

# DISTRICT IDENTIFIED GAPS IN MENTAL HEALTH SERVICES

October 21, 2019 Community Planning Meeting with Orange County K-12 School Districts



## ALL STUDENTS

**UNIVERSAL SUPPORT**  
Evidence-based priorities and practices that support the academic, behavioral and social-emotional success of all students in the most inclusive and equitable learning environment

<b>Campus/School Campaigns (Student Activities)</b> Campaign activities include, but are not limited to, presentations, educational materials, school-wide events/assemblies, online resources, media and social marketing campaigns, etc.	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Mental Health Awareness / Stigma &amp; Discrimination Reduction, with additional new services coming</li> <li>● Bullying Prevention</li> <li>● Suicide Prevention</li> </ul>	<ul style="list-style-type: none"> <li>● Activities for Mental Health Month</li> <li>● NAMI on Campus</li> <li>● Prevention Education (Elementary)</li> <li>● Anti-discrimination Education (<i>moved from Student Ed</i>)</li> <li>● Bullying Prevention Resources (incl. for teachers)</li> <li>● Bullying Prevention (Elementary, Secondary)</li> <li>● District-wide Bullying Prevention Campaign</li> </ul>
Other Identified Universal Level Needs	
<p><b><u>Screeners</u></b></p> <ul style="list-style-type: none"> <li>● Universal mental health, social emotional, and behavior screening at all levels</li> <li>● Providing screener data to county to offer insight on trends</li> <li>● Staff to provide follow up support</li> </ul> <p><b><u>Wellness Centers</u></b></p> <ul style="list-style-type: none"> <li>● Wellness centers on campus for all levels</li> <li>● After-hours services at wellness centers</li> </ul> <p><b><u>Resources</u></b></p> <ul style="list-style-type: none"> <li>● Needs Assessment tool for comprehensive school mental health</li> </ul>	

<b>Crisis Response &amp; Support</b> following a critical incident affecting the school	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Crisis responders trained in Crisis Incident Stress Management who mobilize and assist a school or community in times of emergency, need or threat</li> </ul>	<ul style="list-style-type: none"> <li>● Develop protocols/procedures for Crisis/Threat</li> </ul>

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Student Education/Curriculum (Classroom/Student Curriculum)	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Curricula designed to increase mindfulness, positive coping skills, healthy habits and social support, and to enhance resilience, recovery and well-being for students and families</li> <li>● Digital Citizenship, Violence Prevention Education</li> </ul>	<ul style="list-style-type: none"> <li>● Alcohol/drug Prevention</li> <li>● Prevention Education (Elementary)</li> <li>● MH Awareness education (grade-appropriate)</li> <li>● SEL curriculum</li> <li>● Digital Citizenship/Social Media Literacy</li> </ul>

Parent Education	
Currently Offered / Available	Stated District Need
<p><b>Building Knowledge &amp; Awareness</b></p> <ul style="list-style-type: none"> <li>● Stigma/discrimination reduction related to mental health and/or seeking mental health services</li> <li>● <i>New services coming soon:</i> educational/networking forums for schools and school districts to learn from each other about resources, opportunities, lessons learned, and efforts that are making a difference</li> <li>● Digital Citizenship (i.e., cyberbullying, media literacy, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>● Stigma awareness and reduction</li> <li>● How to address mental health and Social Emotional Wellness at home</li> <li>● Parent outreach, mentoring and improving awareness/access to services</li> <li>● Early Warning Signs</li> <li>● Youth Mental Health First Aid</li> <li>● Stress Management</li> <li>● Digital Citizenship/Social Media Literacy</li> </ul>
<p><b>Building Skills</b></p> <ul style="list-style-type: none"> <li>● How to effectively communicate with and engage students who are struggling</li> <li>● How to appropriately identify and respond to:               <ul style="list-style-type: none"> <li>○ early warning signs of mental illness</li> <li>○ grief</li> <li>○ trauma exposure</li> <li>○ suicide risk</li> </ul> </li> <li>● How to help others access needed behavioral health resources</li> <li>● Threat Assessment (i.e., proactive threat assessment training, simulation drills, community forums)</li> <li>● Violence / Gang Prevention</li> <li>● Neurocognitive effects of exposure to violence on children, and future impact on learning, achievement &amp; socio-emotional development</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Not specifically requested but overlaps with above identified needs</i></li> </ul>

