

**Welcome to:**

**Pediatric Mental  
Health Care Access  
(PMHCA) Programs:  
Guidelines and  
Considerations for  
Expanding into School  
Settings**

**Our presentation will begin shortly**





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# SBHA's PMHCA Initiative Team



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# Objectives



Understand the opportunities and considerations for PMHCA programs to expand their reach into schools



Learn steps to assess PMHCA programs' readiness and to effectively engage with school or district audiences



Gain knowledge about resources available to support PMHCA program expansion to schools



# Agenda

- Background of PMHCA Initiative
- Brief Overview of Mental Health Services in Schools
- Considerations for PMHCA Programs to Expand into Schools
- Assessing Readiness and Capacity
- School Expansion Opportunities
- Best Practices for Training School Audiences
- Resources and Upcoming Events



# PMHCAs: Why Expand to Schools & SBHCs?



## WORKFORCE SHORTAGES

Have promise to mitigate children's mental health crisis and workforce shortages of child psychiatrists



## IDENTIFYING NEEDS IN THE SCHOOL SETTING

Recognition of school as setting where children and adolescents are being identified for and receiving mental health services

# Welcome!

**Please introduce yourself in the chat and share:**

- Your name
- Your organization
- Something enjoyable that you did this summer

# Poll

## Please share your experience expanding your work to school audiences

- We have not considered expanding to school audiences yet
- We have started to consider expanding to school audiences
- We have begun outreach to school audiences
- We have a specific partnership with school audiences



# Mindful Moment



# 1-Minute Meditation



# Mental Health Services in Schools





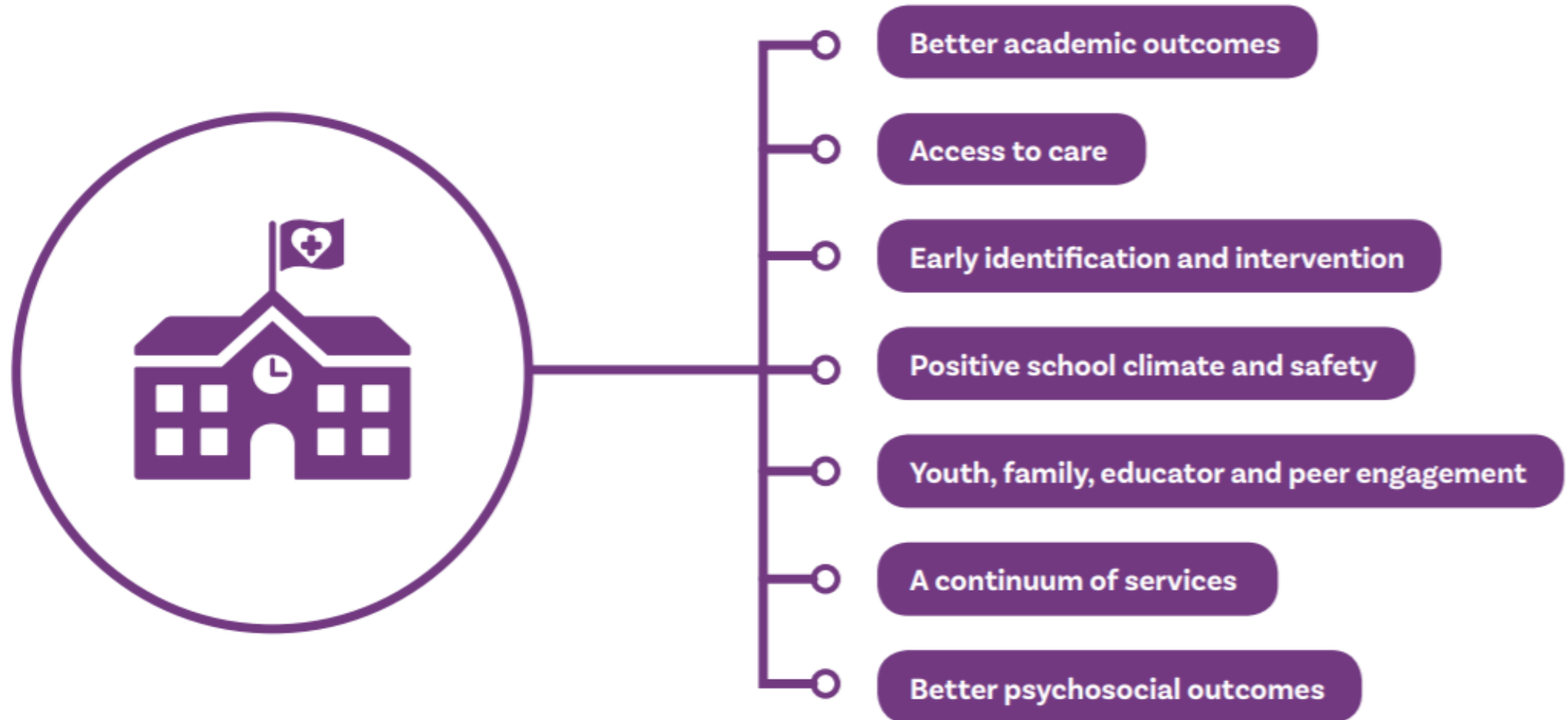
# Youth Risk Behavior Survey 2021

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health†	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	



