How Do We Continue? Organization and Sustainability for School Mental Health Screening

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- Consultant, The National Center for School Mental Health

- Background in school psychology

- My lens: white / caucasian, she / her / hers, cisgender, heterosexual, non-religious, middle class, non-disabled

Great Lakes (HHS Region 5)

MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Learning Objectives

- Identify progress monitoring systems for mental health screening

- Understand recommended timelines for ongoing mental health screening

- Recognize the need for sustainable data organization for long-term screening implementation

Universal Mental Health Screening

A population-based, preventative procedure to assess an individual's likelihood of developing a mental health condition

- Using the approach, all students are screened and provided the same opportunity for potential early identification and service provision
- Benefits:
  - Reduce risk or impact of mental health conditions
  - Obtain a baseline for future monitoring and assessment
  - Cost efficient approach

Humphrey & Wigelsworth, 2016; O'Connell, 2009

Mental Health Screening within MTSS

Tier 3 – Intensive school or community intervention

Tier 2 – Targeted mental health intervention, small group intervention, progress monitoring
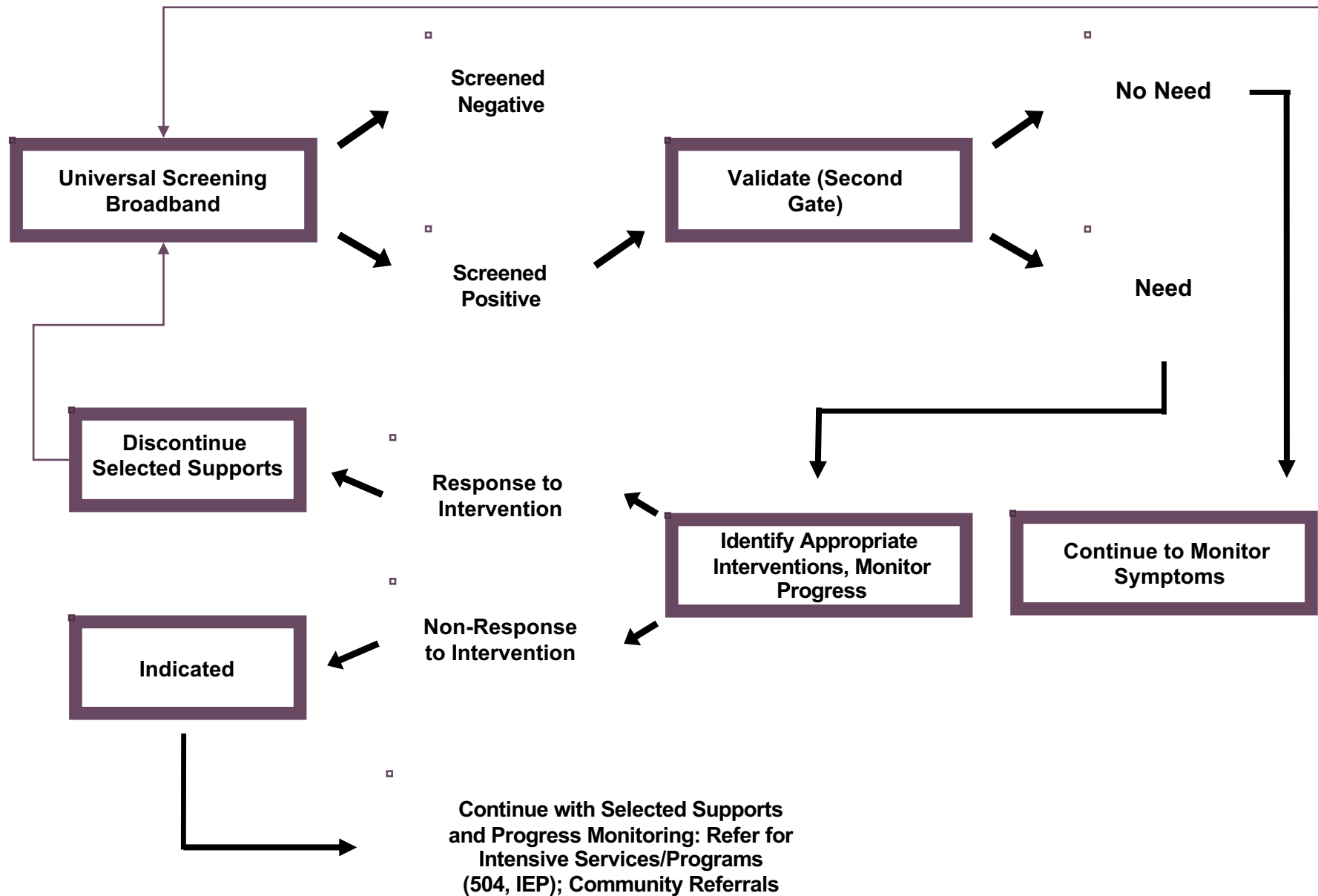
Tier 1 – Universal mental health screening, climate screening, school-wide or class-wide behavior interventions, social emotional learning

