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This series is intended for Dentists, Nurses, Nurse Practitioners, Physicians, Physician Assistants, Psychologists, and Social Workers.

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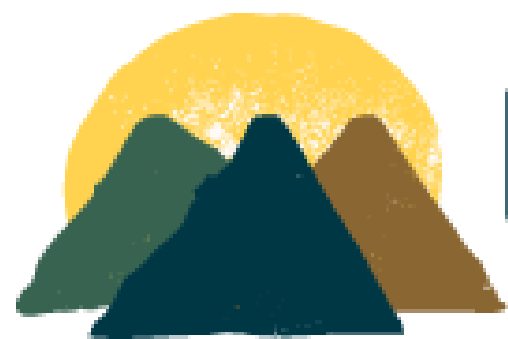


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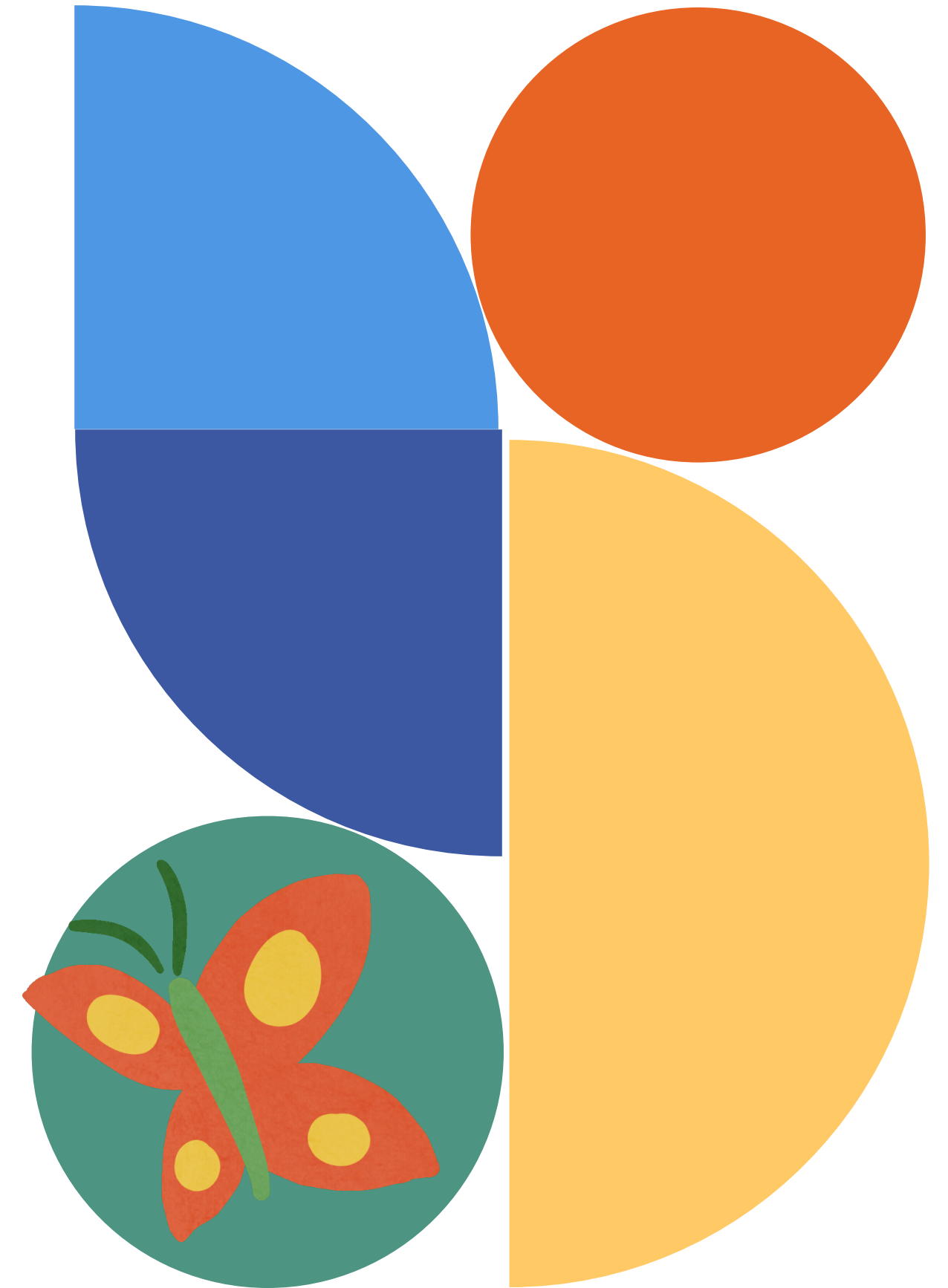
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Tackling the pediatric behavioral health crisis:
Benefits of Developing a School
Based Mental Health Program.