# Value

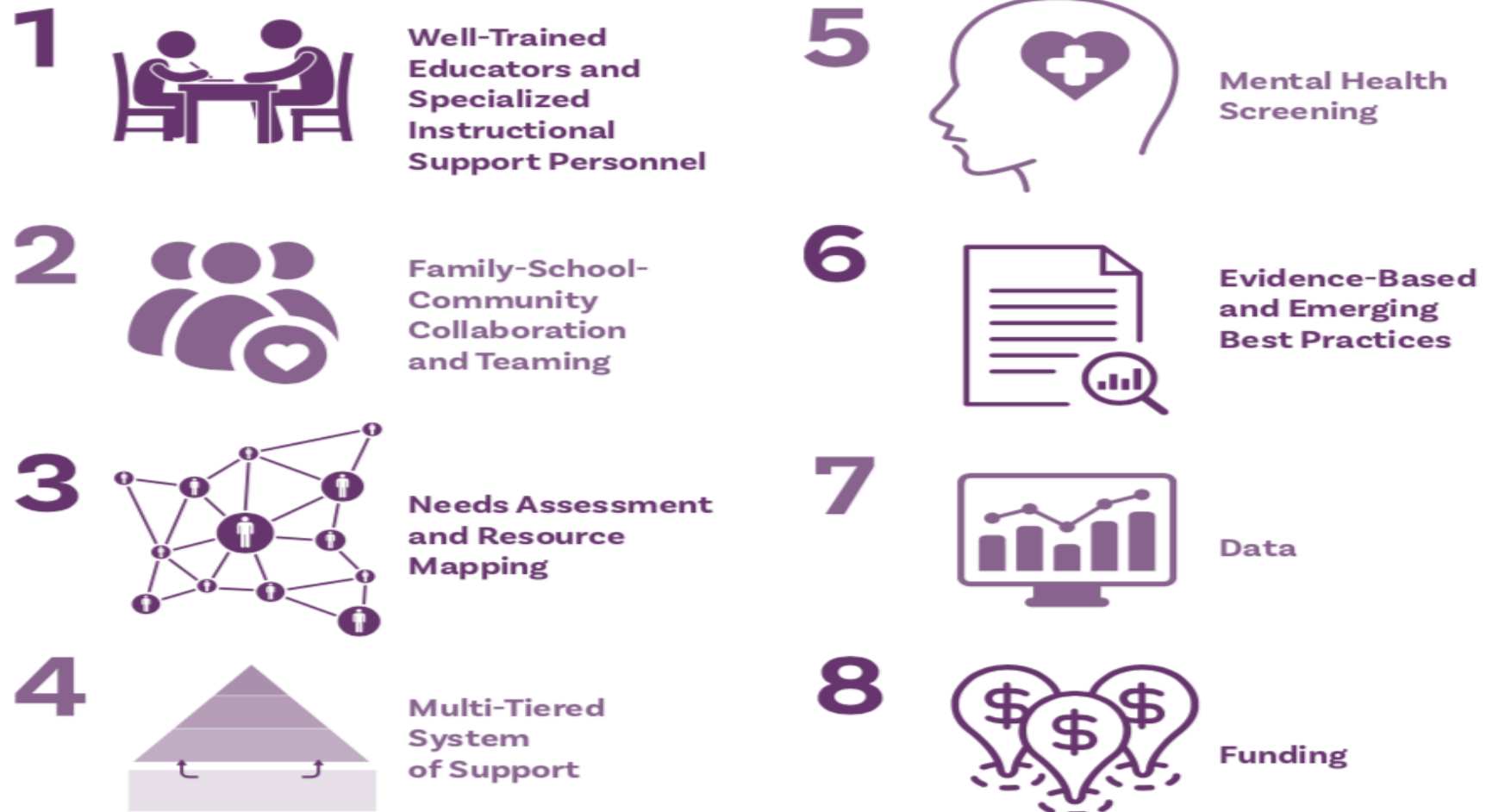
Figure 2. The Value of Comprehensive School Mental Health Systems: Positive Outcomes





