



# CHILD, YOUTH & SCHOOL MENTAL HEALTH

- Mental Health Training for Child-Facing Professionals
- Putting Mental Health at the Heart of Washington's Schools



# Mental Health Training for Child-Facing Professionals

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41<sup>st</sup> Legislative District

Human Services & Early Learning Committee Chair

# OVERVIEW OF CHALLENGE

Growing need for children's mental health services

- Trauma and ACEs
- Poverty
- Stress and social media
- Gun violence
- Suicide and suicide plans

# OVERVIEW OF CHALLENGE

## Additional challenges serving youth

- Intergenerational impacts; need to address parent and child
- Serve kids where they are: childcare, school, doctor's office
- Additional years of medical training
- Limited workforce
- Low reimbursement rates

# OVERVIEW OF CHALLENGE

Expulsions from childcare & preschool at greater numbers than from K-12

Few nurses, school counselors on campuses.  
Educators don't receive mental health training

Diverse population requires diverse professionals, linguistically and culturally

# PROGRESS TO DATE

Started Children's Mental Health Workgroup (2016)

Added child psychiatry residencies at UW, WSU (2017-19)

Launched Master in Applied Child and Adolescent Psychology at UW, 2017

Expanded PALS line and tele-health (2017-2019)

Added mental health leads at Education Service Districts (2017, 2019)

Created Mental Health for Educators on-the-job training at UW Bothell (2019)

Required mental health professional development for teachers (2019)

Launched mental health consultation program for childcare (2019)



# MOVING FORWARD

## Childcare

- Expand workforce with infant mental health training
- Build robust Mental Health Childcare Consultation program

## Education

- Evaluate, expand and support UW Bothell program
- Add mental health training to core educator training programs
- Expand mindfulness, SEL, mental health curriculum

# MOVING FORWARD

## Health Care

- Create on-the-job training program for health care professionals
- Expand programs targeting child and adolescent psychology
- Include mental health rotation for all medical professions
- Raise Medicaid rates
- Consider serving children at new UW teaching hospital

## Workforce Diversity

- Encourage diverse mental health providers
- Incentivize diverse students with scholarships, loan repayment

# TAKING ACTION

- Scholarships
- Early adopter employers and school districts
- Children's mental health as a fore-thought, not after-thought
- Advocacy & revenue

# VISION

Mental health issues are addressed UPSTREAM

- Maternal depression
- Intergenerational & early interventions
- Social emotional skills
- No wrong door
- Services in home language
- All kids are loved, respected
- Access to services, regardless of geography
- In-patient care for youth up to 25
- Eliminate mental health stigma

# HOW YOU CAN GET INVOLVED

- Help recruit, support diverse students for programs
- Attend career days, share mental health profession at schools
- Report network adequacy issues to Office of Insurance Commissioner: <https://www.insurance.wa.gov/file-compliant-or-check-your-complaint-status> or (800) 562-6900
- Model good behavior with electronics usage, social media
- Advocate



# Putting Mental Health at the Heart of Washington's Schools

Tina Orwall and Lisa Callan

Washington State House of  
Representatives

Seika Brown

Arch-Nova

Eric J. Bruns

University of Washington SMART  
Center

Jennifer Stuber

University of Washington  
Forefront Suicide Prevention

Camille Goldy

Washington State Office of the Superintendent of Public Instruction

# OVERVIEW OF CHALLENGE

Our state is facing a crisis in children's mental health

- Nearly 100 Washington youth die by suicide every year
- Rates of depression and suicidal behaviors have increased 35% in the past decade
- Three in five teens experience anxiety and/or depression that interferes with school and life

# The VISION

- All children and youth in Washington State are socially and emotionally well
- Youth suicide is a thing of the past
- To help achieve this vision, our state will be a national leader in investing in comprehensive and effective mental health policies and strategies

