Comprehensive School Mental Health Overview

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Child Health and Development Institute

CHDI is a bridge to better behavioral health and well-being for children.

Our Vision
All children grow up healthy and thrive

Our Mission
Advance effective, integrated health and behavioral health systems, practices, and policies that result in equitable and optimal health and well-being for children, youth, and families.

Our Strategic Process Powers Systems, Practice, and Policy Improvement

- Identify
  - problem, gap or need in system
- Develop
  - or identify research-based innovation
- Test
  - innovation to determine effectiveness and feasibility
- Disseminate
  - effective innovations widely and embed in statewide system
- Create
  - infrastructure for sustainability
- Evaluate
  - effects of innovation on child and/or system outcomes
- Adjust
  - to ensure optimal and equitable outcomes
CHDI Area of Expertise

Our Behavioral Health Work:
COMPREHENSIVE SCHOOL MENTAL HEALTH

CHDI helps schools build a comprehensive and sustainable system to promote healthy development and identify and treat behavioral health concerns so students can reach their full potential.

Schools play an important role in identifying youth in need of help and linking them to school- and community-based services. CHDI applies research-based strategies and practices to guide schools in effectively and equitably addressing the trauma and behavioral health needs of students.
CHDI Comprehensive School Mental Health Resources

- **Assessment and Planning**: The SHAPE System
- **System Building**: Comprehensive School Mental Health; CONNECTing to Care
- **Trauma Screening**: Trauma Screen TIME Schools Course
- **Trauma Treatment**: CBITS and Bounce Back
- **Diversion of Arrests**: School-Based Diversion Initiative (SBDI and SBDI-E)
- **Peer to Peer Support for Students**: Peer Support Pilot Program
- **Professional Development for School Staff**: Educate-SMART
Comprehensive School Mental Health

Figure 1: Trauma-Informed Multi-Tiered System of Supports for School Mental Health

Examples of mental health-related interventions, supports, and activities

- MATCH-ADTC
- Coping Cat
- DBT

Social skills groups

Examples of trauma-focused interventions, supports, and activities

- TF-CBT
- TARGET

Tier 3: Indicated Targeted Interventions for students with serious concerns that affect daily functioning.

Tier 2: Selected Supports and early intervention for students identified through needs assessments as at-risk for mental health concerns.

- CBITS
- Bounce Back
- CFTSI

Tier 1: Universal Promotion of positive social, emotional, and behavioral skills and overall wellness for all students

- Trauma screening
- ALIVE

Mental Health First Aid; restorative practices

Professional development and support for a healthy school workforce

Family-School-Community Partnerships

Goals of CONNECT

1. Strengthen integration between school- and community-based behavioral health network of care
2. Increase staff and family knowledge of behavioral health and available services
3. Increase capacity to access and utilize behavioral health resources and supports
4. Implement equitable and comprehensive school mental health supports
CSMH Project Timeline

Level 1 Schools  Level 2 Schools  Level 3 Schools
CHDI Impact

*Shaded towns may sometimes indicate participation by one or more schools in that town rather than the entire district.
Schools continue to be the highest referral source again after decreasing during the height of the pandemic.
Self/family and emergency department referrals have remained fairly stable as a proportion of overall referrals.
Landscape Analysis Overview

• Partnership with the State Department of Education (CSDE) and the Department of Children and Families (DCF)

• ARP ESSER funds through 12/31/24

• **Goal:** Conduct a landscape analysis and report to summarize national best practices and current CT efforts for supporting student behavioral health and well-being, including Comprehensive School Mental Health (CSMH) and other related activities, services, and programs

• Aligning the approach with the development and dissemination of the Nov 2023 Workforce Development Report (Strengthening the Behavioral Health Workforce for Children, Youth, and Families: A Strategic Plan for Connecticut)
Landscape Analysis Process and Timeline

- **CONTENT**
  - Start: March
- **LITERATURE REVIEW**
  - Data Collection: May through August
- **STAKEHOLDER INPUT**
  - Draft Report: September
- **FINAL REPORT**
  - Final Report: December
Call to Action in School Mental Health

- Inform Landscape Analysis Process and Facilitate Recommendations
- Comprehensive School Mental Health System Expansion
- Sustainable Funding for Infrastructure: Data, Workforce, Coordination
- Integration of Crisis Supports
- Family and youth engagement
Stay in touch

Please visit us at www.chdi.org and join our email list for publications and information on solutions that improve outcomes for children and their families.

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