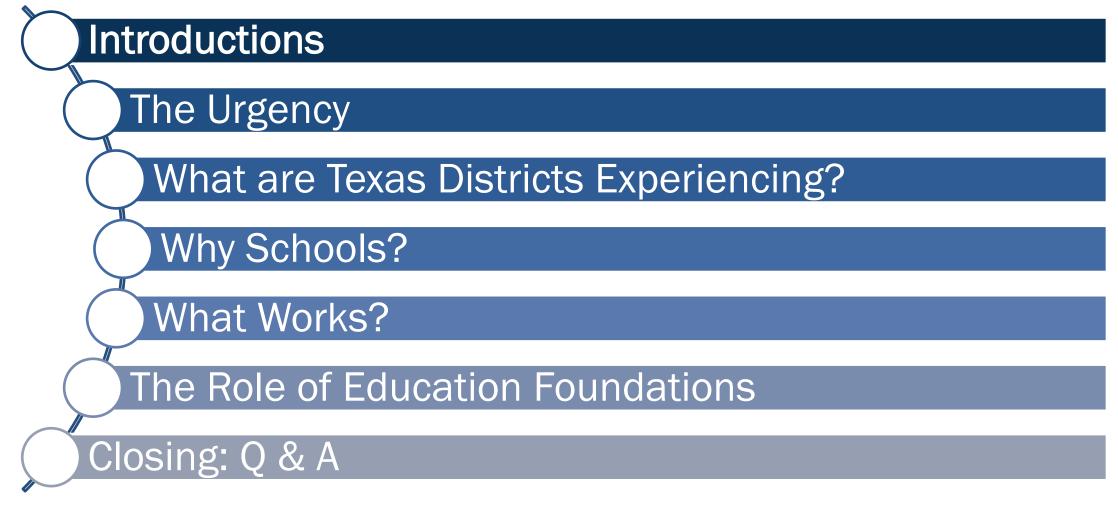
### MEADOWS MENTAL HEALTH POLICY INSTITUTE

**Delivering Mental Health Services to Children in Schools** 

04.05.2022





# Urgency

- During a 2019 survey, nearly **1 in 5 Texas high-school aged students** had seriously considered suicide in the past year.
- The prevalence rates of Major Depressive Episodes among adolescents, averaged for the years 2016-2019, was **13.2% in Texas.**
- In October 2020, mental health-related emergency room visits for U.S. children of all ages increased by an average of 27.5% compared to the previous year.
- In early 2021, emergency department visits in the United States for suspected suicide attempts were 51% higher for adolescent girls and 4% higher for adolescent boys compared to the same time period in early 2019.



# What are Texas Districts Experiencing?

### **Students**

- Decline in academic performance among some student groups
- Significant increase in student mental health referrals to community providers
- Increase in aggression, anxiety, depression, PTSD, grief & loss
- Severe disciplinary infractions occurring in elementary & secondary schools resulting in longer expulsions

### Adults

- Increasing absence rates for school staff
- School staff burnout
- Community mental health providers at capacity
- Parents & families of students with major infractions at a loss on how to help their children



### Why Schools?

Although schools are not mental health providers, they are well-positioned to minimize mental health challenges. They are:

- In every community, which helps overcome barriers to accessing care.
- Trusted by families who often need help navigating mental health systems.
- Perceived as non-stigmatizing venues for mental health services and supports.

Academic goals are more difficult to achieve when behavioral, social, emotional, and mental health needs are not addressed.



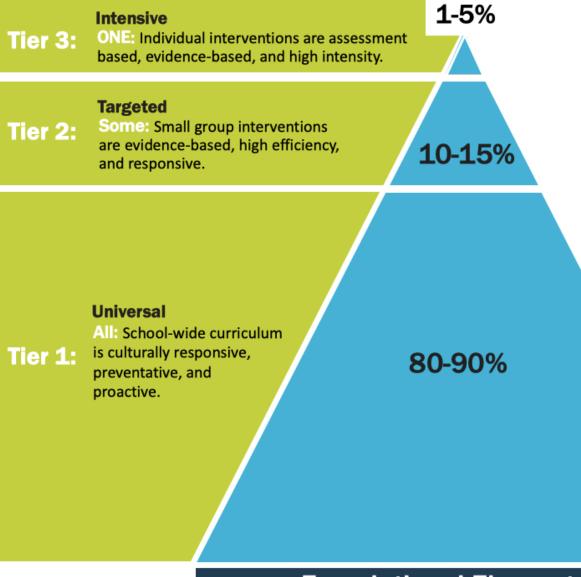
### Why Schools?

Districts are expected to comply with school behavioral health legislative mandates, including:

- Senate Bill 11 (86R) requires schools to establish teams to conduct behavioral threat assessments and collect data on efficacy.
- House Bill 18 (86R) mandates mental health and trauma training for certain school employees as well as new curriculum requirements and counseling programs.