Universal Screening Broadband

Screened Negative

Screened Positive

Validate (Second Gate)

No Need

Need

Discontinue Selected Supports

Response to Intervention

Identify Appropriate Interventions, Monitor Progress

Continue to Monitor Symptoms

Indicated

Non-Response to Intervention

Continue with Selected Supports and Progress Monitoring: Refer for Intensive Services/Programs (504, IEP); Community Referrals

Organization and Sustainability

Introduction to Implementation Science

Exploration — Installation — Initial Implementation — Full Implementation

2-5 years
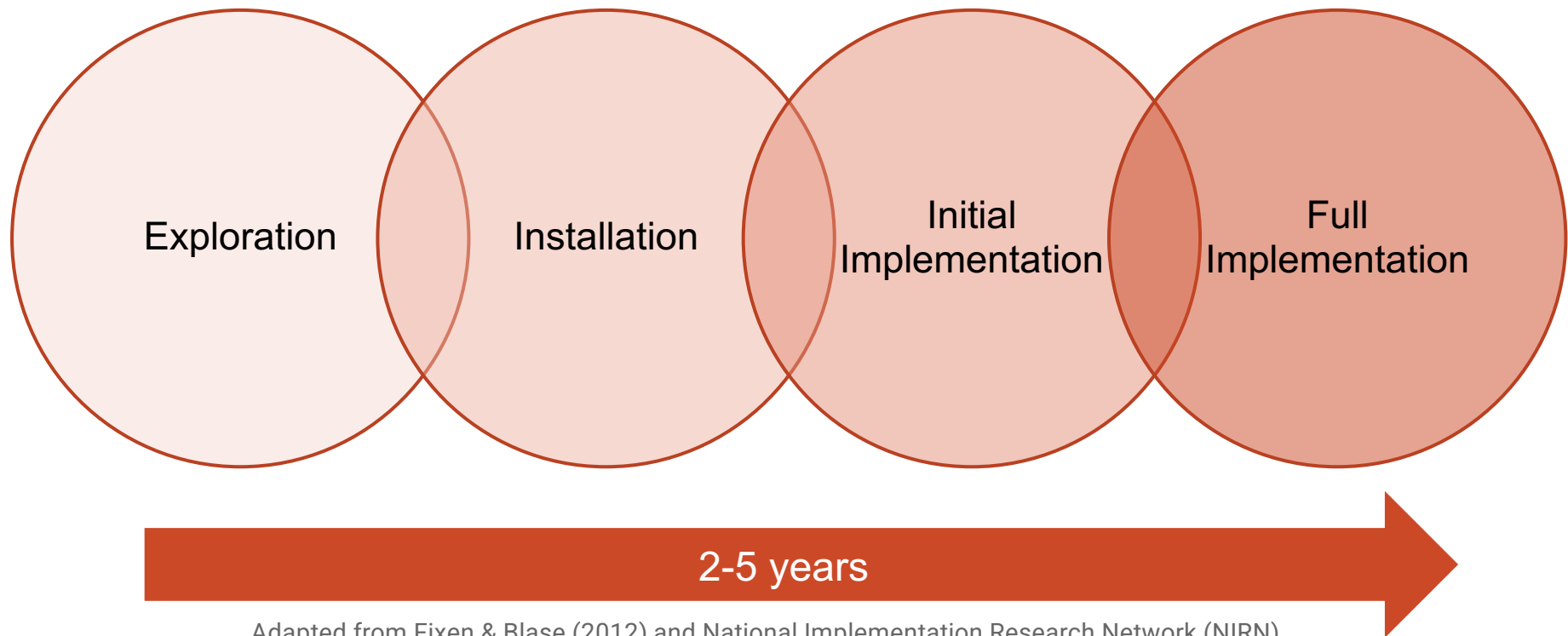
Adapted from Fixen & Blase (2012) and National Implementation Research Network (NIRN)

