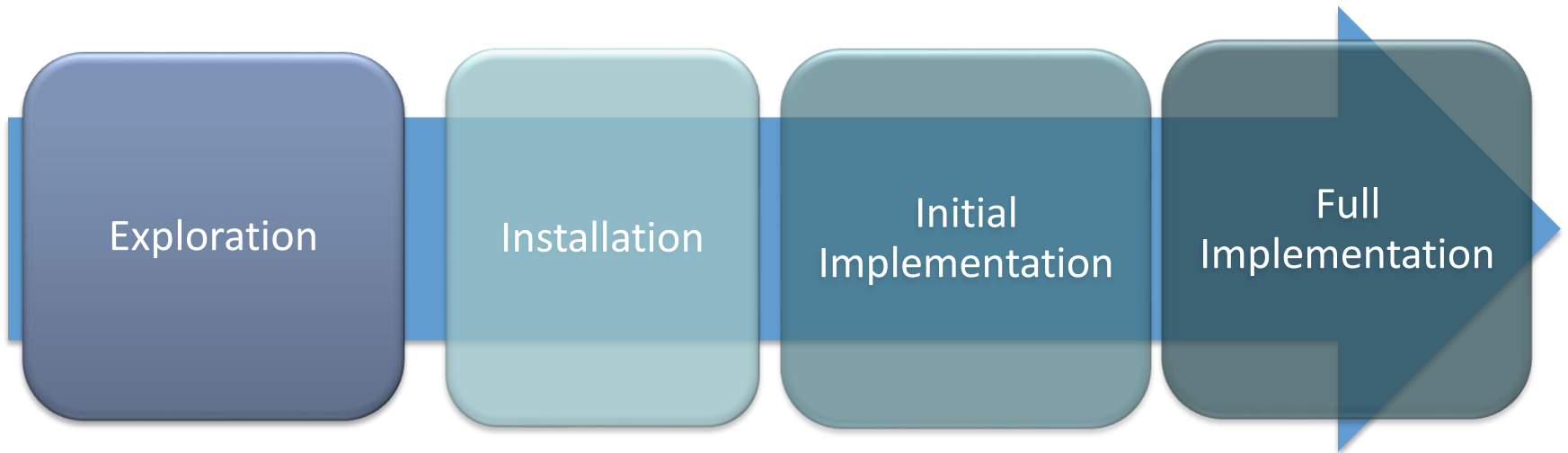
4 years of implementation in
Georgia



A big opportunity for
cross-learning



IMPLEMENTATION STAGES



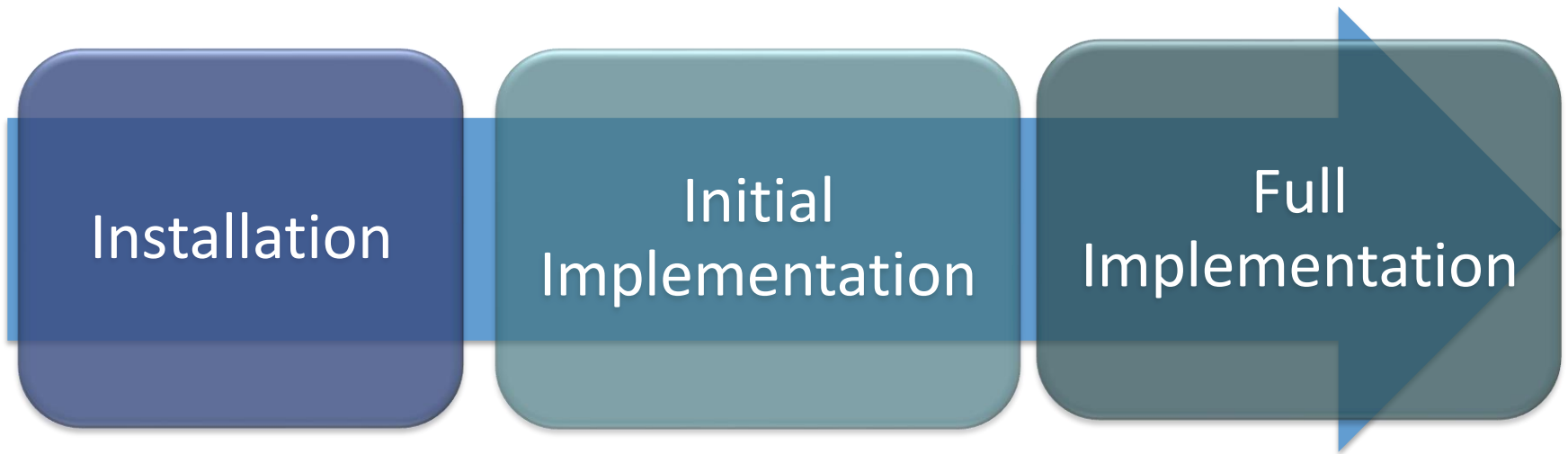
Adapted from: <https://nirn.fpg.unc.edu/module-4/topic-1-implementation-stages-overview/what-are-stages>