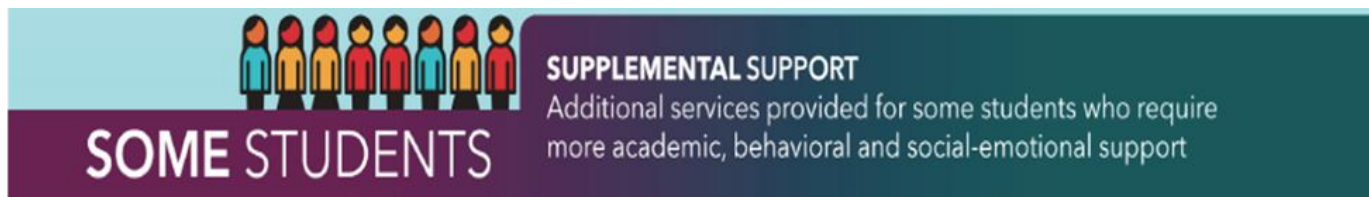
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Teacher & Staff (Educator) Training	
Currently Offered / Available	Stated District Need
<p><b>Building Knowledge &amp; Awareness</b></p> <ul style="list-style-type: none"> <li>● Mental Health Awareness, Stigma/discrimination reduction related to mental health and/or seeking mental health services</li>   <li>● <i>New services coming soon:</i> educational/networking forums for schools and school districts to learn from each other about resources, opportunities, lessons learned, and efforts that are making a difference</li>   <li>● Bullying Prevention, Digital Citizenship</li> </ul> <p><b>Building Skills</b></p> <ul style="list-style-type: none"> <li>● Stress Management/Mindfulness techniques for teachers to use in classrooms</li> <li>● Restorative Practices that strengthen peer and student/teacher relationships &amp; communication</li> <li>● Neurocognitive effects of exposure to violence on children, and future impact on learning, achievement &amp; socio-emotional development</li> <li>● How to effectively communicate with/engage students who are struggling</li>   <li>● How to appropriately identify and respond to:               <ul style="list-style-type: none"> <li>○ early warning signs of mental illness</li> <li>○ grief</li> <li>○ trauma exposure</li> <li>○ suicide risk</li> </ul> </li>   <li>● How to help others access needed BH resources</li>   <li>● Threat Assessment (i.e., proactive threat assessment training, simulation drills, community forums)</li>   <li>● Violence / Gang Prevention</li> </ul>	<ul style="list-style-type: none"> <li>● Teacher education resources on Mental Health, Wellness, Behavior, and Self-care</li> <li>● Adverse Childhood Experiences Training</li> <li>● Restorative Practices Policy and Practice</li> <li>● Youth Mental Health First Aid</li> <li>● OC Human Relations partnership</li>   <li>● Referrals to community agencies/services</li> <li>● Informational website with mental health resources (directory/centralized hub)</li> <li>● Networking Opportunity</li>   <li>● Need identified under “<i>School Campaign</i>”</li>   <li>● Stress Management/Mindfulness</li> <li>● Classroom management</li> <li>● How to engage the hard to reach students</li> <li>● How to Teach Empathy and SEL</li> <li>● Training regarding Tier 2 practices (<i>Supplemental</i>)</li> <li>● Developmental self-regulation skills for students</li> <li>● Strategies and Behavioral Supports</li>   <li>● Early Warning Signs</li> <li>● Mental health identification and Response</li> <li>● Grief/Trauma</li> <li>● Trauma Informed Education</li>   <li>● Training on how to access resources</li> <li>● Resources/Intervention materials, practices (<i>Supplemental</i>)</li>   <li>● Threat Assessment training</li> </ul>
Other Identified Universal Training Needs	
<ul style="list-style-type: none"> <li>● Preference for training within-district instead of at OCDE; Staff training at the local level</li> <li>● Training/coaching for teachers who need additional support</li> <li>● Training on how to support undocumented youth/DACA recipients (secondary)</li> </ul>	

