

Sumter County  
Mental Health Plan  
School Year 2019-2020

**Focus on delivery of evidence-based mental health services through MTSS Framework (including students with one or more co-occurring mental health or substance abuse diagnoses and students at high risk of such diagnoses):**

The Sumter County School District implements evidence-based Multi-Tiered System of Supports. This approach allows us to meet the mental health needs and provide proactive, timely and evidence-based interventions to all students. We utilize a three-tier Problem/Solving Response to Intervention (PS/RtI) approach under the umbrella of the Multi-Tiered System of Supports (MTSS) framework with varying levels of support beyond what is used as the core curriculum. Sumter County will also employ a Multiagency Network (MAN) to coordinate and schedule meetings with stakeholders required by statute. The MAN includes school based personnel, SEDNET, Community Action Team (CAT) members, and other agencies, as appropriate based on student needs.

In Tier 1 school-wide and classroom-based strategies are used. Tier 1 includes core instruction in substance abuse, social-emotional learning and overall mental health programs. If a child continues to exhibit mental health needs beyond the scope of the core curriculum, he or she will receive additional assistance, which can be provided with Tier 2 supports. All staff will be trained to support the mental health needs of our students using the state approved mental health first aid training program, which will help staff to recognize and respond appropriately to students in distress.

In Tier 2, we employ a standard protocol intervention approach. We utilize our Early Warning Systems data along with other student data, parent, staff, self, and peer referrals to identify students who may require additional mental health support. Targeted evidence-based mental health supports and interventions are provided. Interventions may include mental health counseling, substance-abuse counseling, anger management groups, social skills groups, check-in/check out, mentoring, peer advisory, as well as other evidence-based interventions. The mental health supports and interventions are implemented based on individual student need to allow the child to achieve the social emotional standards necessary for success as a student.

If the combination of core and supplemental interventions is not sufficient for the student to meet expectations, Tier 3 intensive interventions and supports are added. Tier 3 interventions may include mental health counseling, substance-abuse counseling, functional behavior assessments to guide positive behavior intervention plans, as well as other evidence-based interventions.

When warranted, at Tier 1, 2, or 3, the Threat Assessment Team (TAT) will review pertinent data and develop an action plan for the student, as outlined below. If the interventions are not successful and/or require outside agency involvement, the TAT will refer the student directly to the appropriate agency or to the MAN, when needed, and share information regarding the student. Assessments will occur within 15 days of the initial referral, as per statute.

Community agencies and/or the MAN will use the assessment/ diagnosis/ intervention/ treatment and recovery protocol to match or seek the appropriate services for the student. Therapy may include trauma-based therapy, substance abuse therapy, or therapy for co-occurring diagnoses.

The TAT's duties are the coordination of resources and assessment and intervention with individuals whose behavior may pose a threat to the safety of school staff or student consistent with the model policies developed by the Office of Safe Schools. The TAT will include persons with expertise in counseling, instruction, school administration, and law enforcement. The team meets monthly to review students of concern, based on criteria set by the district using indicators from legislation as well as other factors of mental health. However, if at any time a student is in immediate, acute distress with potential to harm him/herself or others, the TAT will convene and intervene immediately. Sumter County will employ outside community agencies, parents, primary care providers and others in this process to develop the treatment plan needed for the student. If a student must be out of school for any length of time due to treatment, a plan for re-entry will be developed by the TAT and involved groups/agencies when the student returns. Procedures for all aspects of the TAT have been developed to include referring at-risk students, gathering input from staff, peers, and family, information sharing with agencies and staff, making appropriate recommendations, follow through of services, monitoring of student success, and documentation of steps taken.

## **Strategies and programs to improve identification and reduction of likelihood of development of mental health issues:**

### **Tier I: (Universal)**

- Prevention: School wide School Culture Plan which integrates: PBIS systems, school wide research-based Character Education programs, school-wide social emotional learning program (varies by grade level and school with elementary schools using Sanford Harmony, and middle and high schools using Everfi social emotional curriculum or Alive2Thrive), attendance recognition, and school based mentoring program, anti-bullying trainings for staff and students, 5 hours of mental health and suicide awareness training for students grades 6-12, Mental Health training for all staff (YMHFA trainings ongoing with all administrators, counselors trained, teachers at 3 of our 8 schools trained, and approximately 50% of support staff trained), school-family collaboration
- Identification and Referral: Early Warning System (EWS), surveys, staff, parent, peer referral
- Assessment: school-based problem solving team data review
- Diagnosis: diagnosis is reached through a collaborative effort of school-based and outside community providers
- Intervention: consultation with school psychologist, school social worker, school counselor

