

Centering Wellness

The Role of Schools in Addressing Behavioral Health



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Our current climate:

The San Diego Union-Tribune

Professional help can't keep up with children's mental health needs

npr

SIGN IN NPR SHOP DONATE

THE MENTAL HEALTH CRISIS IN OUR SCHOOLS

Mental Health In Schools: A Hidden Crisis Affecting Millions Of Students

Stress and short tempers: Schools struggle with behavior as students return

Psychiatric Times

TOPICS • MEDIA • PUBLICATIONS • JOB BOARD • CME/CE • PARTNERS • RES

Child and Adolescent Mental Health: A National Emergency

Three leading groups in child and adolescent mental health have declared a state of emergency for the nation's youth.

News From the JAMA Network

October 5, 2021

Pediatric Depression and Anxiety Doubled During the Pandemic

How COVID-19 Stole 'Children's Joy,' Sparking a Mental Health Emergency

THE WALL STREET JOURNAL

Loneliness, Anxiety and Loss: the Covid Pandemic's Terrible Toll on Kids



The Why

Student Mental Health: The Landscape:

- Suicide is the second leading cause of death for youth 15-24 (CDC)
- Significant increase in ER visits by youth for MH related issues during the pandemic
- Local county and non-profit service providers report increases in referrals coupled with decreases in staffing
- Schools reporting high need for mental health support on campuses for students, while staff share pandemic and coping exhaustion
- *Governor Newsom's Master Plan for Kids' Mental Health*

School District Initiatives

Each District's LCAP has identified Wellness and Social Emotional Support as a priority area

Some examples are:

- Providing professional learning for staff around SEL, Restorative Practices, Trauma Responsive Practices
- Implementing Social Emotional Learning Curriculum
- Hiring Mental Health Clinicians
- District Level Wellness Centers
- Youth-Led Mental Health Support Groups



COE 101

Student Programs

Tech & Innovation

Business Services

Educational
Services



STUDENT SUPPORT SERVICES

- FosterEd (All open on-going CPS cases)
- Students in Transition (without adequate housing)
- TUPE (Tobacco Use Prevention & Education Program)
- Youth Mental Health First Aid
- Court Related (Probation) Diversion
- School Attendance Review Board (SARB)
- **Wellness Centers**
- The Companion Project (TCP)
- Social Emotional Learning (SEL)
- PBIS and School Climate
- School Based Health Services

School as a Hub



Where are the Gaps?



**Decentralized Service
Delivery**

**Limited/Inequitable Access
(Insurance, location)**

Organizational Silos

**Staff Burnout
Limited pool of Clinicians**

**Complex and inconsistent
funding sources**

Stigma



Ongoing Efforts

Staff Training

- Youth Mental Health First Aid
- Trauma/Resiliency Training

Training for Students

- Teen Mental Health First Aid
- Peer Support (Hope Squad)



NAMI Training for Parents

- Ending the Silence
- NAMI Basics

Case Management

- The Companion Project

Wellness Centers at all
Comprehensive High
Schools



COE Initiatives - The Companion Project (TCP)

- **Who We Serve:** Vulnerable youth with higher Behavioral Health acuity
- **What We Do:** Navigation focus with flexibility for direct services, and Professional Development, group work, SERP response, transition planning, and more
- **Status:** Over 200 referrals in first year



WHAT IS A SCHOOL-BASED WELLNESS CENTER?

A student-focused wellness center:

- Located **on** a K-12 school campus
- Organized through school, community, and health provider **relationships**
- That provides age-appropriate, **behavioral health** care services



SBWCs **may provide** behavioral health services onsite or through mobile or telehealth



A Continuum of Wellness Spaces

Calming Rooms

Welcoming, safe drop-in spaces without any clinical services, staffed by some caring adult

Mental Health only

Calming drop-in space plus on-site clinical behavioral health services and tiered supports, provided by school-employed staff and/or co-located CBOs

Mental Health+

Centers with mostly clinical behavioral health plus some other services, like a school nurse and/or sexual/repro health

Comprehensive

Clinics with full-scope of health services, including physical medical care, behavioral health, and oral health

School-Based Wellness Centers!



COE Initiatives - Wellness Centers

- **The Purpose:** Wellness Centers within school districts that will offer universal, coordinated, and timely mental health-related services to all students through an easily accessible location on a school campus.
- **Goal:** Two school-based pilot wellness centers open by Spring 23-24 School Year
- **Long-Term Goal:** Every District High School & Middle School - County Wide
 - **Long term Funding & Sustainability:** Partner with each District to develop, create, and implement a sustainability plan that braids funding to sustain the Wellness Center.