Cynthia Price MEd, LPCC - S



HOPEWELL
HEALTH CENTERS



Who
am
I?



Who
are
you?

What we'll discuss this afternoon



Why set up a school
based mental health
program



How and where to begin



Lessons learned the past 15 years



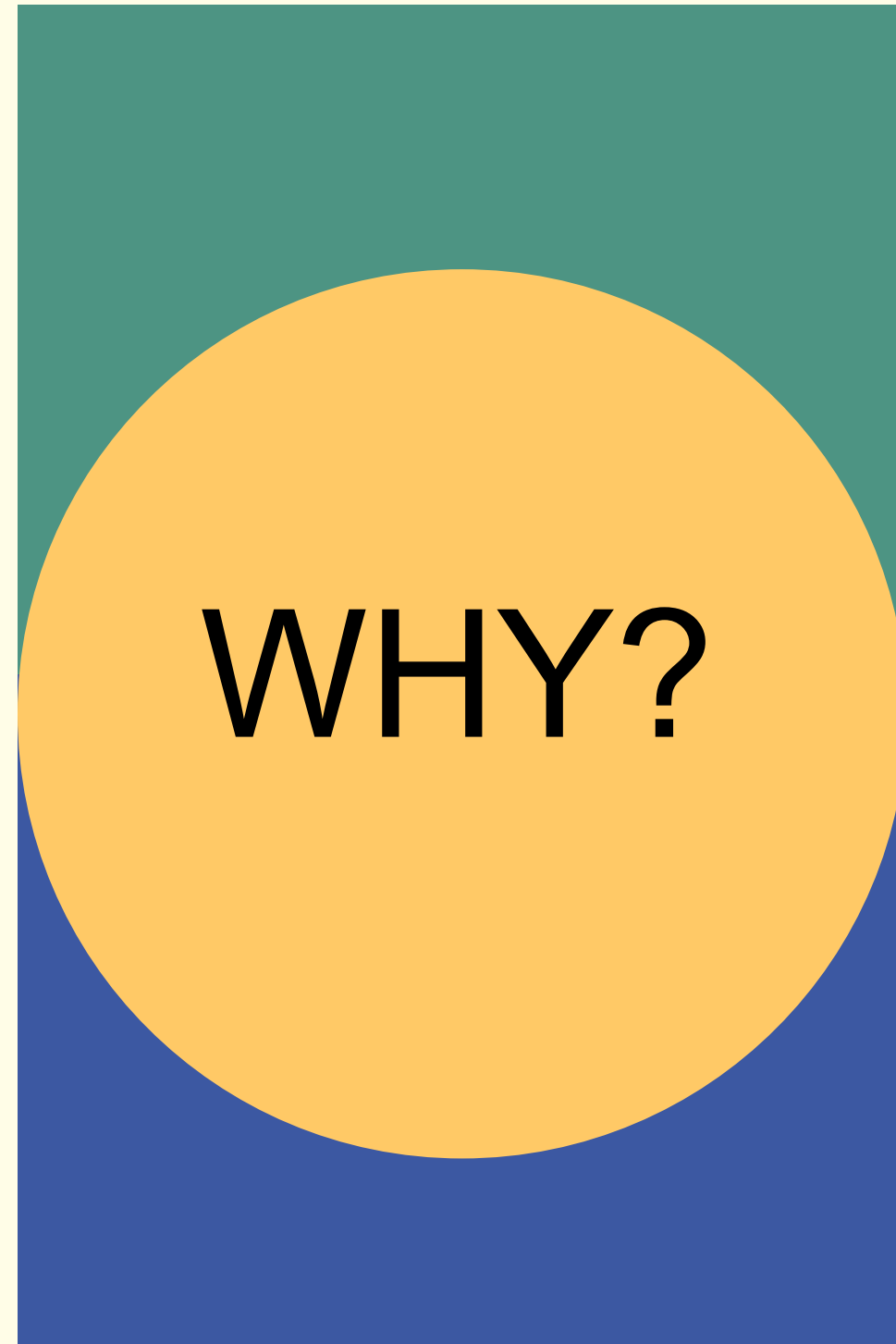
Sustainability



Questions



To improve access to comprehensive, integrated health services through school-based health care to advance equity and improve health and education outcomes for students, their families, and communities.