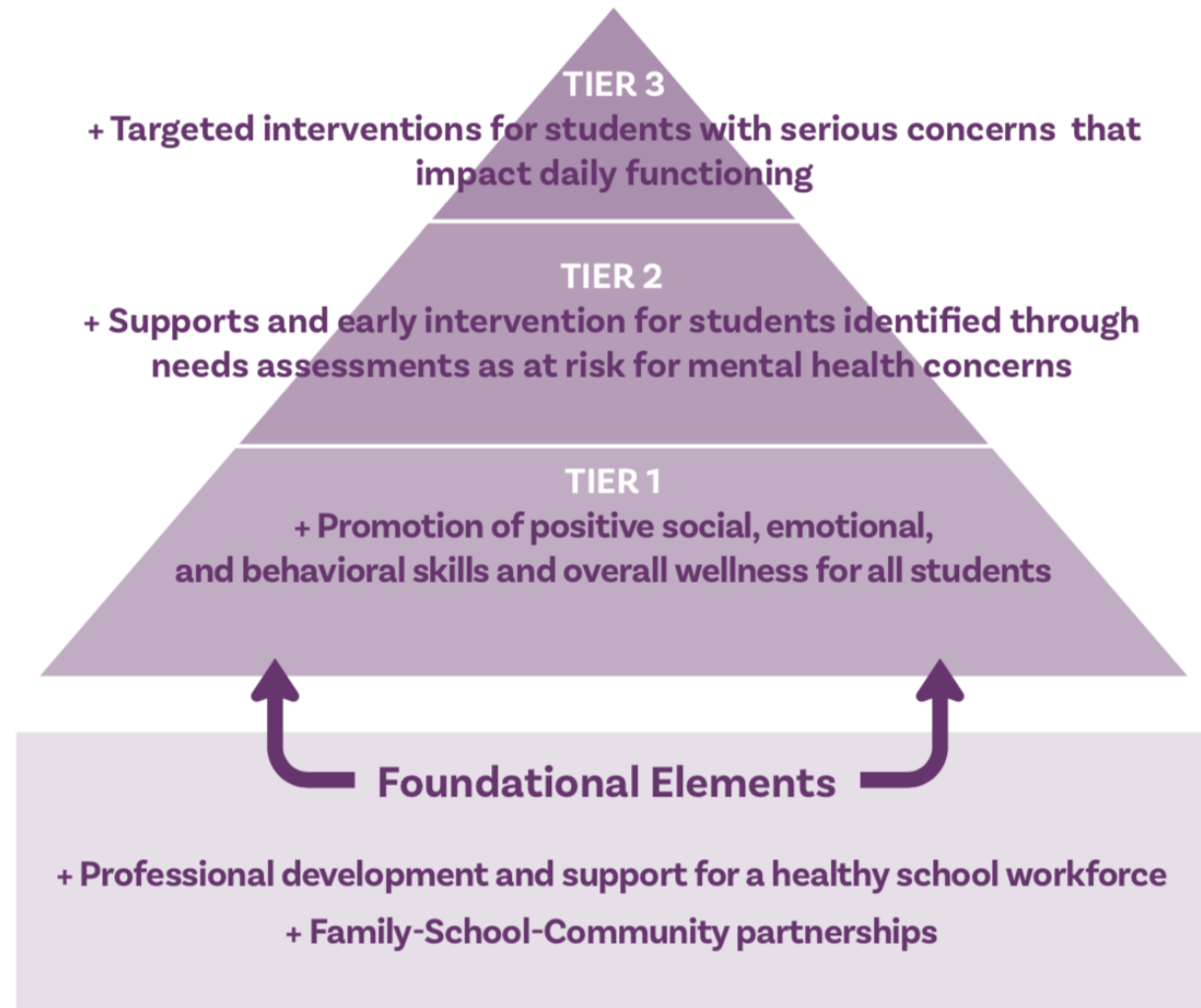
# Core Features

Figure 3. Core Features of a Comprehensive School Mental Health System

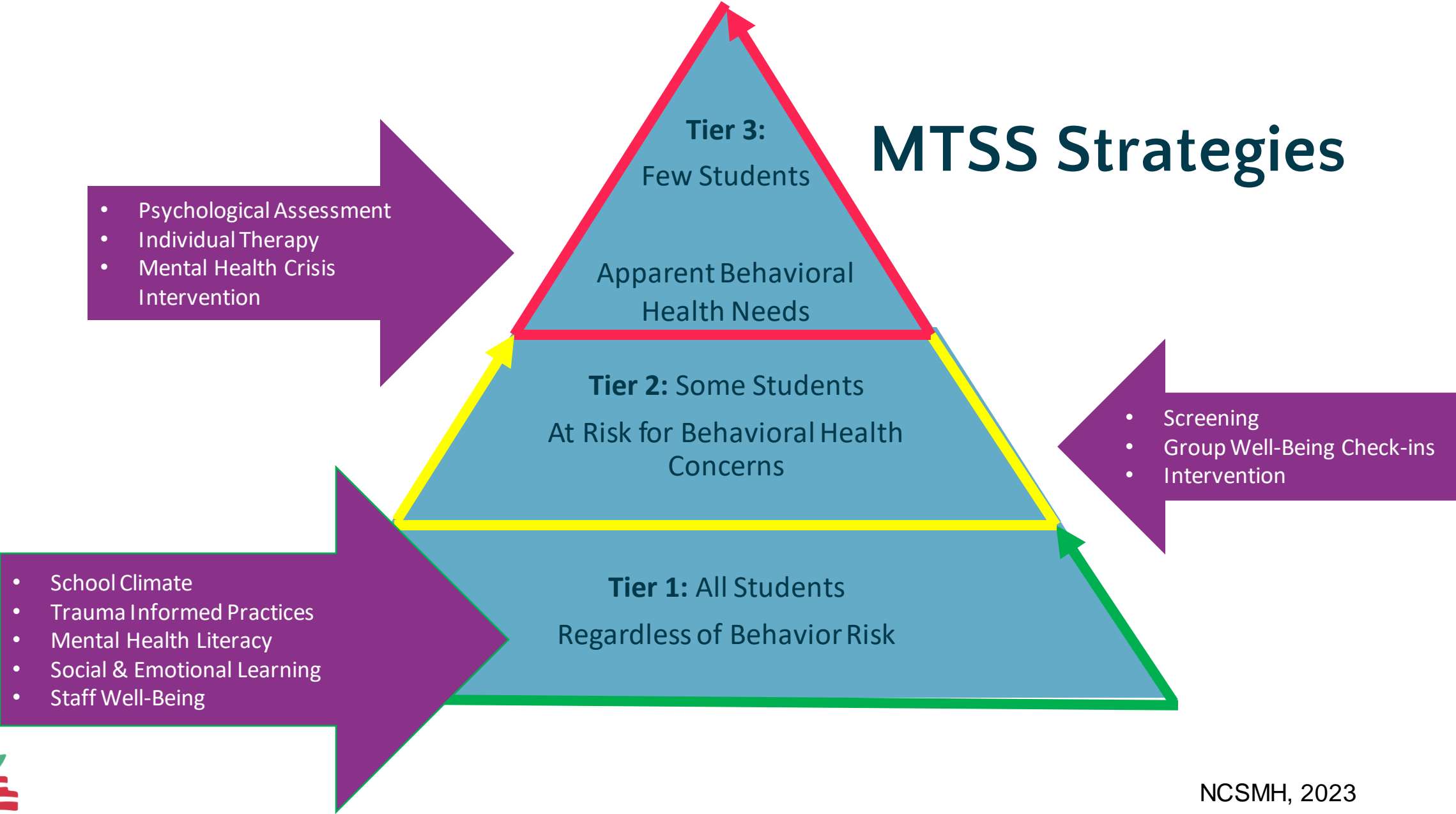




**Figure 5: Multi-Tiered System of Support**

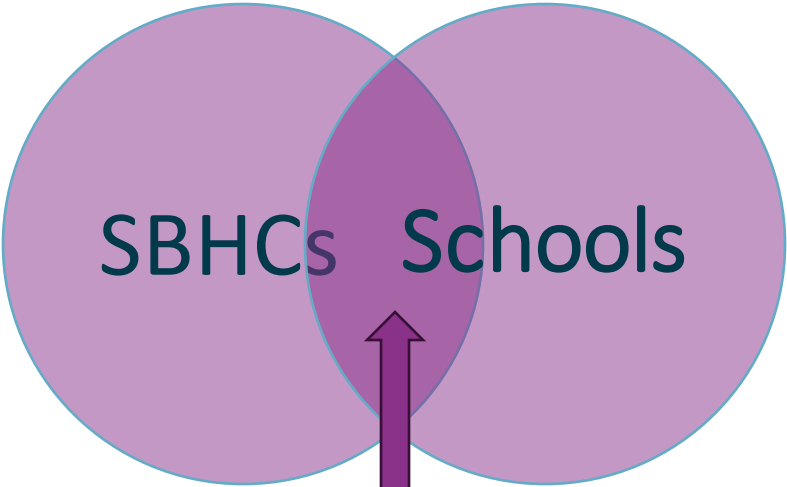


# MTSS Strategies





# Provider Groups & Key Audiences



**Primary Care Provider**

- Pediatrician, nurse practitioner, or physician assistant

**Licensed mental health professional**

- Clinical social worker, psychologist, or counselor

**Other**

- Case managers, dentists, nutritionists and health educators



Community Partner  
(School-based MH Provider)

**Specialized instructional support personnel**

- School psychologists, school social workers, school counselors, school nurses and other school health professionals

**Clinical social worker, psychologist or counselor**

**Educators/administrators**

- Principals, deans, attendance officers, teachers



# Questions?



# Opportunities and Considerations for PMHCA Programs to Expand into Schools



# Expanding Systems of Care

- **Act as a bridge** between families (home) and other health and mental health services
- **Streamline** referral processes across systems
- **Access** existing partnerships
  - community mental health agencies
  - primary care offices including SBHCs



# Supporting Mental Health Screening

How can PMHCAs support screening?

Provide	expert consultation for the screening process
Assist	in the selection of a validated & appropriate tools
Training	staff on mental health literacy and use of screening tools
Support	staff using data-driven decision making



# Building Capacity of the School Mental Health Workforce

**Purpose:** To increase the knowledge and skills of school and district staff addressing mental health needs

## Consultation

- MH professionals on complex cases
- System-level consultation

## Training

- Evidence-based practices
- Mental health literacy

## Resources & Referrals

- Resources to support mental health of students and staff
- Streamline referrals to professionals in the community



# Assessing Readiness and Capacity



# Considerations for Readiness for Expansion to Schools



Alignment between current goals and scope of services



Available funding to support expansion into schools.



Dedicated staff time and expertise