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Apex Implementation Stages



Adapted from: <https://nirn.fpg.unc.edu/module-4/topic-1-implementation-stages-overview/what-are-stages>



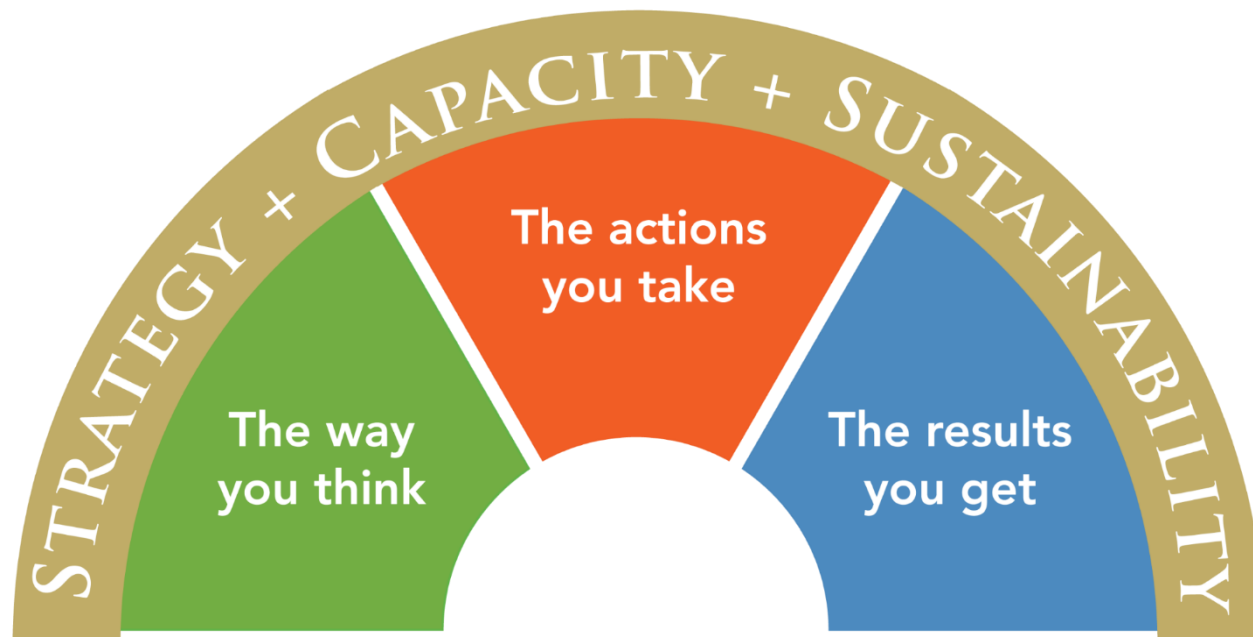
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Evolution of the Apex TA Model



Technical Assistance Approach Theory of Change



Technical Assistance Approach

Guiding Principles

We believe that communities benefit most from technical assistance support that is:

- Relationship-based
- Systematic, yet flexible
- Technical and adaptive
- Systems-oriented
- Sustainability-focused
- Centered on continuous learning and improvement

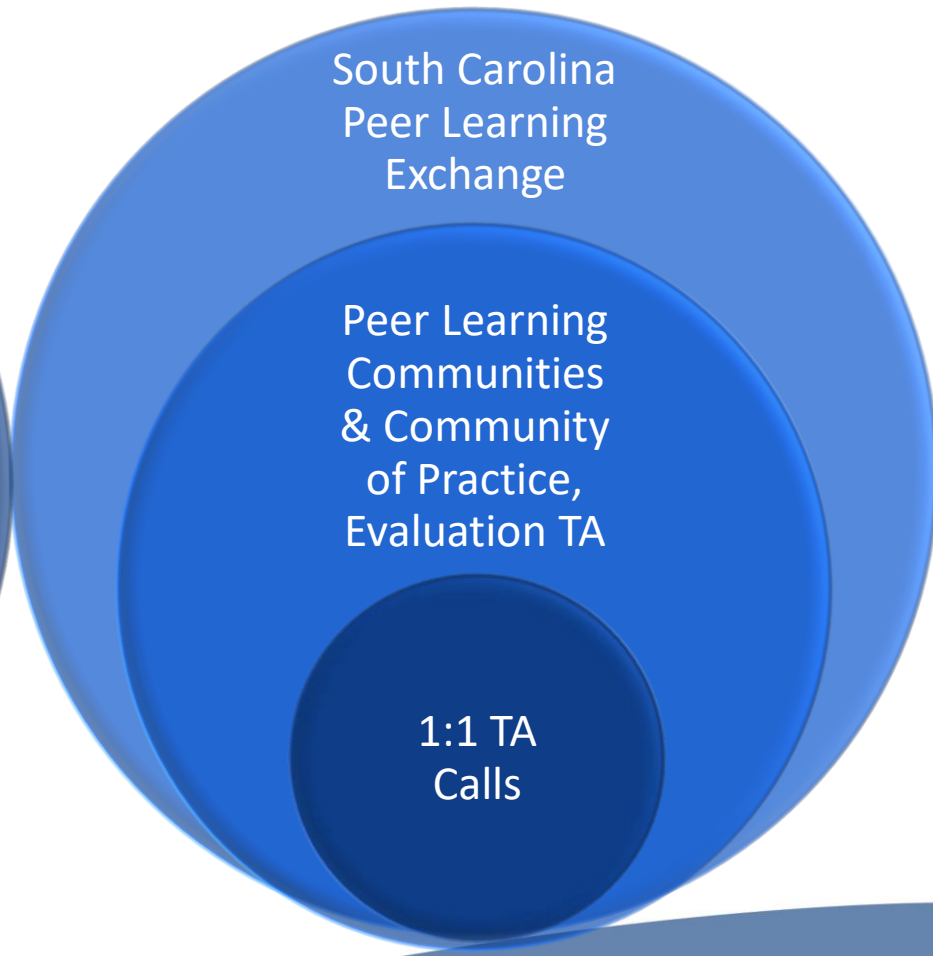


Adaptation of TA Model

TA Approach Years 1-3



TA Approach Year 4



Apex TA Approach Year 4

Installation

Initial
Implementation

 Full
Implementation

South Carolina
Peer Exchange

Peer Learning
Communities
& Community
of Practice,
Evaluation TA

1:1 TA
Calls



Coming Together: Peer Learning Exchange South Carolina + Georgia

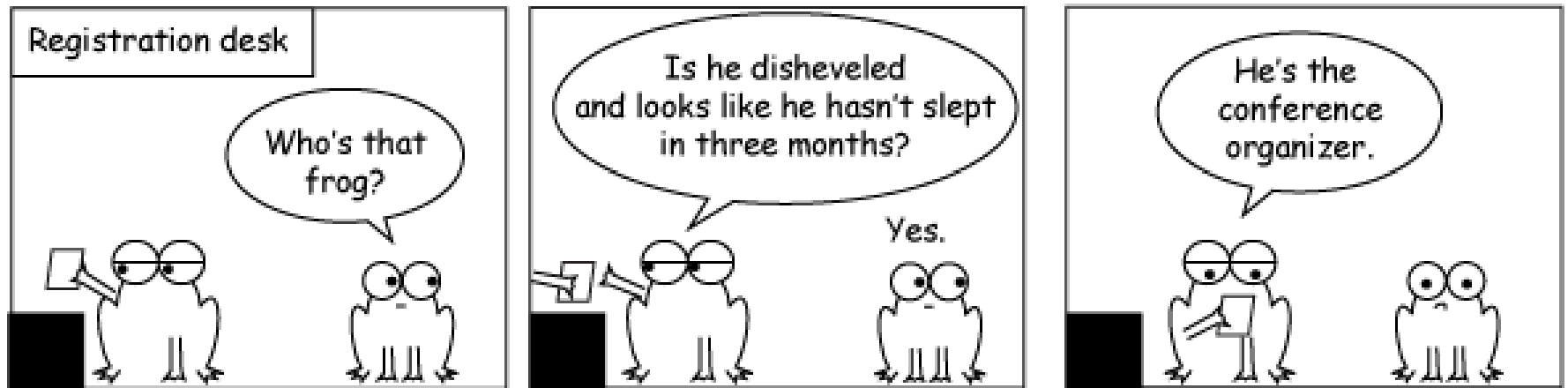


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South Carolina Peer Learning Exchange Planning & Implementing

