



SCHOOL-BASED MENTAL HEALTH **KICKOFF**

SEPT
11
2023

AT
1-2:30
PM

Welcome!

Leadership & Partners

Funder: US Department of Education

Recipient: Illinois State Board of Education

Managing Partners:

Partnering Districts

Regional Office of Education #40

Southern Illinois University

National Louis University

Stress & Trauma Treatment Center

13%-20%

Percentage of U.S. children who meet criteria for a mental disorder each year

5%

Percentage of U.S. adolescents who meet criteria for a substance abuse disorder each year

12%

Percentage of these youth who receive any services to address the mental health and/or substance abuse concerns

Missing
10%

or more school days is an early warning sign of academic risk and school dropout.

Mental, behavioral, social and emotional health issues are a leading contributor to chronic absenteeism

Youth are
6 times
more likely to complete evidence-based treatment when offered in schools than in other community settings¹²



Advancing Comprehensive School Mental Health Systems

Guidance From the Field



September 2019

Purpose

The School-Based Mental Health Project was designed to increase mental health support for children and youth in Illinois Schools.

Project Objectives

- **Increase SBMHSPs working within high need LEAs**
 - **Increase SBMHSPs in the training & re-specialization pipeline working within high need LEAs**
 - **Increase SBMHSPs from diverse backgrounds or from the communities served by the high need LEAs**
-

Challenges

There are increases in student mental health needs, including those resulting from:



Impacts from
COVID-19



Disasters or
Traumatic
Events



Adverse
Childhood
Experiences



Support for the mental health of children and youth increases educational opportunities by **creating conditions for students to fully engage in learning**

Solutions

SBMH grants aim to address student mental health needs by providing:



More school-based mental health services providers



More providers from diverse backgrounds



Retention and recruitment incentives



CONGRATULATIONS

SCHOOL BASED MENTAL HEALTH FELLOWS

- Jasmine Berry
 - Terryono Jones
 - Emily Irwin
 - Gabrielle Manasco
 - Jasper Futch
 - Jenna Ortiz
 - Jessica Hobeck
 - Annie Ramirez
 - JaeAnna Pritchard
 - Stephanie Hernandez-Bautista
 - LaShonda Midgett
-

CONGRATULATIONS

**SCHOOL BASED
MENTAL HEALTH
RESPECIALIZATION
FELLOWS**

- **Vincent Sadowski**
- **Samuel Higerson**

School-Based Mental Health Workforce

- Expected that the number of school-based mental health providers in schools will improve school climate/culture and student well-being.
 - **Yearly Goals**
 - 60 SBMH Professionals
 - 30 SBMH Fellows
 - 23 SBMH Supervisors or Mentors
 - 40 SBMH Re-Specializing Professionals
-

Student-Focused

- **Student mental health is the focus of the School-Based Mental Health Project**
 - **May include family modalities to achieve student mental health**
 - **Unable to utilize for faculty/staff services**
 - **Unable to provide caregiver specific services**

 - **Yearly Goals**
 - **1,500 students served**
-

Definition: Mental Health Interventions

Direct intervention: Includes direct 1:1 or small group support to students or families that increases a cognitive, emotional, or behavioral coping skill to reduce symptoms of a mental health diagnosis.

Indirect intervention: Includes providing consultation or coaching to family members and school staff to increase the predictability, consistency, and effectiveness of behavioral management or ecological interventions provided to students.

Characteristics of both: Based on evidence-based practices, provided to reduce symptoms of the mental health diagnosis for a single or small group of students, provided over time, and includes progress monitoring.

Illinois' Interconnected Systems Model for School Mental Health

Tier 3: Intensive Interventions

Individual Student and Family Support

- System Planning Team coordinates decision rules, referrals for this level of services and progress monitors.
- Individual team developed to support each student.
- Individual plans may have an array of interventions and services.
- System in place for each team to monitor student progress
- Plans can range from one to multiple domains.