Understanding of the value of providing school-based services



Flexibility to adapt to unique timelines and needs and schools and districts.



Connections to existing state level school mental health efforts



Relationships with school mental health champions who can serve in an advisory role.



# Planning for Expansion

Once a PMHCA program has assessed its own capacity, it is important to consider a few key steps while planning for expansion



Establish a vision for School Expansion



Work with state partners to gain understanding



Identify stakeholders and collaborators



Assess School Needs & Current Mental Health Systems



# Assessing School System Needs

Consider the differences at School vs. District Level

A list of questions on assessing school system needs and current mental health supports will be included in the upcoming document "Guidelines and Considerations for PMHCA School Expansion"



## Partnerships and Teaming

- Key Stakeholders
- Staff Roles
- Teams
- Community Partners

## Current Mental Health Services and Supports

- Current Initiatives
- Resources and Services

## Student Population Needs

# Questions/Ways to Make Connections

- What are the current ways the school supports youth mental health?
- What teams are there in the school/district that focus on youth's social, emotional or behavioral well-being? (e.g., MTSS, RTI, PBIS, SEL, Wellness)
- What can our team do to help to support your school mental health efforts?
- Are there opportunities for us to combine efforts to support the youth in our community?
- How can we better connect with your school/district team? Are there any opportunities that I could join to learn more about your work to support student and family health and well-being?

## District Contacts

- Director of Special Education
- Director of Student Support Services
- Director of Mental/Behavioral Health
- Director of the Whole Child/ Health and Wellness



# Tailoring PMHCA Services to Schools and Districts



# Consultation

## Modality

- Scheduled vs Drop-In/Office Hour
- Tele-consultation
- Individual vs Group

## Audience

- Community Mental Health Providers
- School-Based Personnel (e.g., administrators, counselors, nurses, mental health providers)
- Building vs. district level
- Individual vs. team

