

# Calhoun County School Board Mental Health Allocation Plan

2019-2020

## Mental Health Assistance Allocation Plan:

### **Delivery of Evidence-Based Mental Health Services:**

Calhoun County School District uses a multi-tiered system of support to provide evidence-based mental health assessment, diagnosis, intervention, treatment, and recovery for identified students as detailed below.

#### TIER 1 - Universal

Character Education/Social Emotional Learning programs are used to teach resistance skills, relationship building, goal setting, how to manage emotions, and prosocial behavior. Sanford Harmony Social Emotional Learning will be implemented in grades PK-3. The Too Good for Drugs program will be implemented in grades 4-6 through a continued partnership with CARE (Chemical Addictions Recovery Effort). Ongoing partnership with Gulf Coast Children's Advocacy Center will provide the Child Safety Matters and Teen Safety Matters Curriculum through the Monique Burr Foundation. Botvin Life Skills Curriculum will be implemented in grades 7-8 through a partnership with Big Bend Community Based Care (BBCBC). Students in grades 9-12 are required to take a personal fitness course during high school to meet graduation criteria. This course embeds topics related to personal and family health, responsible behavior, and drug education. The Green Dot Program is also available on high school campuses to support students by teaching a comprehensive approach to violence prevention.

Teachers and Staff will receive training on the following topics: Restorative Discipline Practices, Trauma Informed Care, Youth Mental Health First Aid, Suicide Prevention, Child Maltreatment Training, and Shelter from the Storm (Save the Children Agency).

Calhoun County Schools employs a minimum of one guidance counselor or student services support personnel on campus and accessible to meet all students' mental health needs at each school site. The district also employs one full-time licensed mental health counselor who is available to any student in the district as needed.

Florida Positive Behavior Intervention and Supports (PBIS) has been implemented at Blountstown Middle School for several years. Blountstown Middle School and Blountstown High School have been consolidated into one school site for grades 6-12 effective as of the 2019-20 school year. PBIS will most likely be restructured to embed these changes for implementation at Blountstown High School.

Progress monitoring is in place for all students to include the following: Early Warning System (grades, discipline referrals, attendance, and assessment data), administrative walk throughs, and teacher observations.

More intensive progress monitoring of identified students through the MTSS framework is used to determine appropriate interventions and implement accommodations/supports to address students' social and emotional needs.

### Mental Health Services for Students at Charter Schools

There are no charter schools located in Calhoun County for coordination of mental health services.

### TIER 2 – Targeted

The intensive evidenced based mental health interventions and services that are available to address mental health needs are listed below:

Calhoun County will be participating in Florida's State Personnel Development Grant as a Check & Connect District. The Check & Connect mentoring program will provide support for identified students to decrease truancy, tardies, behavior referrals, and dropout rates while increasing attendance, persistence in school, credit accrual, and school completion rates.

Mentoring Program/Take Stock in Children provides additional social/emotional support for targeted students.

Calhoun County employs a full time Student & Parent Support Liaison. The liaison supports targeted students and families with coordination of care in order to promote mental health wellness and improve student achievement.

Calhoun County contracts with school psychologists who are available to provide consultations with school professionals and provide direct contact with students to support the academic, emotional, and behavioral well-being of targeted students.

A teenage parent program is established to provide assistance for eligible students to help them continue their education by offering support for day care, transportation, medical care assistance, parenting courses, and instruction on healthy lifestyle choices.

Calhoun County employs a full time licensed mental health counselor to facilitate mental health services to students including, but not limited to, screening students for mental health needs; providing mental health consultation; designing treatment plans; providing direct counseling services to targeted students; providing education on mental health issues; and providing case management.

Calhoun County contracts with two board certified behavioral analysts to provide onsite behavioral supports and services for targeted students. These services are designed to improve the emotional well being and behavioral/social skills of students.

Progress monitoring of identified students through the MTSS framework is used to determine appropriate interventions and implement accommodations/supports to address students' social and emotional needs.

Identified teachers, administrators, and support personnel are trained each year using the Nonviolent Crisis Prevention Intervention (CPI) procedures. This training teaches school personnel how to defuse challenging and disruptive behavior before an incident escalates to a crisis situation.

### TIER 3 – Intensive

The intensive evidenced based mental health interventions and services that are available to address mental health needs are listed below.