Tier 2: Early Intervention

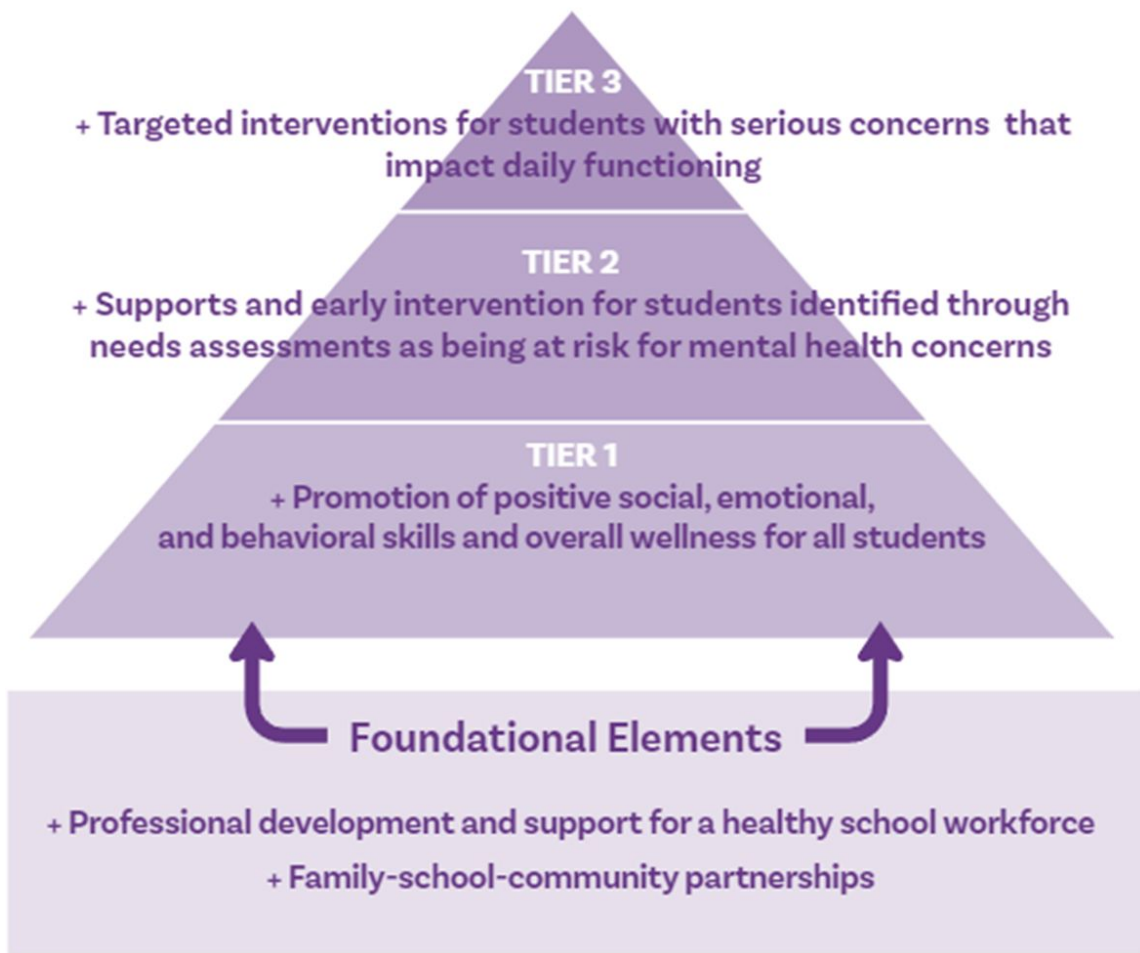
Coordinated Systems for Early Detection, Identification, and Response to Mental Health Concerns

- System Planning Team identified to coordinator referral, process, decision rules and progress monitor impact of interventions.
- Array of interventions/services available
- Communication system for staff, families, and the community.
- Early identification of students who may be at risk for mental health concerns due to specific risk factors.
- Skill-building at the individual and group level as well as support groups
- Staff and family training to support skill development across settings

