

School Behavioral Health Expansion:
FY19 School Strengthening Tool & Work
Plan Summary

INTRODUCTION

The Implementation Committee of the Coordinating Council on School Behavioral Health received 24 work plans from schools and Community-Based Organization (CBO) partnerships in FY19.

Each work plan submitted by school/CBO partners included the school strengthening tool summary which indicated their scores in four modules: School Counseling, Psychological, and Social Services; Social and Emotional Climate; Employee Wellness and Health Promotion; and Family Engagement. Four open-ended questions outline the current mental health needs of the school and the resources or information to make improvements. The Work Plan outlines school goals underlying the three tiers of intervention.

The report outlines general trends, strengths, areas of concern and guidance to be mindful of moving forward.

71%

average score on Center for Disease Control (CDC) online modules

TRENDS

School Strengthening Tool

Q1: What are the mental health needs of the students in your school? In what ways are these needs being met? Not being met?

- Community-Based Organization support
- Socio-emotional
- Staff Capacity
- Teachers not trained or do not have capacity
- Trauma

Q2: What would the school leadership need to see to confirm change or improvement in your school's environment?

- Decrease in bullying
- Decrease in suspensions or behavior referrals
- Increase in academic performance
- Increase in attendance
- Increase in community/parent engagement
- Increase in self-regulating behaviors
- Measurable/observable goals
- Students understand availability of resources

Q3: What mental health topics would be useful to present to staff/teachers for an in-service (professional development) at school?

- Classroom management
- Coping mechanisms
- Cultural competency
- Deescalation/positive discipline/conflict resolution
- Identifying mental health issues
- Reporting
- Trauma response

Q4: What kinds of resources or information would be most useful to families of youth attending your school?

- Age appropriate expectations/development by age
- Effects of trauma
- Finance support
- Job training
- Psychoeducation
- Resources (housing, healthcare, mental health, food, immigration)

WORK PLAN TRENDS



TIER 1

Mental Health promotion and prevention for all students

- Increase parent awareness of mental health resources
- Student-centered learning (e.g. facilitating mental health circle discussion, lesson plans, positive action curriculum, calm down corner, monthly psycho-education presentations)
- Student-centered wellness event (e.g. Wellness Wednesday, Wellness Spirit Week)
- Stress reduction and wellness program
- Teacher-centered professional development on trauma-informed care and mental health



TIER 2

Focused group and individual interventions for students at-risk of mental health challenges

- Clarify referral process and improve support structures for referred students
- Student Group sessions / learning communities focused on a mental health challenges (e.g. social media, disruptive behavior, substance abuse, stress-reduction, grief, loss)
- Trauma-related professional development for staff



TIER 3

Intensive support and interventions for individual students

- Community-Based Organization clinician facilitates group support
- Develop referral process / refer individual students or families for additional support services
- Develop school policy and protocol for mental health crisis
- Provide in-school clinical services for families and individual students

WORK PLAN STRENGTHS & AREAS OF CONCERN



Strengths

- Almost all plans directly align to the priority mental health needs shared in open-ended Q1 (student mental health needs).
- Community-Based Organization Clinician adds necessary implementation support for Tier 2 and Tier 3 goals. This included conducting weekly group sessions, facilitating professional development training for staff, and conducting workshops for students.
- Plans are inclusive of students, staff and family
- Plans include additional CBO mental health resources (WENDT Center, Medstar Georgetown WISE Team, Umbrella)



Areas of Concern

- Generally school administrative staff was not highlighted as a group in need of additional training and support
- Goals varied significantly from work plan to work plan
 - Example of a vague goal “Increase family engagement and the creation of partnership between school, home and community.”
 - Example of a more detailed goal “All faculty and staff would receive professional development to building educator capacity to support students who are impacted by Adverse Childhood Experiences and the principles of a trauma-informed school, at least three times in an academic school year.”
- Some goals were unfocused or had multiple components that could not feasibly be met within the school year

Guidance

Gather additional context to support the proposed work plan

Add a question related to demographics of vulnerable or underserved populations to target specific mental health needs of a population of students (i.e. high immigrant population, homeless students, etc.)

Create a working group of Community-Based Organization Clinicians

Clinicians will share their progress toward tiered goals and provide solutions and support where necessary

Create more guidance around goal setting within the document

Require the goals in the work plan be SMART goals

Require benchmarks be set alongside goals to build in implementation tracking to the workplan

APPENDIX

Accessed Work Plans

Aiton Elementary School
Bruce-Monroe Elementary at Park View
Cardozo Education Campus
DC International School
Dunbar High School
Friendship Public Charter School – Blow Pierce Academy
Friendship Colligate Academy
Hart Middle School
HD Woodson
IDEA PCS
Ketcham Elementary School
Kingsman Academy
KIPP DC Aim Academy
KIPP DC College Prep
Kramer MS
Luke C. Moore Opportunity Academy
Maya Angelou Public Charter High School
Moten Elementary School
Rocketship Rise Academy
Savoy Elementary School
SEED Public Charter School of Washington D.C.
Theodore Roosevelt High School
Turner Elementary School
Washington Metropolitan Opportunity Academy