



School-Linked Mental Health

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2008 Systems Alignment: School-Linked Mental Health

- School-based mental health (SLMH) services reach children in typical, every-day environments. The natural, non-stigmatizing location offers an early and effective environment for intervention.
- These school-connected clinical behavioral health treatments include interventions that:



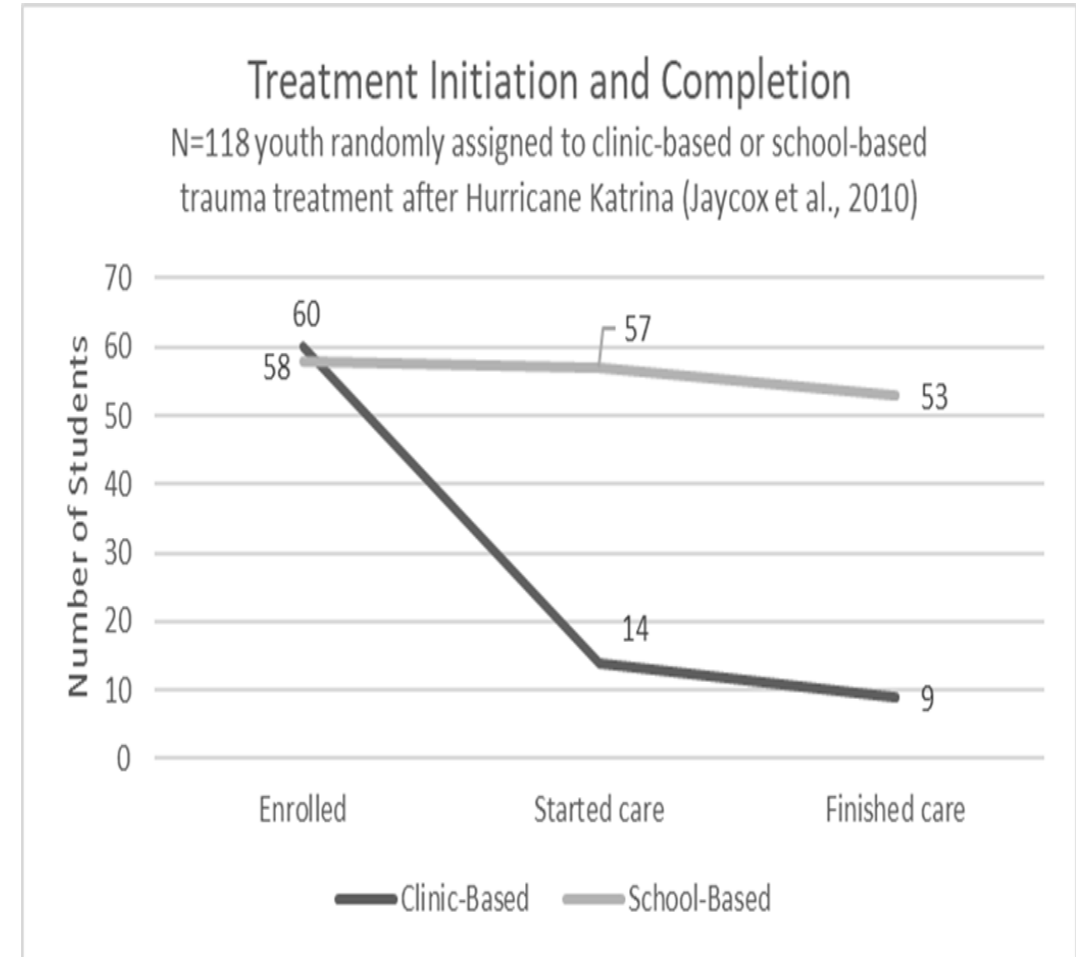
Improve identification of behavioral health issues for children and youth.

Increase and improve accessibility for children and youth.