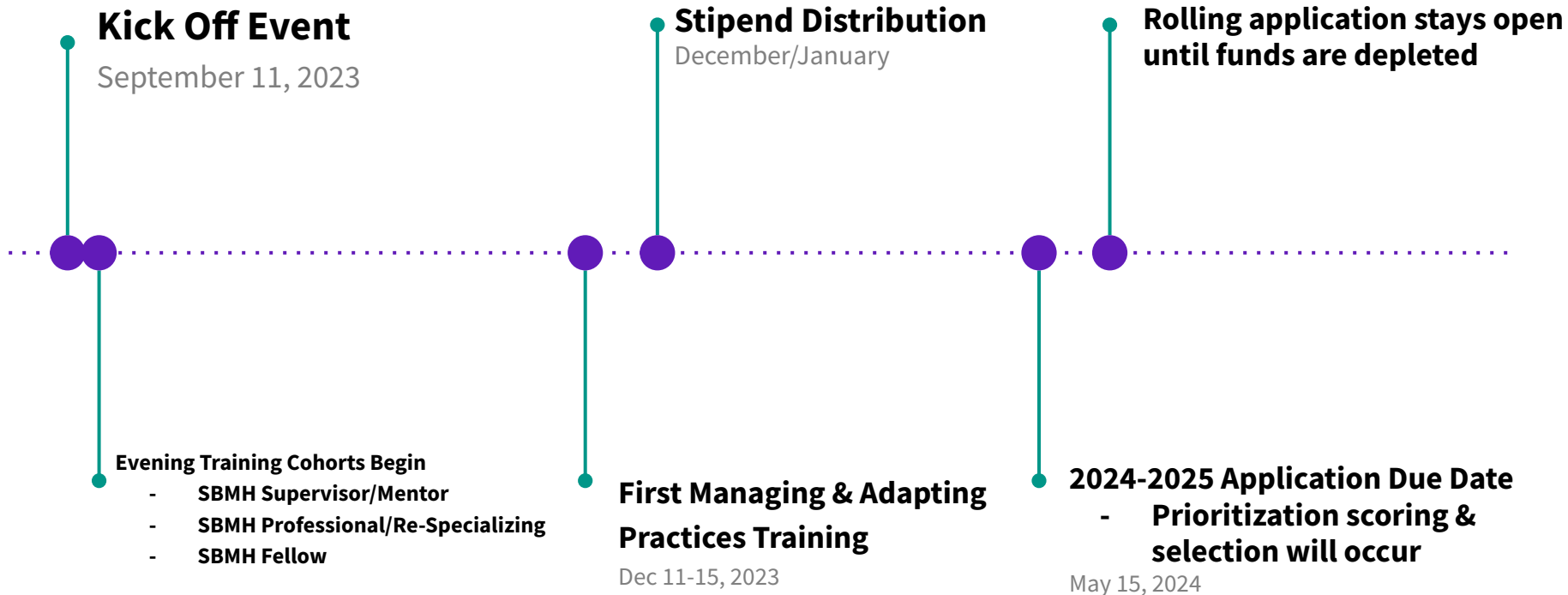
Tier I: Universal/Prevention

Coordinated Systems, Data, Practices for Promoting Healthy Social and Emotional Development for ALL Students

- School Improvement team gives priority to Prevention and Promotion of Mental Wellness.
- Behavioral Health Skills development for students, staff, families and communities
- Safe & Caring learning Environments that reduce barriers to teaching and learning, and engages or re-engages students in the academic process.
- Partnerships between school, home, and the community
- Decision making framework used to guide and implement best practices that consider unique strengths and challenges of each school community.