## Content

- Clinical Cases
- Systemic Concerns
- Specific topics



# Resources & Referrals

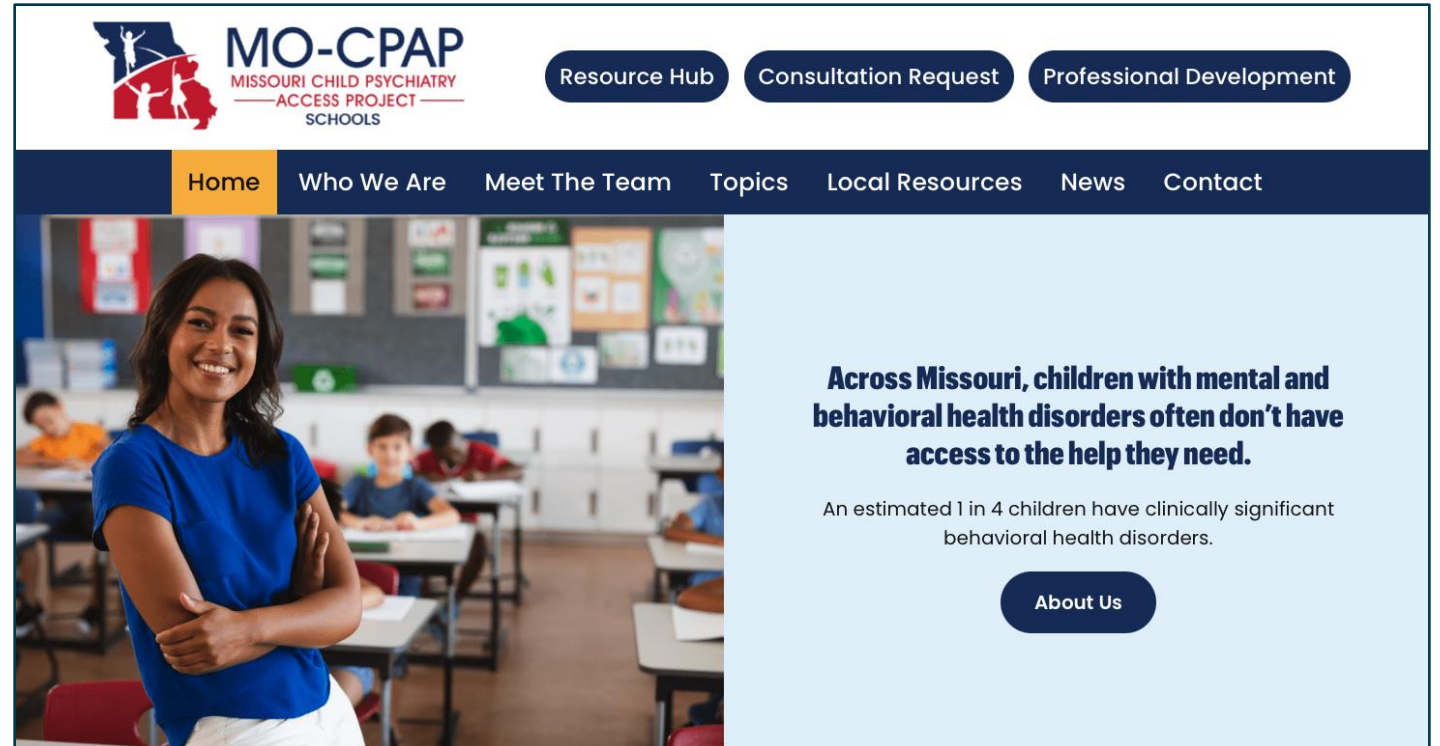
## School facing materials

- Fact sheets for school personnel
- Website page for school teams
- Databases for local community mental health providers

## State Spotlight: Missouri

Online hub for school-based audiences

[MO-CPAP | Schools Project \(mocpapschools.org\)](https://mocpapschools.org)



# Training & Education

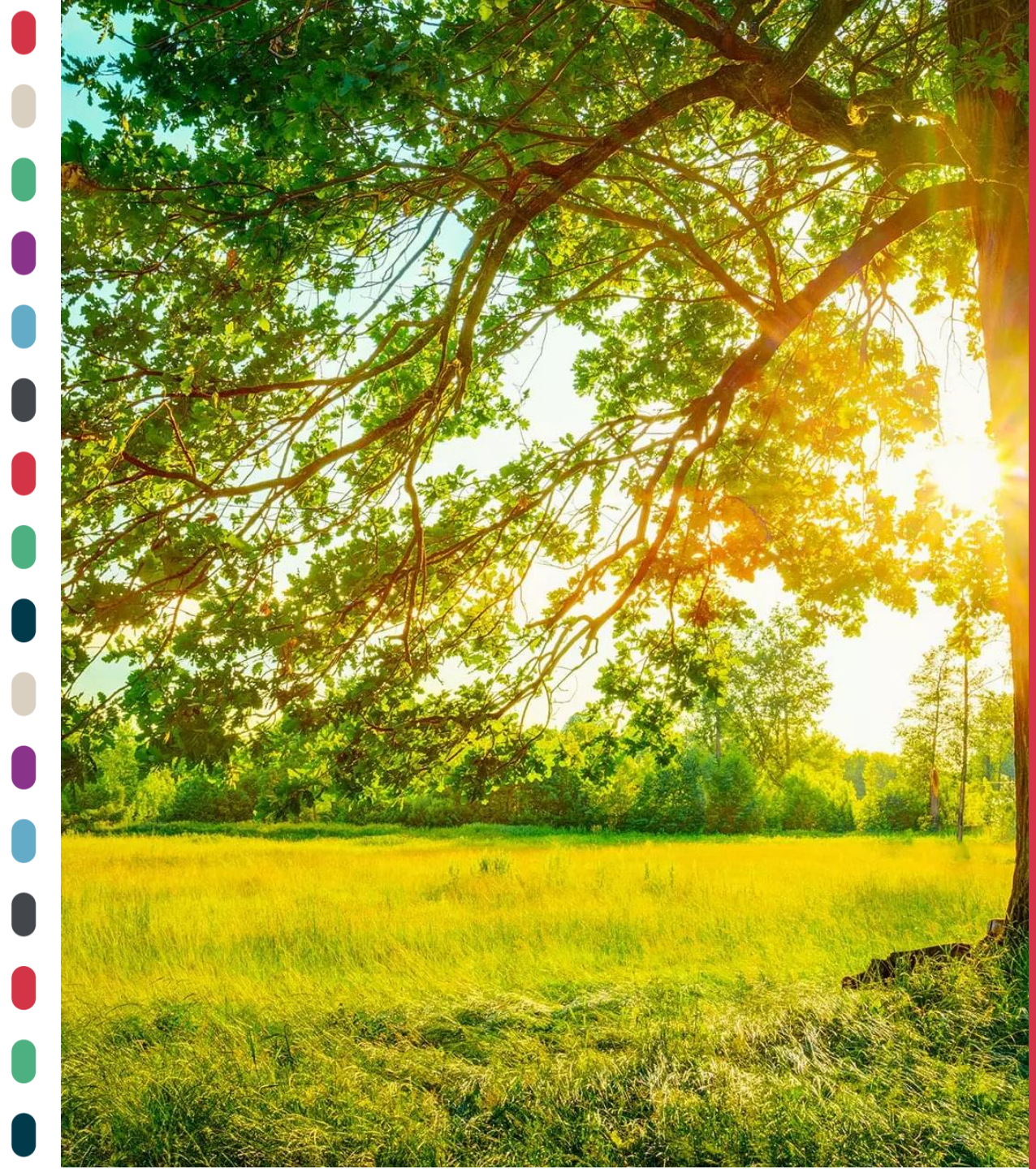
- Building a Foundation
- Recruiting and Engaging Participants
- Training and Education Formats and Audiences
- Evaluating the Effectiveness of Training and Education