Exploration

- Identify need for change
- Learn about potential innovations
- Learn about necessary resources
- Develop a team
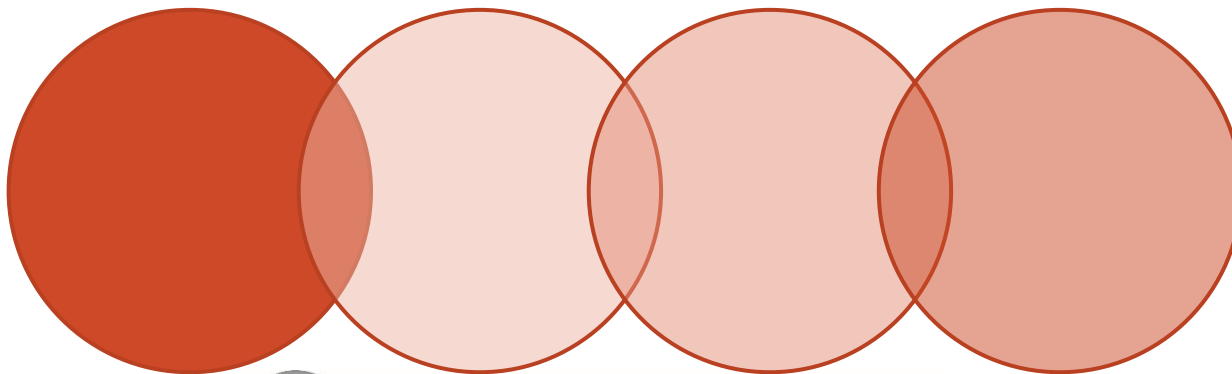