2023- 2024 Timeline

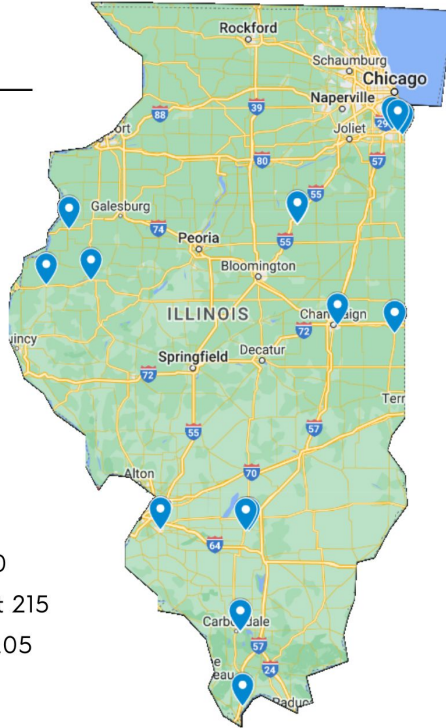


SCHOOL BASED MENTAL HEALTH SERVICES DISTRICTS

SERVICES GRANTEES



- Carbondale CHSD 165
- Carbondale Elementary District 95
- Centralia HSD 200
- Centralia City SD 135
- Harvey SD 152
- High Mount SD 116
- Illini West HSD 307
- Macomb CUSD 185
- Meridian CUSD 101
- Pontiac SD 429
- Pontiac Township HSD 90
- Thornton Fraction District 215
- Thornton Township HSD 205
- Urbana SD 116
- West Central CUSD 235
- Westville CUSD 2



SCHOOL BASED MENTAL HEALTH DEMONSTRATION DISTRICTS

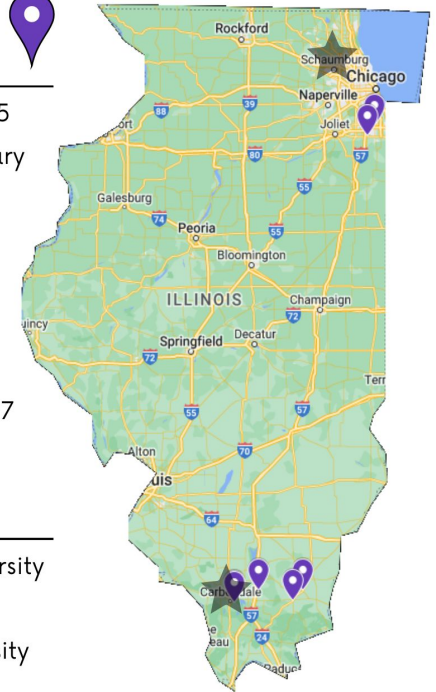
DEMONSTRATION GRANTEES



- Carbondale CHSD 165
- Carbondale Elementary District 95
- Eldorado CUSD 4
- Harrisburg Unit 3
- Harvey SD 152
- Johnston City CUSD 1
- Rich Township HSD 227

PARTNERING UNIVERSITIES

- Southern Illinois University - Carbondale
- National Louis University





APPLY NOW!

Applicants can be considered throughout the year

SCHOOL-BASED MENTAL HEALTH GRADUATE STUDENT FELLOWSHIP APPLICATION

SCHOOL-BASED MENTAL HEALTH PROFESSIONAL APPLICATION

SCHOOL-BASED MENTAL HEALTH SUPERVISOR APPLICATION

SCHOOL-BASED MENTAL HEALTH RE-SPECIALIZING PROFESSIONAL APPLICATION



Section 1 of 4

School-Based Mental Health Graduate Student Fellowship Application



Please complete the following application to be considered for selection of the School Based Mental Health Graduate Student Fellowship Program. Applicants are eligible to participate in other fellowships as well as receive scholarships, stipends, students loans or or other payments from other sources while participating in this fellowship.

