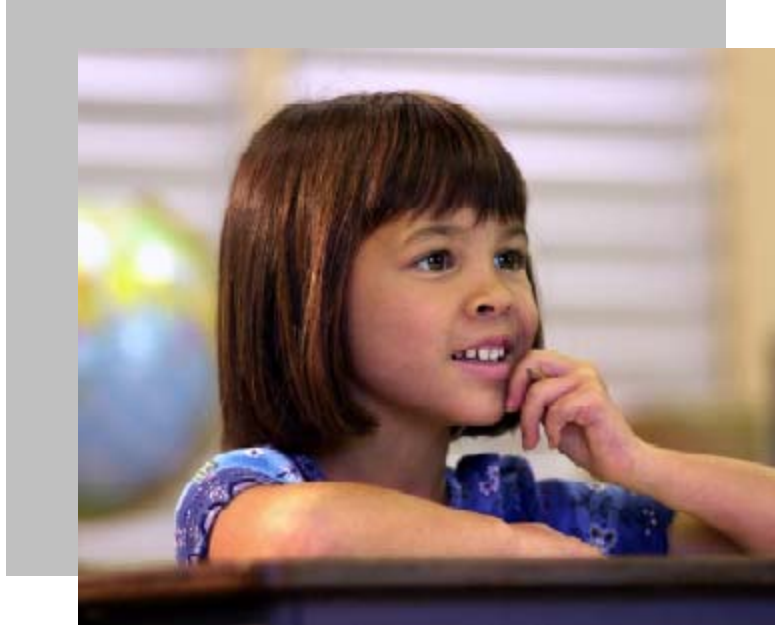




Ohio Mental Health Network for School Success



Shared Agenda Update

May 3, 2007

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Ohio Mental Health Network for School Success Shared Agenda Update¹ May 3, 2007

Ohio Mental Health Network for School Success—A Synopsis

The Ohio Mental Health Network for School Success (OMHNSS), in existence since 2001, consists of action networks spearheaded by contracted affiliate organizations in six regions of the state, with central coordination and technical assistance provided by the Center for School-Based Mental Health Programs at Miami University.² The mission of OMHNSS is to help Ohio's school, community-based agencies, and families work together to achieve improved educational and developmental outcomes for all children—especially those at emotional or behavioral risk and those with mental health problems. To accomplish this mission the Network:

- Promotes awareness of the mental health needs of students attending Ohio's schools and the critical links between mental health and school/academic success.
- Promotes the adoption and implementation of policies (at all levels) that encourage effective practices to improve the mental health and school success of Ohio's students.
- Helps to build capacity within mental health and education systems for enhanced collaboration and effective school mental health programs and services.
- Builds and sustains strong regional action networks to promote mental health—education—family collaborations, with broad stakeholder representation.

OMHNSS is committed to promotion of best practices in policies and in all aspects of service delivery. Advocacy for mental health promotion and problem prevention is a high priority for OMHNSS, as is early identification through effective screening and assessment. The intent of regional and central OMHNSS work is to facilitate development of a statewide School Mental Health Community of Practice (Wenger,

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² OMHNSS is funded primarily by the Ohio Department of Education and the Ohio Department of Mental Health.

McDermott, & Snyder, 2002). The OMHNSS Action Agenda prioritizes the following:

- ✓ The Network works, through a variety of initiatives, to reduce stigma for children and families who need mental health services, to tell the story about the gap between students' mental health needs and the resources available to meet those needs, and to heighten awareness of the critical links between mental health and school success.
- ✓ Network partners with regional action networks to enhance within region and statewide collaborative commitment to the Network mission and implementation of the action agenda, actively soliciting and appreciating broad stakeholder input, especially students and families.
- ✓ The Network encourages and supports provision of technical assistance to mental health agencies and schools to improve and expand school mental health services and to promote adoption of effective practices addressing mental health and academic outcomes for students.
- ✓ The Network engages is targeted special projects, as determined by the membership and sponsoring organizations, to enhance awareness of and effective programs to address the mental health and school success of students.
- ✓ The Network serves as a resource to identify and disseminate information about training opportunities, external sources of financial support for school mental health initiatives, and other news pertinent to promotion of the mental health and school success of students.
- ✓ The Network assists college and university-based professional preparation programs in behavioral health and in education in developing inter-professional strategies and practices for addressing the mental health and school success of Ohio's children. The network promotes and seeks the involvement of families and other non-professionals.

