

## **Mental Health Plan**

### **SB 7026: Marjory Stoneman Douglas High School Public Safety Act**

Senate Bill 7026, the Marjory Stoneman Douglas High School Public Safety Act, addresses school safety, in part, through a Mental Health Assistance Allocation and district implementation plans. The expectation is that each school district submit to FLDOE a board approved Mental Health Plan by August 1, 2018. A follow up to this plan will be required September 2019 reporting to FLDOE of Mental Health counseling data.

The Mental Health Assistance Allocation for Santa Rosa County is \$714,755. This funding may not be used to supplant services already provided by the school district.

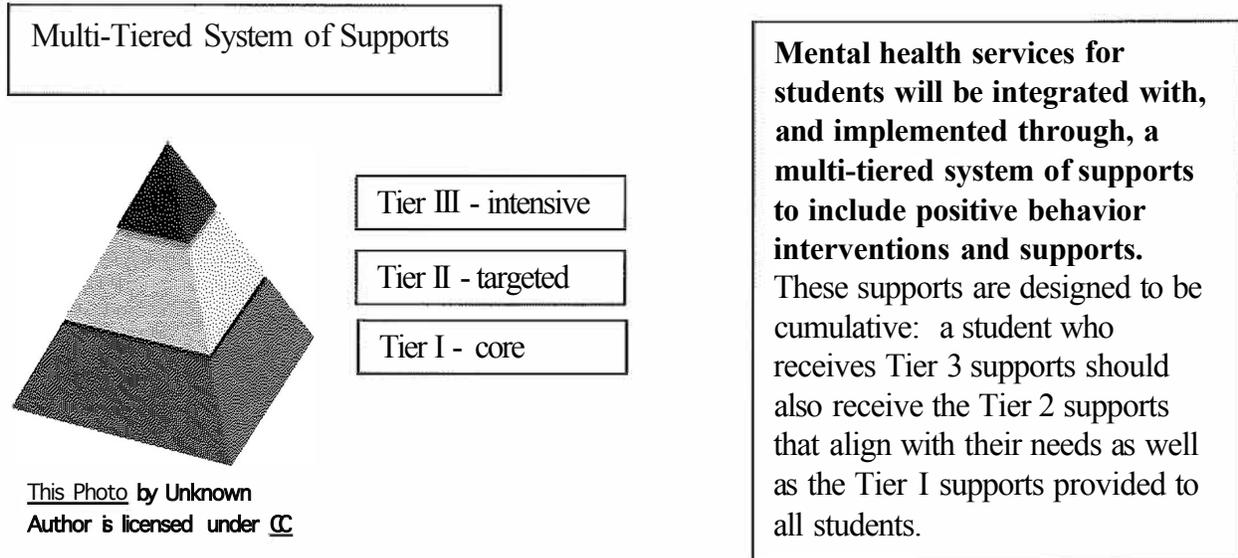
Santa Rosa County Schools has been a leader in the tri-county area in provision of mental health services to students via our Certified School Counselors at each school site, School Psychologists, contracted mental health services with CDAC Behavioral Healthcare, Inc., and Military Family Life Counselors. The goal of this plan is to meet legislative requirements in alignment with the Senate Bill 7026 to include, but not limited to, the following areas:

- Provide increased identification and access to mental health services in schools
- Develop collaborative relationships with community service providers to increase access of students and families to mental health services in the community
- Threat/Risk Assessment Teams at each school site
- Mental health supports for active shooter drills
- Support for students with serious mental health and/or behavioral issues
- Alternatives to alternative placement via a Diversion Program
- Include Mental Health support to current Charter Schools that have opted in to the district plan
- Data reporting
- Legal clarification for informational sharing protocols
- Dedication of funds to delivery of evidence-based mental health care (assessment, diagnosis, intervention, treatment and recovery)

Community partnerships will include CDAC Behavioral Healthcare, Inc., Lakeview Behavioral Healthcare, Inc., and the Santa Rosa County Sheriff's Office. Memorandums of Understanding will be established with each partner dependent on agreed upon services.

## Section 1

### A. Focuses on delivering evidence-based mental health services.



### Tier I-Core

With a focus on prevention, mental health and behavioral supports will be implemented and designed at the Tier I level to reach all students in a school, through delivery within the scope of the general education curriculum and setting. Schools will establish a systematic process that allows progress monitoring and evaluation at all three tier levels.

