



**DIXIE DISTRICT SCHOOLS
2019-2020**

MENTAL HEALTH ASSISTANCE ALLOCATION PLAN

Approved by The School Board of Dixie District Schools approved on _____

Dixie District Schools believes that support of children's mental health is critical to their success in school. The district is committed to provide a comprehensive school mental health program that will provide mental health services to support the social and emotional well-being of all students. In order to ensure a safe and healthy environment, Dixie District Schools will continue to implement a multi-tiered system of support to provide academic and behavioral supports while expanding mental health services designed to assess, intervene, diagnose and treat students with or at risk for mental health concerns.

Evidence-based Mental Health Assessment, Diagnosis, Intervention, Treatment and Recovery through a Multi-tiered System of Supports

Universal school practices will be provided to all students in order to promote successful student outcomes. Prevention activities include monthly guidance lessons, Social Emotional Curriculum- Sanford Harmony (elementary), 5 Star Life curriculum (secondary), bullying prevention assemblies, AVID (high school), suicide awareness and red ribbon week activities. All teachers and staff are trained in Youth Mental Health First Aid, all guidance counselors will be trained in Trauma Informed Care. Universal screeners will also be used to assist with identifying students who may be at risk for a mental health concern and may need monitoring or intervention. These screeners will include the review of Early Warning System indicators (attendance, discipline referrals, test scores and grades) on Skyward and/or Performance Matters at the end of each grading period, identification of previous mental health services on school registration form and teacher and/or administrative referrals. After the universal

screeners are reviewed and/or referrals have been received the data will be analyzed to determine which students may be in need of potential Tier 2 or Tier 3 supports.

Students who are determined to be at moderate risk will be referred for more targeted supports, in addition to the universal supports available to all students. These supports can be provided through short-term school based counseling in the form of individual or small group support provided by the school based counselor. District MTSS teams will monitor identified students and interventions based on individual student needs are identified and implemented. School Guidance Counselors or a Behavior Analyst will conduct functional behavioral analysis, when appropriate. The district will collaborate with SEDNET for appropriate behavioral interventions for Tier2. Through the MTSS process, schools will identify at risk students and identify needs for more intensive support.

Students who do not show positive response to Tier 2 supports, will be referred for intensive supports that are highly individualized around a student's specific needs. These supports differ from targeted supports, in their intensity and duration. These supports may involve interagency and contracted supports. These supports may include individualized therapy with a contracted licensed clinical social worker, mental health counselor and/or supports provided by Meridian Healthcare. (Memorandums of Understanding and/or contracts will be in place for these services.) District and school based threat assessment teams, will provide evaluation and assessment recommendations and follow up for students who are determined to be a threat to others. Behavior analyst and/or school counselors will assist with the development of behavior plans for students, when needed. The school psychologist will

conduct evaluations of students suspected of having a disability and needing more intensive services. Psycho-social evaluations are conducted as part of the Emotional or Behavioral Disability (EBD) evaluations.

Students who have one or more co- occurring mental health or substance abuse diagnoses and students who are at high risk of such diagnoses, will be identified based on parent/student disclosure on the school registration form and/or medical information. These students, and those who are at high risk of such diagnoses, will be referred to Community Action Teams (CAT) in order to receive supplementary or intensive services that go beyond school capacities. The school district will monitor student progress through monthly updates with the community provider.

Once a student is identified as needing targeted or intensive supports, school personnel will request parent permission for release of information from outside mental health providers and/or primary care providers. This release will allow for effective collaboration and ensure services are appropriately supported in the school setting.

District Employment of School Based Mental Health Service Providers to Reduce Staff to

Student Ratios

Dixie District Schools consists of two elementary schools, one middle school and one high school. The certified school psychologist is available to all students at all schools. Both elementary schools and the middle school have full time certified guidance counselors. The district contracts with a licensed clinical social worker and two licensed mental health counselors. There will be one mental health counselor assigned to one elementary and the

middle school and another counselor assigned to the other elementary school and the high school. By assigning providers to specific schools the amount of time spent providing mental health services to students by student services personnel will increase. Outside agencies will also provide services to all schools in the district, increasing the amount of time to students and reducing student to provider ratios.

Establishment of School Board Policies and Procedures for Dixie District Schools

The district will create school board policies and procedures to ensure that students receive mental health services in a timely manner. These policies will address: upon the receipt and acceptance of a student being referred, with appropriate consents, a mental health screening for the identification of mental health concerns and the assessment of students at risk for mental health disorders will occur within 15 days of the referral. School-based mental health services will be initiated within 15 days after identification and assessment, and support by community-based mental health service providers for students who are referred for mental health services must be initiated within 30 days after the school or district make a referral.

