

The Zoom Interface

The screenshot displays the Zoom Webinar interface. At the top, a status bar indicates "You are viewing David Terry's screen" and provides a "View Options" dropdown. Below this, a banner for "TTC Technology Transfer Centers" is visible, followed by a large "Thank you for joining us today!" message and a note: "You will not be on video during today's session".

On the left, a "Select a Speaker" menu is open, showing options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...".

At the bottom, a toolbar contains icons for "Audio Settings", "Chat", "Raise Hand", "Q&A", and a "Leave" button. Annotations point to these elements:

- "Click here to maximize your session view" points to the top right of the main content area.
- "Enter Full Screen" points to the top right corner of the window.
- "Click Here to adjust your audio settings" points to the "Audio Settings" icon in the bottom toolbar.
- "Click here to leave the session" points to the "Leave" button in the bottom toolbar.

Two floating windows are shown with annotations:

- The "Question and Answer" window has tabs for "All questions (1)" and "My questions (1)". A text box contains "You 07:35 AM This is a test question!". Below it is a text input field labeled "Type your question here...". Annotations explain: "You can switch between questions you've asked and those asked by others using these buttons." (pointing to the tabs) and "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." (pointing to the input field).
- The "Zoom Webinar Chat" window shows a "To: All panelists" dropdown and a text input field. Annotations explain: "The chat feature will allow you to talk with other people in today's webinar." (pointing to the chat area) and "The To field will tell you who will receive your message. Be mindful of who you are chatting to." (pointing to the "To" dropdown). A note at the bottom states: "Your text can only be seen by panelists".

All attendees are muted. Today's session will be recorded.

NJ Comprehensive School-based Mental Health Webinar Series

Session 7: Funding

*Alex Mays, Senior National Program Director
Healthy Schools Campaign*

*Jeff Adams, Psy.D., Director of Special Services
Woodbury School District*

Tuesday, April 12, 2022

Future Sessions:

Session 8: System Partners

Wednesday, May 25, 2022; 3-4:15 pm

Session 9: Staff Self-care

Thursday, June 9, 2022; 3-4:15 pm

NJ School-Based Technical Assistance Calls

Thursday, May 12, 2022

- 9:00- 10:00 am
- 10:00- 11:00 am



About Us

The Northeast and Caribbean MHTTC received 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

Supplemental funding to:

- Support schoolteachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



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We Want Your Feedback

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.



Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question is visible to all participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

Our Presenters



*Alex Mays
Senior National Program Director
Healthy Schools Campaign*



*Jeff Adams, Psy.D.
Director of Special Services
Woodbury School District*

Funding Mental Health Supports in Schools

April 12, 2022

HEALTHY SCHOOLS
CAMPAIGN

About Healthy Schools Campaign



**HEALTHY SCHOOLS
CAMPAIGN**

Overview

- Sources of funding for school mental health
 - Federal
 - State and local
- Best practices for guiding funding decisions
 - Integration of funding streams
 - Teaming
 - Community, student and family engagement
 - Diversity, equity and inclusion
- Staff competencies



Federal Funding Streams

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Every Student Succeeds Act

- Title I: funding to states and school districts with high percentages of low-income children
- Title II: professional development and literacy
- Title IV: Student Support and Academic Enrichment Grants and community support for school success

New Jersey's Special Education Medicaid Initiative (SEMI)

To be eligible for Medicaid reimbursement, a service must be:

- Included in a Medicaid-enrolled student's Individualized Education Program (IEP)
- Primarily medical in nature, not educational
- Delivered by a qualified Medicaid provider
- A coverable service as defined by New Jersey's state Medicaid plan

Eligible School Mental Health Services under SEMI	Eligible School Mental Health Services Providers under SEMI
<ul style="list-style-type: none"> • Assessment • Therapy services (individual, group, family) • Note: Crisis intervention, guidance counseling, drug counseling/treatment, or other similar services provided on an ad hoc basis and not specified in the IEP are not reimbursable under the SEMI program 	<ul style="list-style-type: none"> • Licensed Psychologists by State Board of Psychological Examiners • Licensed Social Workers by State Board of Social Work Examiners • School Certified Psychologists • School Certified Social Workers

IDEA

- Individuals with Disabilities in Education Act (IDEA) provides federal funding for the education of children with disabilities
- FY 2021 NJ received \$398 million in IDEA funding
- IDEA funds can be used to support the delivery of mental health services included in a student's Individualized Education Program (IEP)

COVID Relief Funding

- NJ received over \$4.3 B in federal COVID relief funding for K-12 schools
- Eligible uses of funds include:
 - Hiring school mental health providers
 - Hiring district school mental health coordinator
 - Building district capacity (e.g., data systems, training, technology)
 - And more!