Tier I support will include programs designed to reduce mental health risk factors and strategies that will support student resiliency including:

- Teaching school and classroom expectations
- Capturing Kids Hearts
- Project Wisdom - Character Education (Elementary)
- Botvin Life Skills Training (Middle)
- Ripple Effects
- Character Counts
- CVS Drug Prescription Drug Awareness Program (One Choice) (High School)
- Relationship SMARTS (High School)
- Relationship and STI Training (High School)
- Heatis Apart (MFLC)
- Second Act Program
- Peer Support Groups and Mentoring Programs

- Bullying Prevention
- CDAC Behavioral Healthcare Services
- Behavior Coaches
- Intensive Family Engagement Program (piloted at specific schools)
- PREPaRE for Crisis Response and Threat Assessment Teams
- DOE Youth Mental Health Awareness Training

## **Tier II – Targeted**

Intended for students with mild or emerging mental health needs (social, emotional, and/or behavioral), Tier II supports will be implemented through problem-solving approaches including the use of data to identify targeted students in need of support.

Students demonstrating a higher level of need beyond Tier I will be identified via our Early Warning System, At Risk Report, and referred for small group and/or individual mental health services. Programs may include, but are not limited to:

- Ripple Effects (at available schools)
- Botvin Prescription Module
- CDAC Diversion Program
- SS Grin Groups
- Botvin Life Skills
- Anchored for Life
- CHOICES
- ECHO- Education and Counseling for High School Opportunities
- Signs of Suicide (SOS)
- RISE - Resiliency Increasing Skills and Education
- ToughK.ids
- Behavior Coach Support
- Check In - Check Out
- Certified School Counselor Individual and Group Counseling

The district will contract for mental health services for individual and group counseling. These services will include:

- Licensed therapists serving in "on-call" capacity to respond to crises at schools
- Maintain current district contract with CDAC Behavioral Healthcare, Inc., for mental health services for students with and without disabilities

## **Tier III - Intensive**

Students demonstrating advanced mental health needs (social, emotional, and/or behavioral), will receive supports at an intensive level often requiring very small group, or one-on-one settings.

Service delivery will be provided by trained mental health clinicians. These services will be provided based on student need. Services provided may include:

- CDAC Diversion Program
- Signs of Suicide
- Individualized Re-entry Plans
- WRAP Teams
- Collaboration with Private Providers
- ECHO - Education and Counseling for High School Opportunities
- RISE - Resiliency Increasing Skills and Education
- Social Skills Classes
- Behavior Coaches
- Tough Kids
- RENEW
- Targeted School Violence Threat Assessment - CARE 2 Assessment
- Coordinated Referrals to Community Based Agencies

Threat/Risk Assessment teams at each school will intervene and monitor students at risk for hurting themselves or others. Threat/Risk Assessment teams will meet regularly to monitor the status and progress of students demonstrating the need for support at the Tier III level.

- Information and data to be reviewed will include academics, behavior, attendance, and mental health/threat assessment services.

Community and contracted services at the Tier III level may include:

- Community Action Teams (CAT) - a self-contained multi-disciplinary clinical team that serves children and their families who reside in Santa Rosa County. CAT provides comprehensive, intensive community-based treatment to families with youth and young adults, ages 11-21, who are at risk of out-of-home placement due to a mental health or co-occurring disorder and related complex issues for whom traditional services are not adequate.
- Crisis Response Teams - Multi-disciplinary teams of behavioral health professionals with specialized crisis intervention and operations training

**B. Includes description of supports that addresses mental health needs (assessment, diagnosis, intervention, treatment, and recovery)**

Through our district MTSS process, school teams review an Early Warning System (EWS) to identify students exhibiting risk factors. Students identified as Tier 2 and/or Tier 3 are referred for services through their mental health counselor. Students not meeting EWS criteria may also be referred for counseling by administration, school counselors, teachers, and other school district personnel. Students may also self-refer for counseling services. Once students are referred, a psychosocial assessment is conducted to determine students in need of ongoing

intensive services. The assessment identifies specific mental health concerns. Then, an individual Prevention Plan is developed which contains targeted objectives and evidence based strategies. Appropriately licensed and certified staff provide individual and group counseling interventions. In addition, performance/progress data are collected to identify whether or not interventions are working.

Students needing the most intensive supports will be identified through the psychosocial assessment, threat assessment process, or MTSS team. If necessary, Baker Act Procedures will be implemented. Supports may include referral to the Community Action Team, a community agency, or a primary care provider.

**C. Identifies evidence-based mental health services for students with one or more co-occurring mental health or substance abuse diagnoses and students at risk for such diagnosis.**

Students identified in Tier 2 and/or 3 will be provided evidence based mental health curriculum determined by individual student needs. These evidenced based services have been identified under our Tier 2 and Tier 3 supports list in section A. Evidence-based services may also be coordinated between the primary care provider or community mental health/substance abuse provider.