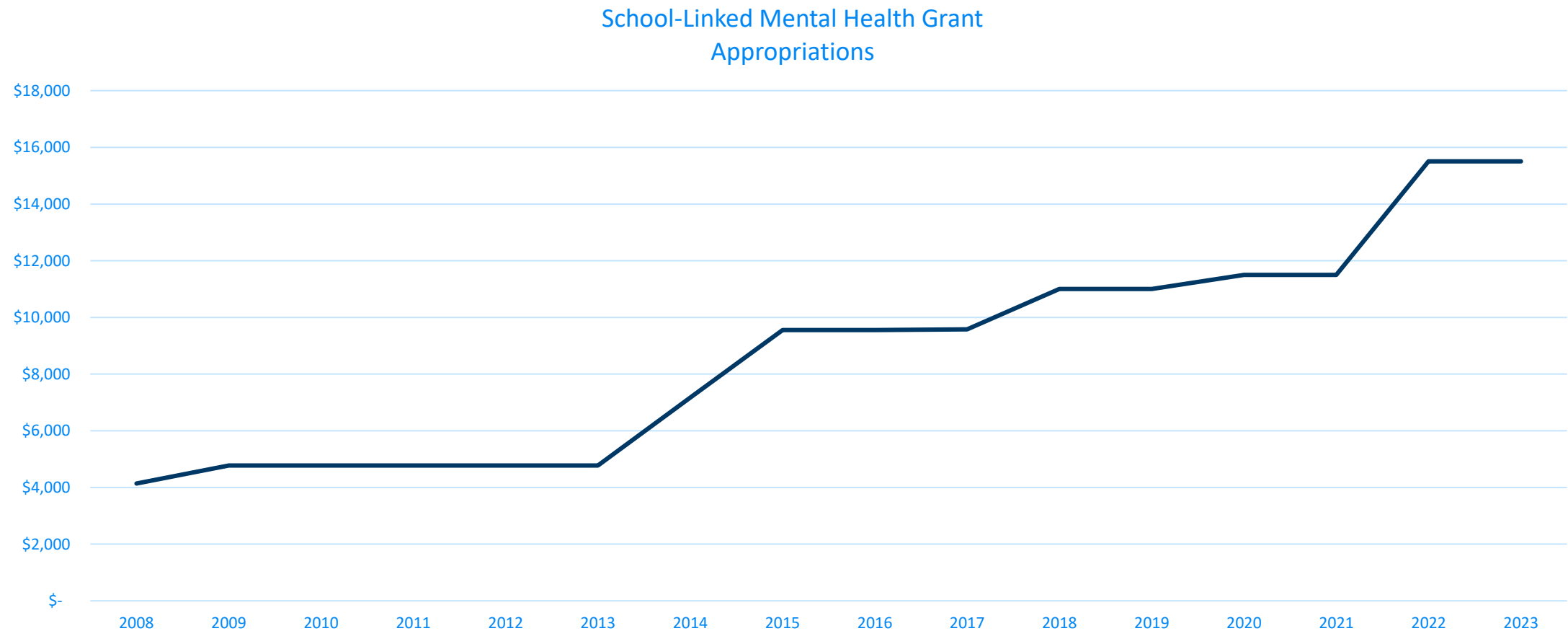
Improve clinical and functional outcomes for children and youth with behavioral health issues.

Why Mental Health Treatment in Schools?

