

Screening Linked to Care (SLTC): Reducing Youth Suicide in Schools

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August 20, 2024



Mountain Plains (HHS Region 8)

MHTTC

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

Disclaimer and Funding Statement

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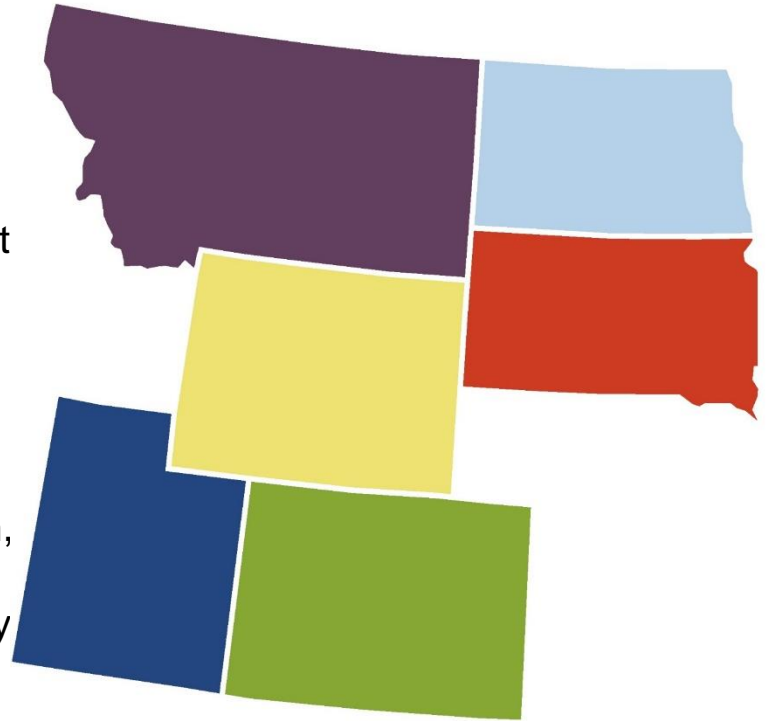
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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

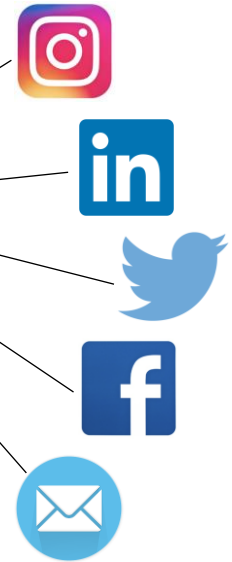
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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Screening Linked to
Care (SLTC):
Reducing Youth
Suicide in Schools

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Kayleigh Brown
COO



RBHI
RURAL BEHAVIORAL
HEALTH INSTITUTE

RBHI's Mission

To reduce suicide among young people by building a school-based mental health system in rural America that includes universal mental health screening and robust mental health services.



Learning Objectives

01

LEARN ABOUT EARLY INTERVENTION AND HOW IT CAN LEAD TO STUDENT SUCCESS

02

LEARN ABOUT SCREENING LINKED TO CARE (SLTC) IMPLEMENTATION AND SUCCESSSES

03

LEARN HOW MAKING DATA-DRIVEN DECISIONS CAN HELP STUDENTS AND SCHOOLS

US Suicide Facts for Young People Aged 11-18 Years

#2

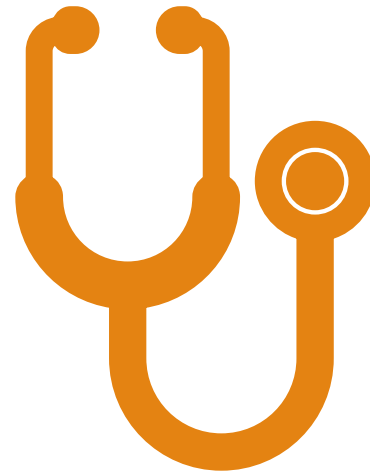
Cause of death

111,513

Years of Life Lost Annually

21%

Of all deaths



1.6

More Suicides

Youth
Health
Inequity Due
to Rurality

Rural Mental Health Facts

65% of rural counties lack mental health specialty care and only 3% of rural youth have access to suicide prevention services.

