

RUTGERS

School of Health Professions



Enhancing Mental Health Services for Students: The Comprehensive School Mental Health Coaching and Supports Project

Sponsored by the New Jersey Department of Education (NJDOE), Division of Educational Services, in collaboration with the Department of Psychiatric Rehabilitation and Counseling Professions Center for Comprehensive School Mental Health at Rutgers, The State University of New Jersey; 100% funded by the American Rescue Plan Act of 2021 – Coronavirus State Fiscal Recovery Fund.

Session Objectives

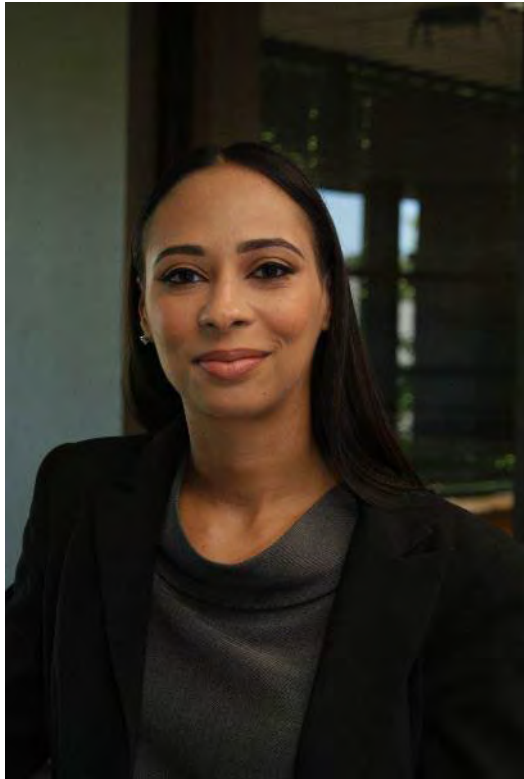
- Welcome & Introduction
- What's Our Why: Project Background
- Defining Comprehensive School Mental Health
- CSMH Coaching and Supports Project Description
- Application Process and Next Steps
- Question and Answer





Welcome & Introduction

Meet Our Team



Kristy Ritvalsky, MPH



Tania Leonard, MS



Alicia Lukachko
DrPH, LCSW

About Us...



The Rutgers Center for Comprehensive School Mental Health (Rutgers-CCSMH) in the Department of Psychiatric Rehabilitation and Counseling Professions delivers training, technical assistance, and consultation to K-12 schools, districts, and state education agencies to support the implementation of comprehensive school-based mental health systems.

Rutgers-CCSMH

The goal of the Rutgers-CCSMH is to facilitate the development of school mental health systems that meet the social and emotional needs of children and youth. Objectives include:

- **communicating** the importance of mental health supports in schools.
- **enhancing** the capacity of schools to recognize and identify mental health concerns in students.
- **educating** staff on the best models of school-based mental health services.
- **establishing** school infrastructure to support the implementation of these models.

Rutgers-CCSMH

The Rutgers-CCSMH can address topics such as:

- core features of comprehensive school-based mental health systems,
- needs assessment,
- screening tools and resource mapping,
- data-driven decision making,
- establishing universal prevention,
- implementing group-based Tier 2 interventions,
- partnering with community-based organizations,
- risk assessment and response,
- connecting with families, and
- staff self-care.

NEW JERSEY COMPREHENSIVE SCHOOL-BASED

Mental Health Resource Guide



February 2022

- Developed by a statewide youth mental health workgroup, tasked by Governor Phil Murphy and led by NJ DOE.
- Designed to provide schools with a roadmap to assist staff in developing, implementing, and evaluating school-based mental health supports and services.

Comprehensive School Mental Health Coaching and Supports (CSMHCS) Project

- The **CSMHCS Project** is a collaborative effort between the New Jersey Department of Education and the Rutgers-CCSMH.
- This project represents the “next step” following the collaborative development of the New Jersey Comprehensive School Mental Health Resource Guide.
- It aims to support the implementation of comprehensive school mental systems at the district and building levels by enhancing educators' knowledge through training and technical assistance.