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**SUPPLEMENTAL SUPPORT**  
Additional services provided for some students who require more academic, behavioral and social-emotional support

SOME STUDENTS

Mental Health & Well-Being Support	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Small student groups that provide support, education and skills to address coping with bullying, anger management, conflict resolution, drug prevention, self-esteem, etc. for at-risk students</li> </ul> <p><u>Not MHSA-Funded</u></p> <ul style="list-style-type: none"> <li>● SUD School-Based Prevention Curriculum</li> <li>● ADEPT Programs</li> <li>● Friday Night Light (K-12 specific chapters)</li> </ul>	<ul style="list-style-type: none"> <li>● Coping Skills x 2</li> <li>● Social Skills x 2</li> <li>● Skill-building workshops</li> <li>● Anger Management</li> <li>● Support for undocumented youth/DACA recipients (secondary)</li> <li>● Resources/Intervention materials for small groups identified as in-need (early childhood, elementary)</li> <li>● Other groups using evidence-based practices</li>   <li>● Small group support for parents</li>   <li>● Individual counseling</li> <li>● Clinical counseling therapy for students &amp; families in need within district</li> <li>● Elem. counseling &amp; psychological support services</li> <li>● Mental Health counseling for students and families which does not supplant school counselors</li> <li>● Trauma-focused counseling for TK through 6th grade</li> <li>● Counseling for non-MediCal students (secondary)</li> <li>● School-based Behavioral Health (elem. &amp; secondary)</li> <li>● Small group counseling using data-driven curriculum</li> <li>● Advocates on school campuses</li> <li>● School Social Workers (PPS credentialed staff)</li> <li>● Staffing needed to meet need at Intermediate / HS</li> <li>● One mental health professional per school site</li>   <li>● Substance Abuse Program</li> <li>● Low cost/no cost counseling for students experiencing drug/substance abuse</li> </ul>

Violence Exposure & Gang Prevention	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Small student groups for youth at increased risk for gang activity/involvement and/or violence exposure</li> </ul>	<ul style="list-style-type: none"> <li>● Gang Prevention</li> </ul>

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October 21, 2019 Community Planning Meeting with Orange County K-12 School Districts


<b>Access &amp; Linkage to Treatment</b> Programs that help individuals find and enroll in the behavioral health service(s) best suited to their needs.	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Screening, referral and linkage to BHS programs that best meet the needs of callers                             <ul style="list-style-type: none"> <li>○ over the phone</li> <li>○ face-to-face</li> </ul> </li> <li>● Child/family needs assessments</li> <li>● Referral/linkage to community resources</li> <li>● Case management</li> </ul>	<ul style="list-style-type: none"> <li>● School-based social workers for case managing linkages</li> <li>● Linkages/resources to series for families</li> <li>● Access/linkages/connecting parents to services</li> <li>● Immediate referral network</li> <li>● Connecting/linking students to community-based services</li> <li>● Assigned DISTRICT case manager/healthcare liaison (Single Point of Contact)</li> <li>● Access/linkages/connecting parents to services (<i>Universal</i>)</li> <li>● Staff to perform on-site identification, assessment and linkage services (<i>Universal</i>)</li> <li>● Additional outside agencies to connect families</li> </ul>