Old Pond Comics



www.oldpondcomics.com

Source: <https://www.oldpondcomics.com/conference.html>



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South Carolina Peer Learning Exchange

What: Bringing together colleagues from across states to learn and collaborate on implementation of school-based mental health services.

Why: Infuse new learnings and opportunities

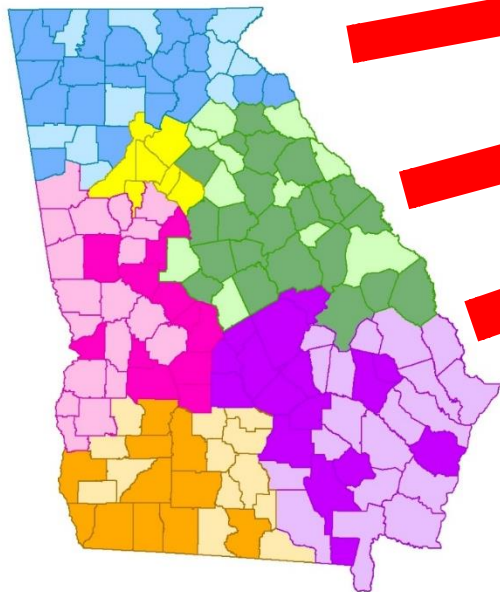
Share across states

Leverage knowledge and best practices

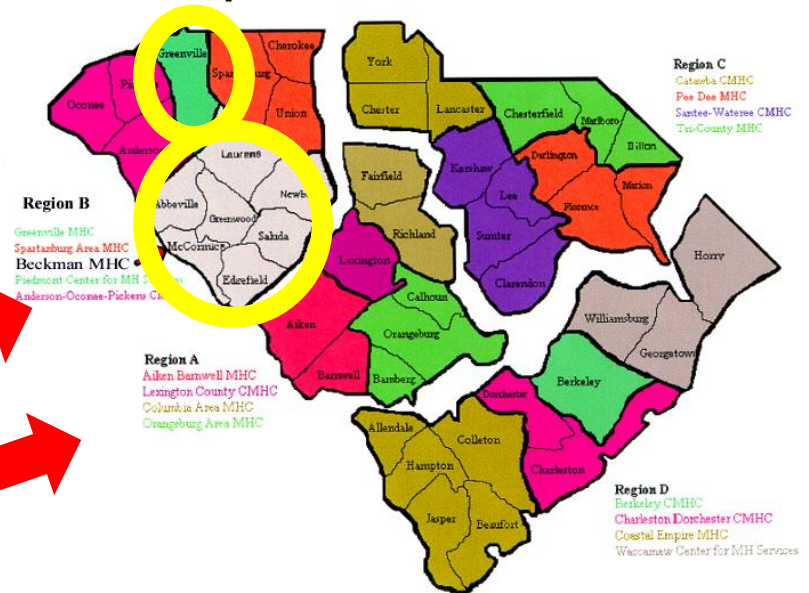


South Carolina Peer Learning Exchange

Cohorts from both states included practitioners, program managers, state level leadership, administrators, school partners