About You

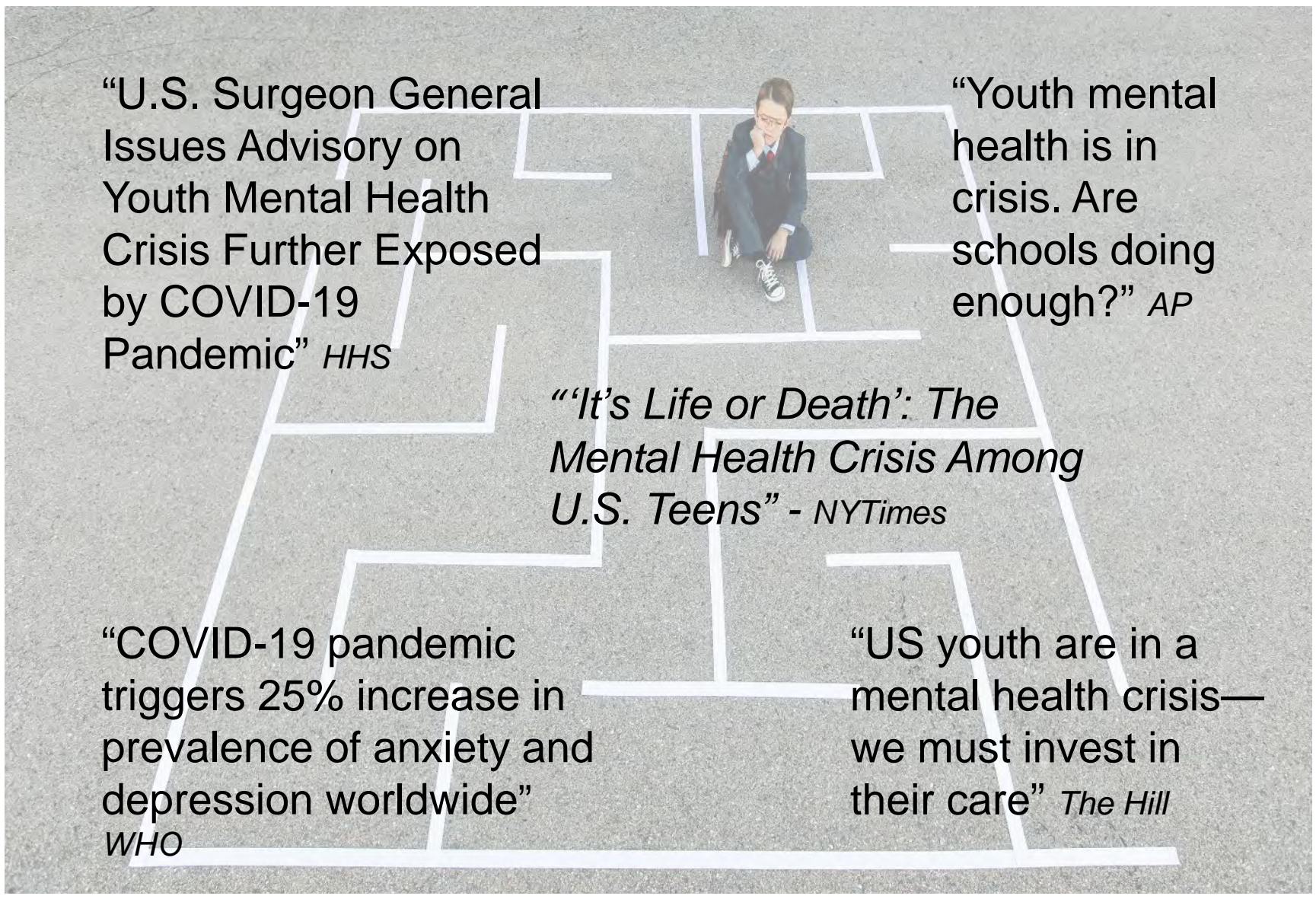
What is your name, school district, role, and why is school mental health important to you?



What's Our
Why?

A Youth
Mental
Health Crisis



A young boy in a school uniform is sitting in the center of a maze drawn on asphalt. The maze is a complex network of white lines forming a large, irregular shape with many paths and dead ends. The boy is looking down, appearing thoughtful or lost.

“U.S. Surgeon General
Issues Advisory on
Youth Mental Health
Crisis Further Exposed
by COVID-19
Pandemic” *HHS*

“Youth mental
health is in
crisis. Are
schools doing
enough?” *AP*

“‘It’s Life or Death’: The
Mental Health Crisis Among
U.S. Teens” - *NYTimes*

“COVID-19 pandemic
triggers 25% increase in
prevalence of anxiety and
depression worldwide”
WHO

“US youth are in a
mental health crisis—
we must invest in
their care” *The Hill*



Comprehensive School Mental Health Systems



What is a Comprehensive School Mental Health System?

“Comprehensive School Mental Health Systems (CSMHS) provide a full array of tiered supports and services that promote a positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness and substance use.”