Our Mission is to provide access to affordable, high quality, integrated health care for all.

Access:

Permission, liberty, or ability to enter, approach, or pass to and from a place or to approach or communicate with a person or thing *

Access removes
Barriers



Barriers to mental health services:

- Transportation
- Communication
- Cultural/ comfort level
- Financial
- Literacy

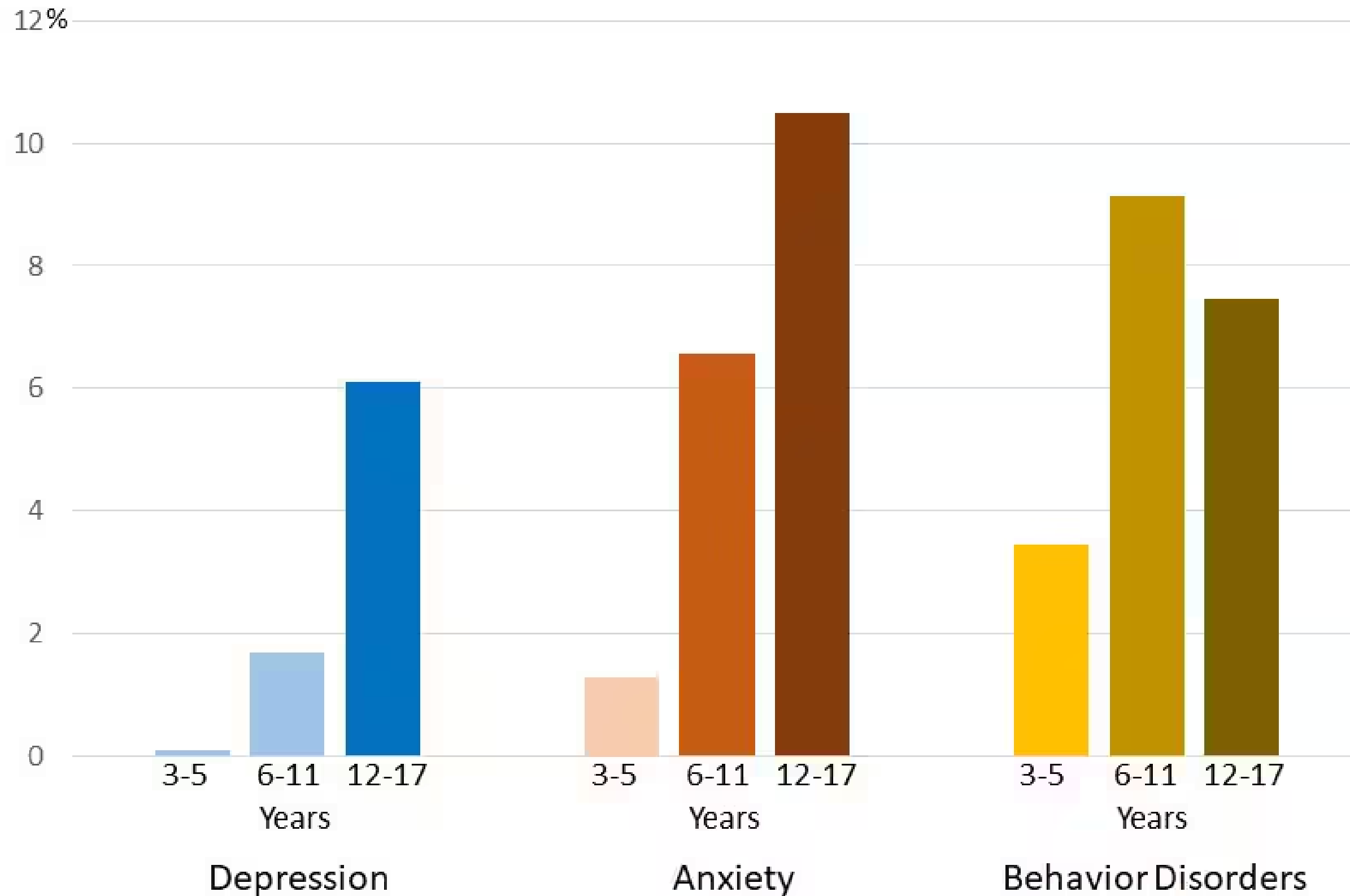


Statistics

- In 2018-2019:
1 in 7 children ages 3 to 17 (13%) had a current, diagnosed mental or behavioral health condition.
- Anxiety problems, behavior disorders, and depression are the most commonly diagnosed disorders in children. Based on US data from 2021–2022
- 10% of children ages 3-17 had current, diagnosed anxiety (9% of males and 11% of females)
- 7% of children ages 3-17 had current, diagnosed behavior disorders (10% of males and 5% of females)
- 4% of children ages 3-17 had current, diagnosed depression (3% of males and 6% of females)
- Some of these mental health conditions commonly occur together. In 2018–2019, among children with a current mental health condition, more than 1 in 3 (37%) had two or more conditions