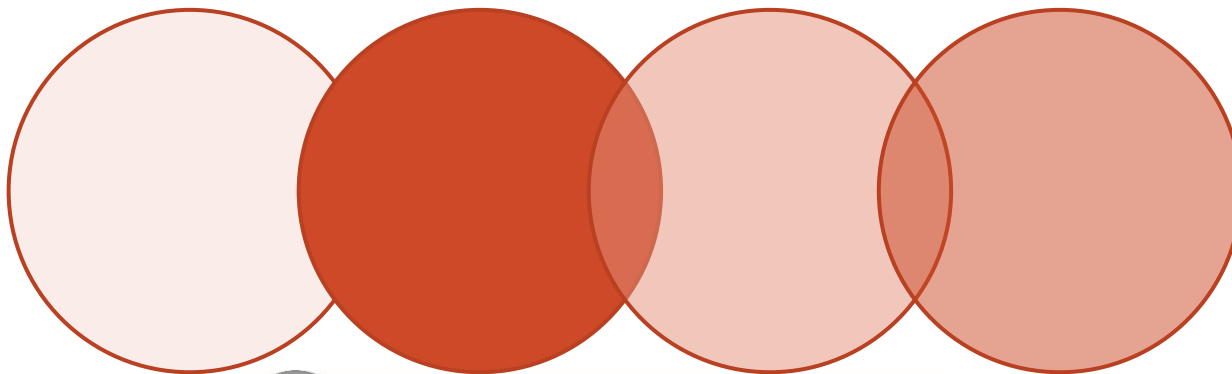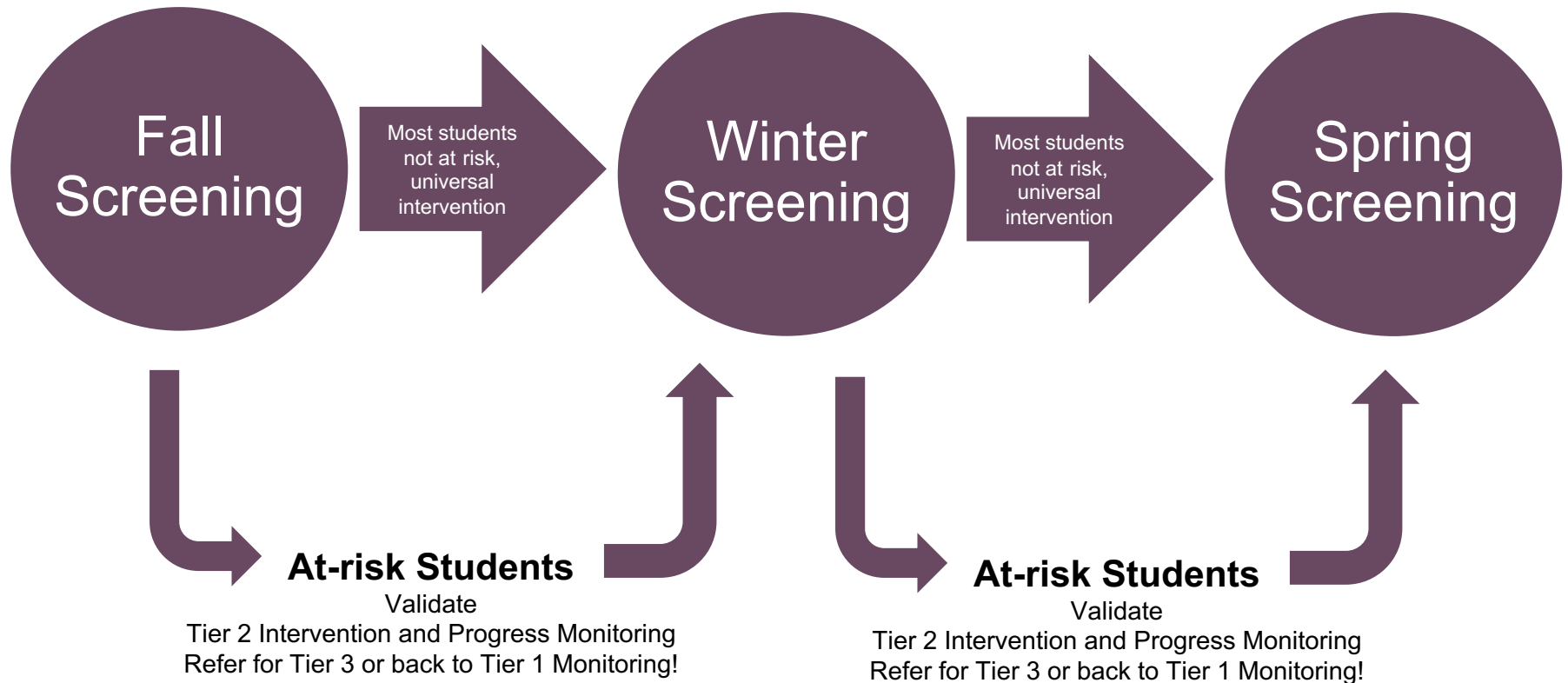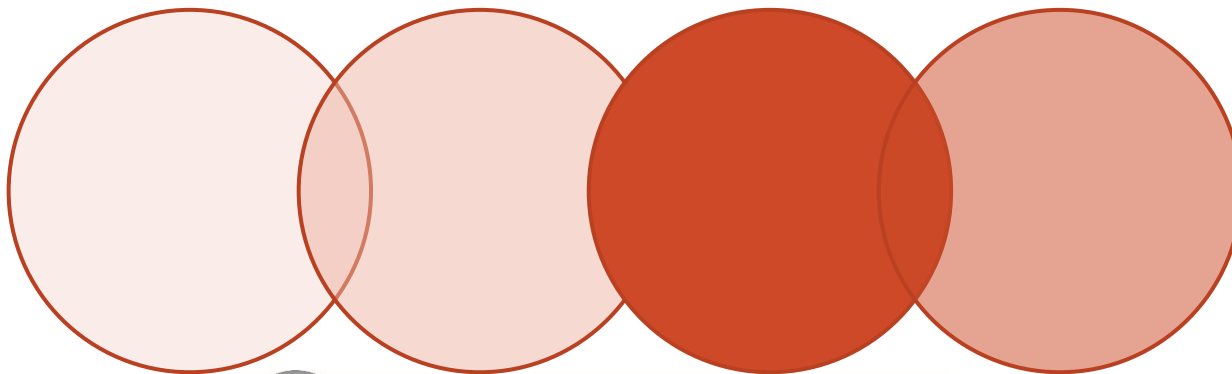- Assess and create readiness for change