# Building a Foundation

- Assessing PMHCA program's capacity to support schools with training and education
  - Team overview and relevant areas of expertise and training and education topics.
- School community needs assessment
- Setting training and education goals





# Sample Training Goals, Topics, and Audience

## System Development

EXAMPLE GOAL	TOPICS	POTENTIAL AUDIENCE
<b>System Development</b>		
Create multidisciplinary team structure to identify, screen, and assign students to interventions.	School Mental Health Team	Team Leaders
Share updated information about community mental health resources and strategies to ensure effective referrals.	School Mental Health Referral Pathways to Community Health and Mental Health Services	School Teams
Support school teams in developing Memoranda of Understanding (MOUs) to facilitate effective school-community mental health partnerships.	Linkages between School and Community Partners	School Administrators



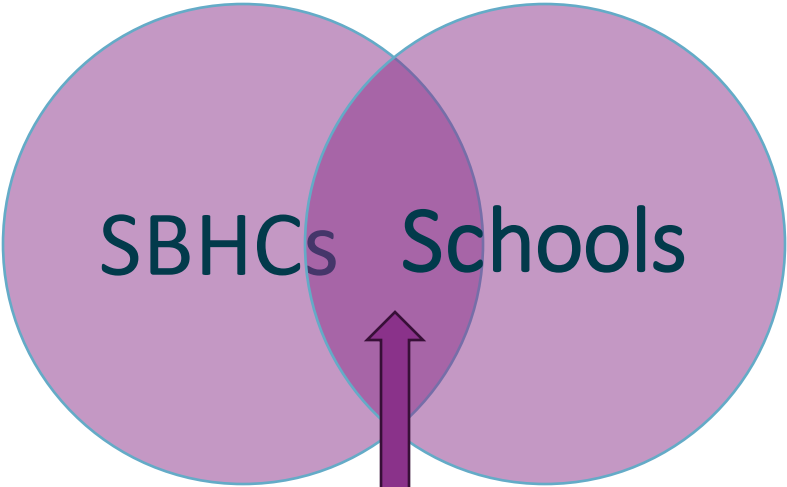
# Sample Training Goals, Topics, and Audience

## Clinical Topics

Clinical Topics		
Build capacity to use evidence-based mental health screening instruments.	Universal Mental Health Screening	School Mental Health Providers
Build capacity of school staff to understand signs and symptoms of students with mental health concerns.	Mental Health Literacy	Educators
Share current practices in the use of medication to treat child mental health conditions to support care coordination.	Psychopharmacology	School Nurses
Build capacity of educators to support universal promotion of mental health.	Educator Well-Being	Educators, Teams, and Administrators
Share best practices for working one-on-one with students displaying symptoms of depression or anxiety.	Mental Health Clinical Topics for Youth and Educators (e.g., anxiety, depression, ADHD, PTSD, substance use)	School Mental Health Providers



# Provider Groups & Key Audiences



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# Training and education formats



Professional Development Sessions/Series



Learning Communities



Learning Collaboratives/Communities of Practice



Consultation groups



ECHOs



# ECHO Model

- All teach, all learn
- State spotlight: Maine Pediatric and Behavioral Health Partnership Program
  - SBHC Suicide Prevention ECHO
  - Mental Health Promotion in the School Setting ECHO

<https://bhpartnersforme.org/echo/schools>



**Maine Pediatric  
& Behavioral Health  
Partnership**

**Whole Teams... Whole Approaches**



**Mental Health Promotion in the School Setting**



# Evaluating the effectiveness of training

Knowledge gains

Satisfaction

Short and long-term outcomes

## Example training and education evaluation questions

- How satisfied are you with today's session? (quantitative scale)
- How much did your knowledge increase about the topic of today's session? (quantitative scale)
- After today's session, how confident do you feel about the topic of today's session? (quantitative scale)
- What do you need to continue to support your work on this topic?
- What other feedback do you have about today's session?





# What is **SHAPE?**

Your **FREE**, interactive tool designed to improve school, district, and state mental health accountability, excellence, and sustainability.