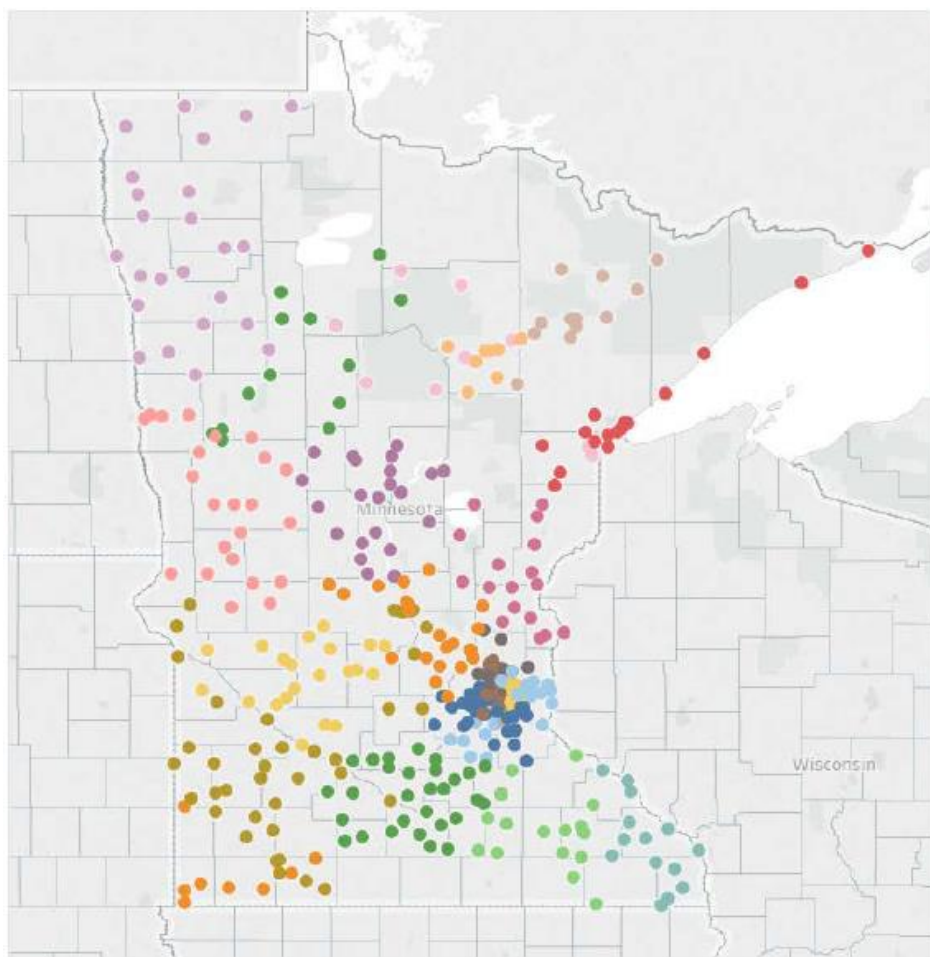
- Youth are 6x more likely to complete mental health treatment in schools than in community settings (Jaycox et al., 2010)
- Mental health treatment has large effects on decreasing mental health symptoms (Sanchez et al., 2018)
- Mental health services are most effective when they are integrated into students' academic instruction (Sanchez et al., 2018)



