Supporting School Mental Health in Rural Communities

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October 17, 2018
Learning/Discussion Topics

• Student Mental Health Landscape Overview
• Collaborative School Mental Health grant program
• Available Training Options and Supports
• Biennial Budget Proposal Overview
What day is it??

National Pasta Day
October 17

National Chocolate Cupcake Day
October 18
• 40% of student respondents indicated elevated rates of anxiety

• nearly 30% experienced depressive symptoms

• 6.1% of high school students reported taking over-the-counter drugs to get high at some point in their lifetime.

• 12.4% reported attending school under the influence of drugs or alcohol in the past 12 months.
<table>
<thead>
<tr>
<th>Pupil Services Positions</th>
<th>Wisconsin Pupil Services Ratios</th>
<th>National Organization Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2006</td>
<td>2008</td>
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<tr>
<td>School Counselors</td>
<td>459:1</td>
<td>457:1</td>
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<tr>
<td>School Psychologists</td>
<td>1033:1</td>
<td>1022:1</td>
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<tr>
<td>School Social Workers</td>
<td>1804:1</td>
<td>1763:1</td>
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<tr>
<td>School Nurses</td>
<td>2761:1</td>
<td>2471:1</td>
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***To meet the health and safety needs of students, families, and school communities, school nurse workloads should be determined at least annually, using student and community specific health data. NASN 2015.
CONVERSATION: Local Data

• What data sources do you currently use, if any, to assess student mental health related needs in your schools?

• How could DPI help you better collect, access, or interpret local data to make decisions?

• Any other thoughts or ideas you’d like to share today?
The WI SMH Framework: The Guide

http://dpi.wi.gov/sspw/mental-health/framework
Through an Equity Lens

Educational equity means that every student has access to the resources and educational rigor they need at the right moment in their education, across race, gender, ethnicity, language, disability, sexual orientation, family background, and/or family income.
The WI SMH Framework: Multi-Level Supports
The WI SMH Framework: Foundations
The WI SMH Framework: Universal

**Trauma Sensitive Practices**
http://dpi.wi.gov/sspw/mental-health/trauma

**Resiliency**
http://dpi.wi.gov/sspw/mental-health/resiliency

**Social/Emotional Learning**
SEL Competencies Coming soon!

**Suicide Prevention Education for Secondary**
http://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention
## The WI SMH Framework: Selected and Intensive

<table>
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<tr>
<th>Early Identification/Screening</th>
<th>Community &amp; School Based Wrap-around</th>
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<td>Small group &amp; individual intervention</td>
<td>Referral pathways</td>
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<td>Wellness plans</td>
<td>Safety &amp; re-entry plans</td>
</tr>
</tbody>
</table>

Deep collaboration with youth, family and providers
Collaborative Mental Health Grants

- $3.25 million available for one year
- 138 applications were reviewed
- $7,831,270 in requests
- 52 awards were made
Data Discovery

- Most **funded applicants** had enrollment of 1000-3000 students
- 42% of **applicants** had enrollment of less than 2000
- 40% of **funded applicants** had enrollment of less than 2000
- 23% of **applicants** had enrollment of less than 1000
- 13% of **funded applicants** had enrollment of less than 1000
- Smallest funded district: Northwood (313)
Responding to the Field

• Concern: Limited or no access to grant writers
  • *DPI will host a grant writer’s workshop prior to next round*

• Questions about allowable costs
  • *Enhancing current guidance for allowable activities, such as:*
    • Transportation
    • Telehealth

• Access to grant application scoring rubrics
  • *Available through pupil records request*
Where are Funds Going? The Top Five:

1. Mental Health Navigator
2. Social Emotional Learning
3. Trauma
4. Referral Pathway Development
5. Screening
FEEDBACK: Collaborative Mental Health Grants

• What recommendations would you offer to improve the grant application process as it relates to rural schools and consortia?

• How could DPI restructure this grant to best address the mental health needs of students attending rural schools?

• Any other thoughts or ideas you’d like to share today?
Primary Training Options and Supports

- Youth Mental Health First Aid
- Trauma Sensitive Schools
- Social and Emotional Learning
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- Suicide Prevention
- Compassion Resiliency
WI Safe and Healthy Schools Center

Chris Kleiman  
CESAs 1,7,8

Jackie Schoening  
CESAs 2,3,6

Tracy Herlitzke  
Center Director

Carol Zabel  
CESAs 4,10,11

Lynn Verage  
CESAs 9,11,12

https://www.wishschools.org/contact/
Youth Mental Health First Aid

- For parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens
- Teaches how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis
- Trainings may be available at no-cost
Trauma Sensitive Schools

- School Climate Transformation grant → TSS cohorts
- Development of online modules
- Internal and external coaching supports
- Statewide roll-out in progress through WISH Center
SBIRT

• Screening, Brief Intervention, Referral to Treatment
• Efficient, evidence-based, and comprehensive
• Addresses selected behavioral health concerns among adolescents (e.g., alcohol/other drug involvement)
• Readily adapted for delivery in middle and high school settings by existing student services staff
Social and Emotional Learning

- SEL Competencies document
- Safe Schools & CASEL grants
- Monthly Webinar Series
- SEL alignment tools
  - Evidence based programs, ASCA mindsets
- Online safety and SEL
- SEL email list
- Online learning modules – coming soon!

https://dpi.wi.gov/sspw/mental-health/social-emotional-learning
Suicide Prevention

- DPI Gatekeeper Training module
- QPR: Question, Persuade, Refer
  - 3 simple steps: recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life.


WISH Center Resources: [https://www.wishschools.org/resources/suicidepreventionresources.cfm](https://www.wishschools.org/resources/suicidepreventionresources.cfm)
Compassion Resiliency

- Compassion Resilience Online Toolkit
- [www.compassionresiliencetoolkit.org](http://www.compassionresiliencetoolkit.org)
- Staff wellness
- Compassion fatigue
- Compassion resilience
Peer to Peer Support

But when asked who they DO talk to, students hardly ever mention adults and instead mention peers

- HOPE Squad training
What gaps do you notice, if any, in training options and supports for rural school communities?

In what ways do you think DPI could help better support rural schools with trainings and implementation?

What other thoughts or ideas would you like to share?
Adams-Friendship: Positive Action

https://dpi.wi.gov/sites/default/files/imce/sspw/selc
asestudy-adams-friendship.pdf
Next Biennial Budget

- Increased funding for collaborative mental health grants
- State funds to support out of school programs
- Categorical aid for all pupil services areas
- Enhanced training opportunities
- Improved YRBS supports

QUESTIONS?
COMMENTS?
Thank You for this Opportunity!

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