Building a Continuum of Mental Health Supports in Schools

Association for Positive Behavior Supports February 22, 2019
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According to NH high school students:

- 30% of report living with someone who has/had a problem with alcohol or drugs.
- 25% report going hungry at some point because there was not enough food at home.
- 9% report having at least one parent or other adult in jail or prison.
- 14% report hearing adults in their home slap, hit, kick, punch, or hurt each other.
- 15% report seriously considering attempting suicide.

SCHOOLS ARE ON THE FRONT LINES.
SUPPORTS FOR BEHAVIORAL HEALTH & WELLNESS

Social Emotional Learning

Behavioral Health Continuum
Universal Supports for ALL - 100%

- Focus on prevention
- Improves education, coping skills and communication for ALL students
- Fosters pro-social behavior
- Encourages collaboration among educators, families and community-members
Foundational Best Practices

- Family-school-community partnerships
- Mental health promotion & awareness
- Staff professional development
- Positive school climate & culture
- Accountability systems
- Data-based decision making
Explicitly Teaching Important Skills

- Social skills
- Relationship skills
- Conflict resolution
- Healthy choices/habits, including information about brain research, drug and alcohol addiction
- Coping/stress management skills
- Executive Functioning/study habits/time management
- Perseverance
- Acceptance/tolerance of others
MINDFULNESS EXERCISES SCHOOLWIDE

Led by Margreta Doerfler, a clinical social worker from Riverbend Community Mental Health, fourth-graders learn about mindfulness in class at Broken Ground School in Concord on Tuesday, May 16, 2017. (ELIZABETH FRANTZ / Monitor staff)
http://www.concordmonitor.com/mindfulness-in-concord-elementary-schools-9654266
Universal Behavioral Health Practices
Connors Climb

http://www.connorsclimb.org/

- LGBTQ Suicide Prevention
- High School Prevention Kit
- Mental Health
- NH Peer Support
- Online Screening Tools
- NH Community Mental Health
- NH Mental Health Resources

New Hampshire

INFO & RESOURCES LINE
1-800-242-6264
Targeted Supports for SOME- 15%

- Early identification & screening
- Function based supports
- Small group instruction
- Additional time, intensity and frequency of supports
Tier II Supports: Social or Coping Skills, Alateen, Check in – Check Out, Increased Academic Support, Parenting Engagement and Training
Intensive/ Individual Supports for FEW - 5%

- Assessment based supports
- Driven by family and youth’s input and needs
- Individualized team to monitor student-progression frequently
Individualized Supports: RENEW, Wraparound, Behavior Support Plans, FBA’s, START, Substance Misuse Counseling
School & Mental Health Partnerships

• Students access RENEW either through a school based or Community Mental Health Center (CHMC) based Facilitator and meet 1 X week during school hours.

• CMHC uses Facilitated referrals, and bills Medicaid (when the student is eligible) for RENEW Services.
61% of teachers reported that they were “always” or “often” dealing with high-stress over a 30-day period.

1.86 million FTE US teachers describe their mental health as “not good”.

46% are diagnosed with excessive sleepiness and 51% with poor sleep quality. Due to chronic stress and physical exhaustion, teachers commonly show biologically abnormal cortisol activity and overactive adrenal glands otherwise known as adrenal fatigue also called “burn out”
Apply Your Own Oxygen Mask Before Attending to Children
This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saalvittne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.
Questions
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Resources

• California Safe and Supportive schools Culture and Climate toolkit: https://data.calschls.org/resources/ClimateConnectionToolkit_2ndedition.pdf
• Mental Health First Aid: https://www.mentalhealthfirstaid.org/
• Screening for mental health https://mentalhealthscreening.org/programs
• RENEW www.renew.unh.edu
• START https://www.centerforstartservices.org/
Resources

• Ala- Teen/ Alanon [https://al-anon.org/for-members/group-resources/alateen/](https://al-anon.org/for-members/group-resources/alateen/)
• CVS [https://www.cvs.com/content/prescription-drug-abuse](https://www.cvs.com/content/prescription-drug-abuse)
• CASEL SEL [https://casel.org/](https://casel.org/)
• Operation Prevention [https://www.operationprevention.com/classroom](https://www.operationprevention.com/classroom)
• Technical Assistance Center for PBIS [https://www.pbis.org/](https://www.pbis.org/)
Resources

• NAMI NH  https://www.naminh.org/
• Youth Move NH  http://www.youthmovenh.org/
• Youth Risk Behavior Survey information & data for NH schools:  https://www.dhhs.nh.gov/dphs/hsdm/yrbs.htm
• Bureau of Student Wellness  https://www.nhstudentwellness.org/