- National Center for School Mental Health

Benefits of CSMH Systems

Improved student and school outcomes:

- greater academic success
- reduced exclusionary discipline practices
- reduced special education referrals and placement in restrictive settings
- improved school climate and safety
- enhanced student engagement, social emotional and behavioral functioning
- higher graduation rates

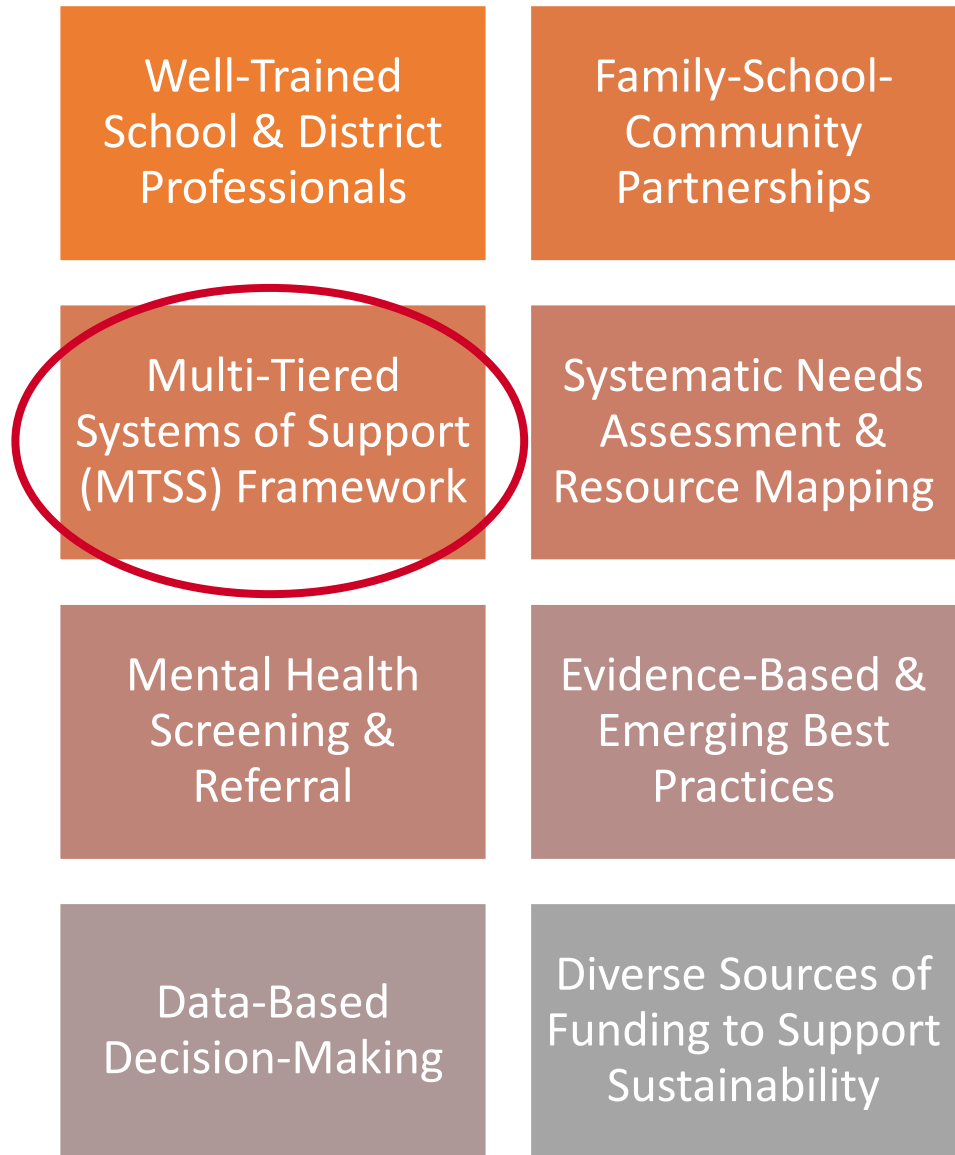




Comprehensive School Mental Health: Eight Core Features



Comprehensive School Mental Health: Eight Core Features



What is Multi-Tiered System of Support (MTSS) ?