Shared Agenda Initiative—An Update

All work of OMHNSS is embedded in promotion of a meaningful mental health—families—schools *shared agenda* as it relates to facilitating the mental health and school success of children. Empowerment of families is a critical element of this *shared agenda*. Efforts of the OMHNSS to promote a *shared agenda* have been facilitated significantly not only by funding from ODE and ODMH, but also by two seed grants from the Policymaker Partnership (now the IDEA Partnership) at the National Association of State Directors of Special Education (NASDSE). An initial *shared agenda* seed grant, awarded in October 2002, made it possible for policy-making leadership of education, mental health and family serving organizations to engage with state and local partners to generate a commitment to addressing non-cognitive barriers to learning to support successful academic achievement for all

children and youth. The more recent seed grant as facilitated implementation of a shared agenda action plan.

The five phases of Ohio's *shared agenda initiative* have included:

- I. Statewide forum for leaders of mental health, education and family policymaking entities in March 2003;
- II. Six regional forums held for policy implementers and consumer stakeholders in April and May 2003;
- III. Legislative forum involving key leadership of relevant house and senate committees in October 2003;
- IV. Development of an action plan, published in Summer 2004, for implementation of the goals and objectives from the regional and legislative forums; and
- V. Ongoing implementation of *shared agenda initiative* goals and objectives.

An update on progress being made to achieve the Shared Agenda goals is provided below:

Goal 1

Develop a common understanding among education, mental health, families and other stakeholders of key shared agenda concepts related to the critical links between mental health and school success.

Objectives:

1. Foster partnerships among families and students, educators and mental health professionals.
2. Reduce stigma surrounding children's mental health issues.
3. Promote a better understanding of the impact of mental health on academic performance and school success.
4. Encourage Ohio's schools to incorporate awareness of mental health across Ohio's content standards.
5. Include all shared agenda stakeholders in supporting and promoting the Ohio School Climate Guidelines.
6. Develop partnerships at the state and local level with school-based professionals, including school counselors, social workers, nurses, and psychologists.

PROGRESS

Fostering Partnerships

In an effort to foster partnerships, the six regional affiliates of the Network completed an assessment of the current status of their regional action network, began to take steps to strengthen regional action network participation and engagement through e-mail communication via regional listserv and face-to-face meetings. At least 24 regional action network meetings are convened each year (four per region). For example, between July-December 2006, fourteen such meetings were convened across Ohio.

OMHNSS Membership

Recruitment of new regional affiliate members has been strategic in an effort to increase participation across counties throughout Ohio. As of December 2006, detailed mapping of regional action network membership reflects participation of one or more individuals and organizations from 62 of Ohio's 88 counties, which accounts for participation in 70% of Ohio counties. By comparison, in December 2004 the membership penetration was at 39 of 88 counties (44%). Targeted efforts to enhance statewide membership have resulted in a substantial increase in counties represented.

Promoting Positive Behavior Supports (PBS)

After the Ohio Department of Education (ODE) was awarded the State Improvement Grant (SIG), Network affiliates met with SERRC coaches to promote Ohio's version of the Positive Behavior Supports (PBS) model. Each region supported a meeting dedicated to providing information about the OISM to their regional members.

Cross Training Initiative

In Northwest Ohio, a cross training initiative brought together representatives from education, community agencies, the county ESC, and parents with the goals of increasing knowledge of available programs/services, improving communication among the various providers, facilitating referrals to and utilization of needed services for students/families, and improving coordination among agencies/services. The results of the project evaluation indicated increased knowledge about services by participants, improved communication, and more positive ratings of professional respect. Resource guides were also developed based upon information gathered during the project to provide additional information about resources available to the school community. These guides were distributed to every school counselor, principal, superintendent, and psychologist, as well as agency and parent cross-training participants.