**Tier II: (Targeted/At-Risk)**

- Identification and Referral: EWS, surveys, referral from staff, school nurse/health professional, parent, or peer, TAT meetings to assess current mental health functioning of the student, feedback forms completed by mental health providers, teachers/staff, and parents, school-based problem solving teams
- Assessment: school or community based mental health screening, school or community based mental health assessment, informal interview of student with data review
- Diagnosis: diagnosis is reached through a collaborative effort of school-based and outside community providers
- Intervention: “You Are Not Alone” Suicide Prevention Curriculum for use with students at any grade level as needed, increased family-school collaboration, small group counseling, check-in/check-out system, referral for outside agency counseling at school and/or home, school based social work services, supplemental social-emotional program for counselor, substance abuse counseling, anger management counseling, peer advisory, mentor program, problem solving/response to intervention process, connect children, youth, and families who may experience behavioral health issues with appropriate services
- Treatment and Recovery: TAT meetings to develop plan and timeline for implementation, monitoring, and gathering data, transitional plans from Tier 2 to Tier 1

**Tier III (Intensive) or Immediate/Acute Distress:**

- Identification and Referral: Baker Act, arrest, threat of violence to self or others, referral from staff, school nurse/health professional, parent, or peer, TAT meetings, feedback forms completed by mental health providers, teachers/staff, and parents, school-based problem solving teams
- Assessment: school based or community based risk or threat assessment, law enforcement officer assessment, functional behavior assessment, school or community based mental health assessment, psychoeducational assessment
- Diagnosis: diagnosis is reached through a collaborative effort of school-based and outside community providers
- Intervention: Employ services through outside agencies, school based individual counseling, school based group counseling, crisis interventions, crisis response services, safety contracts, trauma based therapy for students who have dealt with trauma or violence, trauma based therapy for students who have dealt with trauma or violence, facilitate collaboration for mental health provider and primary care appointments, as appropriate, school-based social work services, individualized treatment plans, trauma-focused cognitive behavioral therapy, connect children, youth, and families who may experience behavioral health issues with appropriate services
- Treatment and Recovery: Employ outside agency, group or individual counseling, plan for re-entry into school if treatment and recovery require time outside of school, transitional plans from Tier 3 to Tier 2

## **Strategies to increase school based mental health services:**

During the 2018-19 School Year, Sumter District Schools used a portion of the Mental Health Allocation to pay for .5 Licensed School Psychologist – Mental Health position. This position allowed for an increase in direct mental health services, and a person with experience to oversee our Mental Health Plan integration. This year, the district absorbed funding for that position. Sumter will use the Mental Health Allocation, along with funding from our Title IV, Part A grant, to pay the salary of an additional Licensed School Psychologist – Mental Health. This will increase direct services to students, reducing the ratio of student to mental health staff. Sumter also employs two additional certified School Psychologists who are also highly qualified and are called upon to serve students with mental health needs. Sumter will continue to use the Mental Health Allocation to fund a position for Social Worker – Mental Health.

To increase the amount of time that school based student services personnel spend providing direct services to students, school administration at each school has been directed to review and revise current school counselor duties and allocation of time to ensure that school counselors continue to attend the monthly school Threat Assessment Team meetings and have protected time to provide direct mental health services to students.

## **Collaborative partnerships with community partners and agencies:**

Sumter District Schools has partnered with community based resources to expand and enhance mental health services available to students.

Sumter Schools has developed MOUs or MOAs with the following agencies for on and off campus services:

- Life Stream of Lake and Sumter County – Mobile Response Team, Community Action Team, Baker Acts, TBOS (Therapeutic Onsite Services), CCOS (Children’s Clinical Onsite Services), Turnabout Program (Substance Abuse) Potentials (risk avoidance ) therapy
- Lake and Sumter Children’s Advocacy Center – contracted services for trauma based therapy
- Kids Central – ESSA services
- Department of Children and Families – child welfare interventions
- Youth and Family Alternatives – attendance (CINS/FINS)
- Sumter County Health Department – health education and screenings, health services
- SEDNET
- Division of Juvenile Justice – students with criminal activity
- Agency for Persons with Disabilities
- The Centers – services for person with developmental disabilities

We will coordinate, developing MOUs as appropriate, with state and community agencies, as listed below, for mental health services to increase our resource base for students and families, primarily for off campus services:

- Lutheran Services Florida
- CARD (Center for Autism and Related Disabilities)
- Hospice
- Families First
- Children’s Home Society
- New Beginnings Youth Shelter
- FSPT (Family Services Planning Team)
- E3 Solutions (Suicide Prevention)

### **Ensuring Mental Health Timelines:**

When mental health referrals are made to school-based or community-based mental health providers, the assessments will be provided by a district employed school psychologist within 15 days of the referral–School-based mental health services will be initiated within 15 days after identification and assessment through the use of a district employed School Psychologist. MOUs and contracts with community based service providers, some of which are still in process, will state that the receiving agency can and will initiate mental health services within 30 of the referral from the school.