ACADEMIC INSTRUCTION

Tertiary Interventions
(for individual students)
• Assessment based
• High intensity

Secondary Interventions
(for some students)
• High efficiency
• Rapid response

Universal Interventions
(for all students)
• Preventative, proactive

← 1-5%

← 5-10%

← 80-90%



→ 1-5%

→ 5-10%

→ 80-90%

BEHAVIORAL INSTRUCTION

Tertiary Interventions
(for individual students)
• Assessment based
• Intense, durable procedures

Secondary Interventions
(for some students: at risk)
• High efficiency
• Rapid response

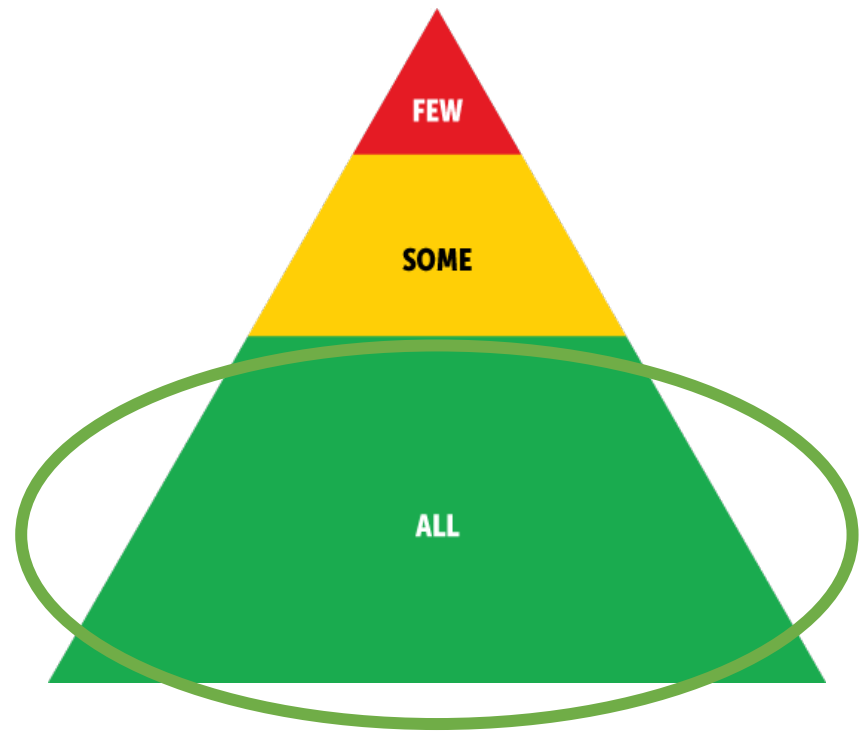
Universal Interventions
(for all students)
• All settings
• Preventative, proactive

Adapted from www.pbis.org

Tier 1

Universal Prevention

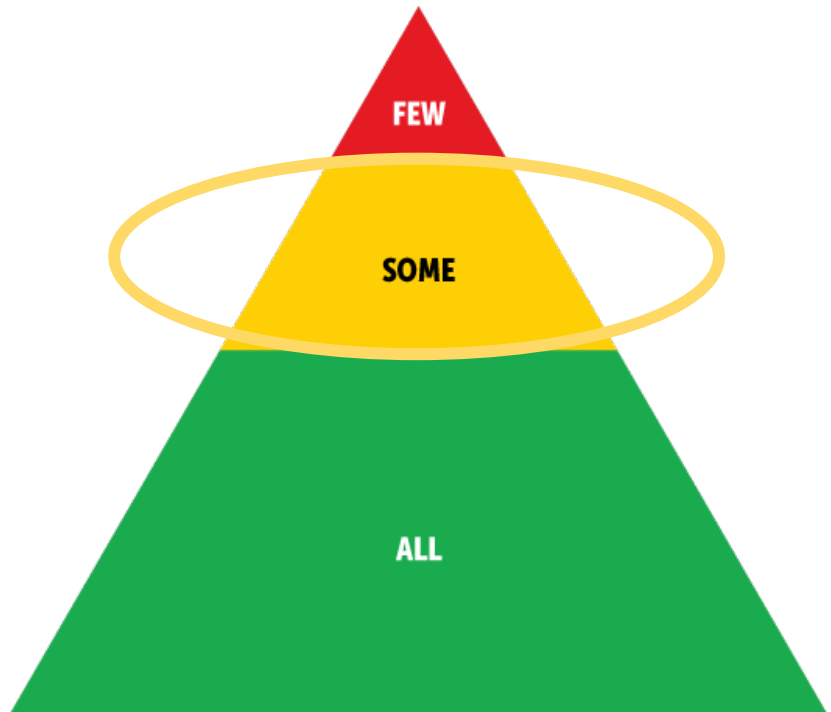
- Also known as primary prevention
- Designed for all students and staff
- Example activities include:
 - staff well-being
 - social-emotional learning curriculum (SEL)
 - suicide prevention
 - universal screening
 - consistent discipline policy and procedures