Individual counseling services are provided for students through contracted mental health providers and the district employed licensed mental health counselor. In addition, Calhoun County is a recipient of First Lady Casey Desantis' Telehealth Initiative. Each school site in Calhoun County will receive tele behavioral health equipment to provide additional school based mental health counseling services for students using a telehealth model.

Licensed mental health counselors will conduct threat assessments and share information with school teams to assist in the school's action to provide needed supports (mental health referral, change in placement, mentoring).

Community Action Team (CAT) services for students with the most severe emotional and behavioral needs that will include family and student counseling services, health care, psychiatric evaluations, medication management (if needed), case management services, and any other supports deemed necessary by the CAT team. In addition, Mobile Response Teams are available to support students in crisis after the school day and on weekends.

Referrals are made for the System of Care Wrap Around Services to provide intensive supports for students and their families to build constructive relationships and support networks. Wrap around plans are comprehensive and address multiple life domains across home, school, and the community.

**\*\*The strategies and programs used in Calhoun County to reduce the likelihood of at-risk students developing social, emotional or behavioral problems; depression; anxiety disorders; suicidal tendencies; or substance abuse disorders are embedded throughout the mental health allocation plan.**

## **Supports That Address Mental Health Needs (Assessment, Diagnosis, Intervention, Treatment, and Recovery):**

### Mental Health Screening/Assessment Procedures/Improve Early Identification

Identification of students with mental health needs has increased in Calhoun County over the past two years. We have provided school based mental health counseling services for students at school sites through a contract provider for several years. Calhoun County does not use a specific universal mental health screening tool. However, we will begin identifying students who have a history of mental health needs through our enrollment process and place these students on our “watch list” for monitoring. Behavioral and emotional health needs are identified by school administrators, teachers, counselors, parents, and other school staff. A school-based problem solving team supports the at-risk student by identifying and addressing the academic, behavioral, and/or social problem. Early warning system indicators (screening) including but not limited to, attendance, discipline, course performance, and state assessment data are considered in making decisions.

### Improve Provision of Early Intervention Services

Various levels of intervention (universal, targeted, intensive) are available in the schools for all students. Individual and/or group intervention will be provided to address the student’s mental health needs identified through assessment/referral procedures. Interventions will be implemented for students at different levels of risk (e.g. immediate, crisis referral, referral to a school based or community mental health provider). Services are available for students with an emerging need and students experiencing a serious mental health problem. Any students endorsing risk of harm to self or others will receive immediate intervention.

Individual screening services will be provided by a district employed licensed mental health counselor, certified school counselors and other staff to include mental health professionals from a local collaborating counseling agency. The screening will be used to assess the student’s mental health status and overall level of stability. If the assessment/screening indicates a child is in need of services beyond the scope of school-based counseling, a referral will be made to a local collaborating mental health agency in an effort to address those more intensive mental health needs of the student.

### Assist Students Dealing with Trauma and Violence

Students who need support to cope with trauma and violence will be referred to the licensed mental health counselor employed by the Calhoun County School Board. The counselor will assess the student’s needs and refer the student to the most appropriate provider for mental health services.

## Coordination and Support Procedures for Intensive Community Mental Health Services

Meeting the full continuum of student needs is also dependent on collaboration between schools and community mental health providers. The community providers in our area offer supplementary or intensive services that go beyond school capacities. Our MTSS process facilitates effective collaboration while ensuring that services provided in school are appropriate to the learning context and those that are provided outside of the school day are appropriately linked to and supported in the school setting. Calhoun County's Student & Parent Support Liaison works to ensure communication remains fluid between agency providers and the school district. The district has a release of information form that is signed by the parent or adult student which allows the district and agency to share information. We also have a memorandum of understanding (MOU) between the Calhoun County School District and Big Bend Community Based Care which is the managing entity to support coordination efforts for students in Calhoun County.

### **Evidence-Based Mental Health Services for Students With One or More Co-occurring Mental Health or Substance Abuse Diagnoses and Students at High Risk of Such Diagnoses:**

Calhoun County uses a collaborative team approach to address students' mental health concerns. We use internal support services such as counselors, student/parent support liaison, contract providers (psychologist/behavioral analysts), teachers, and administrators to help at-risk students. Once the initial referral has been received, the problem-solving team will gather additional information in order to better understand the scope of the problem. Early warning system indicators (attendance, discipline, grades, assessment data) are considered in making decisions. In collaboration with the parent, an intervention is developed, implemented, and progress monitored. Adjustments to the interventions are data driven decisions based on how the student responds to the intervention. Various levels of intervention (universal, targeted, intensive) are available in the schools for all students.