Partnership Luncheons

The OMHNSS has developed and fostered partnerships among its stakeholders through various partnership lunches that promote an understanding of the impact of mental health on academic performance and school success. Specifically, five partnership lunches were sponsored in the north central region of the state. This process included encouraging new mental health/school relationships and enhancing

existing partnerships. Efforts are being made to support these luncheons in other regions of the state. In addition, various community partners have made presentations at regional action network meetings, on topics within their areas of expertise, to encourage awareness and promote a better understanding of children's mental health issues. These community partners have included youth speakers, community mental health professionals, education professionals, and university educators. In an additional effort to foster partnerships, affiliates in all six regions have been actively engaging with Family and Children First Council coordinators.

Shared Agenda Teams

Another avenue to foster partnerships was the development of shared agenda teams in each region. The regional teams consist of educators, mental health professionals, families, and youth working together. The OMHNSS supported seven shared agenda teams to attend the 10th Annual Conference on Advancing School Mental Health in Cleveland, Ohio. After planning sessions at the conference, these teams continued their local work by conducting needs assessment of their local communities to address system barriers, financial barriers, and service gaps.

Encouraging Mental Health Awareness

The Network has been involved in campaign efforts to encourage awareness of mental health issues in schools. The *See Me Hear My Feelings* campaign involved distribution of mental health information to students in 1,752 schools throughout Ohio. The materials included posters and bookmarks that encouraged students to go to a youth friendly website for more information on mental health awareness. In an effort to promote the campaign, the Network partnered with SERRCS to disseminate the campaign information throughout their districts across the state. Youth also were trained through this campaign to provide testimonials, and many of these youth were supported by the Network to learn to write and deliver their personal stories. This group formed the youth speaker core, which continues to be supported by the Ohio Suicide Prevention Foundation. The network, through a train the trainer model, piloted another such campaign, the Eliminating Barriers to Learning Initiative (EBI). This latter project was a collaborative effort involving OMHNSS and SAMHSA.

Reducing Stigma

The Network has supported numerous efforts to reduce stigma related to children's mental health issues. Some of the efforts include: See Me Hear My Feelings campaign, Perrysburg In-service Day (dedicated to mental health issues), Fostoria Three County Mental Health Task Force, Eliminating Barriers to Learning Initiative (EBI), Teacher to Teacher, Trauma Focused CBT, Red Flags, and the Youth Speakers Bureau. The six regions of the Network continue to support and promote these programs among many others.

Newsletters

In an effort to widely disseminate knowledge and information about children's school

mental health concerns, and the critical links between mental health and school success, the Network publishes the newsletter *Network News* two times per year. Articles typically include current topics of interest to educators and mental health professionals who work with schools, updates on pertinent legislation and policies, best practices in school mental health promotion and problem prevention, mental health awareness events, and OMHNSS regional efforts. *Network News* is distributed to over six thousand educators, mental health professionals, families, and policy makers in Ohio. Additionally, the Northwest Action Network (NWAN) publishes a regional newsletter that is distributed to school counselors and principals within their local area. Articles address statewide mental health initiatives and evidence-based program information.

Goal 2

Identify, expand and implement evidence-based practices that support the critical links between mental health and school success; identify “Star” schools demonstrating the essential elements of the critical link.

Objectives:

1. Identify and disseminate information about the various evidence-based and promising expanded School-Based Mental Health models used in Ohio.
2. Educate school districts on how to effectively identify and evaluate school-based mental health programs through surveys, data collection, etc.
3. Identify and disseminate strategies and best practices for family engagement in addressing the critical links.
4. Determine a list of individuals and groups qualified to provide training and technical assistance and provide a directory to districts; Ensure that training is standardized, ongoing and makes use of evidence-based principles and practices.
5. Continue to promote the development/expansion of Positive Behavior Support (PBS).
6. Examine and consider promotion of effective school-based screenings for emotional and behavioral disorders, such as Columbia Teen Screen.