State and Local Aid

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State Budget

- Office of School Linked Services
- Programs funded include mental health counseling, employment counseling, substance use prevention and suicide prevention



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Extraordinary Aid (EX-AID)

- Supplemental state aid to school districts for each student who needs intensive services and who has special education costs that exceed a certain threshold
- EX-AID can be used to support the delivery of intensive school mental health services and supports in a student's IEP
- When possible, keeping a student in district schools and educating them alongside non-disabled peers will maximize EX-AID for the school district

Local Community Partnerships

- Private foundations
- Community-based organizations
- Nonprofit hospitals
- Community health care providers

Best Practices

- Integration of funding streams
- Teaming
- Community, student and family engagement
- Diversity, equity and inclusion



Reflection Questions

What gaps in mental health supports exist?

What funding do you have available?

Who makes the funding decisions at the school and district level?

What funding streams can cover those services and resources, and which funding stream is more strategic to use?

How can we identify funding supports to address immediate needs and build a plan for sustainability?

Does it make more sense financially to create an internal mental health position(s) to deliver more intensive Tier 2 and Tier 3 supports or to contract with a community mental health provider?

Thank you!

Alex Mays
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For more information visit:
healthyschoolscampaign.org

*Photos by Allison Shelley for American Education:
Images of Teachers and Students in Action*



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School Based Mental Health Services - Funding

Woodbury Public Schools

New Jersey District Exemplar

School/District Background

- Diverse Title 1 District
- Ethnically evenly distributed between, African American, Hispanic and Caucasian Students
- Relatively Small Prek-12 District
 - Graduate about 100 students per year
- Growing ELL population



Woodbury's Journey to School Mental Health – Climate and Culture FIRST



KEEP LOVE PRESENT

- Underlying thought process of how the administration should treat students and their parents, how faculty and staff treat each other, and how the students interact with their peers.
- Each individual in our district is expected to lead with love in everything they do.
- This culture has been the key to the trust that's emerged between the district personnel and our students and their families

Why does a public school need to address mental health needs of our students? What does the national data say? What is the **NEED**?

- 1 in 5 children and youth have a diagnosable emotional, behavioral or mental health disorder
- 1 in 10 young people have a mental health challenge that is severe enough to impair how they function at home, school or in the community.
- On average 50% to 80% of children do not have access to receive the mental health care they need.
- Nationally, only 40% of students with emotional, behavioral and mental health disorders graduate from high school, compared to the national average of 76%
- Over 50% of students with emotional and behavioral disabilities ages 14 and older, drop out of high school. This is the highest drop out rate of any disability group



*Source: Data Resource Center for Child & Adolescent Health: 2017-2018
National Survey of Children's Health

What does research say about the Benefits of School-Based Mental Health Services

- “Studies have shown the value of developing comprehensive school mental health programs in helping students achieve academically and have access to experiences that build social skills, leadership, self-awareness, and caring connections to adults in their school and community. Schools that also choose to collaborate with community partners have found that they can enhance the academic success of individual students. These partnerships have found to significantly improve schoolwide truancy, discipline rates, increase the rates of high school graduation, and help create a positive school environment in which a student can learn and be successful in school and in the community.”



What had the District Done Thus Far Leading up to Current Methodology of Interventions

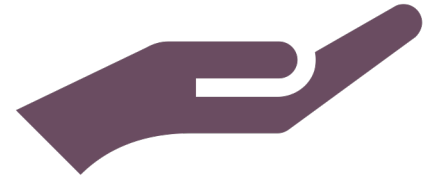
Partnerships to provide Cognitive Behavioral Therapy through Robin's Nest Inc (now Acenda Health)

Provision of our own district wide Social Worker to provide school base counseling services

Re-distribution of staffing responsibilities to provide bi-lingual counseling the Jr/Sr High

Mentoring programs such as GALS, Blues Brother, Leaders of Promise and Leader in Me

Provision of Psychiatric services to students based on partnership with WLS Psychiatric services which includes school based medication management