Individuals experiencing a mental disorder are at greater risk of other health issues and have shorter life expectancies by a decade or more, they are at higher risk for chronic health diseases.

Youth with untreated mental health struggles have a higher risk of:

- School absences
- Poor academic performance
- Increased disciplinary actions
- Lower graduation rates

Early Intervention

Generally, it takes 10 years for an individual to receive a diagnosis for a mental health disorder.



Screening and early treatment could prevent years of suffering and positively change the life trajectories of young people, early intervention can help individuals have:

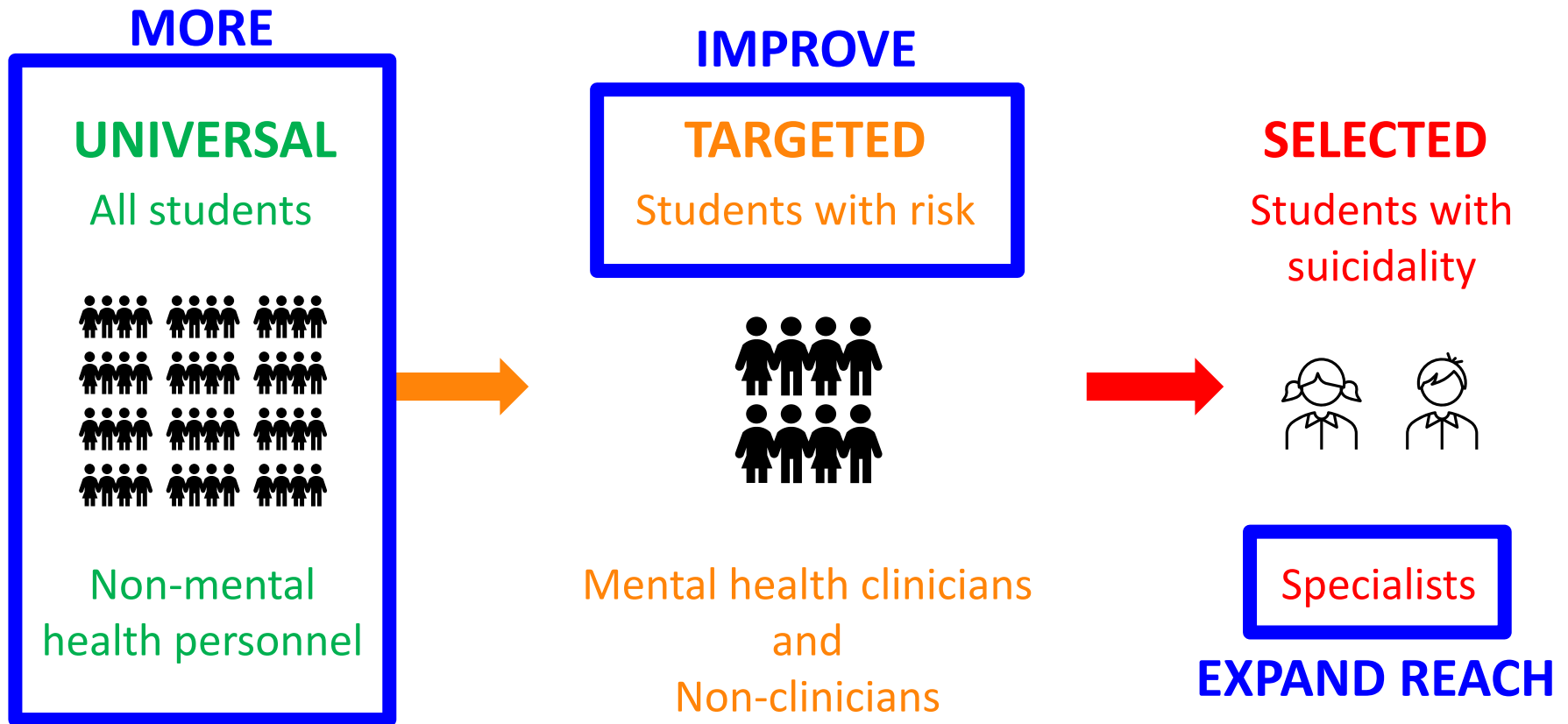
Reduced risk of chronic illnesses

Better education and graduation rates

Higher paying jobs

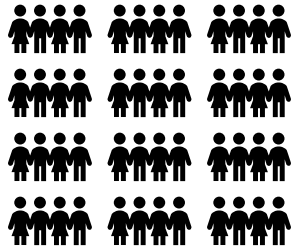
Better social and emotional relationships