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Installation

- Secure and develop support for new approach
- Secure resources for adoption
- Develop feedback loops
- Gather feedback about new practices

Screening Timeline

Fall Screening

Most students not at risk, universal intervention

Winter Screening

Most students not at risk, universal intervention

Spring Screening

At-risk Students
Validate
Tier 2 Intervention and Progress Monitoring
Refer for Tier 3 or back to Tier 1 Monitoring!

At-risk Students
Validate
Tier 2 Intervention and Progress Monitoring
Refer for Tier 3 or back to Tier 1 Monitoring!

Initial Implementation

- Final training and rollout
- First use of innovation
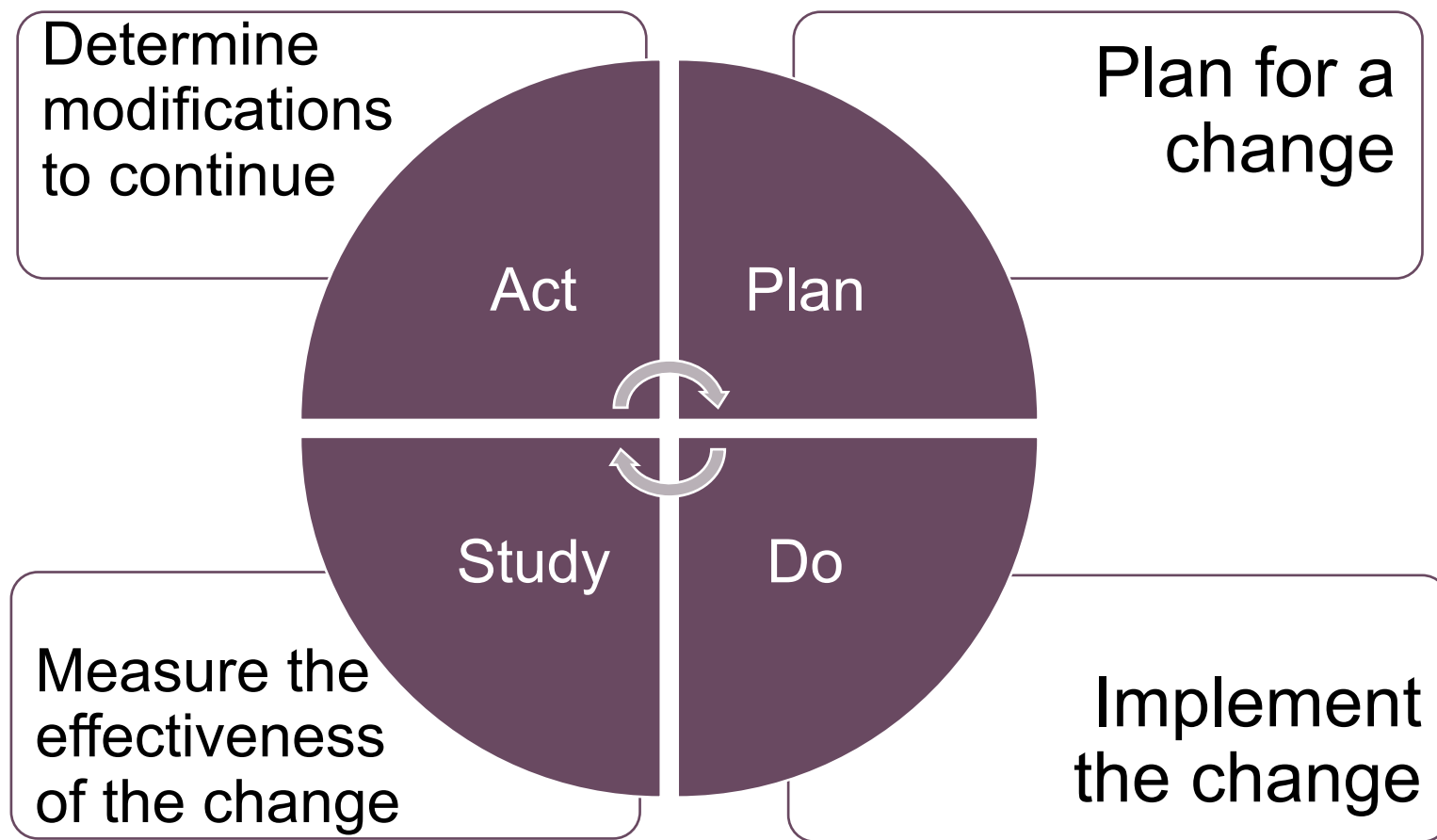- Gather data about implementation
- Refine approach

PDSA Cycles for Continuous Improvement

Determine modifications to continue

Plan for a change

Act

Plan

Study

Do

Measure the effectiveness of the change

Implement the change

e.g., Connors, Moffa, Carter, et al., 2022

Full Implementation

- Expansion of use
- Innovation is well-integrated
- Routine and effective support for practice
- Practice persists even with leadership or funding changes
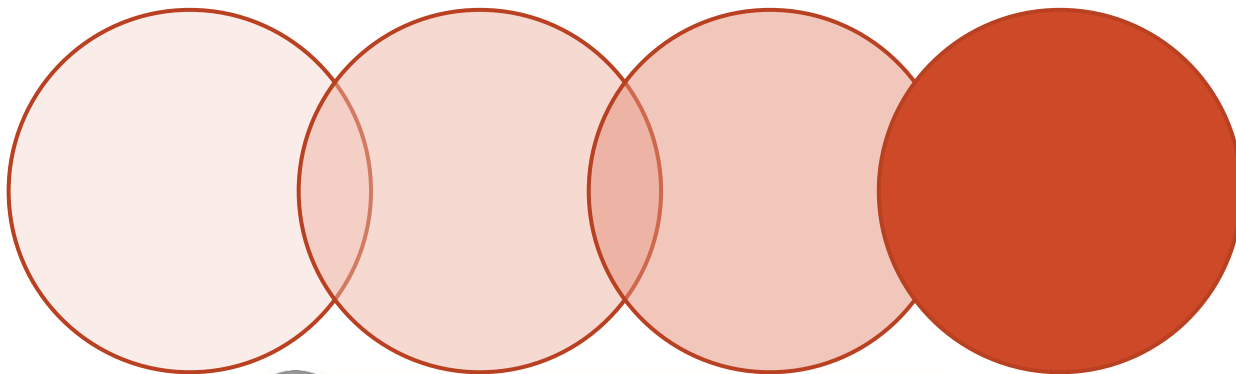
Data Management