[Learn More](#)

Improve student mental health in your schools, districts, and states. **Sign up for:**

Myself

My School

My District

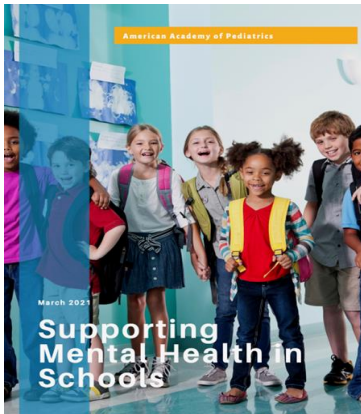
My State



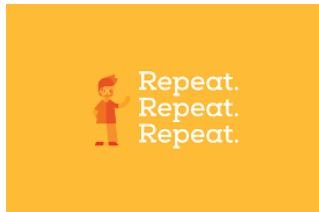
# Best Practices



- Start Small



- Cross Sector Collaboration



- Implementation and Sustainability





# Questions?



# Resources & Upcoming Events





# National Center for School Mental Health

## MISSION:

Strengthen policies and programs in school mental health to improve learning and promote success for America's youth

Focus on advancing school mental health policy, research, practice, and training

Shared family-schools-community agenda





UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



**The 2023 Annual Conference on  
Advancing School Mental Health**  
*Building Hopeful Futures for All Youth*

**December 5-7 | New Orleans, LA**



<https://www.schoolmentalhealth.org/Annual-Conference/>



# Connect with Us!

## Contact:

Dr. Jill Bohnenkamp [jbohenk@som.umaryland.edu](mailto:jbohenk@som.umaryland.edu)

Dr. Katie Trainor- [ktrainor@som.umaryland.edu](mailto:ktrainor@som.umaryland.edu)

Websites: [schoolmentalhealth.org](http://schoolmentalhealth.org)

Listserv [bit.ly/NCSMH\\_listserv](http://bit.ly/NCSMH_listserv)

## Social Media



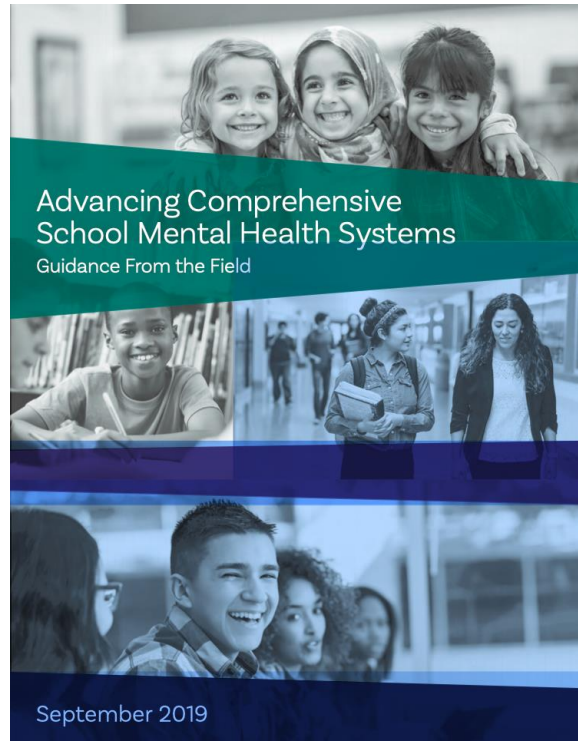
[@NCSMHTweets](https://twitter.com/NCSMHTweets)



[@CenterforSchoolMentalHealth](https://www.facebook.com/CenterforSchoolMentalHealth)



# School Mental Health Resources



[Advancing Comprehensive School Mental Health Systems: Guidance from the Field](#)



[The Landscape of School-Based Mental Health Services](#)



[American Academy of Pediatrics: Supporting Mental Health in Schools](#)



# Coming Soon!

## **PMHCA Expansion into School Settings: *Guidelines & Considerations***

Provides an overview of mental health in schools, highlighting opportunities for collaboration between PMHCAs and schools and guidelines and considerations for expanding into the school setting.

## **PMHCA Training and Education: *Playbook for School-Based Audiences***

A companion resource to the *Guidelines and Considerations for PMHCA School Expansion* that includes best practices and innovative strategies for PMHCAs to consider when providing training and education to school and district audiences.

## **PMHCA & SBHC Collaboration: *Lessons from the Field & Future Directions***

Shares field-based lessons and insights with PMHCAs (and their stakeholders) related following aspects of PMHCA-SBHC collaboration: key steps related to engaging SBHCs, tailoring and implementing services for SBHC audiences, and considerations for future directions.