Types of Youth Suicide Prevention



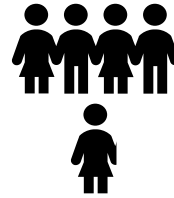
Universal Screening Linked to Care to Prevent Suicide

All students
6th-12th



SCREEN
→

Students
with risk



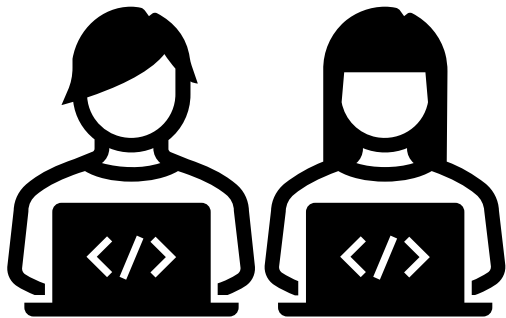
Care at
school



RBHI Suicide Prevention Strategy

- **Identify** students who need support.
- **Connect** students to care at school.
- Fill in **mental healthcare service** gaps.

Screening Linked to Care



Digital assessment

+

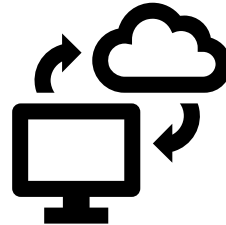


Same-day, at school care

Connecting Youth to Same-Day Care



Web-based screening
<10 minutes:



Results reported on
school dashboard



Same-day care for
those with high risk

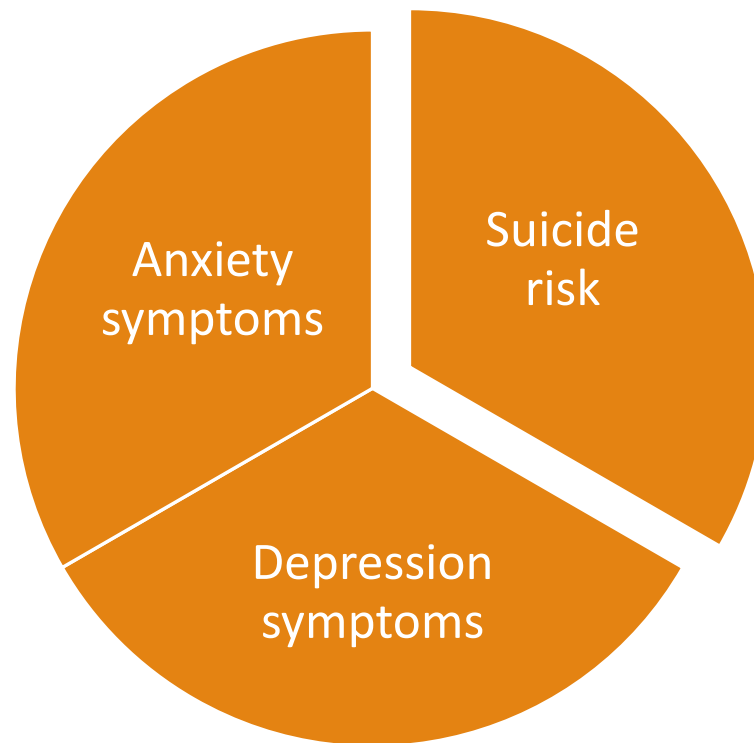


**SAFETY CHECK
BRIEF INTERVENTION
REFERRAL**



**POST-SCREENING
SERVICES**

Adaptable Screening Platform



Screening Implementation Steps

Preparation



Identify stakeholders
Tailor program

Deployment



Program delivery
(Screening + Care)

Sustainability



Quality
improvement

Implementation Preparation



- Meet with school stakeholders to gather information about needs and challenges.
- Provide the school with the necessary paperwork to implement screening.
 - RBHI provides MOUs, data-sharing agreements, consent paperwork, and scripts for the school.
- Provide training to school staff on all phases of screening.
- Work with schools to find a sustainable screening schedule.