School-Linked Mental Health: State Appropriations

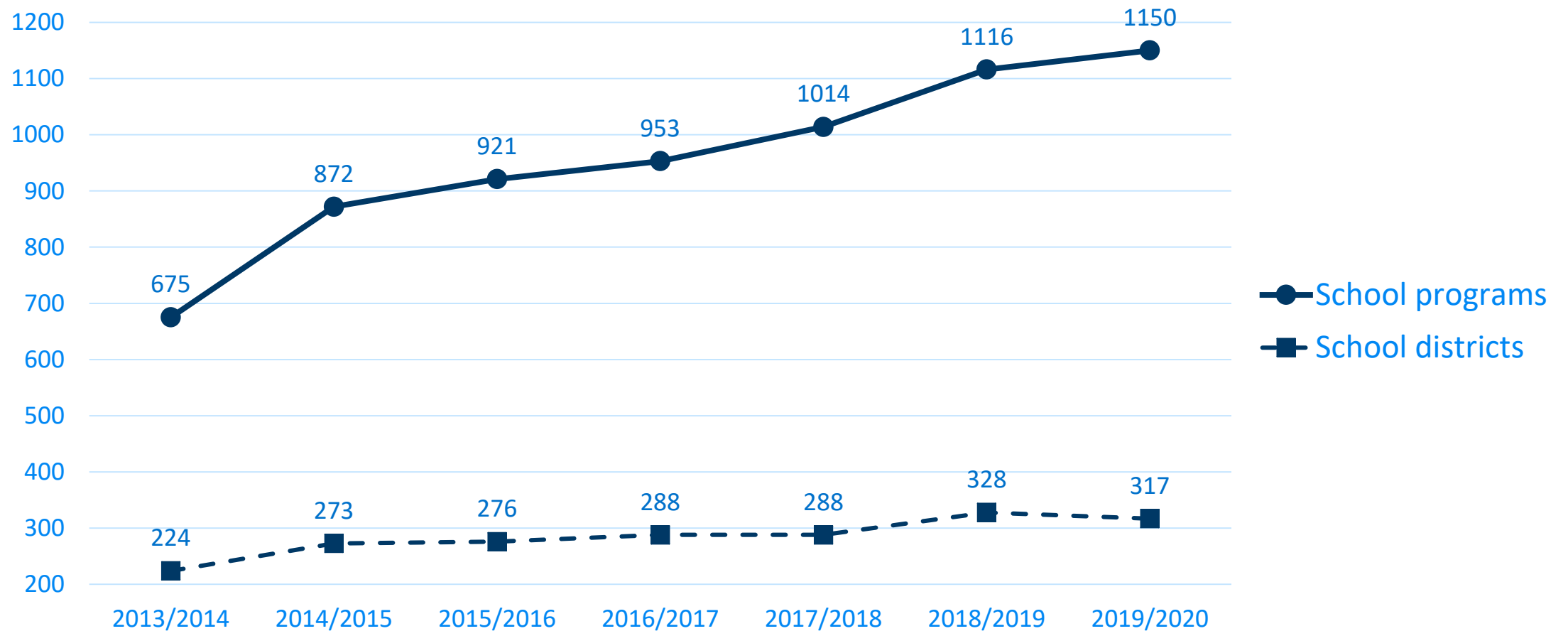


School-Linked Mental Health: School Sites



- Reported Grantee
- ASSOCIATED CLINIC OF PSYCHOLOGY
 - CANVAS HEALTH
 - CENTRAL MINNESOTA MENTAL HEALTH CE
 - CHILDREN'S MENTAL HEALTH SERVICE/RE..
 - COUNSELING SERVICES OF SOUTHERN MIN..
 - FERNBROOK FAMILY CENTER
 - GREATER MINNESOTA FAMILY SERVICES
 - GUADALUPE ALTERNATIVE PROGRAMS
 - HEADWAY EMOTIONAL HEALTH
 - HIAWATHA VALLEY MENTAL HEALTH CENT..
 - HUMAN DEVELOPMENT CENTER
 - LAKELAND MENTAL HEALTH CENTER
 - LEE CARLSON CENTER
 - LIFE DEVELOPMENT RESOURCES
 - LIGHTHOUSE CHILD AND FAMILY SERVICES
 - NORTH HOMES
 - NORTHERN PINES MENTAL HEALTH CENTER
 - NORTHWESTERN MENTAL HEALTH CENTER
 - PEOPLE INCORPORATED
 - RANGE MENTAL HEALTH CENTER
 - RELATE COUNSELING CENTER
 - SCOTT COUNTY MENTAL HEALTH CENTER
 - SOUTHWESTERN MENTAL HEALTH CENTER
 - ST DAVID'S CENTER
 - STELLER HUMAN SERVICES
 - WASHBURN CENTER FOR CHILDREN
 - WESTERN MENTAL HEALTH CENTER
 - WOODLAND CENTERS