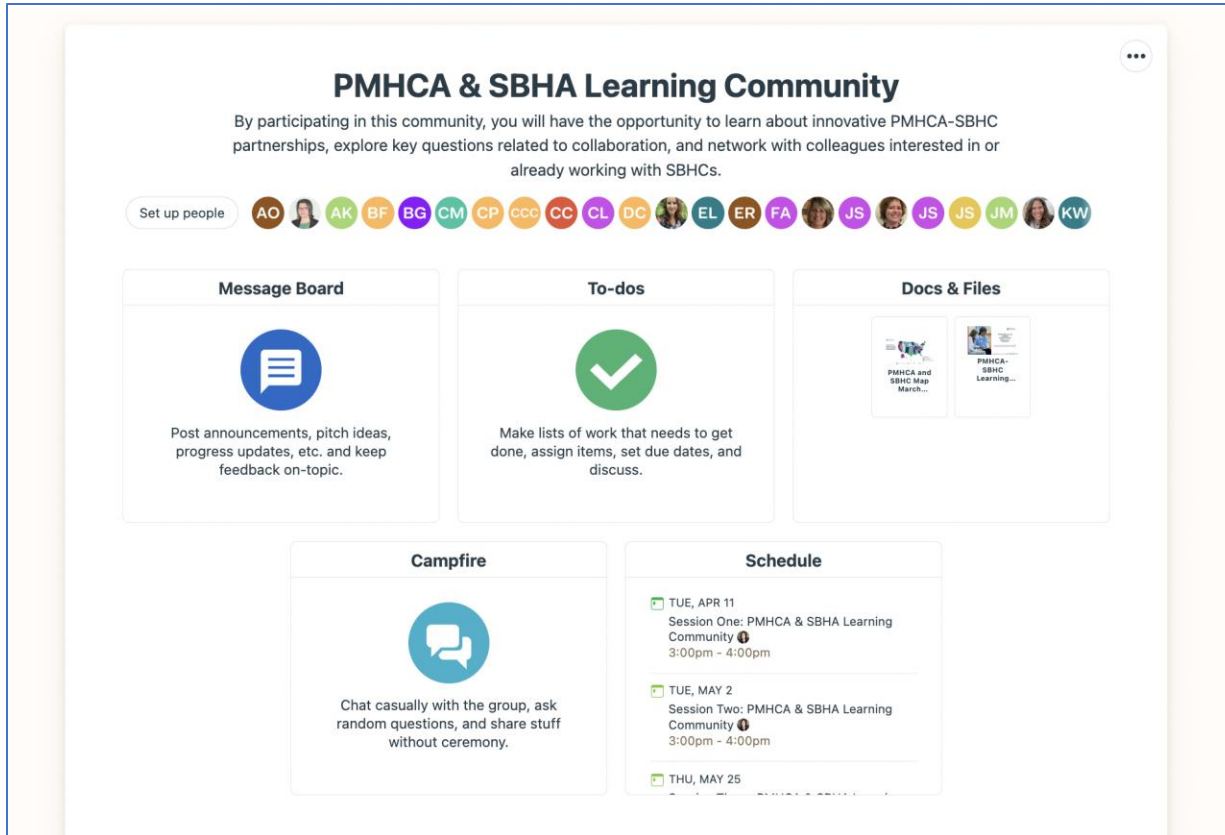


**Please  
join us!  
SBHA  
Upcoming  
Webinars**

- **HIPAA, FERPA, and School Health**  
Sept. 14, 12 – 1 pm EDT
- **PMHCA & SBHC Collaboration:**  
*Lessons from the Field*  
Sept. Sept. 21, 3 - 4 p.m. EDT








**PMHCA & SBHA Learning Community**

By participating in this community, you will have the opportunity to learn about innovative PMHCA-SBHC partnerships, explore key questions related to collaboration, and network with colleagues interested in or already working with SBHCs.


Set up people: AO, AK, BF, BG, CM, CP, CCC, CC, CL, DC, EL, ER, FA, JS, JS, JS, JM, KW

**Message Board**




Post announcements, pitch ideas, progress updates, etc. and keep feedback on-topic.

**To-dos**




Make lists of work that needs to get done, assign items, set due dates, and discuss.

**Docs & Files**



**Campfire**



Chat casually with the group, ask random questions, and share stuff without ceremony.

**Schedule**

- TUE, APR 11  
Session One: PMHCA & SBHA Learning Community  
3:00pm - 4:00pm
- TUE, MAY 2  
Session Two: PMHCA & SBHA Learning Community  
3:00pm - 4:00pm
- THU, MAY 25

## WHAT IS IT

- Platform/tool to connect with colleagues
- Common place to share resources
- Message board posts is similar to a list-serv

## HOW TO ACCESS

- Invite-only
  - Receive email from Basecamp, click link included to create an account
- Bookmark this page!
  - <https://3.basecamp.com/3783206/projects>

## SIMPLE ETIQUETTE

- Message board posts will notify all members (replying by email will do this too!!)
- To chat directly email or use the ping function



# Stay Connected!

1. Subscribe to our bi-weekly e-newsletter (Digest)  
Go to [sbh4all.org](https://sbh4all.org) > scroll down to the bottom of the page > subscribe!

2. Follow us on social media



<https://www.facebook.com/SchoolBasedHealthAlliance>



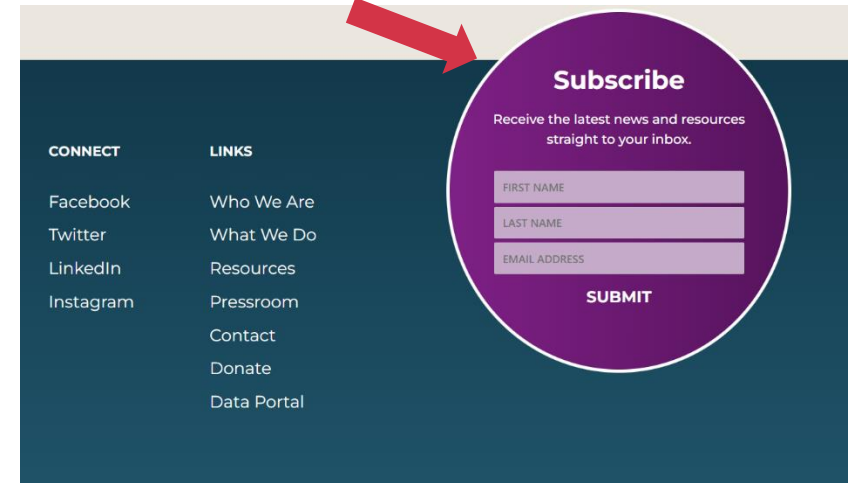
<https://twitter.com/sbh4all>



<https://www.linkedin.com/company/school-based-health-alliance/>



<https://www.instagram.com/sbh4all/>



# THANK YOU!

## Additional Questions for PMHCA initiative?

### Contact:

Laura Hurwitz, Project Lead &  
Consultant [lhurwitz@sbh4all.org](mailto:lhurwitz@sbh4all.org)

## Additional Questions about SBHA?

### Contact:

Micayla Rivin, Program  
Associate [mrivin@sbh4all.org](mailto:mrivin@sbh4all.org)