<b>Supportive Services</b> Services that help parents/caregivers of youth who are living with a mental health condition	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Parenting education classes/workshops designed to improve family relationships and increase family protective factors</li> <li>● Family-to-Family peer support                             <ul style="list-style-type: none"> <li>○ individual</li> <li>○ groups</li> <li>○ over the phone</li> </ul> </li> <li>● Self-care techniques/tips for the caregiver</li> </ul>	<ul style="list-style-type: none"> <li>● Parent support/resources</li> <li>● Community Support</li> <li>● <i>Also see 'Parent Education' needs identified in the Universal section</i></li> </ul>

<b>Other Identified Supplemental Needs</b>
<ul style="list-style-type: none"> <li>● Check-in Check-Out (elementary &amp; secondary)</li> <li>● Transient Population (homeless, foster, newcomer)</li> <li>● Student Equity Center (LGBTQ, undocumented, etc.)</li> <li>● Interventions flexible to needs of site/students</li> <li>● Wrap around Services for students and families</li> <li>● Mentoring (Elementary &amp; Secondary)</li> </ul>

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**INTENSIFIED SUPPORT**  
 Targeted academic, behavioral and social-emotional support directed toward the few students with greater needs

FEW STUDENTS

Early Intervention Outpatient Services (Mental Health Counseling for Students/Families, Student Individual Mental Health Counseling)	
Currently Offered / Available	Stated District Need
<p><b>Students Experiencing MH Conditions / Symptoms</b></p> <ul style="list-style-type: none"> <li>● Children and their parents / caregivers / families</li> <li>● Children affected by suicide</li> <li>● Youth experiencing early-onset of psychosis</li> </ul> <p><b>Students at Increased Risk of Developing a Mental Health Condition</b></p> <ul style="list-style-type: none"> <li>● New / expecting youth parents</li> <li>● Children in military families</li> <li>● LGBTQ youth</li>   <li>● Non-MHSA SUD services</li> </ul>	<ul style="list-style-type: none"> <li>● Counseling for students who are not Medi-Cal eligible</li> <li>● Counseling for all parents/families (even those without Medi-Cal) x 3 (1 specified secondary grades in <i>Supplemental</i>)</li> <li>● In-home counseling/services</li> <li>● Early Intervention/Outpatient program</li> <li>● Tier 3 School-based MH therapy/ services</li> <li>● Need more intensive and immediate mental health services for students</li>   <li>● Alcohol &amp; Drug Intervention</li> </ul>

Suicide Prevention	
Currently Offered / Available	Stated District Need
<ul style="list-style-type: none"> <li>● Crisis / Suicide Prevention Hotline</li> <li>● Students experiencing a behavioral health emergency</li> </ul>	<ul style="list-style-type: none"> <li>● Additional crisis services to resource when Centralized Assessment Team (CAT) is impacted or declines call based on lack of insurance</li> <li>● Refusal of emergency services (CAT) due to lack of proper insurance (i.e., MediCal) or messaging from service provider indicating they will come if family pays (early childhood, elementary)</li> <li>● County CAT response is slow - need more timely assistance x2</li> <li>● Expand CAT services/availability</li> <li>● Crisis Response Network (CRN)</li> </ul>

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**Other Identified Intensified Level Needs**

Staffing / Continuity of Care

- School Social Workers - one per site
- Continued services through summer break

Resources

- Wrap around Services for students and families
- Internal Educationally Related Mental Health Services (ERMHS)

Behavioral Management

- In-home behavior management
- Intensified behavior management

Partnerships

- Western Youth Services (WYS)
- Orange County Asian and Pacific Islander Community Alliance (OCAPICA)
- Health Care Agency (HCA)
- Orange County Department of Education (OCDE)

**OTHER GENERAL THEMES**

Resources

- Need immediate resource available without a wait period
- Transportation

Timely Services

- Delay in services

Staffing

- Caseload capacity
- Need services during summer months
- Need for more counselors
- Need to reduce workload