"What gets measured gets done"

You might currently have…

	First Name	Last Name	Grade	Q1 Absences	Q1 Tardies	Q2 Absences	Q2 Tardies	Q3 Absences	Q3 Tardies	Q4 Absences	Q4 Tardies
1	First Name	Last Name	Grade	Q1 Absences	Q1 Tardies	Q2 Absences	Q2 Tardies	Q3 Absences	Q3 Tardies	Q4 Absences	Q4 Tardies
2	George	Thistlemoor	9	0	4	3	0	3	2	0	4
3	Sally	Boyle	10	2	0	3	2	1	0	1	0
4	Jack	Mason	1	8	6	12	9	4	4	5	3
5	Denise	Wrapson	7	3	0	4	1	2	0	3	1
6	Roland	Gatley	2	1	1	1	1	3	3	4	1
7	Melissa	Mallard	5	0	2	0	3	0	3	2	3
8	Robert	Walker	10	3	2	0					
9	Elizabeth	Hagman	4	1	3	4					
10	Frank	Knowles	8	1	4	4					
11	Jodi	Sandler	7	7	5	7					
12	Hugh	O'Connor	6	1	3	1					
13	Megan	Briggs	4	3	3	0					
14	John	Quant	1	3	3	3					
15	Janice	Newbry	3	2	3	4					
16	Benjamin										
17	Ursula										
18	Geoffrey										
19	Angela										
20	Brian										
21	Becky										
22	John										
23	Violet										
24	Marcus										
25	Katie										

	A First Name	B Last Name	C Grade	D Q1 Fs	E Q2 Fs	F Q3 Fs	G Q4 Fs
	George	Thistlemoor	9	0	4	3	0
	Sally	Boyle	10	2	0	3	2
	Jack	Mason	1	8	6	12	9
	Denise	Wrapson	7	3	0	4	1
			2	1	1	1	1
			5	0	2	0	3
			10	3	2	0	4
			4	1	3	4	3
			8	1	4	4	0
			7	7	5	7	8
			6	1	3	1	0
			4	3	3	0	3
			1	3	3	3	2
			3	2	3	4	1
			11	2	0	3	0
			7	7	8	6	8
			1	3	0	3	0
			3	3	1	4	3
			8	0	4	2	4
			4	3	0	4	0
			11	0	2	1	4
			5	2	2	2	1
			10	1	3	3	2

	A First Name	B Last Name	C Grade	D Q1 OSSs	E Q2 OSSs	F Q3 OSSs	G Q4 OSSs
1	First Name	Last Name	Grade	Q1 OSSs	Q2 OSSs	Q3 OSSs	Q4 OSSs
2	Adam	Addison	6	2	4	4	4
3	Angela	Bailey	3	3	1	4	3
4	John	Bell	11	0	2	1	4
5	Sally	Boyle	10	2	0	3	2
6	Megan	Briggs	4	3	3	0	3
7	Bethany	Cooper	10	3	0	0	2
8	Emilia	Dee	11	4	0	1	1
9	Brian	Denon	8	0	4	2	4
10	Tiffany	Dobbs	4	0	2	1	1
11	Lucy	Dobson	6	3	3	4	2
12	Lloyd	Ennis	2	3	4	3	4
13	Barbara	Fanning	4	1	4	4	4
14	Lucy	Farrow	3	1	2	0	2
15	Roland	Gatley	2	1	1	1	1
16	Elizabeth	Hagman	4	1	3	4	3
17	Arnold	Hammerton	10	4	0	4	1
18	Janet	Hammerton	1	0	4	0	1
19	Violet	Jacobs	5	2	2	2	1
20	Benjamin	Jessop	11	2	0	3	0
21	Jerry	Johns	7	4	0	0	2
22	Elaine	Johnson	12	1	1	4	3
23	Carla	Kingfisher	8	0	3	1	2