Multi-Tiered Systems of Support

Tier 3

- Individual and Group Therapeutic Services
- Restorative Justice Circles
- Crisis Response and Support
- Enhanced Care Management
- Referrals to Community Partner Services and/or The Companion Project

Tier 2

- Group counseling / social-emotional groups
- Tier 2 Behavioral Interventions
- Restorative Mediations / Conflict Resolutions (IIRP Model)
- Individual Solution-Focused Brief Counseling/Motivational Interviewing

Tier 1

- Trauma-Informed, Restorative, and Holistic School Culture and Climate
- Social-Emotional Learning and Mental Health Awareness Campaigns
- Drop-in Access to Wellness Center and Use of Calming Corner
- Staff, Student, Family, and Community Wellness Workshops
- Suicide Prevention
- Restorative Conversations

Wellness Centers - Facilities and Design



Reception Area



Office Spaces



Collaboration Room

Wellness Centers- Staffing and Partnerships

Wellness Coordinator

Wellness Peer Advocate

Wellness Navigator

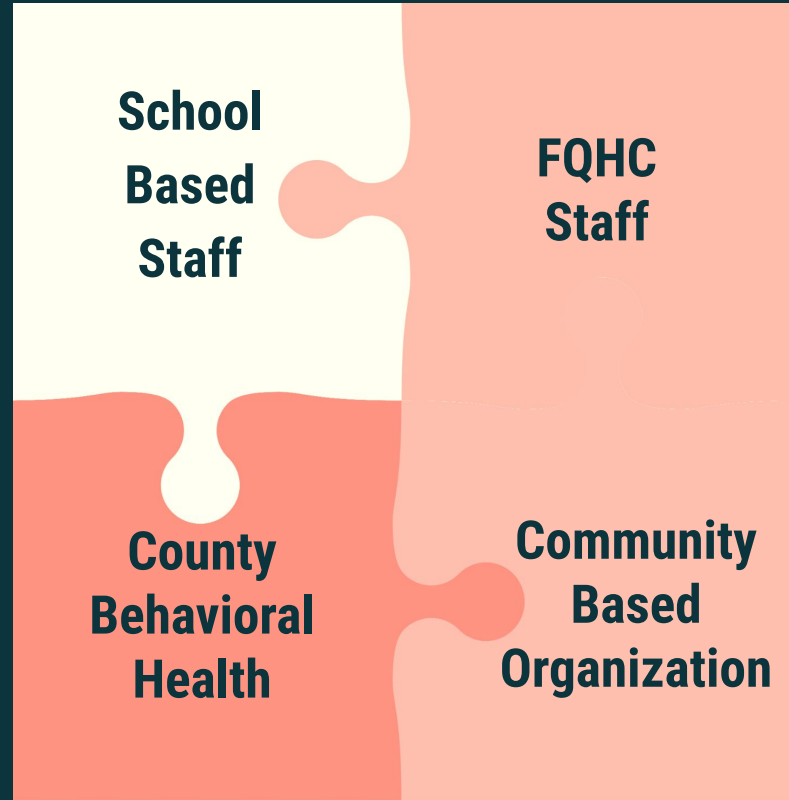
Wellness Community Partners
(FQHC, CBO, CBH, etc)

Wellness Interns

*A Wellness Center is only as strong as it's collaboration with Admin, Student Services Staff, School Counselors, School Psychologists, Faculty, and Community Partners



Delivering Services



Expected Wellness Center Outcomes

- **Stigma Reduction of Mental Health Care**
- **Open Door to Wellness and Connection to Services**
- **Integrated systems of support that address the social determinants of health**
- **Prevention and Early Intervention**
- **Social and Emotional Skill Building**



Wellness Center: COE TA Support

- **Planning and Implementation**
 - Facilitate Initial Planning and ongoing Implementation Sessions for Wellness Teams
 - Ongoing Training for Wellness Center Staff
 - Data Collection and Evaluation
- **Billing and Sustainability**
 - Billing Infrastructure: implementation and ongoing
 - Provide expertise on current funding streams/ Tracking new funding sources
 - Support districts in leveraging all billable services



Moving Forward

Adapt to Changing Landscape
Commercial Insurance, CalAIM

Continued Investment in
Behavioral Health
On-Site Delivery

Developing Workforce
Pipeline

Breaking Down
Organization Silos



Billing and Sustainability

- **Current Options For Schools**
 - **LEA BOP & SMAA - Medi-Cal (Billing Option Program & Schools MAA)**
- **Future Options?**
 - **Multi Payer School-Linked Fee Schedule - Commercial & Medi-Cal**
 - **Other Providers: Wellness Coaches, Peer to Peer, Community Health Workers?**
 - **Enhanced Care Management (ECM)?**

What is the Multi Payer School-Linked Fee Schedule?

A new sustainable funding sources for school-linked behavioral health services that:

1. Increases access to school-linked behavioral health services for children and youth
2. Creates a more approachable billing model for schools and local educational agencies (LEAs)
3. Eases burdens related to contracting, rate negotiation, and navigation across delivery systems
4. Reduces uncertainty around students' coverage.
5. Schools able to bill for both Medi-Cal and Commercial Insurance

SCOPE OF SERVICES

Services included in the fee schedule at launch on January 1, 2024, will include:

1. Psychoeducation
2. Screening & Assessment
3. Therapy
4. Peer support
5. Care coordination

Providers (working draft)

A final list of providers has not been released.

1. Licensed psychologists
2. Licensed educational psychologists
3. Credentialed school psychologists
4. Licensed clinical social workers
5. Credentialed school social workers
6. Credentialed social emotional counselor
7. Licensed marriage and family therapists
8. Associate marriage and family therapists
9. Registered associate clinical social workers
10. Wellness Coach
11. School Counselors



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