



FLORIDA STATE UNIVERSITY SCHOOLS, INC.

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2018-2019 Mental Health Assistance Allocation Plan

School Information

School Name: Florida State University Schools

School Address: 3000 School House Road, Tallahassee, FL 32311

School Number: 0341

District: FSU Lab School

Grades Served: K-12

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Mental Health Assistance Allocation Plan 2018-2019

1. Delivery of evidence based mental health services to students.

Florida State University Schools (FSUS) is committed to providing evidence based mental health services through interventions in a multi-tiered system of supports that address mental health concerns for every student. The goal is that all students receive the highest level of emotional support in order to thrive in school, family and community. In order to fully implement the Mental Health Assistance plan outlined below, FSUS will establish a Mental Health Services Team to coordinate school and community resources in an effort to deliver evidence-based mental health care and treatment for FSUS students. Services coordinated by this Mental Health Services Team will include provisions for mental health assessments, diagnosis, intervention, and recovery services. In order to accomplish this, the Mental Health Services Team. In order to accomplish this, the Mental Health Service Team will be responsible for the following:

- Coordinating services with primary care providers
- Establishing contract-based mental health services through the Florida State University Multidisciplinary Evaluation and Consulting Center (MDC)
- Coordinating the facilitation of assessment, diagnosis, intervention, and recovery services
- Coordinating with the FSUS MIS and Student Services Departments to accurately capture data on all mental health services provided to FSUS students
- Ensuring that all mental health service providers employed by FSUS are appropriately credentialed
- Ensuring that all outside mental health service providers contracted with FSUS hold the appropriate credentials
- Providing school-wide training on the following:
 - MTSS/PBIS
 - Progression of Mental Health Support
 - Mental Health Referral Procedures
 - Facilitating Mental Health Planning Meetings
 - Developing Mental Health Plans
 - Monitoring Intervention and Recovery Services

Delivery of mental health services will be primarily initiated by the FSUS Mental Health Service Team, which will include at least one school administrator, school counselor, social worker and/or licensed school psychologist, ESE specialist, and classroom teacher. The intervention team will also coordinate with outside agencies to secure additional services. Members of the Mental Health Service Team will also coordinate with faculty to provide classroom instruction on social emotional growth/awareness topics for students and establish programs on anti-bullying and character education via the FSUS advisory program.

2. Evidence based supports provided

FSUS will provide students with a comprehensive and data rich Multi-Tiered System of Support (MTSS) to address the mental health concerns of all students. The FSUS MTSS will ensure successful outcomes for all students by implementing a data based problem-solving process to evaluate the effectiveness of all interventions being provided within each tier. Interventions focus on academic performance, social and emotional instruction and support, behavioral issues, and mental health. The FSUS MTSS is a three tiered approach that moves through a progression of support to meet the unique academic, behavioral, and mental health concerns of all students.

Tier 1 Services and Support Model

Tier 1 provides school-wide programming that addresses the universal social and emotional needs of all learners. Each year FSUS, through our dedication to continuous improvement, establishes goals, opportunities for improvement within the areas of relationships, engaging learning environment, support, care, connections, physical and emotional safety, and clearly defined expectations. In order to appropriately identify the goals, strategies, and necessary action steps the FSUS leadership team engages in a week-long leadership development program focused on school improvement. During this development, the leadership team disaggregates data within the areas of academic performance, teacher/student climate survey results, teacher/student attendance, percent of students with disciplinary referrals, and the percentage of students who have two or more early warning indicators (absent >10% of school year, one or more suspensions, failed ELA course, failed math course, ELA level 1, and math level 1).

FSUS offers a variety of programs and fosters several partnerships that focus on dealing with mental wellness. These programs reflect the values of citizenship, cooperation, fairness, honesty, integrity, kindness, respect, and responsibility. The FSUS curriculum incorporates interactive and grade-level appropriate lessons to support the development of behaviors aligned to these values. Additionally, FSUS is pursuing a partnership with Sandy Hook Promise in order to implement their “Know the Signs” programs. These programs train youth and adults to identify, intervene, and provide help for individuals before they hurt themselves or others. FSUS students in grades 6-12 will participate in Sandy Hook Promise’s Say Something assembly program, which directly addresses the need for students to speak up and get assistance for classmates who may be showing signs of depression, suicide, or other mental health issues. FSUS students in grades K-8 will participate in Sandy Hook Promise’s Start with Hello assembly program, which teaches students the importance of eliminating social exclusion and creating a more connected school environment.

Tier 2 Services and Support Model

Tier 2 provides targeted interventions for identified students that address specific academic performance, social/emotional development, behavioral issues, as well as mental health concerns. The FSUS Mental Health Services Team will review student data to identify students who are in need of tier 2 services. Data reviewed by the FSUS Mental Health Services Team includes attendance, early warning indicators, academic performance, and percent of students with disciplinary referrals.

The services provided during Tier 2 include:

- academic advisement
- individual/group counseling
- restorative justice practices
- peer mentorship
- partnership services (e.g. DISC Village, FSU-MDC, etc.)
- animal therapy services
- ongoing progress monitoring

Mental health professionals working for/with FSUS will be provided ongoing training in order to provide students with comprehensive Tier 2 support that addresses mental wellness. These trainings include building skills in the areas of mental health assessment, intervention, and support for students; especially those who have been exposed to trauma or those who have acute mental health needs.