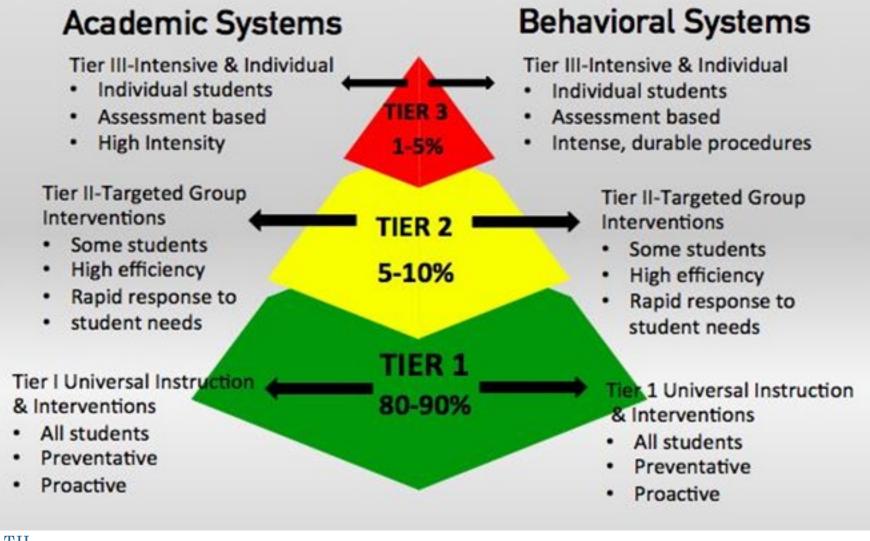
# Multi-Tiered Systems of Support



#### **Foundational Elements**

Strong and engaged leadership; evidence-based practices; data-driven problem solving and decision making; and student, family, and community engagement

### **Multi-Tiered System of Supports (MTSS)**



# **Our Continuum of Services**



- Community Partnerships
- School-Based Clinical Mental Health Services for Students and Educators
- Social Emotional Learning (SEL) and Skill Building
- Mental Health Wellness Programming for Educators
- Expanding Telehealth Services for Students in Crisis

- Trauma and Grief Informed Schools
- Comprehensive Crisis Response and Disaster Management Systems
- Student Behavior Management and School Discipline
- Mental Health Supports for Students in Special Education, Homeless, Foster Care
- Policy Review and Implementation

### We Want to Help Support All 7 Million Students in Texas!

# **North Texas Learning Community**

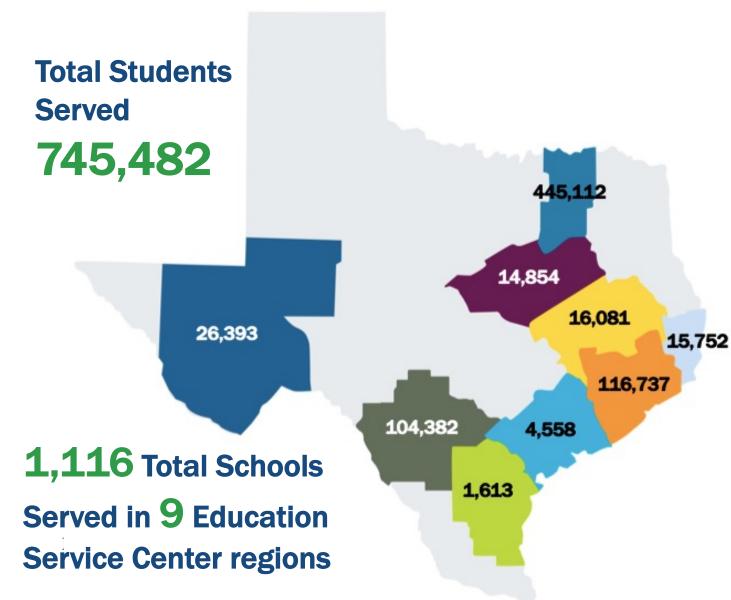
An executive-level success course on how to build mental health programs in schools

- Carrollton Farmers Branch ISD
- Coppell ISD
- Crandall ISD
- Dallas ISD
- Garland ISD
- Golden Rule Charter Schools
- Grand Prairie ISD
- Greenhill School
- Highland Park ISD
- International Leadership of Texas

- Irving ISD
- Richardson ISD
- Rockwall ISD
- Royse City ISD
- Sunnyvale ISD
- Trinity Basin Preparatory
  Charter Schools
- Uplift Education
- Waxahachie ISD
- Waco ISD



### **Our Impact to Date**





West Texas – Across both Midland ISD and Education Service Center 18, we are reaching 41 schools and over 26,000 students and 2,600 staff.



North Texas – By supporting SEL in Dallas ISD, ending exclusionary discipline in Grand Prairie ISD & engaging 19 North Texas school districts in a learning community to build student mental health supports, we now reach 647 schools & impacting 445,112 students & 56,743 staff.

Harris County/Gulf Coast Region – To date, we have worked in 13 school districts supporting 246 schools with over 180,000 students and over 25,000 staff.

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**Central Texas** – Collaborating with the Trellis Foundation supporting 5-10 highereducation learning institutions & community partners focused on college access & success. We are also supporting the operations, logistics & expansion of San Antonio Mobile Mental Wellness Collaborative and plan to serve 198 schools in San Antonio in 2022.

# **QUESTIONS & ANSWERS**

### Thank you for joining us!

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