### Process for Identifying and Delivering Evidence-Based Mental Health Interventions

Individuals with co-occurring disorders are best served through integrated treatment. This requires collaboration across disciplines (psychiatric, pediatric, psychological and educational). Treatment planning addresses both mental health and substance abuse, each in the context of the co-occurring disorder.

At-risk students are provided interventions to include mental health therapies such as Cognitive Behavior Therapy (CBT), Contingency Management Training, Applied Behavior Analysis, Anger Management, Social Skills and Problem Solving Training.

Students with serious emotional disorders may also receive a combination of therapy and behavioral services infused throughout the educational program. The Calhoun County School District collaborates with a Board Certified Behavior Analyst (BCBA).

#### Process for Identifying and Delivering Evidence-Based Substance Abuse Interventions

Students with substance abuse disorders are referred to C.A.R.E. (Chemical Addictions Recovery Effort) for intervention and treatment.

#### **Collaborative partnerships with community providers and agencies**

A Community of Care team will be established with representatives from all local community mental health providers and agencies. This team will meet quarterly to collaborate and review processes for students and families to have access to local mental health services.

The following are procedures for referring students to school-based mental health interventions and community-based mental health providers for treatment:

- Student mental health screening referrals will be initiated by school administrators, school counselors, teachers and other mental health professionals that may be on-site.
- Mental health screening referrals will be sent to a single point of access (district employed Licensed Mental Health Counselor) who will review the referral and conduct a mental health screening within 15 days from the date of the referral. If the student is determined to need further services, the licensed mental health counselor will refer the student to the most appropriate provider based on presenting symptoms. School-based mental health services must be initiated within 15 days after identification and assessment. Support by community-based mental health services must be initiated within 30 days after the school or district makes a referral.
- The referral process will include strategies to help address economic, logistic and cultural barriers to accessing mental health care.
- The assigned mental health provider will then facilitate mental health services including but not limited to, mental health consultation, designing program practices to promote social emotional development and effectively address challenging behavior; providing education on mental health issues; designing treatment plans, providing evidence based intervention and providing case management as needed.

The following are procedures for referring students to community-based substance abuse treatment:

- Referrals will be sent to a single point of access (district employed License Mental Health Counselor) who will then review the referral and assign to the most appropriate provider based on presenting symptoms.
- The referral process will include strategies to help address economic, logistic and cultural barriers to accessing mental health care.
- Determine best course of action needed to address presenting symptoms included but not limited to crisis intervention and involuntary admission as needed. (Baker Act, Marchman Act)

**Process for coordinating mental health services with a student’s primary care provider and other mental health providers to include procedures for information sharing**

The following process to coordinate mental health services with a student’s primary care provider or other mental health providers will be implemented:

- Development of a universal referral form to access community mental health services.
- Create a process for obtaining parent/guardian consent to share information between the school and the student’s primary care provider and other mental health providers.
- Establish MOU’s with local mental health community providers and agencies that allows for the efficient exchange of electronic student data across systems, in full compliance with FERPA.
- Designate a mental health point of contact at each school and each partnering community agency.

**Expenditures:**

**Number and licensure/certification of school-based mental health providers funded by the allocation**

All district employed mental health service providers must complete the application, interview and hiring process. All district employed mental health providers, prior to providing any services are obligated to file a complete set of fingerprints with the school district and receive clearance from the criminal background check. All district employed mental health providers are also required to submit to and complete a drug screening. All district employed mental health service providers are required to be licensed under Chapter 491 Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Calhoun County School Board currently employs (1) one Licensed Mental Health Counselor (LMHC) and (2) two FDOE certified School Counselors. The Licensed Mental Health Counselor is funded from the allocation. Calhoun County will continue to expand and enhance school-based student services and reduce the ratio of students to staff in order to better align with nationally

recommended ratio models. Currently, we have only one school in Calhoun County with certified school counselors. The remaining three schools have student services personnel serving in the capacity of school counselors. The student services personnel and certified counselors will provide increased direct services to students through counseling in areas of academic achievement, career choices, and personal and social development.

