

Washington County School Board

Mental Health Allocation Plan in SB 7026

(s.1001.62(16)(a) and (b), F.S.)

2020-2021

Washington County School District will implement Mental Health Services using Multi Tiered Support Systems. In Tier 1, students will participate in prevention and awareness activities in all schools. Depending on age of the students, activities will include social skills lessons, screenings and/or surveys. All WCSD faculty and staff will be trained to increase awareness of mental health concerns and early warning signs. All staff are trained in Youth Mental Health Awareness and Suicide Prevention professional development. To maintain and encourage positive behaviors and supports WCSD implements the following supports at various levels within the district: School Resource Officer Explorer, Green Dot, AVID, Take Stock in Children. At Tier 2, identified students will participate in small group instruction/support on topics of need with state certified school counselors, school psychologist, and/or Licensed Mental Health Counselors. Supports will be provided to students in the area of anger management, coping skills, anxiety, self advocacy, de-escalation strategies, grief counseling, etc. In Tier 3, identified students will work one on one with a guidance counselor, school psychologist, Licensed Mental Health Counselor and/or an agency within the multi agency agreement (Big Bend Community Based Care) - typically once a week to provide therapy in specified areas of need. Therapy will vary based on student's need but may include: Cognitive-Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), direct instruction for Social Skills, Problem Solving Strategies. Students will receive services to assist in mental health and/or substance abuse treatment. The district will work with any agency already assisting the student and their family with mental and/or substance abuse treatment to provide wrap around care. Students identified as having made a threat to themselves and/or others will work with the district LMHC to identify any barriers and needs in the educational environment. The district will work with families to assist in bridging services between home and school.

Referrals to the LMHC are completed within the MTSS process. The parent consent is on the MTSS consent form and initiates the assessment and possible need for services. (Unless a crisis - in which an assessment is done immediately) Referrals to outside agencies are done on the agency's form and a copy maintained at the school. School based mental health services are initiated within 15 days and referrals to community based mental health services are initiated within 30 days.

Training: Tier 1 - all teachers, paraprofessionals, bus drivers, maintenance, food service and office staff will be provided basic skills in: Youth Mental Health First Aid, Trauma Informed Care, Suicide Prevention, Mandatory Reporting, Restorative discipline. Tier 2 training will occur for all school counselors and administrators in the area of suicide awareness, Threat Assessment and Behavior Intervention. The district will work closely with Big Bend as well as

other service providers to assist in communication to provide seamless services to students. Students identified as at risk through district early warning assessments will meet with LMHC and/or guidance on a regular basis. Tier 3 - the district Threat Assessment team (to include LHMC, Mental Health Coordinator, Director of ESE, School Safety Officer, School Psychologists, Director of Assessment and Accountability, Principal and Guidance Counselor) will participate in continuous training to collaborate with schools in meeting students needs. In addition, the Threat Assessment Team will assist in providing training (either direct or arranging trainers) for faculty and staff.

Students identified with one or more co-occurring mental health or substance abuse diagnosis will be identified based on parent/student disclosure and/or medical information. Students will be monitored through an EWS during Tier 1. If the student's need is more intense and possible services or accommodations are needed the student will be referred to the MTSS team for problem solving and possible evaluation. Eligibility for 504 or IDEA will be determined by a team to include counselors, staff members, the parent and student when appropriate. If a student is hospitalized for mental health or substance abuse, a school based team meets with the parent and student upon reentry to assist in any necessary accommodations or support.

Washington County School District employs 2 Licensed Mental Health Counselors and 1 College and Career Counselor. The district has 8 state certified school counselors - at least one based at each school. The 2 Licensed Mental Health Counselors each work at one elementary, one middle and one high school. These schools are in close proximity. The one school psychologist is assigned to all schools in the district. We currently have 3300 students enrolled in grades PK-12 and our PLUS program for students 18-22 with disabilities. The ratio of students to LMHC, school counselor, career counselor and psychologist is 275:1.

The district maintains a cooperative agreement with Big Bend Community Services, Anchorage Children's Home and Florida Therapy to provide services to students. These agencies provide services to students on campus as well as in the home and work collaboratively with schools to assist students. The CAT team includes school personnel who are able to contribute to a plan to assist students and their families. The MRT provides immediate assistance to a student and their family as well as monitors for 72 hours. This is also in partnership with the school. In addition, the district contracts with Gaggle for an IT program that filters students email and google documents. In the event a student uses a suicidal, homicidal, sexual or drug term in their documents - as well as attempting to access an inappropriate site with their school email - an email or phone call is made to the district. The information is then forwarded to the school for investigation. The district also maintains an anonymous alert system for anyone to report concerning behaviors to appropriate school staff.

A referral process will be implemented to ensure all students in need will be identified and appropriate follow up will continue. Referrals may be made by school staff, parents, and self requested by students. Washington County will maintain records at each school regarding students who are in Tier 2 and Tier 3. Numbers will be reported to the district each semester.

The Mental Health Allocation will allow the district school counselors to assist students in Tier 1. The LMHC will be used to assist students who are in need or more intensive interventions or assistance - in Tier 2 and Tier 3. They are also able to provide much needed counseling and support to students who were not always seen by outside agencies or school counselors who had many other responsibilities.

Washington County will use expenditures to maintain 2 Licensed Mental Health Counselors positions. These positions were created in 2018 with the initial Mental Health Allocation and will continue in the 2020-2021 school year. The LMHC will be master's level counselors and will be assigned to schools but will also be expected to work closely with families in both the home and school in order to assist in the provision, diagnosis and treatment of mental health issues. The district will seek Medicaid reimbursement for these positions - where applicable. In addition, the district will use funds to provide substitutes or stipend pay for teacher/staff to attend Youth Mental Health First Aid training. When possible YMHFA training will occur on inservice days to avoid interruption in instruction.

Mental Health Allocation	\$212,879.00
2 Licensed Mental Health Counselors (salary and benefits)	\$160,600
Substitutes for teachers to attend YMHFA training	\$20,000
Materials, supplies (technology, recourse material, projector) for LMHC	\$22,279.00
Professional development for LMHC	\$10,000.00