S.C. Department of Mental Health



Greenwood Day 1: Peer Learning Exchange: Leadership

- ▶ Officials from the Georgia Department of Behavioral Health and Development Disabilities (DBHDD), S.C. Department of Mental Health (SCDMH), Beckman Center Leadership, Greenville Mental Health Center, and the Georgia Center of Excellence for Children's Behavioral Health leadership learning exchange.
- ▶ Primary Focus of the Meeting was funding, contracts, purpose and roles, and evaluation and monitoring.
- ▶ Group discussion was facilitated by individuals with expertise on both the SCDMH School Mental Health and the Georgia Apex models.

Peer Learning Exchange: School-Based Clinicians + School Partners

- ▶ Greenwood Day 1: Georgia Apex providers visited with Beckman clinicians in their schools.
- ▶ Prior to the meetings the Georgia Apex providers sent topics of interest to facilitate discussion.
- ▶ Discussed program implementation and lessons learned while implementing a school-based mental health program.
- ▶ Georgia Apex staff met with staff at Greater Greenville Mental Health Center about 1 month after the initial meeting with Beckman to share the experience with staff who serve more urban areas.

South Carolina Peer Learning Exchange

Full Day Agenda

- State Level Leadership Meeting (Greenwood only)
- Overview of Host Site – State and Local Perspectives presented by leadership team
- SBMH BINGO*
- Fish Bowl Panel*
- Learning Stations Sessions*
- Site Visits to Local Schools*
- Special Guest Speakers – Superintendents, District Head of School Counseling

*peer interaction activities

SBMH BINGO

S	B	M	H
Improving coordination and integration of tele-psychiatry Name: _____ Site: _____	Offset costs of SBMH program with diversified funding Name: _____ Site: _____	FREE SPACE ★	Maintaining stable partnerships within the community Name: _____ Site: _____
Increasing parent/guardian engagement with SBMH service Name: _____ Site: _____	FREE SPACE ★	Overcoming barriers to providing services during a student's core (Math, English, etc.) classes Name: _____ Site: _____	Program implementation in both rural and urban communities Name: _____ Site: _____
Increasing buy-in and collaboration with community partners in rural areas Name: _____ Site: _____	Providing services and maximizing productivity during school breaks (winter, spring, summer, etc.) Name: _____ Site: _____	Strategies for growing SBMH services in a large school district Name: _____ Site: _____	FREE SPACE ★
FREE SPACE ★	Retaining SBMH staff (therapists, program managers, etc.) Name: _____ Site: _____	Effective coordination and communication between school partners and SBMH provider Name: _____ Site: _____	Disseminating learned information to staff, schools, and partners Name: _____ Site: _____



SC Peer Learning Exchange Evaluation Feedback

“Getting to speak with other SBMH employees + hearing other points of view + sharing problem-solving ideas”

“Learning new strategies to take back to my current schools.”

“A superintendent involved in MH of their students is incredible.”

