



Hernando County School District Mental Health Plan 2018-2019

The goal of Hernando County School District's mental health plan is to expand on the current multi-tier system of supports (MTSS) by adding a mental and social-emotional health component. The Hernando County School District (HCS D) will improve the quality and accessibility of mental health services through direct services and/or referral to outside providers. Senate Bill 7026 (SB7026) requires all school districts to submit board approved plans to the commissioner of education by August 1st of each fiscal year.

The following multi-tier system of supports for mental health and social-emotional initiatives aligned with SB7026 and are currently in place to support this effort. (*Appendix C*)

TIER 1: Universal strategies- focus on promoting social and emotional well-being and development of all students.

Tier 1 includes all school staff to receive the awareness training “youth and mental health first aide,” FL Positive Behavior Supports school-wide expectations, and school-wide character education, crisis response teams, restorative practices, and early warning indicator data (attendance, grades, disciplines).

- **Certified School Counselors:** School-based counselors receive training in the area of mental health topics such as suicide prevention, Youth Mental Health First Aid (YMHFA), and anger management. The school counselor provides Tier 1 services working proactively with students through classroom intervention supports, and works collaboratively with school administration to host parent informational nights.
- **School Board Nurses:** HCS D employs four (4) school board nurses. They provide medication administration training to staff, are responsible for creating Individual Health Care Plans (IHCP), and communicating with school staff, students, and parents.
- **School Social Workers:** HCS D currently employs six (6) school-based social workers. School social workers currently provide evidence-based clinical services and supports through individual and group counseling; identification and monitoring of at-risk students; participation in development of Functional Behavior Assessment/Individual Behavior Interventions Plans; multidisciplinary collaboration with home and outside providers to provide a continuum of care. School Social Workers participate on the MTSS teams to review early warning indicators such as attendance.
- **School Psychologists:** HCS D employs 10 school psychologists that are assigned to our schools to provide academic, behavioral, and mental health support by participating on each schools multi-tier system of supports (MTSS) team. School psychologists are responsible for any evaluations that are referred, and reevaluations requested.

- **Substance Abuse Counselors:** HCSD currently employs two (2) substance abuse prevention counselors who respond to schools' requests to provide counseling and also teach tier 2 classes at night that address: substance abuse, positive behavior intervention, and sexual harassment for students grades 6 through 12.
- **Behavior Specialist/Analyst:** HCSD employs two (2) Board Certified Behavior Analyst certified board analysts and five (5) behavior specialists. This group provides social emotional training and behavioral supports to all schools focusing on self-regulation, classroom management, Positive Reinforcement strategies, Mindfulness, evidence based behavior interventions, and supports each school FL Positive Behavior Support Projects.

TIER 2: Selected, brief strategies to support students at risk of, or with, mild mental health challenges.

Tier 2 strategies include evidence-based practices to include: check in/check out, social skills groups, social emotional learning, referral process for mental health supports, screeners for identification of necessary interventions for treatment, group therapy sessions, monitoring of intervention fidelity and the student.

Hernando County has two (2) school-based mental health programs that serve students with DSM V diagnosis: Project STARFISH for grades K-8 and Project SEAHORSE for grades 9-12. Project STARFISH is funded through Medicaid. Project SEAHORSE is funded through legislative dollars to support this mental health program at the high school level.

In addition, the PACE Center for Girls (Department of Juvenile Justice (DJJ) contract) offers mental health counseling service in two (2) Hernando County schools: Challenger K8 and Explorer K8. These two (2) schools were selected to receive the "R EACH" program based on the at-risk data.

- **Certified School Counselors:** provides small group instruction such as anti-bullying/harassment at the elementary level, anger management, conflict resolution, progress monitoring of interventions.
- **School Social Workers:** Provides small group instruction once students have been referred/identified by MTSS team process. Small group instruction consists of evidence-based curriculums such as zones of regulation, conflict resolution, anger management, and Second Step. This also includes progress monitoring of Tier 2 interventions
- **School Psychologists:** May provide small group instruction once students have been referred/identified by MTSS team process. Small group instruction consists of evidence-based curriculums such as zones of regulation, conflict resolution, anger management, and Second Step. This also includes Progress Monitoring of Tier 2 interventions
- **Substance Abuse Counselors:** Provides Tier 2 small group classes addressing positive behavior, (anti bullying for grades 6-12), anger management, substance abuse, and sexual harassment.

- **Behavior Specialist/Analyst:** Provides Tier 2 small group support and may provide direct services for small group evidence-based curriculums such as Zones of Regulation. The Behavior Specialist will also be responsible for progress monitoring of Tier 2 interventions.

TIER 3: Intensive, ongoing strategies to support those with significant mental health needs.

Individualized counseling, transition support may be provided for students re-entering from residential treatment/DJJ, REACH program provides individualized counseling at two (2) school sites via the agreement between HCSD and the PACE program.