Tier 2

Secondary Prevention

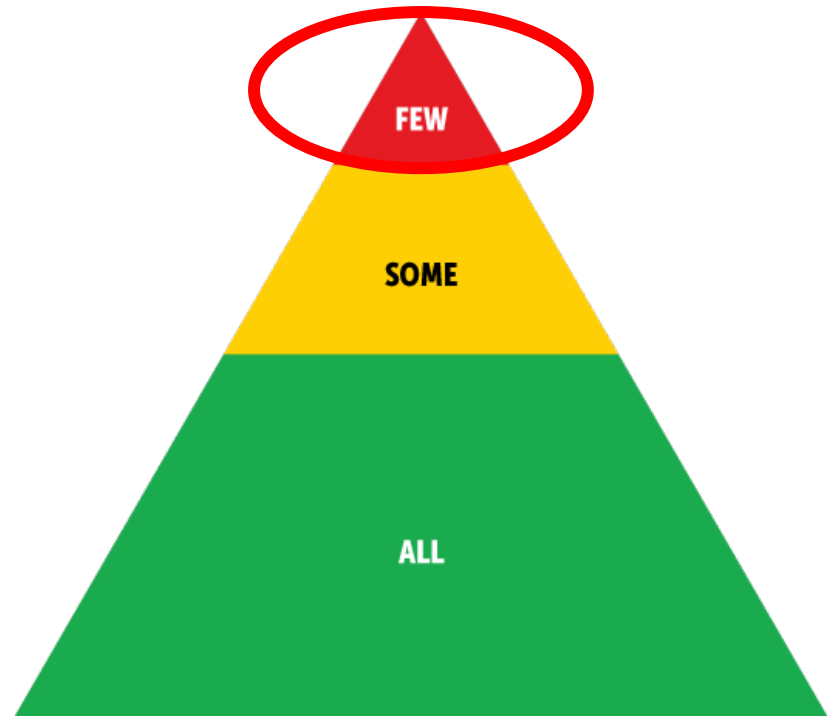
- Also known as selective prevention
- Designed for some students
- Example activities include:
 - problem-solving training
 - social skills training
 - check-in/check-out
 - small psychoeducational groups