Tips and Tricks: Conditional Formatting

	A	B	C	D	E	F
1	**First Name**	**Last Name**	**Grade**	**Fall Screeni**	**Winter Screeni**	**Spring Screeni**
2	Janet	Hammerton	1	0	4	0
3	Linda	Mallard	1	0	0	1
4	Jack	Mason	1	8	6	12
5	Geoffrey	Popplewell	1	3	0	3
6	John	Quant	1	3	3	3
7	Lloyd	Ennis	2	3	4	3
8	Roland	Gatley	2	1	1	1
9	Liam	Lemon	2	0	4	1
10	Kevin	Lewis	2	3	0	4
11	David	Macarthur	2	1	4	3
12	Angela	Bailey	3	3	1	4
13	Lucy	Farrow	3	1	2	0
14	Janice	Newbry	3	2	3	4
15	Glen	Noakes	3	3	4	3
16	Gregory	Wallis	3	0	2	1
17	Megan	Briggs	4	3	3	0
18	Tiffany	Dobbs	4	0	2	1
19	Barbara	Fanning	4	1	4	4
20	Elizabeth	Hagman	4	1	3	4
21	Elaine	Venn	4	3	1	3
22	Becky	Zimmerman	4	3	0	4
23	Violet	Jacobs	5	2	2	2
24	Melissa	Mallard	5	0	2	0
25	Adam	Addison	6	2	4	4

Tips and Tricks:
Conditional Formatting

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Conditional Formatting

Tips and Tricks: Pivot Tables

Tips and Tricks: Pivot Tables

| F2 | ▼ | ƒx =sum(B2:E2) |

	A	B	C	D	E	F
1	*Grade*	SUM of Q1 Abse	SUM of Q2 Abse	SUM of Q3 Abse	SUM of Q4 Abse	
2	1	14	19	10	15	58
3	2	8	12	13	12	45
4	3	9	12	16	17	54
5	4	11	16	17	14	58
6	5	2	2	4	4	12
7	6	7	11	10	8	36
8	7	29	20	17	28	94
9	8	1	7	6	5	19
10	9	0	3	3	0	6
11	10	14	10	15	11	50
12	11	6	7	5	4	22
13	12	13	12	10	12	47
14	**Grand Total**	**114**	**131**	**126**	**130**	
15						

Other Tips and Tricks

Consider this function…	If…
=countif	You want to identify cases that meet multiple conditions (such as have at-risk scores at multiple time points)
=sum	You want to aggregate data from multiple quarters
=vlookup	You want to combine data form multiple spreadsheets
=if	You want to identify some condition (such as if a student's risk score increased from fall to winter)
=concatenate	You need to combine data from multiple cells (e.g., first name, last name into one cell with full name)

Continuous improvement is better than delayed perfection.

Mark Twain

Resources

- SHAPE Assessment Library - https://www.theshapesystem.com/assessmentlibrary/

- Ready, Set, Go, Review: Screening for Behavioral Health Risk in Schools - https://www.samhsa.gov/sites/default/files/ready_set_go_review_mh_screening_in_schools_508.pdf

- School Mental Health Quality Guide: Screening - https://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Screening-1.27.20.pdf

- US DOE Mental Health Screening Tools for K-12 - https://safesupportivelearning.ed.gov/sites/default/files/10-MntlHlthScrnTlsGrK-12-508.pdf

- School Mental Health Screening Playbook - https://traumasupportforschools.org/school-mental-health-screening-handbook/

- Module 4 of the National School Mental Health Curriculum: Screening - https://mhttcnetwork.org/media/1932

- My favorite way to learn spreadsheet tricks: Leila Gharani on Youtube

Thank you!

Q&A

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