- **Certified School Counselors:** May provide individualized counseling to students in need of mental health support.
- **School Board Nurses:** Provides individualized medical support as it relates to mental health and communicates with school social workers, counselors, parents, and administrators.
- **School Social Workers:** Provides individualized counseling using evidence-based interventions and reporting to the Coordinator of Mental Health Services to keep track of the database.
- **School Psychologists:** Provides individualized counseling when deemed appropriate, provide individualized behavior intervention plans, and progress monitoring of Tier 3 interventions. School psychologists are responsible for the completion of recommended evaluations and reevaluations.
- **Substance Abuse Counselors:** Provides Tier 3 individualized substance abuse counseling when deemed appropriate.
- **Behavior Specialist/Analyst:** Provides individualized behavior intervention support, progress monitoring of the behavior intervention plan, and provides crisis intervention.

Hernando County School District Plan for Mental Health Assistance

As defined through Senate Bill 7026 (SB7026), Hernando County School District (HCSD), which includes three charter schools, will receive a mental health assistance allocation of \$590,958.00 to expand school-based mental health care and access to mental health services for students. At least 90% of this allocation must be expended on the following two elements:

- Provisions for mental health assessment, diagnosis, intervention, treatment, and recovery services to students with one or more mental health or co-occurring substance abuse diagnosis, and students at high risk of such diagnoses.
- To coordinate such services with a student’s primary care provider and the student’s other mental health providers.

Mental Health Assistance Plan (s.1011.62 (16) (a) and (b), F.S.)

Beginning in 2018-2019, all HCSD school personnel and charter school personnel will receive youth mental health awareness and assistance training to help school personnel understand the signs and symptoms of mental health disturbance, illness, and substance abuse. HCSD has developed a Mental Health/Substance Abuse Services Decision Tree (*Appendix A*) to be used by certified school counselors, social workers, school psychologists, school board nurses, and the Coordinator of Mental Health Services when determining next steps for a student. The decision tree, in conjunction with one or more of the Mental Health Screeners, will assist school district personnel and charter school personnel in determining the best evidence-based mental health service(s) to recommend for the student. When deemed appropriate for the Coordinator of Mental Health Services and School Social Workers to provide direct services for the students, the professional(s) will conduct an evidence-based assessment in order to diagnose, identify treatment needs, and appropriate interventions in order to ensure a recovery-based model of care. When a referral to an outside provider is more appropriate, the outside provider is responsible for a psychosocial assessment in order to diagnose, identify treatment needs, and appropriate interventions in order to ensure a recovery-based model of care.

Program Implementation and Outcomes

SB7026 requires the following implementation and documentation of outcomes. This will include a referral process and list of screener resources and training of staff in youth mental health first aid. HCSD will establish a district-level threat assessment team and each school will identify members to participate on a school-based threat assessment team. In addition, the following processes will be put into place in order to collect data regarding the number of students screened/assessed, number of students referred for internal mental health services with the School Social Workers, and number of students referred to an outside mental health provider:

- Identify two (2) staff from each school to be trained as youth and mental health “first aiders.” (This training will include charter school staff.)
- SB7026 requires all HCSD staff to participate in an online training for youth and mental health first aid awareness that will be provided by the state. (This training will include charter school staff.)
- A formal mental health referral form has been developed and will be implemented (*Appendix B*).
- A Mental Health/Substance Abuse Decision tree has been developed and will be implemented (*Appendix A*).
- A list of free screeners is provided for trained staff to select based on the referring concern. (*Appendix D*).
- Each school will establish a School-Based Threat Assessment Team consisting of administration, school resource officer, guidance counselor, and social worker. Additional staff may be added per each principal. This team will meet monthly.

- The District Threat Assessment Team will consist of the following members: Director of Exceptional Student Support Services, Supervisor of Exceptional Student Support Services, Director of Fire, Safety and Security, a School Resource Officer, two (2) school-based administrators, one (1) social worker, one (1) school psychologist, one (1) guidance counselor, one (1) Coordinator of Day Treatment. This District Threat Assessment Team will meet at least monthly to review district threat assessments and processes and meet quarterly with the HCSD cabinet.
- School counselors and school social workers will complete the “Hernando County School District Mental Health Referral form” (*Appendix B*) when referring to an outside mental health agency. These forms will be submitted to the Coordinator of Mental Health Services who will coordinate data collection and reporting. The school staff making the initial referral will be responsible for reporting the outcome of the referral and notification to the Coordinator of Mental Health Services.
- School social workers will expand their current role to provide more direct services to students referred by certified school counselors. For students exhibiting emerging or identified mental health issues, the social worker will receive referrals from the school counselor for screening and intake of students. The school social worker will make contact with parents to include their concerns and observations. The school social worker will provide a combination of direct service support and referrals to district and community mental health providers to meet the unique needs of each student based on the assessment outcomes and collaboration with parents. They will communicate outcomes and progress with school counselors, school psychologists and the Coordinator of Mental Health Services. The school social workers will support the reporting process as outlined in SB7026.
- School-based personnel (school counselors and school social workers) who complete Tier 2 and Tier 3 mental health screenings will provide a log of these screenings to the Coordinator of Mental Health Services for data entry.
- The Coordinator of Mental Health Services is responsible for maintaining records of the number and credentials of mental health providers employed by the district by developing, and monitoring of a confidential database.
- The Coordinator of Mental Health Services is responsible for maintaining records of the number and credentials of mental health providers contracted by the school district.
- The Coordinator of Mental Health Services will also be responsible for providing direct services to students in need of mental health support. Tier 2 and Tier 3 mental health screeners will be implemented to establish risk factors and identify the appropriate coordinating evidence-based intervention.
- The Confidential Secretary III will be hired to assist the Coordinator of Mental Health Services with documentation of services and maintaining the confidential database.
- HCSD will work with the Technology Information Systems Department (TIS) to develop and implement a confidential system for tracking documentation of mental health services provided by district personnel and outside providers. This database will track screening results, mental health assessments, progress notes, and outcomes.