MARS Screening Platform

Onboarding

Dashboard | Add students | Logout

64 | 45 | 0

Screening URL: <https://staging-quiz.meret.tech/go/count2>

Aug 1, 2023 - Aug 1, 2024

Refresh

Advanced Functionality

Download All Reports

Filters: Show All

Date	Login	Follow-Up	Suicidality	PHQ-A Depressi...	GAD-7 Anxiety	CRAFFT	Grade	Individual Report
04-29-2024	1051179	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	-	-	-	10	Staff Student
04-29-2024	1052438	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	2	1	-	10	Staff Student
04-29-2024	1051127	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	9	4	-	10	Staff Student
04-29-2024	1051142	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	3	2	-	10	Staff Student
04-29-2024	1052083	<input type="checkbox"/>	Lifetime: POSITIVE Recent: NEGATIVE	14	15	-	10	Staff Student
04-29-2024	1025862	<input checked="" type="checkbox"/>	Lifetime: POSITIVE Recent: POSITIVE	9	-	-	10	Staff Student
04-29-2024	1025098	<input type="checkbox"/>	Lifetime: POSITIVE Recent: NEGATIVE	15	6	-	10	Staff Student
04-29-2024	1051194	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	-	-	-	10	Staff Student
04-29-2024	1051231	<input type="checkbox"/>	Lifetime: NEGATIVE Recent: NEGATIVE	3	-	-	10	Staff Student

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Any feedback?