After School Programs

- After-school grant funded programs
 - 21st Century Program (grades 6-8)
 - Funded through Federal .gov 21st Century Learning Grant
 - Blues Brothers and Gals Programs (grades 3-5)
 - Funded through County wide Youth Service Commission Grant
- Funding is out there just need to put in the work and take a shot



The Next Steps Towards Comprehensive School Based Mental Health Services

- Three Converging trends Highlight Need to Evolve and Prioritize Mental Health Services:
 - An increase in the prevalence of mental health concerns in our student population
 - 50% of students not accessing traditional mental health services
 - Evidence based intervention programs that produce results if accessed



Woodbury City Public Schools Mental Health Services v2.0



Based on our progressive reputation in the county and network of contacts with other mental health professionals over the years we are now able to enter into a partnership with **Youth Advocate Programs Inc.**

Access to Services for Students and Families



Students will be provided 1on1, Family systems, and/or small group mental health counseling provided by a certified YAP Counselor


These services will take place during the school day to remove the barriers of an inaccessible time and/or location for parents.

Training for parents to support their students overall psychological, social and mental health

Professional Development to staff to help support mental health interventions

A large orange circle on the left side of the slide, partially cut off by the edge.

District Responsibility will include:

- A provision of office space for licensed Mental Health professionals to use during the school day
 - A working relationship with the mental health professionals where district staff and admin will be responsible for providing a list of students
 - A collaborative mindset to learn and grow together with the mental health providers to support the entire child
- 
- Four yellow curved lines of varying lengths and orientations, arranged in a cluster in the bottom right corner of the slide.

Agency Responsibility

- The provision of all direct services to students and their families
- Professional development to families and staff
- All billing information and processing of that with Medicaid and/or private insurance
- All tracking of progress notes, treatment plans, diagnosis and outcome data



What does this mean for our students and local budget

- This partnership with YAP will be fully funded through agency use of Medicaid, Private insurance or pro bono offerings to ensure ALL students referred could access the services
- This would NOT cost the district any money out of the local budget it would be fully funded through the above



Provision of Psychiatric services



- Understanding that some students will benefit from psychiatric medication and that our families face multiple barriers in receiving psychiatric services
- Employed a licensed psychiatrist that sees students two days a month
- Funding: ESSER & local budget – overall net savings

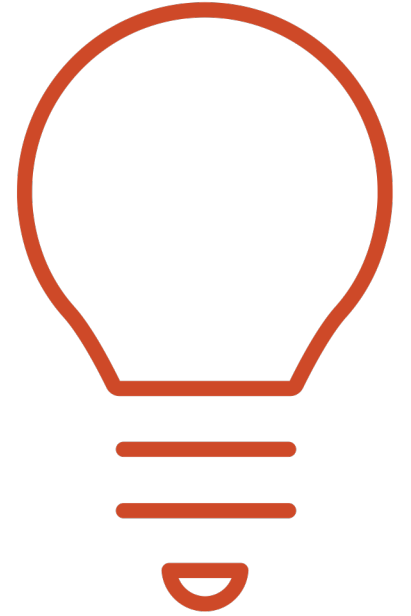
Successes

- Development of a climate and culture that provides love and compassion to students and families when they need it most.
- Creation of a collaborative work environment across the various mental health roles in the district.
- The extending of the school day that provides additional nurturing services in a safe space for our students while reducing burdens on families.
- Implementation of psychiatric care in the school building at no cost to families – a service many families face barriers in receiving.



Lessons Learned

- Simply placing mental health providers in the building is only half of the story. By cultivating a culture that increases student and family trust will increase the use of these services.
- Start slow and start small!
- Network and cultivate relationships with individuals and institutions that work in the field of school mental health.



Question and Answer



Resources

NJ Comprehensive School-Based Mental Health Resource Guide

https://www.nj.gov/education/safety/wellness/mh/docs/NJDOE_Mental_Health_Guide_Feb2022.pdf

Strategic Budget Considerations for MTSS Flowchart

https://drive.google.com/file/d/10cQBgrmgRI_-n295Em7jGty8-9EAdC73/view

Sample Budget Planning Worksheet

https://docs.google.com/spreadsheets/d/1OSi-ir3fLEUI_vjvC33PQ_LnPRiOMD2Q_ALUmph_XeM/edit#gid=1719472045

Example of local Engagement in Budgeting

<https://www.nj.gov/education/finance/fp/ufb/>

NJ School Mental Health Resource Directory

<https://mhccnetwork.org/centers/northeast-caribbean-mhcc/product/nj-school-mental-health-resource-directory>

Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.





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Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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