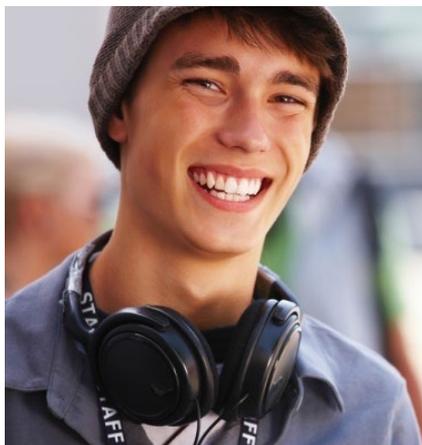
# Schools can foster youth mental wellness



**Most youth who need mental health services do not receive them**



**SMH accounts for >70% of all MH services – and improves access for underserved youth**



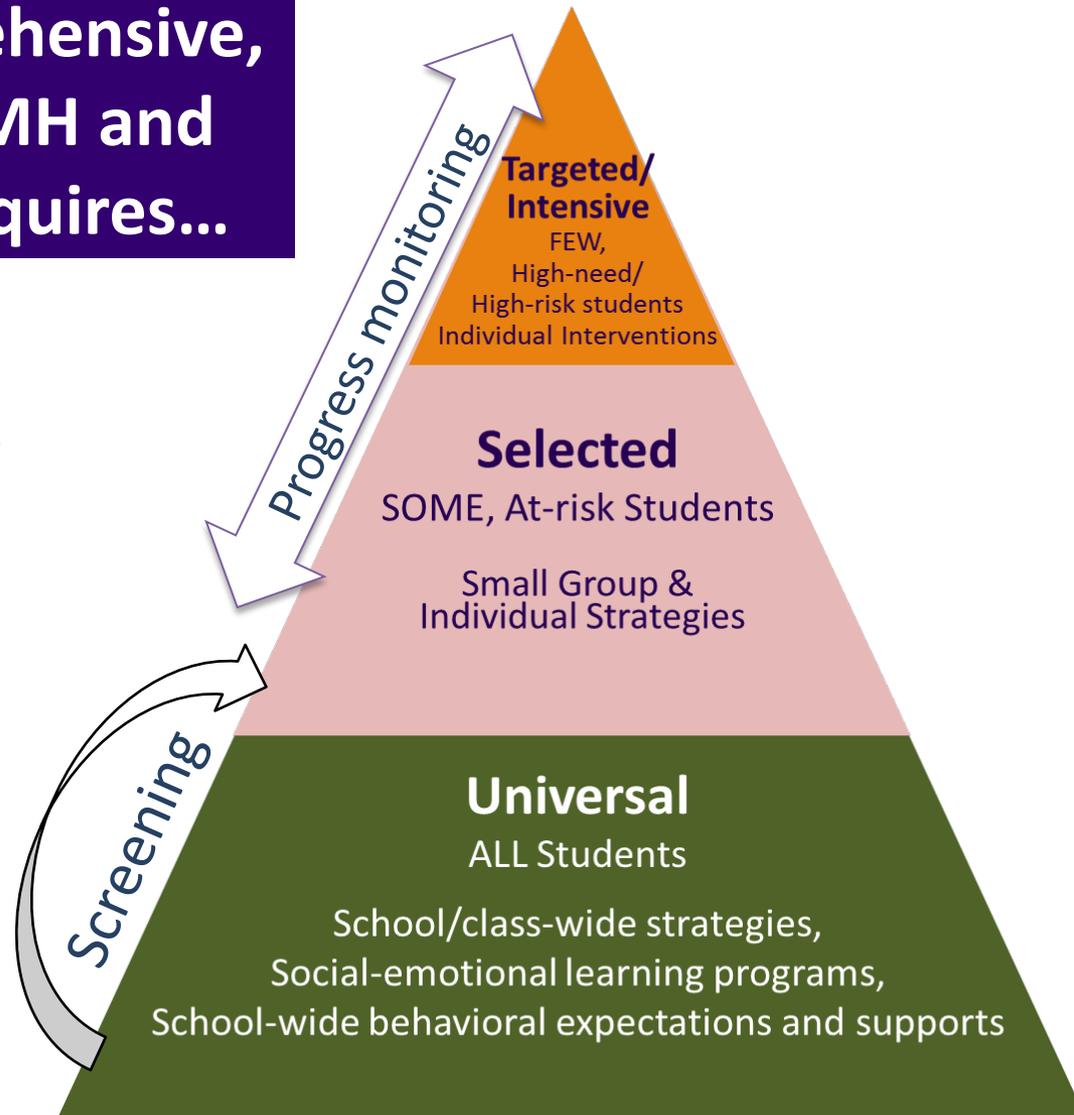
**Positive school climate can buffer youth from external risk factors**