**Number and licensure of community-based mental health providers funded by the allocation**

Calhoun County does not have any community-based mental health providers funded by the allocation. The district has had a contract with a community agency for nine years which was prior to the establishment of the mental health allocation. If the district used the mental health allocation to pay for a service we already had in place, this would be supplanting.

**School district expenditures for services provided by contract-based collaborative efforts or partnerships with community-based mental health program agencies or providers**

All agency contracted mental health providers, prior to providing any services, are obligated to file a complete set of fingerprints with the school district and receive clearance from the criminal background check. All agency contracted mental health service providers will be licensed under Chapter 491 Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. These staff will be hired and supervised by the mental health agency employing them as well as the ESE Director. Currently, Calhoun County School District contracts with Larry M. Kirkland, Inc. The agency employs (2) two Licensed Mental Health Professionals (LMHC) and (2) two Master's Level Clinicians (Registered Mental Health Interns). Calhoun County contracts with agencies for psychological services which include Children's Psychological Services, Inc. (one (1) Master's Level Psychologist) and Psychological & Educational Consultants, PLLC (one (1) Doctorate Level Psychologist).

**Other expenditures**

The remaining funds from the mental health allocation will be used to: (1) fund the salary of the Student & Parent Support Liaison, (2) cover substitute costs for teachers to attend Youth Mental Health First Aid training and (3) travel expenses for the Licensed Mental Health Counselor to travel from school to school and to attend required trainings outside of the district.



## Expenditure Assurances:

### **Documentation that 100% of funds are used to expand school-based mental health care; train educators in responding to mental health issues; and connect children, youth and families with appropriate behavioral health services.**

Calhoun County has dedicated 100% of the Mental Health Allocation funding to direct mental health services or coordination of such services with primary care and mental health providers. The total allocation that Calhoun County is scheduled to receive is \$151,507. The allocated funds will be spent as follows:

Licensed Mental Health Counselor Salary/Benefits -	\$ 74,567
Student & Family Support Liaison Salary/Benefits -	\$ 74,753
Travel Expenses for Licensed Mental Health Counselor -	\$ 500
Substitute Costs for Teacher Training (YMHFA) -	<u>\$ 1,687</u>
	\$151,507

### **Assurances that Mental Health Assistance Allocation does not supplant other funding sources, increase salaries or provide staff bonuses:**

In a collaborative effort, Calhoun County staff verified that the proposed Mental Health Allocation Plan does not supplant other funding sources, nor have these funds been used to increase salaries or provide staff bonuses.

### **Description of how the school district will maximize use of other sources of funding to provide school-based mental health services:**

Calhoun County maximizes use of local, state, and federal funding sources to provide school-based mental health services. These funding sources include but are not limited to the general fund, IDEA, and Medicaid reimbursement. Grants will be considered for funding of mental health services as available.

## Program Implementation and Outcomes:

### **Number and ratios of certified/licensed school based mental health providers employed by the district**

Calhoun County employees (1) licensed school based mental health counselor and (2) FDOE certified guidance counselors. This is a ratio of 1:733 students.

### **System for tracking the number of students at high risk for mental health or co-occurring substance abuse disorders who received mental health screenings or assessments; number of students referred to school-based mental health service providers; number of students referred to community-based mental health service providers; number of students who received school-based interventions, services or assistance; and number of students who received community-based interventions, services or assistance.**

The licensed mental health counselor will receive all mental health screening requests from school sites. The counselor will conduct the screening and identify the appropriate agency for referral based on individual student need. The licensed mental health counselor will keep all screening referrals and counseling referrals (for both school-based and community-based services) in a notebook organized by school site. Because Calhoun County is a small district, this is a manageable process for tracking the number of students who have been referred for mental health services and/or interventions.

By September 30, 2019 and annually thereafter, Calhoun County will submit to the Department of Education a report on its program outcomes and expenditures for the previous fiscal year that, at a minimum, must include the number of each of the following:

1. Students who receive screenings or assessments.
2. Students who are referred to either school-based or community-based providers for services or assistance.
3. Students who receive either school-based or community-based interventions, services, or assistance.
4. School-based and community-based mental health providers, including licensure type, paid for from funds provided through the allocation and direct employment service providers employed by each school district.
5. Contract-based collaborative efforts or partnerships with community mental health programs, agencies, or providers.