

## School District of Manatee County Mental Health Plan/Supports

### Tier 1

Mental Health Screener

Sandy Hook Promise

- Say Something
- Start with Hello
- Safety Assessment/intervention
- Warning signs of suicide
- Free Electronic Monitoring

Mental Health Clinic

CHAMPS/Discipline at the Secondary Level

Mental Health information request added to school registration form

Monitoring button added to SIS system for Mental Health referrals

Staff trainings for mental health to include:

- Youth Mental Health First Aide
- Speak Up for Kids annual Mental Health Conference
- Every Day Behavior Trainings (Level 1 and 2)
- Handle with Care

All students referred for mental health supports will be monitored and reported to state (number)

District Procedures for Seamless Communication to appropriate staff

Mental Health Component for Parent Agency Fair

Positive Behavior Support

Now is the Time/Project for Advancing Wellness and Resiliency in Education (AWARE)

It's Your Choice

BrightBytes (Early Warning System)

Youth Mental Health First Aid Training (train the trainers)

HERO – mobile app allowing schools to monitor/capture occurrences on campus

Bullying Prevention Training

Mentoring

Share point with staff access to information on Mental Health and Restorative strategies

### Tier 2

CHAMPS/ Discipline at the Secondary Level

Trauma Informed Care Training

Ripple Effects (EBD, ATOSS)

Behavior Specialists/Behavior Techs to support students

Check In-Check Out

Targeted Group Counseling (Second Step, Skills Streaming, Why Try)

District Crisis Team

## School District of Manatee County Mental Health Plan/Supports

Centerstone Mental Health Counseling (1 clinical supervisor, 12 therapists)  
Family Resource Center  
Behavior Specialists/Behavior Techs to support students  
School of Behavioral and Learning Excellence (SABLE) and The School of Therapeutic and Academic Resources (STAR) programs  
District Crisis Team  
Check and Connect

### Program Descriptions:

**Sandy Hook Promise:** The Say Something program teaches students how to look for warning signs, signals and threats, especially in social media, from individuals who may want to hurt themselves or others and to Say Something to a trusted adult either in person or via the anonymous reporting system (App, Website or 24/7 Crisis Telephone Line) to get them help. This program will be available to all secondary school students in Manatee County.

**Mental Health Clinic:** This will consist of a traveling group of psychologists and social workers that will be available to work with students at all schools. These will be staff contracted from Centerstone 3 days weekly and additional contracted school psychologists/social workers that will work 5 days weekly. These staff will focus on counseling with students on mental health concerns and/or drug and alcohol addictions.

**CHAMPS (K-8)/Discipline at the Secondary Level (9-12):** Classroom behavior management techniques that will be implemented in classroom focused on students with behavioral difficulties allowing students to work in a lower stress environment with clear behavioral expectations.

**Now is the Time/Project for Advancing Wellness and Resiliency in Education (AWARE):** The University of South Florida manages three major components of the *Now is the Time Project* for Advancing Wellness and Resilience in Education State Educational Agency Program (NITT-AWARE-SEA) program including program evaluation, building capacity for an integrated multi-tiered system of mental health supports and implementation of Youth Mental Health First Aid at the state and local level. The Florida AWARE program supports districts in employing a public health approach to promoting mental wellness and ensuring that when Florida youth do experience mental health problems they have access to effective and coordinated mental health supports. The program supports the state's effort to scale-up an integrated multi-tiered system of supports to be more inclusive of youth with mental health needs and expand the collaboration of state agencies, district personnel, families, and youth.

**It's Your Choice Program:** The "it's yoUR choice" Teen Pregnancy Prevention Grant is beginning the ninth year of implementation during the 2018-19 school year, annually serving over 3,000 students in higher risk Manatee County zip codes. Thus far, over 25,000 students have been served by this program. "it's yoUR choice" provides a continuum of services designed to prevent teen pregnancy and reduce repeat teen births for students attending five traditional middle schools, four traditional high schools, two alternative schools, and the TAPP (Teenage Parenting Program) program. One aspect of this

## School District of Manatee County Mental Health Plan/Supports

program is counseling to help young girls maintain strong mental health in order to break the cycle of teen pregnancy.

**HERO App:** Apps for parents and students, which give instant notification of behavior events, opening up lines of conversation between school and home.

**Ripple Effects:** Personalized technology to address non-academic barriers to school success. Software allows students to work through skills training specialized to their individual social skills/mental health needs.

**District Crisis Team:** This team consists of School Psychologists and School Social Workers who are dispatched to a school site after a traumatic event has occurred. They are available for counseling for students and staff to assist them in dealing with the event in a healthy manner.

School of Behavioral and Learning Excellence (SABLE) and The School of Therapeutic and Academic Resources (STAR) programs: These programs are specifically designed to education students with diagnosed mental health disorders. PK – 8<sup>th</sup> grade students can be referred to these programs by schools and/or parents. Students may or may not be identified as students with disabilities. The programs are run by the district's lead behavior specialist and teachers/staff are extensively trained in behavioral techniques for dealing with students in crisis. A contracted psychiatrist works with the program to assist with medication, counseling and streamlining services between the school and community agencies.