**D. Describes the collaborative partnerships with community providers and agencies**

SRCSO has contracted mental health counseling and prevention services with CDAC Behavioral Healthcare, Inc. Contracted services include a broad range of student and family behavioral health and substance abuse options. The agreement provides for effective communication between personnel of the district and contracted agency, individual and group counseling, psycho-social evaluations, transition services, consultation and education services and implementation of behavioral health and/or crisis plans. Risk and Suicide assessment meetings will be coordinated for identified students. Our mental health partners will participate on school Threat Assessment Teams and will coordinate with outside agencies and Law Enforcement. We will maintain ongoing collaboration with FFN, DCF, FLDOH Santa Rosa, and Santa Rosa Kids House via community of care meetings.

Community providers/agencies are permitted to meet with students on campus (strict procedures/requirements are in place per the district policy).

**E. Describes process for coordinating mental health services with a student's primary care provider and other mental health providers, including procedures for information sharing.**

After the student is brought to the Multi-Tiered System of Supports (MTSS) problem solving team, the MTSS team will have parents/guardians provide releases to receive and share information with the student's primary care provider and/or other mental health providers. The

MTSS will also ask the school nurse/health tech for any information including clinic data for the student.

Included in agreements with outside agencies, community providers/agencies must maintain records and submit generic non-client specific cumulative outcome data to the Santa Rosa County School District.

## **Section 2 - Program Implementation and Outcomes**

### **F. Identifies how many students are screened/assessed, how many students are referred for services, and how many students receive services/assistance (school-based and community)**

\*This data will be collected and included in our September 2019 report to the FLDOE.

Our contracted service provider will collect and maintain documentation of students referred, screened, and those that receive school based and community services.

Quarterly reports reviewing objectives progress, pre/post surveys, and measurements from evidence based curriculum will be used to evaluate effectiveness of services. Early Warning System data, Youth Risk Behavior Survey data, school climate, and student engagement data will be utilized to evaluate program success.

### **G. Identifies number of and credentials of mental health services providers employed by district**

- 12 FLDOE Certified School Psychologist are employed by the district, of these, 2 are licensed, 1 is a LMHC, and 3 are nationally certified
- 54 Certified School Counselors - state certified in Professional Guidance and Counseling, K-12
- 1 Certified School Social Worker

### **H. Identifies number of and credentials of mental health services providers contracted by district**

- 23 Mental Health Counselor positions. Hiring is currently occurring to fill these positions. To date, positions have been filled with 4 Licensed Mental Health Counselors, 2 Licensed Clinical Social Workers, and 5 Certified Prevention Professionals/Certified Mental Health Professionals. All contracted positions will be filled with master's degree level counselors with the above-mentioned credentials.
- 17 Military Family Life Counselors that are credentialed Licensed Mental Health Counselors - Though not under contract to the district, these counselors support many students in our schools.

### Section 3 - Expenditures

**A. Documents 90% of expenditures allocated were allocated to direct mental health services or coordination of such services with primary care and mental health providers.**

Category	Description	Total Number	Cost	Budgeted Amount
Professional Development	Materials, supplies, and miscellaneous fees	1	51,000.00	30,000.00
Contracted Services	CDAC Behavioral Healthcare, Inc.	7	52,143.00	365,001.00
Position	Coordinator of Mental Health Services	1	90,000.00	90,000.00
Positions	Behavior Coaches/Mental Health Couns.	4	57,436.25	229,754.00
			Total Costs	714,755.00

**B. Includes assurances that Mental Health Assistance Allocation does not supplant other funding sources OR increase salaries or provide staff bonuses.**

All newly direct hire employees and contracted services are in addition to the previous mental health services provided by the District. Last year, the district provided funding for 15 mental health counselors. Mental Health Assistance Allocation funds will increase the number of mental health counselors to 23. Mental Health Assistance Funds will be used to add Behavior Coaches to schools housing behavior units. Mental Health Assistance Allocation funds are also being used to fund the position of the Coordinator of Mental Health Services. The district is not supplanting services provided last year with new Mental Health Allocation funds.

**C. Describes how district will maximize use of other sources of funding to provide school-based mental health services, where appropriate (e.g., Medicaid reimbursements, 3a party payments, grants).**

By contracting with CDAC Behavioral Health Services, Inc., the district is maximizing funds, as grants provided to CDAC help fund specific positions. When applicable, billing for Medicaid will be encouraged.

### Section 4 - Plan Approval and Submissions

This plan was submitted and approved by the Santa Rosa County School Board this 24<sup>th</sup> day of July 2018.