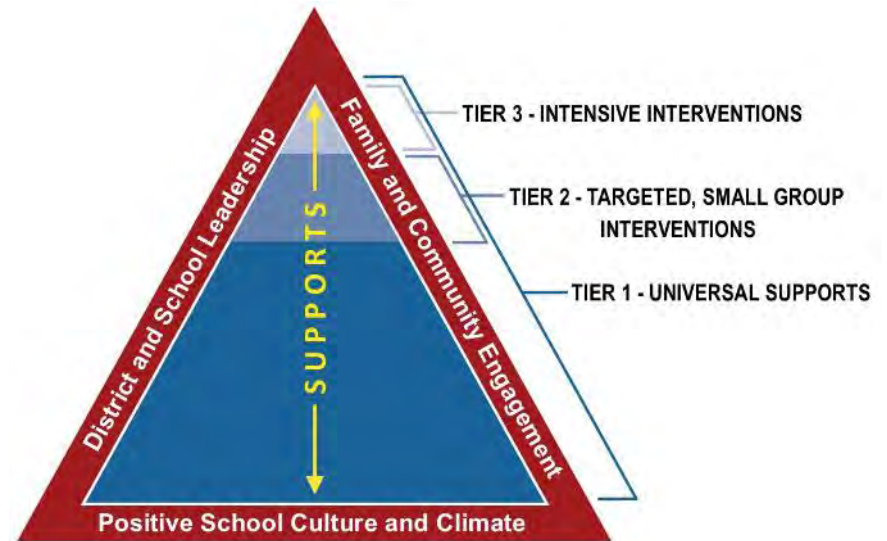
Tier 3

Tertiary Prevention

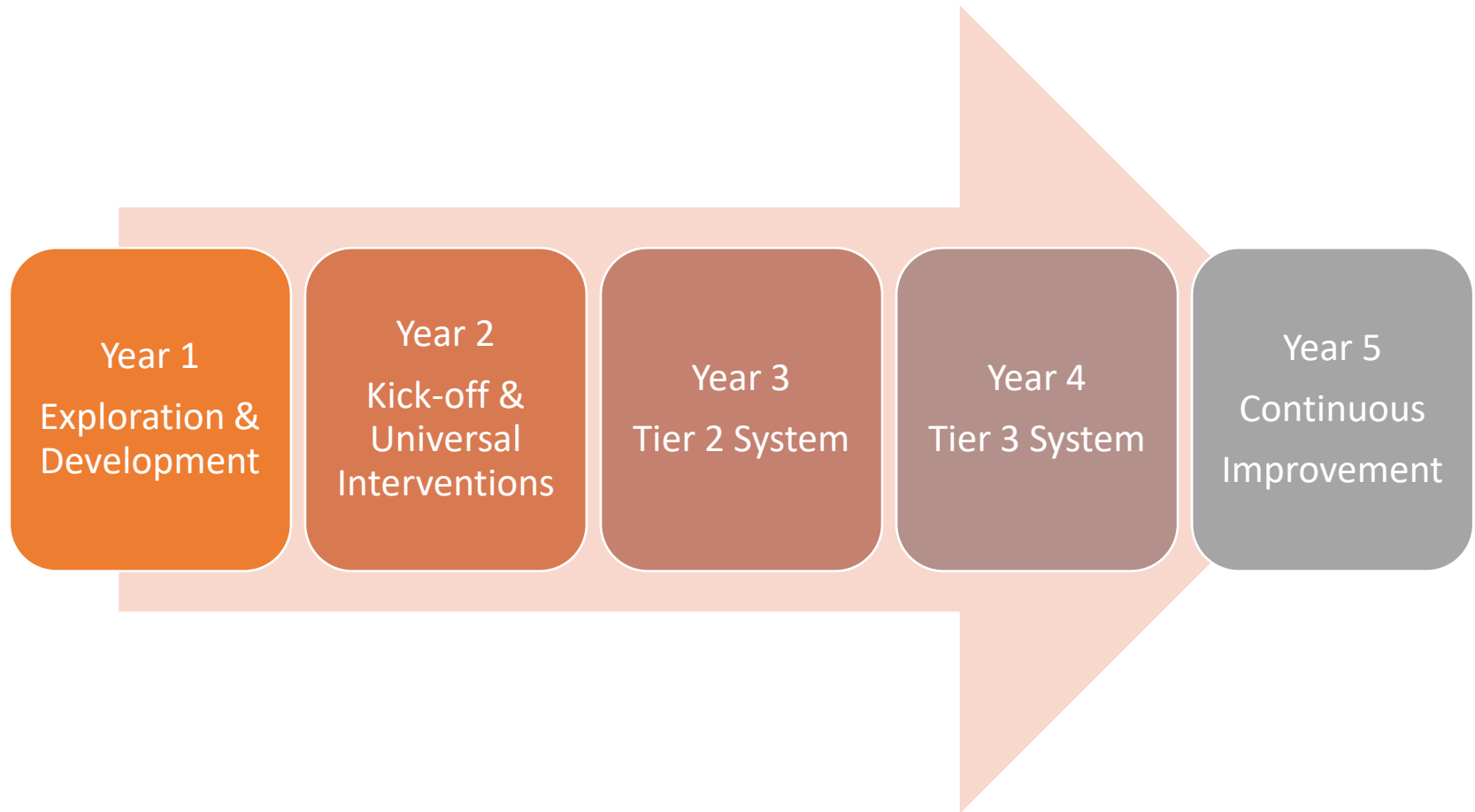
- Also known as intensive/individualized intervention
- Designed for few students
- Example activities include:
 - crisis counseling
 - function-based problem solving
 - individual social skills instruction



New Jersey Tiered Systems of Support



Phases of Implementation





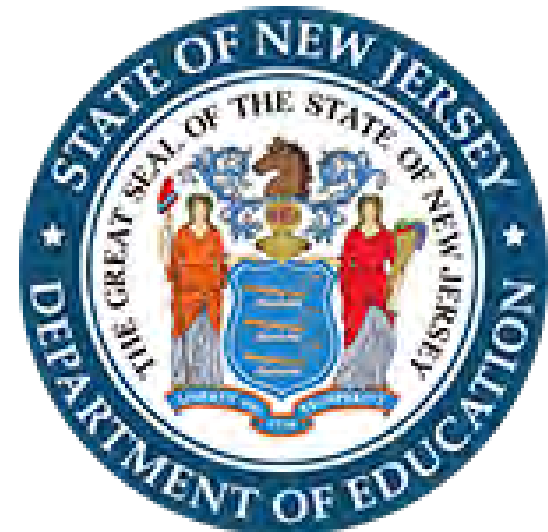
The Comprehensive School Mental Health
Coaching and Supports (CSMHCS) Project