PROGRESS

Promoting Evidence Based Practices

OMHNSS supports the identification and dissemination of evidence-based and promising expanded School Mental Health programs and practices. Each regional affiliate of OMHNSS oversees and facilitates a regional action network of individuals and organizations representing a diverse set of stakeholders. These stakeholders are invested in promoting effective practices to address the mental health and school success of children. Some of the programs OMHNSS actively promotes include:

- The Care Team Model
- Red Flags
- Eliminating Barriers to Learning (EBI)
- Signs of Suicide (SOS)
- Columbia’s Teen Screen
- Olweus Bullying Prevention Program
- Youth Experiencing Success in Schools (Y.E.S.S.)
- PBS and OISM
- PATHS
- Life Skills
- Adolescent Depression Awareness Program
- Individual Success Program
- Lion’s Quest
- CHOICES

Evidence Based Programs in Ohio Schools

An example of the Network’s involvement includes supporting Signs of Suicide (SOS) which is now in 250 schools, Columbia’s Teen Screen in 76 schools, Red Flags in over 100 schools, the CARE Team Model in 14 counties, and the Olweus Bullying Prevention Program in 14 schools.

Tools

Regional affiliates have assisted local community mental health agencies to identify the “Tool Kit of Evidenced Based Practice” as part of a continuum of service to schools. The regional affiliates allocated small funds through partnership luncheons to support the promotion of these tools. The Northeast Action Network (NEAN) is working to support the development of school-based services by developing the “Tool Box” workgroup. The group is collecting successful “student support” programs that schools can use. The group is working on developing a list of five programs each that target intervention, prevention, and treatment. A special listing of agencies is being developed by each county to showcase the general areas in which they provide services to schools. While the content is in development, reproduction and distribution

details for the end product are being prepared. The Tool Box workgroup is collaborating with the local Family and Children First Council to support this work.

Mental Health Services Surveys

In 2005, a “Shared Survey” was developed and implemented in the North Central Action Network (NCAN) region. The survey was used to collect data on mental health needs in 156 schools. One hundred and seventy-four school personnel from seven counties in North Central Ohio participated in the survey. The study gathered data in six different areas which included problem awareness, need for assistance, mental health service availability, mental health service need, type of service on-site, and type of service off-site. The “Shared Survey” findings informed development of the 2007 Mental Health Resource CD product called the “Continuum of Practice” that maps out access and contacts for local mental health services to schools. The Continuum of Practice identifies prevention, intervention, and treatment services that represent expanded school mental health services from a community mental health perspective. This mapping project is being undertaken in several regions throughout the state. In the Central Ohio region, a survey was developed for Pickaway County. The primary goal of this project is to utilize a survey template in regional counties to identify the school mental health needs of children as described by county mental health boards, families and local schools, and to delineate a set of recommendations based on an understanding of the literature on evidenced-based prevention and intervention services

Effective Practice Integration Council (EPIC)

The Network also has been involved in formation and ongoing work of the Effective Practice Integration Council (EPIC), which was developed to ensure that research findings are made use of in practice. Through support provided by the Substance Abuse and Mental Health Services Administration (SAMHSA), Ohio is supporting “effective practice partners” (EPPs) to look at the gap between producing research and disseminating important findings. In February 2006, four university-based individuals (from Kent State, Ohio University, Case Western, and Miami University) with knowledge related to the advancement of expanded school mental health were selected through a call for proposal process. Coordinated through the Center for School-Based Mental Health Programs (CSBMHP), these EPPs have joined with the state departments of education and mental health, the Center for Innovative Practice (CIP), the Ohio Association of County Behavioral Health Authorities (OACBHA), and the regional Educational Service Centers (ESC) to form the Effective Practice Integration Council (EPIC). The main goal of EPIC is to develop methods, technologies, and practices that make it possible for students to have better outcomes related to both school and personal well-being. This network is tasked with finding and organizing research on effective practice and translating that information into a common language and useful tools. Network regional affiliates and action network members work closely with the EPPs to assist in developing the tools and in facilitating stakeholder feedback on the various tools that are produced.