**Social-emotional learning programs improve school achievement by 11% on average (Durlak et al., 2011)**

# The challenge: Comprehensive, well-implemented SMH and suicide prevention requires...

- An accepted framework that ensures all students thrive in school and get the help they need
- Training and technical assistance to implement the framework and do the evidence-based strategies within it
- Resources to schools/districts/ESDs to invest in needed strategies and staff to do the work



# ROLE OF SCHOOLS IN SUICIDE PREVENTION



**PREVENTION:**  
Preempt crisis

**INTERVENTION:**  
Respond to concerns and  
warning signs

**POSTVENTION:**  
Healing communication  
and supports

- Trainings in recognition and referral, mental health literacy, emotional regulation skills
- Student leadership to increase help-seeking
- Universal screening
- Targeted screening, assessment and safety planning
- Collaboration with parents/guardians
- Means-safety
- Community-based partnerships to streamline on-going mental health supports
- Student re-entry and safety plans
- Safe debriefing after suicide loss

**> Accomplished when there is a well thought out district and school-level crisis response and safety plans**

# PROGRESS TO DATE

- Recent legislation:
  - Studied the current level of SMH resource in districts
  - Established “School MH navigators” in Educational Service Districts
  - Initiated a pilot project to bring MH consultation to schools
- Grants, training, screening, and other initiatives
  - Regional School Mental Health Training & TA Center
  - Statewide School Climate Transformation grant
  - Local: Project AWARE, local climate transformation, Kaiser Permanente MTSS grants, Forefront in Schools, King County Best Starts for Kids

# MORE PROGRESS! Proposals from the School-based Behavioral Health Subcommittee of the CMHWG

- Establish an ongoing *School-based Behavioral Health & Suicide Prevention Subcommittee*
  - Outline that this will be “the venue for big broad work beyond the 2020 session recommendations”
- Establish a **WA-specific framework** for Multi-Tiered System of School MH support (**MTSS**)
- Bolster district and school supports for **suicide prevention and postvention**
- Fully fund ESD Navigators from HB 1216
  - And further specify their role

# MOVING FORWARD: A Washington School MH Agenda

## Quality Framework

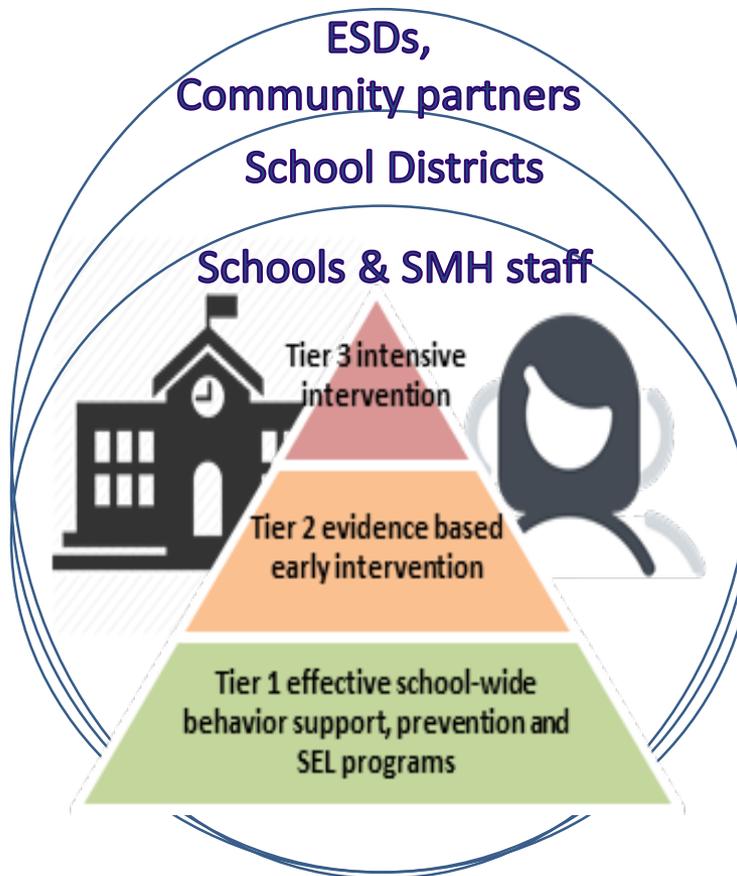
- Based on research
- For planning, quality improvement, training