<https://www.cdc.gov/children-mental-health/data-research/index.html>

Depression, Anxiety, Behavior Disorders, by Age



In 2021 and 2022, 19.0% of US children aged 2 to 8 years had 1 or more mental disorders. Of these children, 9.1% reported not receiving any needed health care in the previous 12 months, and of these, 45.8% reported not receiving mental health services when needed. The primary reasons for not receiving needed health care were problems getting an appointment (72.1%), issues related to cost (39.3%), and services needed not being available in the area (38.5%).



How?

Partnership and Collaboration



From small beginnings...

School:



Students in need of mental health support



Available/adaptable space



Point Person to coordinate referrals in the beginning

Mental Health Agency:



Staff member to pilot program



Flexibility and Adaptability

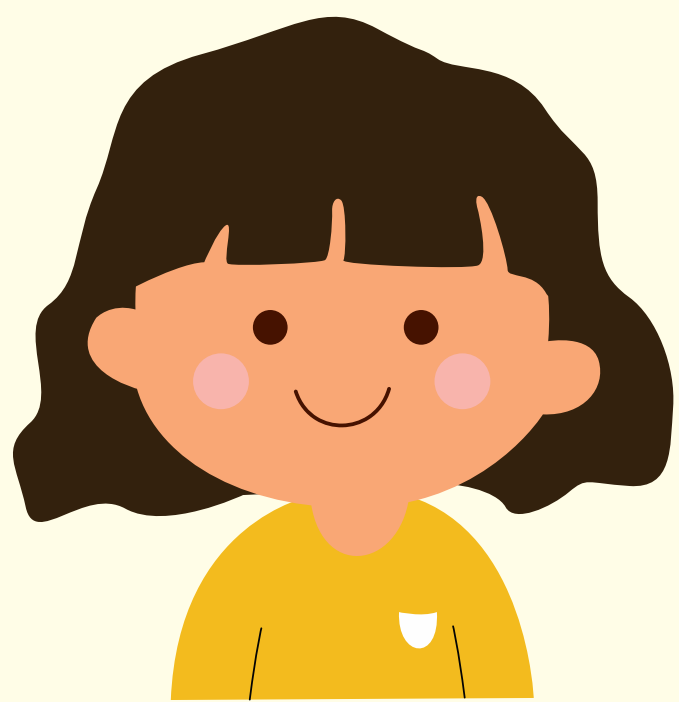


Good independent worker

How do you determine need?



- Principals
- Dean of Students
- School Counselors
- Mental Health Provider :
Who struggles with access and barriers?
- Collaborative Agencies :
Juvenile Court, Children Services



Referrals



Elements needed:

- Referral Page / Packet
- ROI for school
- Informational page





School Based Therapeutic Services

Hopewell Health Centers Inc.
(740) 753-6240

Our Mission

To ensure every student has the supports and strategies needed to attain his or her potential in school and life. To provide mental health services, work with school personnel and families so that each student in our care has opportunities for growth mentally, emotionally, socially and spiritually,

making way for academic and life successes.

1. To increase accessibility to services for children and families in a non-stigmatizing environment
2. To provide trauma-informed mental health programs that address mental health Early intervention and prevention for school and the community.
3. To provide consultation for teachers and other school staff on mental health issues.
4. To increase partnerships within the school and the community.

Our Services

- ✓ Individual, Family and Group trauma-informed counseling and case management for enrolled youth
- Crisis Intervention for emergency situations
- Staff Development Workshops
- Consultations with School Staff
- Referral to Community Services
- Advocacy and support at IEP and other parent-teacher meetings

Typical Referrals Might Include Children Who Are Struggling With:

- Problems adjusting to major changes
- Traumatic experiences
- Disruptive behaviors
- Aggression or violence
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Anxiety disorders or extreme worry
- Deep sadness or depression

Questions? Please contact Cindy Price at (740) 5178252 or

cindyprice@nybucks.org.