Special Project Training Funds

In November 2005, through the Central Ohio Action Network's (COAN) Special Projects training funds, 20 training sessions for approximately 577 individuals were completed. Logan, Champaign and Union Counties were sites for training on the Columbia TeenScreen Program, with follow-up plans to institute the program in their school systems. Pickaway County hosted a presentation to county representatives by Rick Hull to introduce the concept of a CARES Team. The county is gathering a committee of local stakeholders to begin strategic planning and have developed their team. Delaware County completed trainings on various mental health issues and bought resources and materials that their teachers could use year round in their schools. School Crisis training occurred in Logan County. Various other trainings occurred on the following topics: Overview of Various Mental Health Diagnoses; Anger Management Strategies; Signs and Symptoms of Depression; Identifying Bullying Behaviors; School Mental Health and Crisis Management; Behavioral Disorders in Children and Adolescents; The Connection!; Mental Health and School Success; Panel Presentation on "The Bully, the Victim and the Bystander; Pervasive Developmental Disorder; and Autism.

Critical Links Between Mental Health and School Success

The OMHNSS has supported the identification and dissemination of many evidenced-based and promising expanded school mental health programs and practices. A tool kit of evidence-based practices helps schools to access information about programs. The OMHNSS also has helped schools access services through the development of the 2007 Mental Health Resource CD that lists school-based services by county. Additionally, EPIC efforts continue to facilitate development of methods, technologies, and practices that make it possible for students to have better outcomes related to both school and personal well being. These efforts all address the critical links between mental health and school success.

Policy Development and Advocacy (PDA) Group

The OMHNSS continues to explore how state and local authorities can promote evidence-based and promising practices through the allocation process. The Policy Development and Advocacy (PDA) group is working to advocate for the development and implementation of policies that promote a positive school climate through school mental health services. The goal of this group is to develop broad-based support for future legislation, including a budget line item that formalizes a basic state standard of student support and mental health services for all students.

Goals 3 & 4

Positively influence allocations for public education and mental health systems at the state and local levels.

Objectives:

1. Explore how state and local authorities can promote evidence-based and promising practices through allocation processes.
2. Improve availability of and access to school-based mental health services for all students who need care and mental health supports.
3. Empower and support family involvement through consultation with the Ohio Federation for Children's Mental Health, The National Alliance for the Mentally Ill - Ohio, the State Advisory Panel for Exceptional Children and other family advocacy organizations.
4. Provide targeted technical assistance (through focused monitoring) to school districts to use existing funding resources to finance promising school mental health practices including Positive Behavior Support (PBS) and other evidence-based practices (e.g., through use of student intervention dollars).
5. Compile a comprehensive list of existing and potential funding streams relating to the shared agenda.

Positively influence the State Budget for Fiscal Year 2006 - 2007.

Objectives:

1. Develop a shared agenda budget strategy.
 - Compile statewide data that supports the use of evidence-based and promising practices and positive school success (e.g., trend the report card performance of "Star" schools, including schools implementing PBS).
 - Develop and disseminate a fact sheet using data on mental health services and supports and positive school/academic outcomes.
 - Explore budget strategies to promote a school building's adoption of evidence-based and promising practices.
2. Explore development of a shared agenda budget and identify budget opportunities within existing and emerging initiatives and coalitions such as Access to Better Care (ABC) and the Coalition for Healthy Communities.

PROGRESS

Supporting Families

To empower and support family involvement, OMHNSS supports family members to attend the PDA group meetings. Small stipends cover travel and daily expenses to parents and educators who otherwise would be unable to attend the meetings. In addition, OMHNSS supports two family members who regularly attend their meeting retreats. The family members provide an invaluable perspective on youth mental health issues.

Access to Better Care (ABC) Initiative

The OFCF Cabinet Council, working in conjunction with advocates, family members, and community partners, developed Access to Better Care (ABC), enacted as a part of the fiscal year (FY) 06-07 biennial budget. ABC seeks to better address behavioral health needs with effective, accessible, and timely prevention, early intervention, and treatment for ALL children, adolescents and families in their own homes, schools, and communities. Through a variety of funding sources, \$17.2m in FY 06 and \$18.2m in FY 07 were dedicated to improving access to and the quality of behavioral health services in Ohio. OMHNSS was active in support and advocacy for the ABC budget and evidence-based and promising practice policy/program components.