Project Background

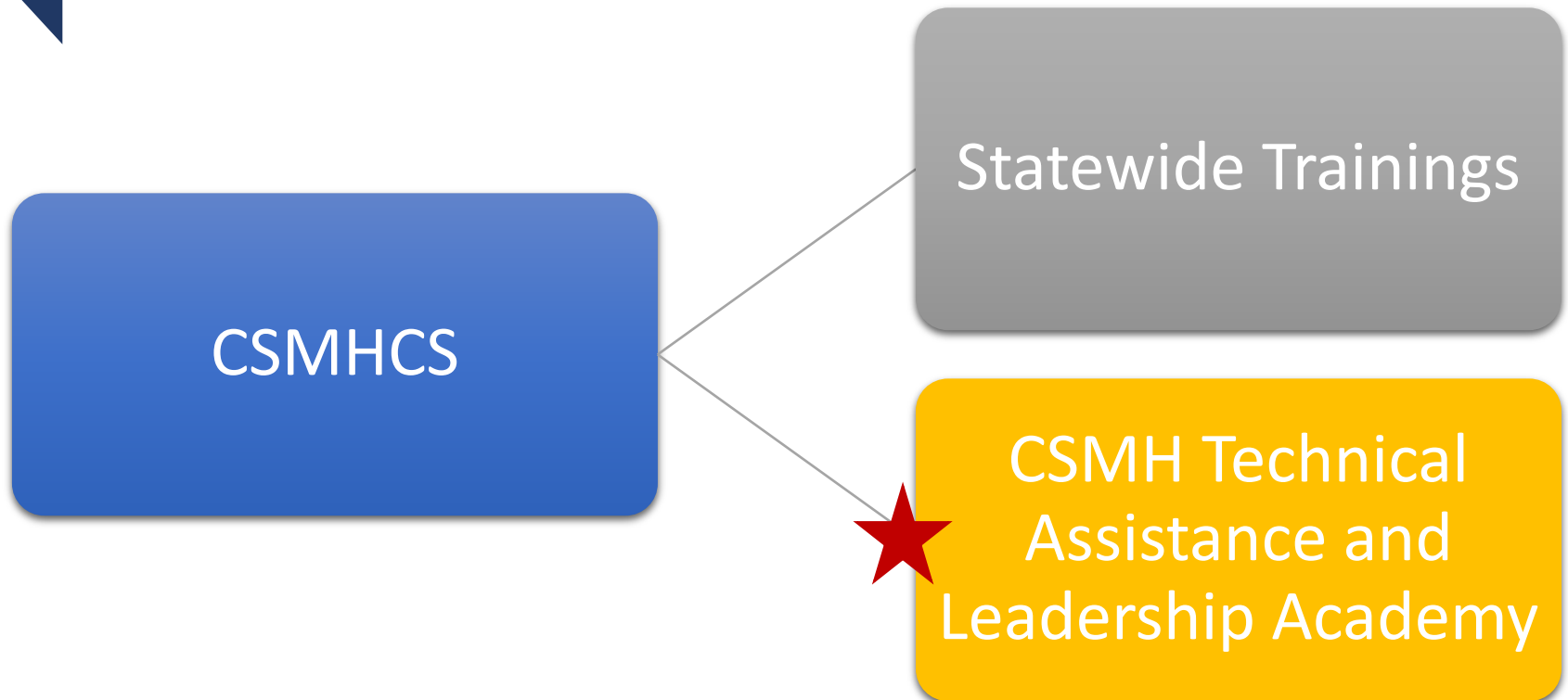
The New Jersey Department of Education in collaboration with Rutgers-CCSMH received three years of funding to:

- support the development and implementation of a comprehensive school mental health framework for **50 selected schools** through **intensive training and technical assistance**.
- establish school district/building level capacity and sustainability, within this cohort of schools, through the **School Mental Health Leadership Academy**.
- provide **statewide trainings** to New Jersey educators and school mental health professionals to inform, develop, and implement school mental health systems at the school, district, and building levels.

RUTGERS
School of Health Professions



CSMHCS Project Overview



- Involves identification and participation of 1-2 **School Mental Health Leads**, who will:
 - champion implementation of comprehensive school-based mental health within an MTSS framework,
 - lead the **Comprehensive School Mental Health Team (CSMH) Team**, and
 - facilitate regular CSMH Team meetings.
- Provides intensive, in-person training on key components of comprehensive school mental health, individualized coaching support, and opportunity for community-building across schools and districts.