Student Mental Health & Counseling Referral Form

Student Information

Student Name: _____
Date of Birth: _____ Grade Level: _____
Address: _____ Home
Phone: _____ Cell Phone: _____ Parent/Guardian:

Is student engaged in counseling services with another YES NO
agency?
If yes, agency name: _____

School Referral Information

Referral School/Staff Member: _____ School
Phone: _____ Location: _____ School Contact
Person: _____
Release of Information Signed? YES NO Attached YES NO
?

Referral Reason

Date of referral: _____
Student is seeking assistance with:
Behavioral concerns____ Mental health concerns ____ Academic concerns ____
Suicidal
thoughts/self-harm ____ Peer/bullying issues____ Alcohol and/or drug abuse____
Other____
If other – please explain_____
HHC_school_referral



Referral Sources:

- Self/Family
 - School staff: Principals, teachers, counselors, other
 - PCP/fax
 - NP at SBHC
 - Mental Health Clinic
 - Collaborative agencies: Juvenile Court, Children Services
 - Speaking at school 'All Staff' each year
- 

How to Grow

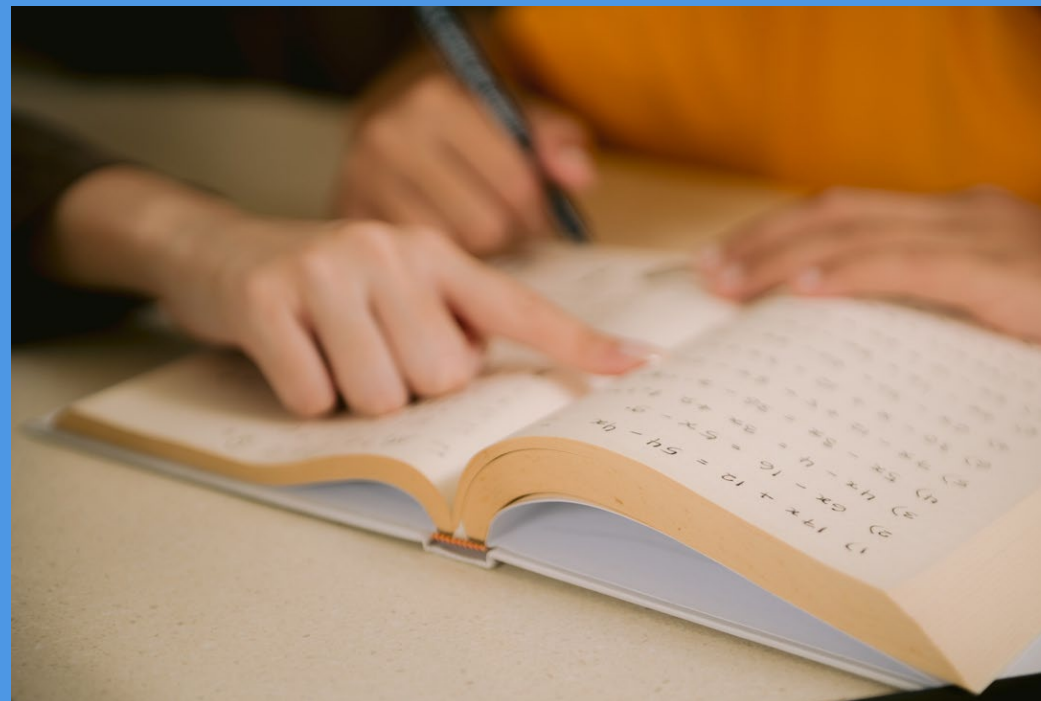


- Start small with what you already have
- Relationships: community awareness
- Interns
- Summer Hours: Yearround program
- Keep track of waiting list and refer overflow to clinic in times of growth
- Supplemental services: Medicaid Subcontracts
- Utilize School Counselors and Outreach/Community staff
- Grants
- Grant funded programs: Early Childhood Mental Health
- Expand into other schools: Elementary, Middle, High
- Screening programs: NCH Signs of Suicide (SOS)

CELEBRATE
your mistakes
it means
you're
Learning

Lessons Learned:

- Relationships are everything: Two heads are better than one
- Be creative with providing support
- Build in educational moments for staff and students: this creates awareness and generates referrals
- Interns help build the program with no cost and can lead to staff that are already trained
- Instead of 'No', think 'How can this work and result in program growth?'
- Be creative
- Flexibility is key