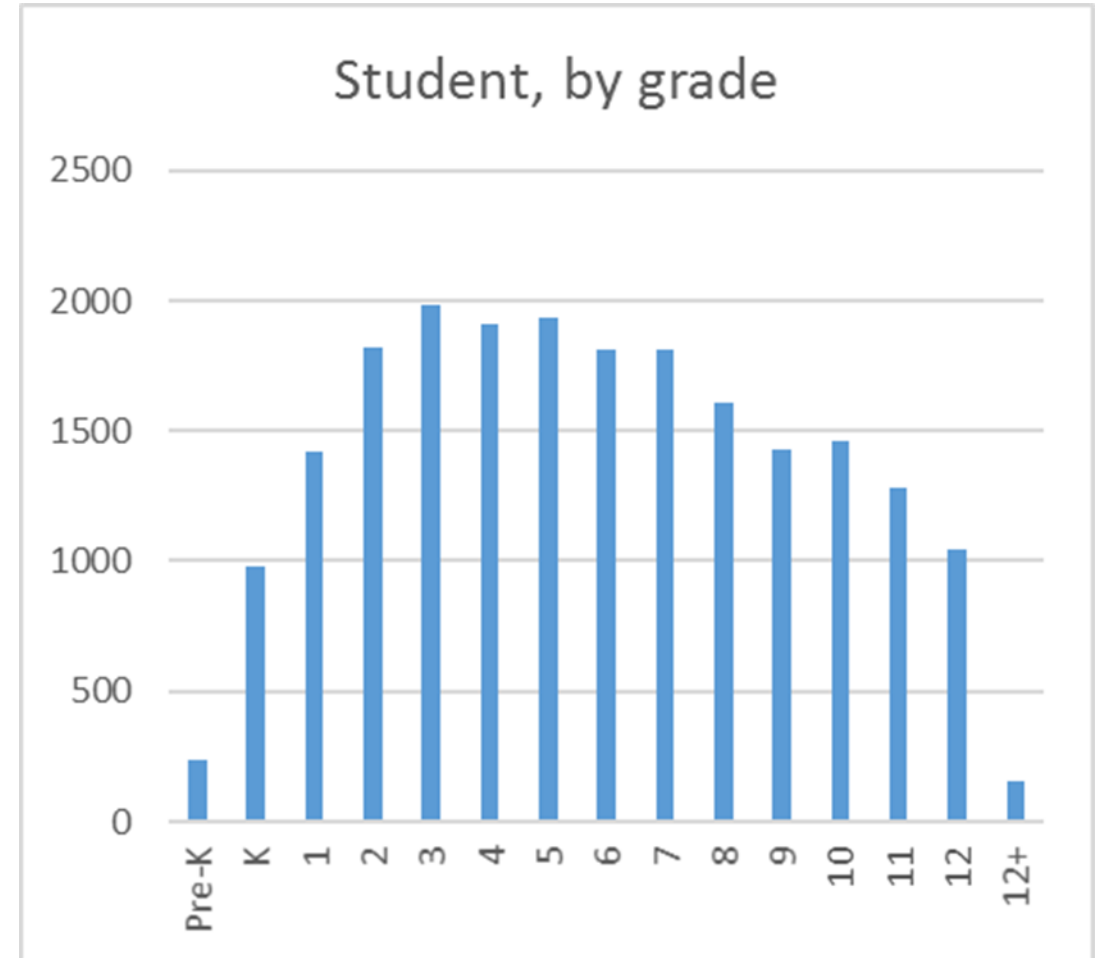
SLMH School Districts and School Programs



SLMH: Student and School Numbers

Of the 1150 school program sites:

- 54% are in Elementary Schools
- 14% are in Middle Schools
- 28% are in High Schools or Alternative Learning Centers



SLMH Treatment and Supports

Common Diagnosis of students receiving SLMH services:

- F41.1 Generalized anxiety disorder
- F90.2 Attention-deficit hyperactivity disorder, combined type
- F43.25 Adjustment disorder with mixed disturbance of emotions and conduct
- F43.8 Post-traumatic stress disorder, unspecified

Common Clinical Services:

- Diagnostic Assessments
- Psychotherapy, child and family
- Psychoeducation
- Skills Training and Development
- Outcome Measures
- Treatment planning

Common Ancillary Supports:

- Consultation, parent and teacher
- School-wide training on mental health
- Transportation
- Build partnerships at local level; Multi-Tiered System of Support (MTSS) teams

SLMH Outcomes

- Improve clinical and functional **outcomes** for students.
- Improve clinical service **quality** through evidence-based treatments.
- Increase in the number of mental health clinicians who are trained in and providing **Evidence-Based Practices (EBP)**.
- Improve capacity and **infrastructure development** to support the expansion and sustainability of services.
- Develop and strengthen **partnerships** between mental health providers and host school districts.