Transformation State Incentive Grant (TSIG)

Ohio is in the second year of a \$1.2 million, five year Transformation State Incentive Grant (TSIG) from SAMHSA. The grant is to support transforming the system of mental health services and supports to achieve the recommendations of the President's New Freedom Commission on Mental Health, so that persons with mental illness can live, work, learn and participate fully in their communities. Grant funds are for infrastructure changes. Building on the foundation of the ABC Initiative, the ABC Content Working Group identified TSIG Priority Goals and Strategies in the areas of parent advocacy, early childhood parenting programs, school-based services, wrap around, and transition-age services. TSIG funding for year two will enable the OMHNSS to undertake two related activities to promote capacity with Ohio's mental health and education systems for enhanced collaboration and effective school mental health programs and services. First, the OMHNSS will conduct a detailed inventory analysis of school mental health programs and services in Ohio. Second, OMHNSS will develop a criterion-based Registry of Effective School Mental Health Practices in Ohio.

Goal 5

Expand Ohio's capacity to support mental health in schools through pre-service and in-service education, training and professional development.

1. Promote cross-disciplinary and culturally competent pre-service learning standards and curricula for future teachers, mental health and other child-serving professionals, facilitating current research-based knowledge regarding mental health, and the essential links between mental health and learning/academic achievement/school success.
2. Promote in-service and professional standards and curricula leading to licensure for teachers, mental health professionals, school nurses and other child-serving professionals that address mental health issues and the essential links between mental health and learning/academic achievement/school success.
3. Develop training curricula for families and other community stakeholders regarding essential links between mental health and academic achievement.
4. Promote continuous re-examination of academic content and operating standards to ensure that instruction surrounding mental health, mental illness and stigma is integrated within the broader scope of formal educational opportunities for every child.

PROGRESS

Mental Health—Education Integration Consortium (MHEDIC)

In an effort to support mental health in schools, the OMHNSS has been involved with the Mental Health-Education Integration Consortium (MHEDIC). Its mission is to advance a systematic and emergent agenda that promotes the mental health professional preparation of educators and all other school personnel at all levels [pre-service, graduate, and in-service] as well as the professional preparation of mental health clinicians in understanding and working in educational environments. In addition, the mission includes effort towards promoting the integration of education and mental health systems as well as school-based mental health programs.

Policy Development and Advocacy (PDA) Group

The Policy Development and Advocacy (PDA) group of OMHNSS is concentrating its advocacy efforts on several school mental health legislative efforts, one of which is implementation of the Senate Bill 2 Teacher Excellence legislation signed into law on March 10, 2004. This legislation requires the Educator Standards Board to create Standards for Educator professional development, further stating, "The standards for

educator professional development developed under division (A)(3) of this section shall include standards that address the crucial link between academic achievement and mental health issues.” The finalized standards for educator professional development were written in open-ended language. The PDA workgroup has re-initiated discussion with the Educator Standards Board, encouraging the board to require specific training for educators related to mental health and school success. The PDA workgroup will continue engaging discussions with the Educator Standards Board.

Information Briefs

In May 2006, the Network developed three Information/Advocacy Briefs designed to provide overviews of key topics related to school mental health. Topics for the first three briefs were: Why We Need School Mental Health Programs and Services, The Case for Screening and Early Identification, and The Case for Programs that Address School Climate. A fourth information brief on Childhood Trauma will be released in May 2007, and future briefs are planned. All briefs are disseminated initially in *Network News* and are then available at OMHNSS.org.

Trainings

Since 2004, the OMHNSS has conducted 90 trainings throughout its 6 regions. One example from the Central Ohio Action Network (COAN) used special project funds to provide 20 training sessions to over 570 individuals. These trainings helped introduce evidenced-based programs such as Columbia Teen Screen and the CARE Teams to county representatives. The OMHNSS was influential in bringing the 10th Annual Conference on Advancing School-Based Mental Health to Cleveland, which brought national attention to the successful work promoting the mental health of Ohio’s youth. The Network also has cosponsored numerous conferences across the state, and participated in many others. For example, on May 17-18, 2007 OMHNSS is cosponsoring a statewide conference to be convened in Cincinnati (*School Based Health Centers: Integrating Mental and Physical Health For the Care of Children and Families*), with the Ohio School Based Health Care Association and the Kentucky School Based Health Care Coalition.