### Procedures:

#### *Tier 1:*

The students of Manatee County schools will be screened for mental health concerns using several different sources of information. The primary screening occurs via the district's Early Warning Software, Bright Bytes. Bright Bytes monitors 19 early warning signs that students may be at risk of dropping out of school. Many of these signs coincide with early warnings of mental health disorders. Bright Bytes is monitored closely at the school level to allow staff to intervene early when data indicates students may be at risk.

Additionally, screening occurs in classrooms daily. Teachers will be extensively trained to recognize apparent and less obvious signs of mental health disorders/concerns. All teachers will be familiar with the process for referring students that demonstrate signs of possible mental health issues for Tier 2 supports. Also, the district's alternative education department is in constant contact with local law enforcement and the Department of Children and Families. Information is shared regarding students that have been involved in the justice system and, via the Handle with Care program, information is shared regarding students that have been removed from their homes by the Department of Children and Families. These students would be referred for Tier 2 interventions, as appropriate. Finally, the emergency medical contact forms completed by parents at the beginning of each year allows parents to notify school staff annually if they have concerns about their student's mental health. The school nurses follow up directly with parents based upon this information. These students may also be referred for Tier 2 interventions.

School District of Manatee County Mental Health Plan/Supports

Each school will have one designated staff member to monitor students referred for Tier 2 supports. This person (and their team, as needed) will be responsible for monitoring students that are referred in any of the ways described in Tier 1. The ESE Director will maintain a current list of the primary contacts at each school site.

Students referred for Tier 2 supports may receive any interventions indicated in the list above. The site based designee will monitor the implementation of appropriate interventions and work with the school team. If the team determines it to be appropriate, the site based manager will ensure that students are referred to the appropriate agency for additional mental health services. The designee will also maintain a record of all students referred and will communicate with agencies which receive these referrals.

Students referred for Tier 3 services will be aligned with one of the options listed above. The site based staff member at the student's referring school will maintain and document contact with the agency/school providing the services to ensure seamless school supports are provided, as necessary. At the end of the school year, the documentation of students who were assessed/screened, referred for, and/or received services will be provided to the Director of Exceptional Student Education. A comprehensive list of this information will be provided to the Florida Department of Education no later than September 30, 2019.

Assurances:

The School District of Manatee County was allocated \$1,171,919 for the provision of mental health services for students. These funds have been allocated as follows:

|                                    |                    |
|------------------------------------|--------------------|
| Charter Schools (approximately)    | \$170,000          |
| <u>Centerstone (approximately)</u> | <u>\$1,000,000</u> |
| Total                              | \$1,171,919        |

These positions are all in addition to services previously provided to students and did not supplant any previous services/personnel. No funds from the Mental Health Assistance Allocation were used to increase salaries or provide bonuses to current staff members. Beyond the Mental Health Allocation, the School District of Manatee County provides services funded by IDEA CEIS funds (Bright Bytes, behavior specialists, behavior techs) safe schools, district funds (school psychologists, school social workers, certified school guidance counselors, mentors), and the provision of two programs specifically designed for students with diagnosed mental health conditions.

## **Children's Substance Abuse Prevention and Intervention Programs**

### **School-Based Prevention Services**

**Prevention Groups and Presentations-** offered school-wide, make sense as a **Tier 1** support

Description: Centerstone's Prevention Specialists utilize the Mendez Foundation's *Too Good for Drugs* curriculum and *Bolvin LifeSkills Training* curriculum to teach youth about safety, interpersonal skills, and the dangers of substance use. These materials are taught to students in a group setting, usually over a span of 6-10 weeks. Prevention Specialists utilize curriculum-specific pretests and posttests when facilitating these groups. Our efficacy is measured through the percentage of participants whose post test scores show improvement from their pretest scores.

Description: Centerstone's Prevention Specialists also facilitate Know the Law presentations for middle and high school students. The goal is for youth to better understand the rules and regulation and the expectations and potential consequences they will face if they break the law. This service is facilitated as a presentation with a pretest and posttest centered on a booklet that is given out and reviewed with participants

**Prevention Partnership Grant (PPG) Services-** one-on-one sessions, appropriate students are identified by school staff, admission packet must be completed and returned. Probably fits in best as a **Tier 2** support.

Description: Centerstone's Prevention Specialists utilize the Mendez Foundation's *Too Good for Drugs* curriculum and *Bolvin LifeSkills Training* curriculum in individualized sessions with students. Participating students have been recommended for PPG services by school staff who feel that they are struggling with mild to moderate risk factors in their personal or academic settings. Prevention Specialists utilize curriculum-specific pretests and posttests at the beginning and end of their one-on-one work with the students. Program efficacy is measured through the percentage of participants whose post test scores show improvement from their pretest scores.

### **School-Based Intervention Services**

**Intervention Services-** one-on-one sessions, appropriate students are identified by school staff or the Department of Juvenile Justice (DJJ), admission packet must be completed and returned. Probably fits in best as a **Tier 2** or possible **Tier 3** support.

Description: Intervention Specialists facilitate individualized counseling sessions with students identified by school staff or DJJ as demonstrating risky behavior that places them at risk of punitive legal consequences or the development of a substance use problem. Intervention Specialists are also able to facilitate urine drug-screens for participating students at the request of DJJ or the parent.