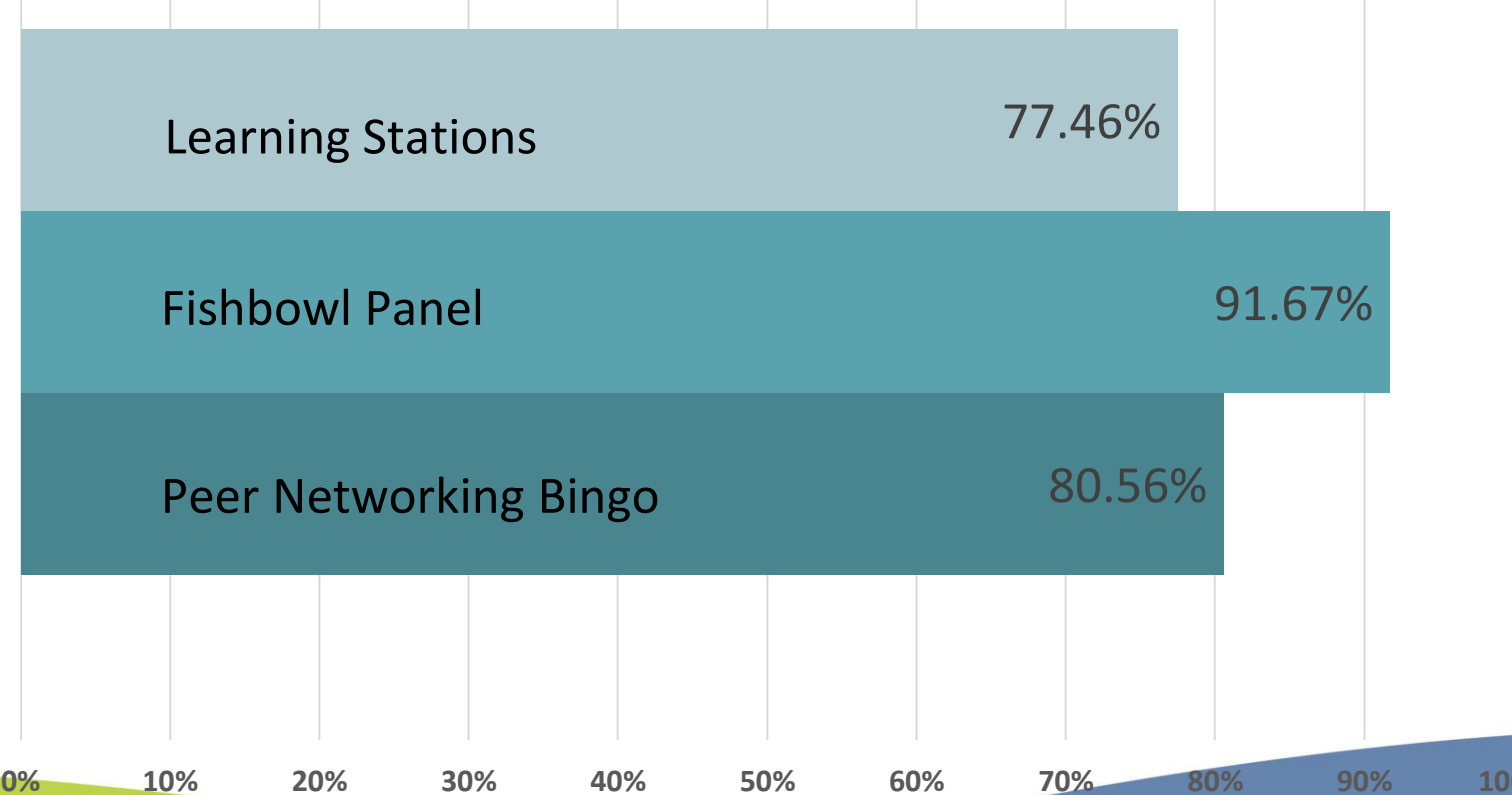
“Sharing with a SBMH program that had implemented the program for multiple years was very helpful in seeing the potential of our current work. It was helpful to connect with other clinicians in and out of the state regarding challenges and successes.”

“Loved the learning stations. Very effective tool and way of sharing ideas.”