Connecting
Youth to
Virtual Post-
Screening
Virtual
Services



Case Management
Therapy Bridge Care
Psychiatric Bridge Care

Family needs assessment

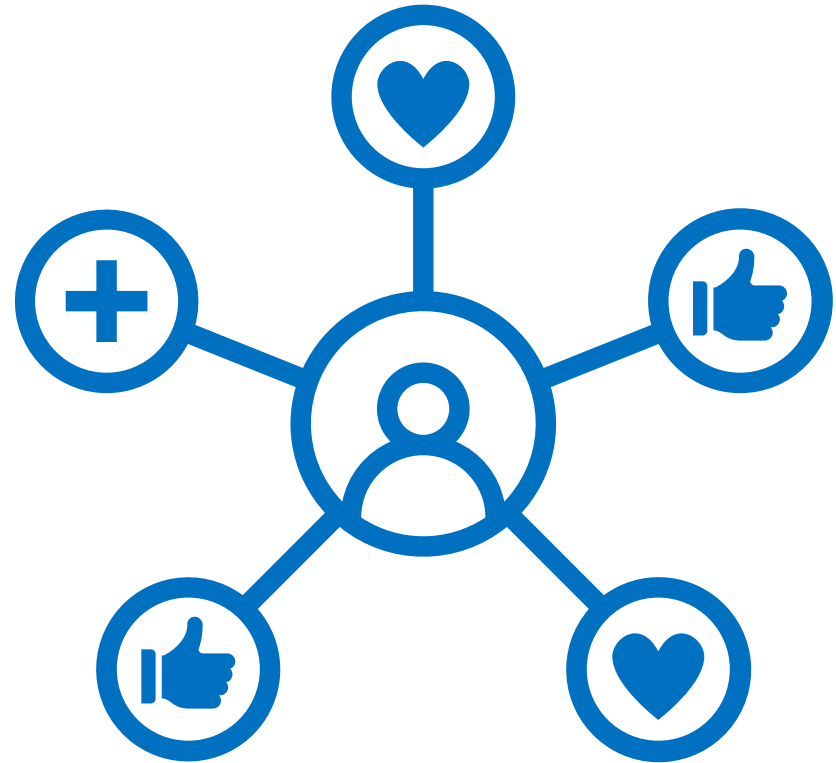
Connection to care

Warm handoff to provider

Virtual Brief
Case
Management



RBHI Resource Hub



Virtual
Psychiatric
Bridge Care

Diagnostic evaluation

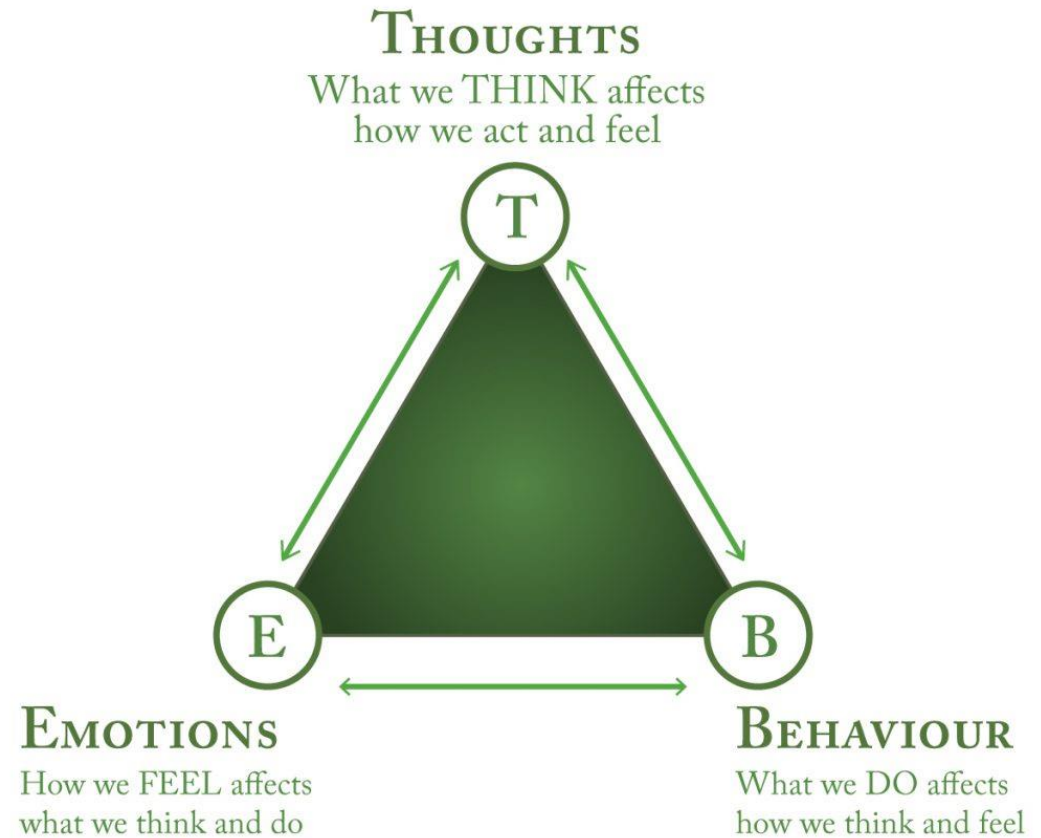
Treatment initiation

Warm handoff to local
provider

As-needed
consultation

Virtual Therapy Bridge Care

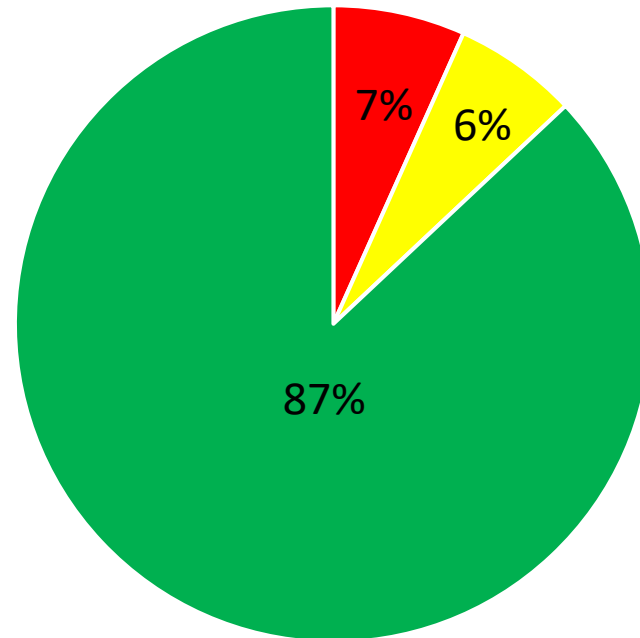
Up to 8 weeks of CBT or DBT
Individual or group sessions