Eligible applicants include current or future graduate students enrolled in a graduate or post-graduate program seeking their professional educator license in School Social Work, School Psychology, or School Counseling. Applicants do not need acceptance into a graduate or post-graduate program at the time of application; however, acceptance into these programs will be necessary prior to distribution of stipends.

This fellowship is for current or future school based mental health professionals that are interested in training and support to provide comprehensive school based mental health services defined as conducting comprehensive assessments, identifying mental health diagnoses, creating service or treatment plans, and providing direct and indirect intervention for students.

Mental Health Interventions in the schools are defined as:

Direct intervention: Includes direct 1:1 or small group supports to students or families that increases a

PRIORITIZATIONS FOR SELECTION OF SCHOOL-BASED MENTAL HEALTH PROVIDERS

EXPANSION OF MENTAL HEALTH SERVICES

The ISBE School-Based Mental Health Projects and US Department of Education guidelines for this funding opportunity emphasize prioritization of the expansion of mental health service providers across Illinois and within partnering districts. This expansion is emphasized with priority points to increase competitive selection of applicants for these projects.

- **Addition of a Mental Health Provider Position** **25 pts**
 - New School-Based Mental Health Professional position that did not exist prior to 12/31/2022. This new role will expand the number of positions for mental health providers by one additional provider.
- **New Provider Filling a New Position** **10 pts**
 - New School-Based Mental Health Professional provider in a previous position created after 1/1/2023.
- **New Provider Filling a Previous Position** **5 pts**
 - New School-Based Mental Health Professional provider in a previous position created before 12/31/2022

BACKGROUND INFLUENCING STUDENT MENTAL HEALTH

The ISBE School-Based Mental Health Projects and US Department of Education guidelines for this funding opportunity emphasize prioritization of specific backgrounds and diversity that increases the odds of students to access, utilize, and benefit from mental health services. These activities are emphasized with priority points to increase competitive selection of applicants for these projects.

- **From the Community** **10 pts**
 - Professional is from the community (5+ years living in the community).
- **Under-Represented Racial, Ethnic, or Cultural Group** **10 pts**
 - Professional reflects an under-represented racial, ethnic, or cultural group that is underrepresented in the mental health profession discipline.
- **Addition of Individual Makes Team Representative of the Community** **10 pts**
 - Addition of the individual improves the mental health team of professionals' reflection of the racial, ethnic, and cultural diversity of the community.

ROLE & RESPONSIBILITY

The ISBE School-Based Mental Health Projects and US Department of Education guidelines for this funding opportunity emphasize prioritization of specific activities within the role of the School-Based Mental Health Professional. These activities are emphasized with priority points to increase competitive selection of applicants for these projects.

- **Performing Comprehensive Mental Health Services** **10 pts**
 - Performing mental health services at the top of their license.
 - Includes Assessment, Dx, Tx Plan, and direct Intervention at Tier II and III.
 - Can do majority of what community mental health agencies could do for students.
- **Performing Direct Mental Health Intervention** **10 pts**
 - 20+ hours/week of performing direct 1:1 or small group mental health interventions with students.
 - Note: School-Based Mental Health Intervention is defined as teaching a skill or skills that are evidence-based, providing additional structure or predictability, must be over time, and must include consistent data collection for progress monitoring.
- **Professional Employed by the District** **10 pts**
 - Professional is employed by the school district.
- **Professionals holds a provisional or full PEL** **10 pts**
 - Professionals holds a full or provision Professional Educator License (PEL).

A scoring rubric is utilized for the selection of recipients

Prioritization for Selection of School-Based Mental Health Recipient Awards

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School-Based Mental Health Professional Demonstration Services Grant Re-Specialization
2023-2024 School Year

This Agreement (the "Agreement") is effective as of 8/22/2023 (the "Effective Date") by and between _____ (the "Recipient") and the Stress and Trauma Treatment Center Inc. (the "SATTC")

This project is funded by one of the three U.S. Department of Education School Based Mental Health Grants awarded to the Illinois State Board of Education.