Tier 3 Services and Support Model

Tier 3 provides intensive support that is individually designed to address the specific needs of student's academic performance, social/emotional development, behavioral issues, as well as mental health concerns. In order to address the needs of students requiring Tier 3 support, the FSUS Mental Health Services Team will convene a Student Support Team (SST) meeting. Participants of these SST meetings include: principal, school counselor, teacher(s), ESE Staff, licensed social worker and/or licensed psychologist, as well as parent/guardian, and student. The intent of this meeting is to assess the most appropriate intervention(s) for the impacted student.

The services provided during Tier 3 include:

- referral to an alternative location
- referral to mental health evaluation
- development of a Behavior Intervention Plan (BIP)
- initiating a Functional Assessment of Behavior (FAB).

If it is determined that a mental health evaluation is required, a follow up Mental Health Service Team meeting will be scheduled. During this meeting, the diagnosis will be reviewed and a mental health support plan will be developed, implemented, and monitored.

3. Mental Health Support

For students with one or more co-occurring mental health/substance abuse diagnoses, the FSUS Mental Health Services Team will coordinate with a clinical social worker and/or licensed school psychologist to secure the appropriate services. These services include, but are not limited to:

- Engaging in appropriate assessment activities that result in the identification of the special needs of individual students.
- Planning and conducting appropriate mental health interventions to include short term solution focused individual, group and family counseling services.
- Facilitating the monitoring of services, referrals, resources and other activities while maintaining appropriate reports and record keeping procedures.

4. Collaborative Partnerships with Community based Providers/Agencies

The FSUS Mental Health Services Team will coordinate mental health services and seek to establish partnerships with community based agencies and mental health providers. These partnerships will include:

- Florida State University Multidisciplinary Evaluation and Consulting Center (MDC)
- Florida State University Police Department
- Florida Department of Education, Bureau of Exceptional Education and Student Services
- Florida Department of Children and Families
- Sandy Hook Promise – Know the Signs Programs
- Tallahassee Memorial Healthcare

The focus of these partnerships will be to support education, early intervention, evaluation, peer support, counseling, crisis intervention, treatment, rehabilitation, and follow-up services.

5. Coordinating Mental Health Services with Primary Care Providers/Mental Health Providers

The FSUS Mental Health Services Team will be responsible for coordinating mental health services with primary care providers and mental health providers. A universal system of record keeping will be maintained by a designated member of the FSUS Mental Health Services Team member, tracking services for every student while strongly adhering to FERPA law. Parents will be encouraged to complete an authorization for release and/or request for information form to facilitate the consultation and collaboration between school-based personnel and primary care/mental health providers.

6. Program Implementation and Outcomes: Screening, Assessment, Referrals for Service

The FSUS Mental Health Services Team will coordinate the collection and analysis of relevant student data to identify individual student needs and prescribe targeted services on our multi-tiered system of support. These data include, but are not limited to:

- academic performance
- student needs assessment
- teacher/student climate survey results
- disciplinary records
- early warning indicators

Within the multi-tiered system of supports, student progress will be monitored and data will be collected on an ongoing basis to ensure that each student is receiving the appropriate services. One of the members of the FSUS Mental Health Services Team will be designated as the primary contact for the data collection and will coordinate with contracted mental health providers.

7. Mental Health Service Providers employed by FSUS

- (1) School Counselor (K-5) Master's Degree, State Certified
- (1) School Counselor (6-12) Master's Degree, State Certified
- (1) School Social Worker (6-12) Master's Degree, State Certified

8. Mental Health Service Providers and credentials contracted by FSUS

- (1) School Social Worker- DISC Village
- (1) School Psychologist- FSU-MDC

With the additional funding resource allocation for mental health, FSUS will secure additional hours of service from these providers and/or hire additional mental health personnel to service our students in need.

9. Expenditures

Function	Object	Account Title and Narrative	Estimated Amount	% Allocated
		Personnel costs for additional onsite healthcare professional.	\$35,000	25.74%
		Additional mental health training/service hours for internal mental health service providers.	\$20,000	14.71%
		MTSS/mental health services training for FSUS faculty and staff.	\$7,400	5.44%
		Personnel costs for increased service hours from external mental health professionals (for services and interventions).	\$25,000	18.38%
		Offsite screening and diagnostic services/support (MDC-FSU).	\$8,000	5.88%
		Individual/Group Therapy Services (e.g. FSUS sponsored mental health treatment, targeted animal therapy, etc.).	\$7,000	5.15%
		Contracted services with Mental Health professionals.	\$20,000	14.71%
		Curriculum Materials for teachers/students (e.g. social-emotional learning, anti-bullying, etc.).	\$10,600	7.79%
		Schoolwide Awareness Programs (e.g. Sandy Hook Promise).	\$3,000	2.21%
		Total	\$136,000	100.00%

10. Assurance Statement

The mental Health Assistance Allocation provided to FSUS will not be used to supplant other funding sources, increase salaries or provide staff bonuses.

11. Maximizing Resources

FSUS will continue to make referrals to our community mental health agencies as well as maximize our sources of funding to support students and families.