- HCSD benefits from support for mental health from our discretionary projects such as Severely Emotionally Disturbed Network (SEDNET), Florida Diagnostic Learning Resource Systems (FDLRS), and Project 10.

Beginning in September 2019, districts will be required to submit a report on the program outcomes and expenditures for the previous fiscal year based on the following three (3) elements:

1. *Provision of mental health assessment, diagnosis, intervention, treatment, and recovery services to students with one or more mental health or co-occurring substance abuse diagnosis and students at high risk of such diagnoses.*
2. *Coordination of services with student's primary care provider and other mental health providers caring for student.*
3. *Direct employment of service providers or a contract-based collaborative effort or partnership with one or more local community mental health programs, agencies or providers.*

Community Mental Health Supports

- Community mental health supports and HCSD currently has two (2) contracts for mental health services with community mental health agencies to provide school-based counseling services in Hernando County schools as well as home-based services for families in need.
- HCSD currently has a contract bringing five (5) community licensed mental health personnel that provides services to our schools.
- HCSD has interagency agreements between Florida Department of Children and Families, Kids Central Inc. (including The Centers, Inc., Youth and Family Alternatives, and LifeStream Behavioral Center), Florida Department of Juvenile Justice, and Florida Agency for Persons with Disabilities to coordinate services for children served by the Florida Child Welfare System.

Expenditures

HCSD will use 90% of the Mental Health Assistance Allocation to supplement support for direct mental health services for students. These funds do not supplant other funding sources, increase salaries, or provide staff bonuses.

HCSD will hire a Coordinator of Mental Health Services (*Appendix E*) that will be responsible for collecting data regarding the requirements of SB7026 and maintaining the confidential database, provide direct services to students in need of mental health support, coordinate such service with a student's primary care provider and the student's other mental health providers, participate and assist with organization on the district threat assessment team, develop and maintain partnerships with social work related community organizations, facilitate the execution of contracts with community agencies and organizations, work closely with all the school social workers to provide Tier 2 and Tier 3 supports for students identified in need of mental health supports. This position does require a masters in Social Work, Guidance, or related Health Service.

HCSD will hire seven (7) school social workers to provide direct mental health, substance abuse, and co -occurring therapy to students at Tier 2 and Tier 3 when appropriate. These therapies will include individual and group therapy for students and substance abuse counseling as needed.

Home visits with families may be conducted for gathering information on a student's background. School social workers will provide community resources to families in need. These school social workers will be assigned to schools to participate on school-based MTSS teams to coordinate Tier 2 and Tier 3 services, and assist with early warning indicators such as attendance and truancy. School social workers will also be assisting with screeners and the completion of clinical social developmental histories. They will be responsible for collecting data on the number of students who received screeners and assessments; number of students referred for services and assistance; number of students who received services and assistance. This data will be collected and reported to the Coordinator of Mental Health Services to be maintained in the confidential data base. School social workers will pursue active consent for Medicaid billing from parents with students receiving Medicaid.

Confidential Secretary III

HCSD has allocated \$38,000.00 for a confidential secretary III to assist in coordinating documentation and the confidential database.

Mental Health Train the Trainer

HCSD has allocated \$10,000.00 to train two (2) staff members in Youth and Mental Health First Aid Train the Trainer in order to sustain the mental health training for HCSD staff.

Tier 2 and Tier 3 materials and training

HCSD has allocated \$21,910.10 to purchase Tier 2 and Tier 3 evidence based mental health curriculums.

Planned Expenditures:

Estimated Total Allocation Funds	\$590,958.00
Addition of a Coordinator of Mental Health Services will provide managerial and direct services (10% and 90%)	\$78,000.00
Confidential Secretary III	\$39,000.00
7 School Social Workers	\$442,047.90
Mental Health Train the trainer x2	\$10,000.00
Tier 2 and Tier 3 (evidence based) materials and training	\$21,910.10
Community mental health supports	\$0.00
TIS Confidential Database	\$0.00

NOTE: Funding totals are approximate and funds may be adjusted between the earmarked categories as determined by the District Threat Assessment Team.

The 2018-2019 Annual Mental Health Allocation Plan is hereby approved by the School Board of Hernando County.

Dated This: _____ day of _____, 2018

Attest:

 Mr. John Stratton
 Interim Superintendent of School Board of Hernando County

 Date

 Mr. Mark Johnson
 Board Chairperson

 Date