1. Duties and Scope of Position.

- a. For the term of this Agreement, the Recipient must remain a graduate student in psychology, social work, or counseling with an internship or practicum placement within an approved school district providing mental health services that include direct intervention. The Recipient must be committed to pursuing their Professional Educator License (PEL) in School Social Work, School Psychology, or School Counseling within three years.
- b. The Recipient must participate in at least four outreach and recruitment activities to increase the number of individuals entering the school-based mental health field.
- c. The Recipient must participate and utilize a 40-hour, M-F 8:30-4:30 Evidence-Based practice training session before June 30, 2024.
 - The first training session is offered December 11-15, 2023.
 - Two other options will be offered during the Spring or Summer session.
- d. The Recipient must participate in 100% of the monthly community of practice meetings for the duration of the school year, led by SATTC. These meetings will occur virtually via Zoom once per month through the year. Cameras are required to be on 75% of the session and active participation is required to fulfill this requirement.

The dates for the fall semester are as follows (All are Required):



ATTENTION

SCHOOL BASED MENTAL HEALTH DEMONSTRATION PROJECT

ILLINOIS SCHOOLS ARE HIRING!

INFORMATION

This initiative works with districts across the state to expand the number of mental health service providers in high need schools

JOIN US!

MENTAL HEALTH PROFESSIONALS IN TRAINING

- SOCIAL WORKERS
- PSYCHOLOGISTS
- COUNSELORS



STATEWIDE PARTNERSHIP

- Partnership with ISBE, 2+ Illinois Universities, and 6+ Illinois districts
- Support for recruitment and retention of graduate students in school social work, psychology, and counseling programs



TRAINING & CONSULTATION

- Training & consultation for district leaders to expand the development, expansion, or sustainability of a comprehensive multi-tiered mental health service system
- Training and consultation to school based mental health professionals



STIPEND FUNDING FOR EXPANSION EFFORTS

- + \$10,000 to graduate student stipends
- + \$10,000 mental health professional stipends
- + \$10,000 relocation or travel stipends
- + \$5,000 re-specialization stipends
- + \$5,000 supervisor stipends

LEARN MORE



Scan for Map of Eligible Districts
*Purple Pins on the Map

Matt Buckman, Ph D
618-603-3027

dmattbuckman@stressandtrauma.org



ATTENTION

SCHOOL BASED MENTAL HEALTH SERVICES PROJECT

ILLINOIS SCHOOLS ARE HIRING!

INFORMATION

This initiative works with districts across the state to expand the number of mental health service providers in high need schools

JOIN US!

MENTAL HEALTH PROFESSIONALS WANTED

- SOCIAL WORKERS
- PSYCHOLOGISTS
- COUNSELORS



STATEWIDE PARTNERSHIP

- Partnership between the Illinois State Board of Education and 16+ high need Illinois districts across the state
- Support for recruitment and retention plus \$25,000 to each district for new School Social Workers, Psychologists, and Counselors positions



TRAINING & CONSULTATION

- Training & consultation for district leaders for the development, expansion, or sustainability of a comprehensive multi-tiered mental health service system
- Training and consultation to school based mental health professionals



SUPPLEMENTAL STIPENDS FOR MENTAL HEALTH PROFESSIONALS

- + \$25,000 to new mental health professionals
- + \$10,000 to professionals re-specializing in School Social Work, Psychology, or Counseling
- + \$10,000 relocation support
- + \$5,000 to supervisors or mentors for new hires

Scan for Map of Eligible Districts
*Blue Pins on the Map

Matt Buckman, Ph D
618-603-3027

dmattbuckman@stressandtrauma.org

Benefits of a Career in an Educational Setting

- Family Friendly
 - Holidays/Weekends
 - Aligned with Children's Schedule
 - Summer
 - Retirement
 - Illinois TRS or IMRF
 - Insurance Benefits
 - Most schools offer comprehensive plans
 - Unrecognized compensation
 - Sick Days
 - Sick Days, with pay, typical is 10 per year
 - Accumulate sick days for extra years of service
-

Your Local School is Hiring!