### **Describe the process for coordinating mental health services with a student’s primary and other mental health providers:**

Sumter County will seek parent permission for release of records from primary and other mental health providers. Through MOUs with agencies and partners, we will share information for students at risk, as provided by the guidelines in legislation. Information gathered and housed by the TAT will be shared with the CAT, MRT, and/or MAN, and other agencies, when appropriate for a continuum of services. Social workers and/or other school based mental health professionals will work with parents/guardians and all agencies, care providers, or groups involved with the assessment, diagnosis, intervention, treatment and/or recovery of a student by requesting permission for records. Follow up will be provided to ensure communication is viable and effective, and that records are released, gathered, stored in a confidential manner, and shared, when needed.

Records of students with mental health documents, as described in legislation, who are transferring in our out of our school system will be requested immediately from the sending Florida school district, and sent to receiving Florida school district within 3 school days

## Expenditures

<b>2019-2020 Sumter Mental Health Allocation</b>	
<u>Contracted Services:</u> Lake Sumter Children’s Advocacy Center (.7 of contract total) (school based therapy services: 2 therapists, 1 support coordinator)	113312.50
<u>District Personnel:</u> Psychologist (.48 of salary) For school based evaluations and therapy	32000.00
<u>District Personnel:</u> School Social Worker (.7 of salary) For communication, coordination between families, school, care providers	48889.5
<u>Total Expenses: :</u>	194202.00

School based personnel funded, in part, by the Sumter Mental Health Allocation:

One Licensed School Psychologist (.5)

One Social Worker: MS in Human Services (.5)

Contract personnel funded, in part, by the Sumter Mental Health Allocation :

2 X Registered Mental Health Counselor interns

1 X One social worker(named support coordinator in the contract)- MSW

Sumter District Expenditures for mental health community based services:

Life Stream – Potentials counseling - \$8000.00

E3 Solutions - \$1300 for copies/pamphlets for suicide prevention for students

Sumter District Expenditures for mental health services, other:

1 Additional Professional Development Day to ensure that all teachers and staff get YMHFA training as quickly as possible - \$105,797.00

Licensed School Psychologist (.5) - \$50,500.00

Youth Mental Health First Aid Train the Trainer – \$3000 registration and hotel

## **Expenditure Assurances/No supplanting/Seeking other funds**

- 100% of the Sumter Mental Health Allocation will be used for providing mental health services. See the attached budget.
- No allocation funds have been used to supplant other funding or increase salaries or provide bonuses. The district has actually taken on increased cost to general funds from last year to allow for the hiring of an additional school psychologist.
- The maximum allowable percentage of Title IV, Part A funds have been allotted for providing/increasing direct and contracted school based mental health services. Medicaid reimbursement for mental health services, when the process is approved by the state, and other 3<sup>rd</sup> party payments will be sought and pursued by the social worker (mental health), working with data entry at the school and district level.

## **Program Implementation and Outcomes**

As of July 15, 2019 our student population covered by this plan was 5447. This does not include the charter school numbers as they have a separate Mental Health Plan. Our current ratios of school based mental health providers are listed below:

**School Psychologists:** 4 total employed by the district. 2 are Certified School Psychologist, and 2 are Florida Licensed and Certified School Psychologist. Ratio of 1 to 1360

**School Counselors:** 13 employed by the district. Ratio of 1 to 419

**School Social Worker:** 2 employed by the district. Ratio of 1 to 2724

Tracking numbers of students at high risk for mental health or co-occurring substance abuse disorders is accomplished through a school based spread sheet for each area which feeds into a district spreadsheet. Each school TAT will maintain a spreadsheet throughout the year of names and steps taken for students who are at risk as indicated through the EWS, referral from staff, parents, students or law enforcement agencies, Baker Acts, student registration or transferred records information. The spreadsheet documents referral for screening/assessment date, referral for services date, recommended services, follow up meeting dates, and school-based and/or community-based services received.

We will continue to use this system until secure systems are built into our student data management program. We will convert to the statewide system for storing and sharing data when it is developed and in place.