School Mental Health Leadership Academy

Comprehensive School Mental Health (CSMH) Team

- A team of school and community stakeholders at a school or district level that meets regularly, uses data-based decision making, and relies on action planning to support student mental health
- The team should be composed of at least one administrator with decision-making power and 3-4 personnel who may serve in the following types of roles:
 - school mental health professional
 - learning disabilities teacher consultant
 - teacher/instructional leader
 - nurse
 - community mental health partner
 - parent representative



School-Based Coaching Supports & Team Training

- A Rutgers-CCSMH consultant will partner with SMH Leads and the CSMH Team to provide training and coaching support in the following areas:
 - school assessment and action planning,
 - mental health promotion,
 - early intervention services,
 - alignment of student services using a data-driven process,
 - risk assessment, and
 - suicide prevention/intervention.
- A Rutgers-CCSMH consultant will meet **virtually** with SMH Leads and CSMH Team 6 – 8 times per year to support the implementation of student mental health supports.
- CSMH Team members will also receive training on foundations of comprehensive school mental health.

CSMH Training Curriculum

- Introduction to CSMH and the MTSS Framework
- Effective Teaming and Cross-Collaboration
- Needs Assessments, Universal Screening and Resource Mapping
- Data-Based Decision Making
- Establishing Universal Interventions (Tier 1)
- Risk Assessment, Substance Use and Suicide Screening
- Establishing Targeted Interventions (Tiers 2 and 3)
- Aligning School Mental Health Initiatives Within a MTSS Framework
- Strategies for Effective School-Based Mental Health Coaching
- Strategies for Sustaining Funding for CSMH Programming
- Elevating Student Voice in the Context of School-Based Mental Health

Benefits to Participating Schools

- Receive assistance in conducting a **formal assessment** of your current comprehensive school mental health system, identifying areas of strength and **concrete action plan** for improvement.
- Obtain **cost-free intensive TA and training**, both in a group format with other schools and individualized to meet the unique needs of your school and teams.
- Gain access to **collaborative peer community** to support development and implementation of a CSMH system.
- Build **internal capacity and expertise** within your school or district to support the **implementation and sustainability** of comprehensive school mental health.
- Receive assistance administering **school mental health screeners** to identify student strengths and needs.






School Mental Health Lead Responsibilities

- ❑ Champion implementation of comprehensive school-based mental health within an MTSS framework
- ❑ Lead the Comprehensive School Mental Health Team (CSMH) Team
- ❑ Spearhead CSMH needs assessments and progress towards completion of Action Plan items
- ❑ Facilitate regular CSMH Team meetings
- ❑ Attend 5-6 full or half-day trainings/events annually as part of SMH Leadership Academy
- ❑ Engage in virtual TA sessions with added coaching supports provided by Rutgers-CCSMH consultant
- ❑ Participate in Community Roundtable



Comprehensive School Mental Health Team Responsibilities

- ❑ Contribute to the implementation of comprehensive school-based mental health within a MTSS framework
- ❑ Serve as member of the Comprehensive School Mental Health Team (CSMH) Team and attend regular CSMH Team meetings
- ❑ Assist with CSMH needs assessments and progress towards completion of Action Plan items
- ❑ Attend a total of 7 full- or half-day CSMH trainings/events (avg 3 per year)



Principal/School Administrator Responsibilities

- ❑ Lead and actively support implementation of comprehensive school-based mental health within school
- ❑ Attend administrative information sessions, orientation and closing events
- ❑ Identify SMH Leads and assemble CSMH Team, also serving as an active team member
- ❑ Provide release time for SMH Leads and assigned CSMH Team members to participate in offsite training and activities
- ❑ Provide SMH Leads with flexible time in addition to time for team meetings and professional development activities to fulfill their role
- ❑ Establish an expectation for all staff to consistently implement CSMH features and prevention practices

Program Timeline: Key Dates



How to Apply?

Application Steps	Timeline
CSMHCS Project Information Sessions	Tuesday, April 4 th Wednesday, April 12 th Friday, April 14 th
Applications Due	Monday, May 15 th
Principals are Notified	June
Welcome Session: Principals	Early/Mid August
Welcome Session: SMH Leads	Early September

Application Checklist

- ✓ Secure administrative and staff buy-in and support.
- ✓ Consult with relevant school mental health staff or teams.
- ✓ Gather requested school data (e.g. summary of school-based mental health programming).
- ✓ Be thorough in your responses.
- ✓ Submit application by Monday, May 15th deadline.





QUESTIONS