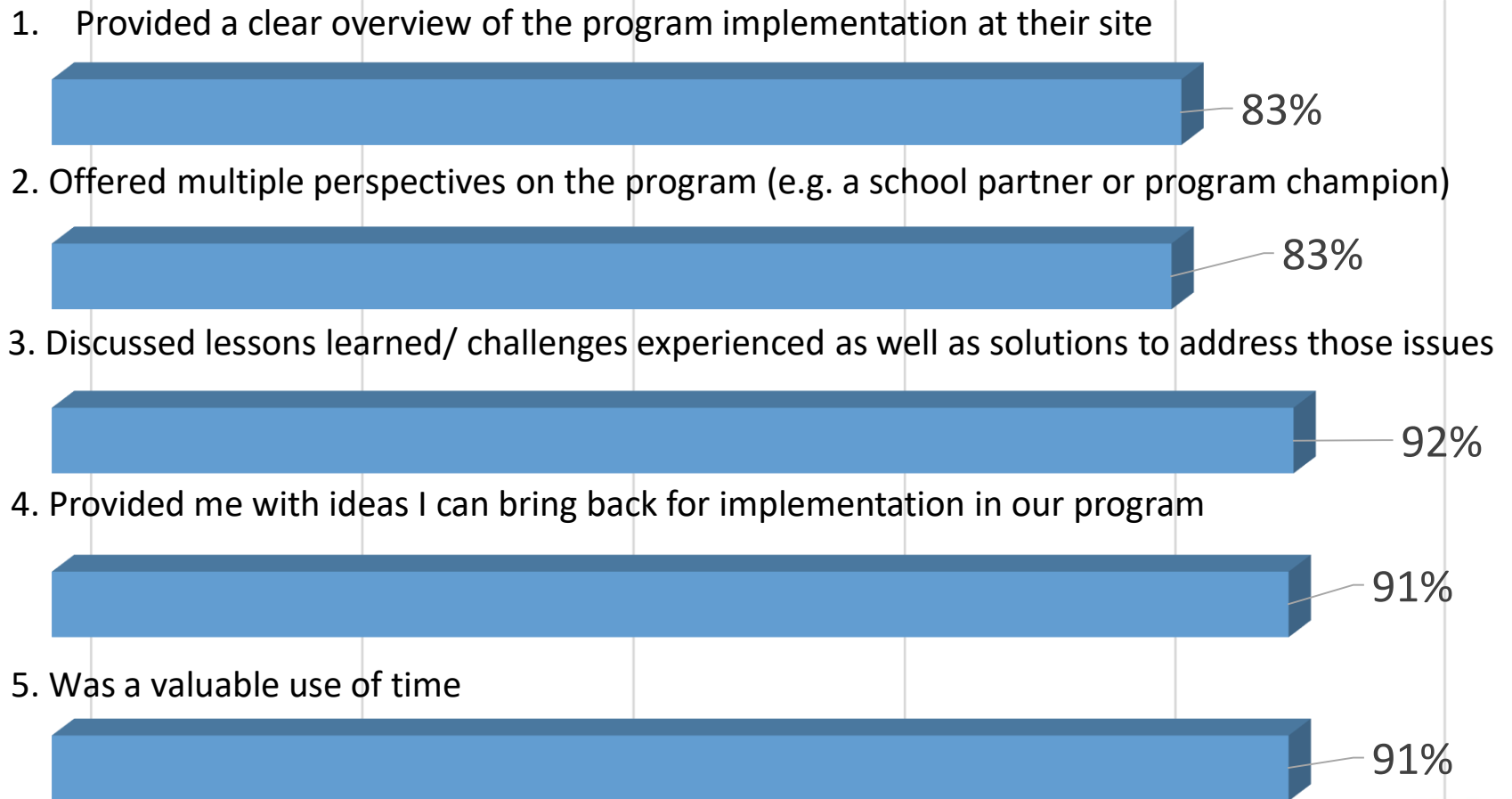


SC Peer Learning Exchange Evaluation Feedback – Both Sites

Session Ratings: Very Valuable or Extremely Valuable



SC Peer Learning Exchange Evaluation Feedback – Greenwood Site Visit



SC Peer Learning Exchange Lessons & Opportunities

- Recruitment and retention strategies
- Challenges shared with billing private insurance for services
- Common training needs identified
- Evidenced-Based Practices/Therapeutic Models
- Strategies for partnering with schools and community





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Questions?



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