Coordination of Mental Health Services with Student's Primary and other Mental Health Care

Providers

All mental health referrals are tracked on a district mental health Google spreadsheet that is reviewed bi-weekly. The Director of Student Services meets, at least once a month, with mental health personnel to discuss students and care. Community based providers, ex. Meridian Behavioral Health, will have client's consent to share information with the district mental health staff. These providers provide monthly data on students who are active on their

case load, students who may have declined services, students whose treatment has been completed, closed cases, and number of times a student received services in a month. Other community service providers, ex. CAT team, will also have consent from their clients to provide the school district with monthly updates on the student's progress, and to exchange any information that may be needed to assist the student.

Strategies to improve Early Identification, Provision of Early Intervention Services and Assist Students dealing with Trauma and Violence

In order to increase awareness and prevention, all teachers and school staff are trained in Youth Mental Health First Aid. This training assists employees in recognizing potential risk factors and warning signs of possible mental health issues students may be experiencing.

All guidance counselors and assistant principals will receive training in Trauma Informed Care. This training will allow school personnel to understand, recognize and respond to the effects of different types of trauma.

Dixie District Schools will monitor Early Warning System Indicators on Performance Matters dashboard and/or Skyward database, at the end of each grading period, to monitor and identify students who may be considered at risk. The district will be adopting social emotional curriculum at all four schools. All students in grades K-5 will receive the Sanford Harmony curriculum, while students at the middle and high schools will receive the 5 Star Life curriculum in Physical Education, Personal Fitness classes as well as in other classes that may embed the curriculum in their core classes.

The district has an electronic system that notifies school-based mental health providers, in real time, to any referrals and time stamps the referral. Crisis management and support are offered as soon as the mental health team is notified of a situation. This support may vary in the form of crisis management counseling, CAT team referral, Mobile Response Team involvement or Baker Act.

Expenditures and Assurances

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| Total Award Amount | \$153,242.00 |
| Amount allowed to Kinder Cub Charter School (approx.) | \$5,858 |
| Licensed Clinical Social Worker (\$140/hour, 4 hours/week x 36 weeks) | \$20,160 |
| 2 Licensed Mental Health Counselors (\$50/hour, 30 hours/week x 39 weeks) | \$58,500 |
| 1 Registered Mental Health Counselor Intern (\$30/hour, 16 hours/week x 39 weeks) | \$18,720 |
| Case Manager (\$23/hour, 30 hours/week X 36 weeks) | \$24, 840 |
| Expenditures for services provided by Meridian Behavioral Healthcare Services | \$5,000 |
| Professional Development for teachers and/or training for students in the areas of mental health services and interventions | \$14,164 |
| Supplies | \$6,000 |
| TOTAL EXPENDITURES (100% of allocation) | \$153,242.00 |

The allocated award will be used to continue contracting positions to ensure the district is able to provide a continuum of mental health services to students. The district will continue to contract with a clinical licensed social worker, two licensed mental health counselors, and one

registered mental health counselor intern to provide intensive mental health supports to students. The district will also be contracting services with a case manager, who will assist in coordinating and monitor the provision of services for students. This position will also be responsible for maintaining records of contact and services provided for all referred students and families. The district will also be contracting with Meridian Behavioral Healthcare Services.

One hundred percent of state funds are used to expand school based mental health care, train educators, and other school staff in detecting and responding to mental health issues; and connect children, youth and families with appropriate behavioral health services. This funding will not be used to supplant other funding sources or increase salaries or provide bonuses to staff. The district will also maximize the use of other funding sources, Medicaid and federal grants (when applicable), to assist in providing mental health services when necessary.

Program Implementation and Programs

James M. Anderson Elementary School ratio of FDOE certified or licensed providers 3: 525

Old Town Elementary School ratio of FDOE certified or licensed providers 3: 575

Ruth Rains Middle School ratio of FDOE certified or licensed providers 3: 500

Dixie County High School ratio of FDOE certified or licensed providers 2: 510

Dixie District Schools will be using an electronic referral system at all four school sites. Parents, teachers, administrators, or staff who identify a student who may need mental health services can contact the school guidance counselor. If there is a determination of need, the school counselor will electronically enter the referral. All referrals are time stamped with date and

time entered to improve the accuracy of referral count. Once the referral has been entered and reviewed on the system, the student's data is entered on the district mental health Google document. This document will contain data including: referral type, screening and assessment information, types of interventions, referral to community-based agencies or other agencies. Each referral is managed from beginning of the referral until the completion or denial of services.