Model For the Effective Partnering of Mental Health and Public Education K – 12

Presentation and Discussion with Camille Paras, Carole Baumgartner, Kate Hellenthal and Teresa Wright.

Spokane County
- 446,706 People
- 1,781 Square Miles
- 14 School Districts
- 90 Cities
- 1 Air Force Base
- 1 State Hospital
- Mix of Urban and Rural

PROJECT HISTORY
In 2004 Spokane Public Schools in collaboration with Educational Services District 101 were awarded a Safe Schools Healthy Students Grant.

http://www.safehealthystudents.org

MODEL BACKGROUND
Our task was to develop a framework for partnering with the public education system to provide school based mental health services in grades K - 12.

Services were to include:
- Early intervention and prevention
- Crisis Intervention
- Screening and Assessment
- Individual/Family/Group Counseling
- Case Management and Referral assistance
- Advocacy
- Consultation and Education about MH

The Framework for the Model
I. Introduction to the Schools
II. Accessing Services for Students and Families
III. Intake Process
IV. Service Delivery
V. Case Closure
**Data and Statistics**

**Demographics 2007**
- Total count of students served during 2007 = 744
- Average number of individual students served during months of school = 253 per month
- Total count of families served during 2007 = 134
- Total amount of students receiving mental health services who would otherwise not have received services = 616
- Average percent of low income students served = 49%, or an average of 123 students per month (as recorded on Free and Reduced lunch list)

**Grade Levels of Students Served**
- Elementary 4-6: 18%
- Middle School 7-8: 24%
- High School 9-12: 43%

**Race and Ethnicity of Students Served**
- Caucasian: 79%
- African American: 7%
- Hispanic: 3%
- Other: 1%
- Pacific Islander: 0%
- Native American: 5%
- Eastern European: 0%

**Mental Health System vs. School System**
- How did we measure mental health in school?
  1. Identified the school's idea (definition) of mental health
  2. Determined standard measures
  3. Defined school-based service vs. community-based service

- Grades and Attendance
  1. Standard grading and attendance records across all schools
  2. Measurable pre and post service data
  3. Gave the schools a way to identify the impact of mental health services on students' success in school

**Impact Study**
- January 2007 data was collected across all districts, schools, and grade levels
- Mental Health Therapists supplied data on students receiving services
- The target data included grades in English and Math.
- Attendance (number of absences during a reporting period)
- Pre and Post data was collected and dependent on the service start and end dates
Impact Study Preliminary Analysis

Three trends were identified:

1. Mental health support services seemed to impact attendance for all grade levels.

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<tr>
<th>Group</th>
<th>Pre (group GPA)</th>
<th>Post (group GPA)</th>
<th>% Change</th>
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<tbody>
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<td>Elementary</td>
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<td>Middle School</td>
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<td>High School</td>
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2. The impact of the MH services began within the first four months of services.

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<th>Pre (group GPA)</th>
<th>Post (group GPA)</th>
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3. The impact of mental health support services was greatest on those most at risk of failure.

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Direct Service Summary 2007

- 6106 individual sessions with a student, averaging 50 minutes
- 413 sessions with the student and family together, averaging 42 minutes
- 364 family sessions without the student, averaging 30 minutes
- 3110 sessions of case management, averaging 24 minutes

Referral Sources 2007

- 1831 client related meetings, averaging 35 minutes
- 6793 clinical documentation sessions, averaging 17 minutes
- 218 crisis response sessions, averaging 55 minutes
- 80 CPS sessions, averaging 27 minutes
- 1105 collaborative group sessions, averaging 15 minutes

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<tr>
<th>Source</th>
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<tbody>
<tr>
<td>Parents/guardians</td>
<td>5%</td>
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<tr>
<td>Self-Referral</td>
<td>2%</td>
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<td>Friends</td>
<td>1%</td>
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<tr>
<td>Teachers</td>
<td>8%</td>
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<td>School Admin.</td>
<td>19%</td>
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<td>School Counselors</td>
<td>65%</td>
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Mental Health Concerns 2007

- Social, interpersonal, or family problems: 26%
- Academics: 15%
- Depression, grief reactions: 13%
- Adjustment issues: 12%
- Anxiety, stress, or school phobia: 12%
- Physical or sexual abuse: 9%
- Substance use/abuse: 4%
- Suicidal or homicidal thoughts: 4%
- Aggressive or disruptive behaviors: 10%
- Physical or sexual abuse: 4%
- Emotional/behavorial problems: 19%

Images:
- A drawing of a sad face with "HELP PLEASE" written on it.
- A skull illustration with flames.
- A starry night painting by Vincent van Gogh.
- A drawing with "ACCESS TO SCHOOL" and "WORLD HUNGER CHANGE".
- A drawing of "HIV/AIDS".