Sustainability 101



Relationships



Collaboration

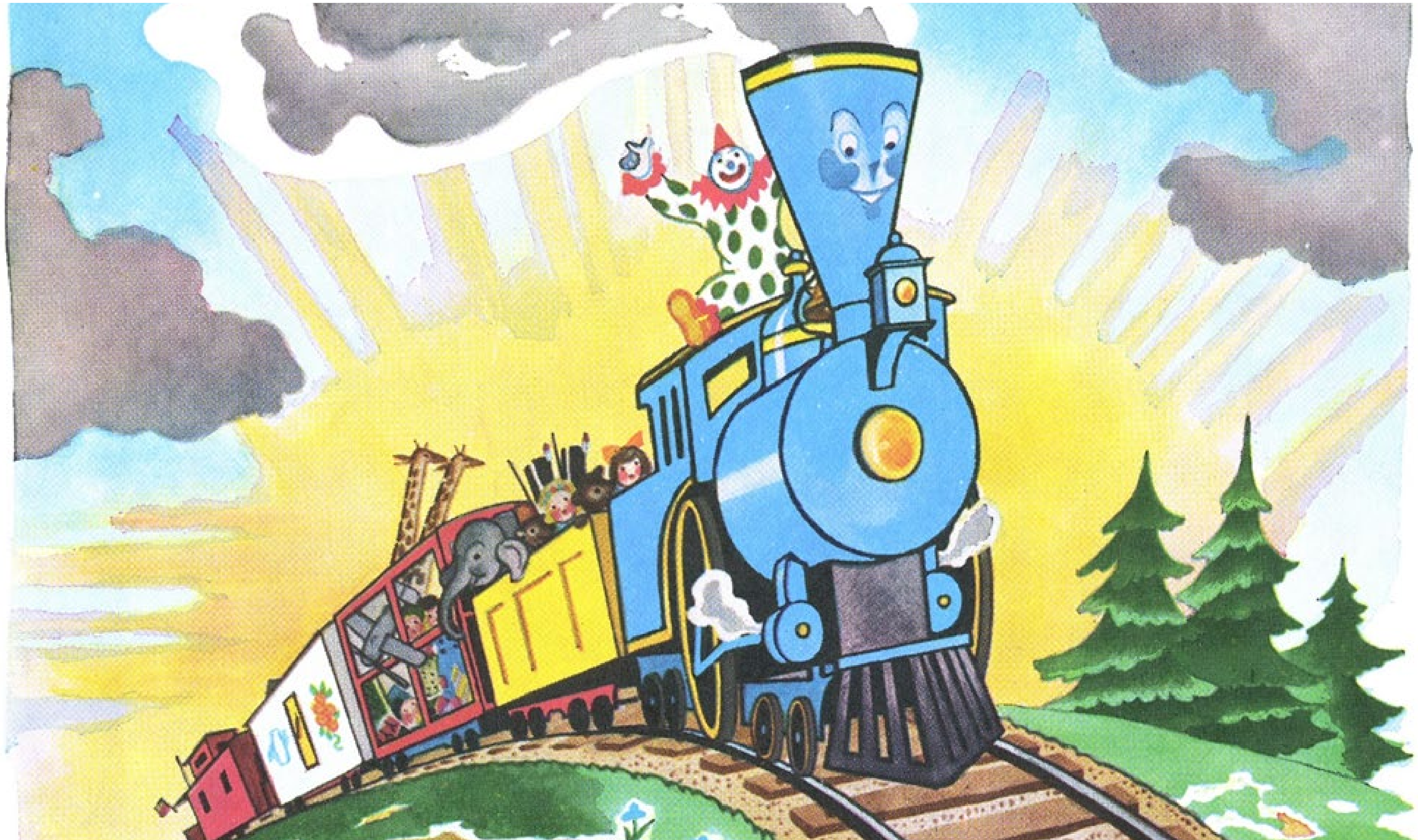


Respect



Benefits

- Creates easy access to mental health services
- Removes barriers: transportation, financial, cultural, communication
- Improves communication and collaboration with the school
- Provides access to working with children 'in the moment'
- Provides opportunities to bill when someone is absent or cancels
- Coordination of care: SBHC, community partners at school
- Creates and enhances community awareness of mental health services
- Sustainability of services through completion of treatment goals



There is no such thing as too small!!



Questions



Cynthia Price MEd, LPCC - S
Clinical Lead Supervisor
Buckeye Care Center
Nelsonville York Schools
cynthia.price@hopewellhealth.org