## Resources

To fill gaps and support MTSS implementation

## Training and TA

- For school MH staff
- For school/district leaders
- For community partners



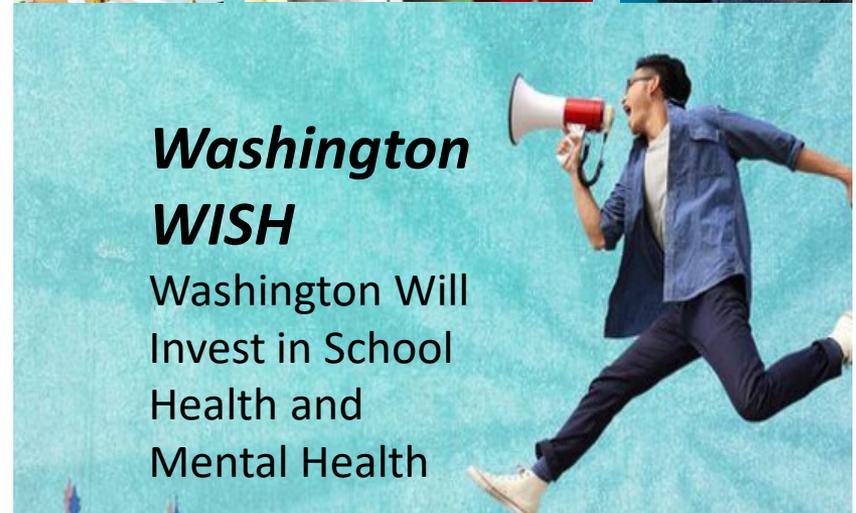
- Young people are mentally well and ready to learn
- Schools are safe and positive places
- Students succeed academically
- Reduced rates of youth suicide and substance abuse

# TAKING ACTION

- Invest in school MH and suicide prevention
- Establish an effective training, consultation, and technical assistance network
- Commit to a clear, multi-tiered strategy
  - A holistic framework that supports wellness at all levels: universal, targeted, intensive

# HOW YOU CAN GET INVOLVED

- **Agree with this platform?** Join our Policy Action group so you can mobilize for school MH and suicide prevention
- **Know an education leader?** Encourage them to join as well!
- **Ideas? Concerns? Suggestions?** Another reason to join and give feedback!
- **Are you a student or young person?** Know one? We are developing a youth advisory board and advocacy group!
- **Connections to philanthropy?** Private funding could be a great route to resourcing a state training and TA network. Or other elements of the platform



# GET INFORMED, SIGN ON!

- Check out the “PolicyCore” space on the UW SMART Center website
  - <http://depts.washington.edu/Smart>
- Provide input!
  - Via the web: URL here
- Sign up for our mailing list
  - At the Summit SMART Center table



## CHILD, YOUTH AND SCHOOL MENTAL HEALTH PANEL

- **Janet Fraatz, MS, MA, LMHC**, Child Care & Early Learning Mental Health Consultation Manager, Family Supports Division, WA State Dept of Children, Youth & Families
- **Autumn Kolzow**, President and Founder, NAMI on Campus: UW Chapter
- **Maria Barrios**, Child mental health advocate; Seattle Children's Hospital Family Advisory Board member
- **Sara Ellsworth**, Regional Administrator for Behavioral Health & Integrated Student Support, Capital Region ESD 113