SCHOOL SOCIAL WORKER

We have exciting news! The **xxxxx** is seeking a School Social Worker candidate for the current school year. The **xxxx** has an established MTSS system for social emotional/behavioral needs and is working to expand School Social Work services to have one social worker for each grade level.

Brief Description

The School Social Worker provides a full range of school counseling services including screening and assessment, designing remedial educational programs, individual and group counseling with school staff, parents and outside agencies as appropriate. Functions as a member of the multi-disciplinary team to determine the student's eligibility for special services, appropriate programming and on-going progress

Qualifications

Hold a master's degree in school social work from an accredited college or university. Meet the certification requirements for school social worker from the Illinois State Board of Education (Type 73). Must be familiar with middle school level child development. Restorative practice experience is desirable.

Benefits of Joining an ISBE Partnering District for School-Based Mental Health Positions

- Full Benefits of being employed by the district
- Specialized training opportunities
- Supervision and/or Mentorship
- \$10,000 Relocation Stipend*
- \$25,000 first year supplemental stipend*
- \$5,000 Post Grad Re-Specialization Training to obtain permanent Type 73 PEL*

* Stipends provided by the Stress & Trauma Treatment Center



How To Apply: Scan the QR Code
[LINK HERE](#)

Project can supplement your recruitment efforts through broader dissemination of benefits from the US Dept of Education grant.

- Network distribution
- Outreach events
 - Four per recipient

SBMH Supervisor Training Requirements

Evening Training Cohort dates

- 9/11/2023, 4-7 PM
- 10/9/2023, 4-7 PM
- 11/13/2023, 4-7 PM
- Monthly During Spring Semester,
Dates TBD

Managing & Adapting Practices

- 5 day, M-F Workshop
 - December 11-15, 2023
 - Future trainings TBD

SBMH/Re-Specializing Professional Training Requirements

Evening Training Cohort dates

- 9/18/2023, 4-7 PM
- 10/16/2023, 4-7 PM
- 11/20/2023, 4-7 PM
- Monthly During Spring Semester, Dates TBD

Managing & Adapting Practices

- 5 day, M-F Workshop
 - December 11-15, 2023
 - Future trainings TBD

SBMH Fellowship Training Requirements

Evening Training Cohort dates

- 9/25/2023, 4-7 PM
- 10/23/2023, 4-7 PM
- 11/27/2023, 4-7 PM
- Monthly During Spring Semester,
Dates TBD

Managing & Adapting Practices

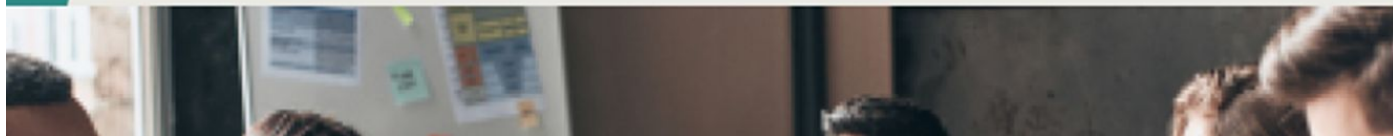
- 5 day, M-F Workshop
 - December 11-15, 2023
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School Mental Health Quality Guide

Teaming



School Health Assessment
and Performance Evaluation System







School Mental Health Quality Assessment—District Version

The School Mental Health Quality Assessment— District Version (SMHQA-D) is designed for school district teams to 1) assess the comprehensiveness of their school mental health system and 2) identify priority areas for improvement. The SMHQA covers seven domains of comprehensive school mental health, which includes a full continuum of supports for the well-being of students, families and the school community.