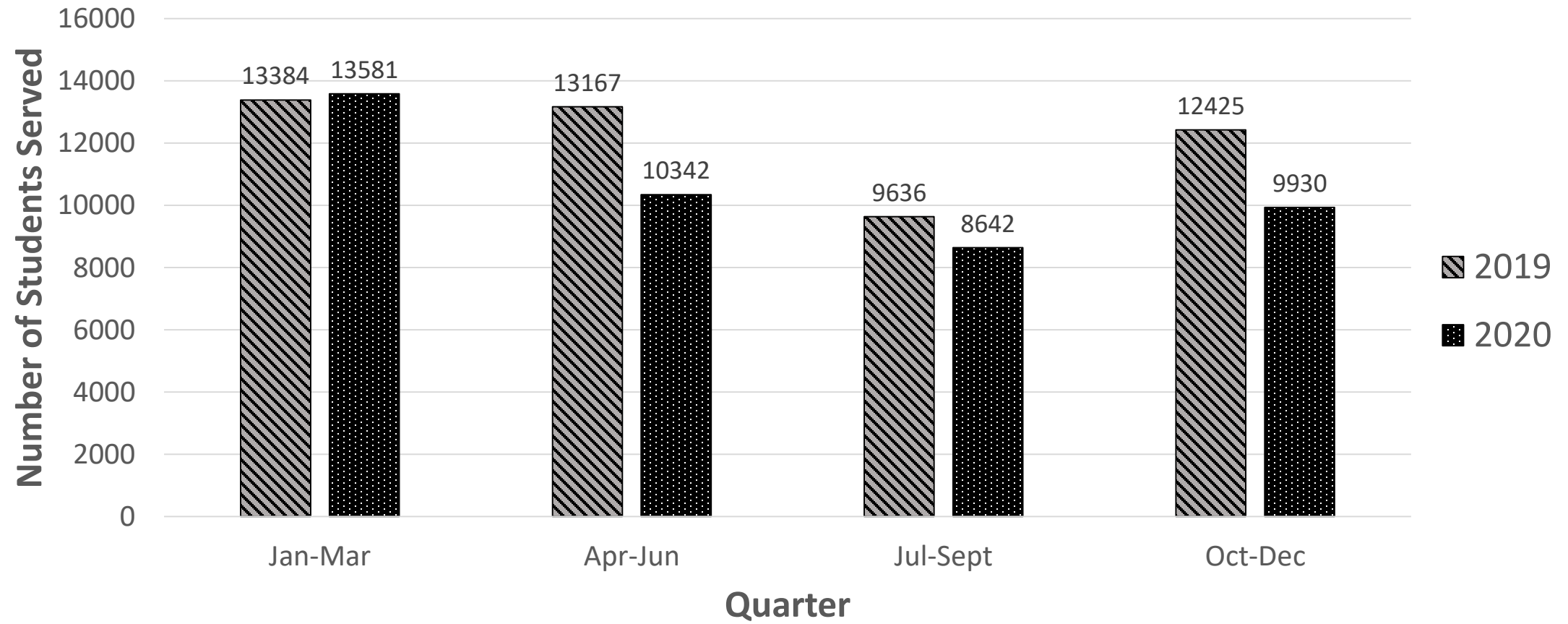
COVID Impact: State-Level Responses

- DHS SLMH waiver receives approval; allows increased flexibility for mental health staff to connect with students and families.
- DHS SLMH contract amendments allow flexibility in duties, expenses, and data during pandemic.
- DHS & MDE: Bi-weekly WebEx meetings with SLMH providers and related service providers.
- Review local level collaboration of “School District Distance Learning Plans” and share ideas with other providers/schools.

COVID Impact: Student, Family, Teacher Engagement strategies

- *School district IT department ensures that each Chromebook had the right app so students could connect for Telemedicine sessions.*
- *“Relentless spirit” motivating providers and schools to stay connected to families and students to maintain support with minimal interruption.*
- *School-based therapists called their clients and immediately began scheduling online telemedicine sessions.*
- *Utilize “check and connect” at all levels (e.g. students, families, and teachers).*

COVID Impact: Students receiving mental health supports



Next Steps

- FY 2022-23 Human Services Governor's Budget Recommendations include SLMH.
- APBS (Association of Positive Behavior Supports) International conference in March 2021 will highlight Minnesota's DHS SLMH & MDE PBIS partnership initiatives to support students.
- Inclusion of Integrated Care within SLMH framework.
- Telemedicine; Infrastructure development.
- Federal SAMHSA grants awarded to enhance school mental health framework.

Thank you!

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