Instructions: Complete this assessment with an existing team or identify a new team. Broad and diverse participation ensures meaningful assessment, successful planning and implementation. Your team may include school- or community-employed staff and other partners and stakeholders, including youth and families. Most questions ask about mental health system implementation in your schools. Some questions ask about district-level implementation or how the district supports its schools. Many districts have a range of school mental health implementation and quality among their schools. We recommend you answer based on what you know about the schools in your district as a whole. If this is your first SMHQA-D, we recommend you report on the previous school year. Otherwise, you may select any time frame you wish (e.g., last month, last six months).

Quality Domains:

Teaming	pg 2
Needs Assessment & Resource Mapping	pg 7
Mental Health Screening	pg 12
Mental Health Promotion (Tier 1)	pg 14
Early Intervention and Treatment (Tiers 2 & 3)	pg 26
Funding and Sustainability	pg 34
Impact	pg 39
Score Summary Page	pg 46

What if we have difficulty answering a question? Make an informed guess. You may also reassess at any time with different team members who may have more information about school mental health systems in your schools or district.

Using Your Results: Most teams start out with low scores. Do not be discouraged! Instead, use your results to prioritize and plan key improvement areas. This a quality improvement tool to facilitate structured conversations, drive strategic planning, provide a metric for reassessment, and optimize all aspects of your school mental health system over time.

1



Well-Trained
Educators and
Specialized
Instructional
Support Personnel

5



Mental Health
Screening

2



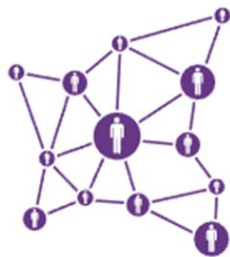
Family-School-
Community
Collaboration
and Teaming

6



Evidence-Based
and Emerging
Best Practices

3



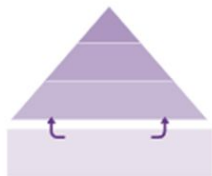
Needs Assessment
and Resource
Mapping

7



Data

4

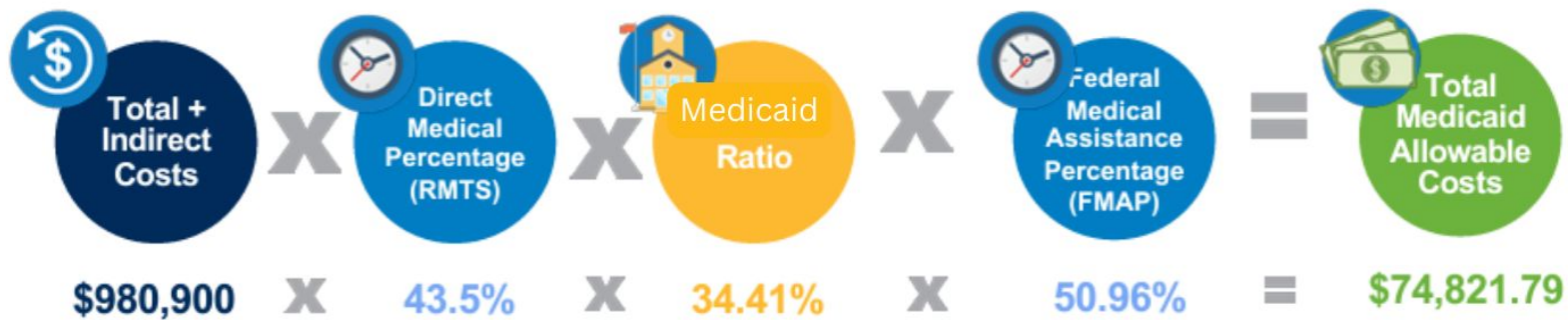


Multi-Tiered
System
of Support

8



Funding



Requirements by US Dept of Education

Active consent is required for the provision of mental health services

Service obligation

(Our version: 3 months for every \$5,000 stipend required)

SBMH Professionals provide mental health services (as defined) for a majority of their activities within the district.

Questions?

Email

dmattbuckman@stressandtrauma.org

Work Cell Phone

618-603-3027