1 in 5
Montana
Students
Reported
Suicidality
(2023-2024)

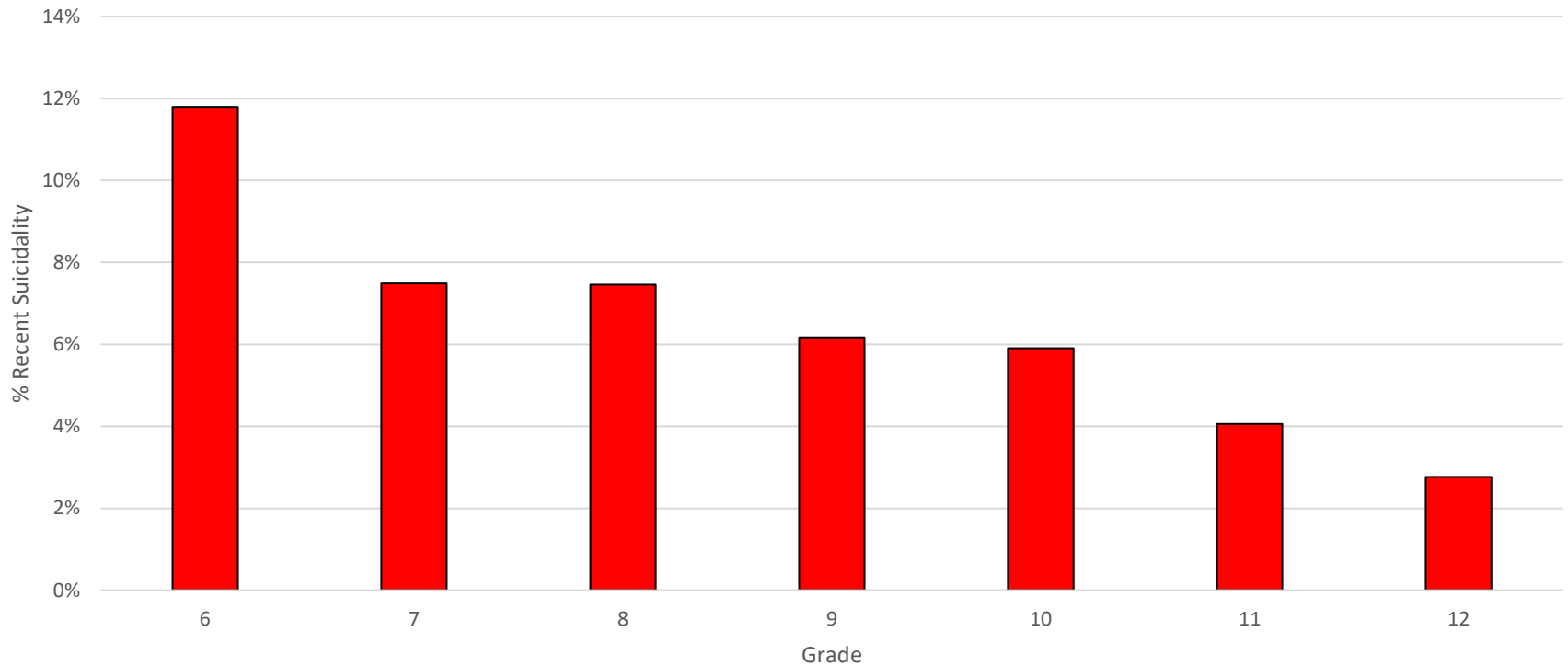
77 schools

16,771 6th–12th graders



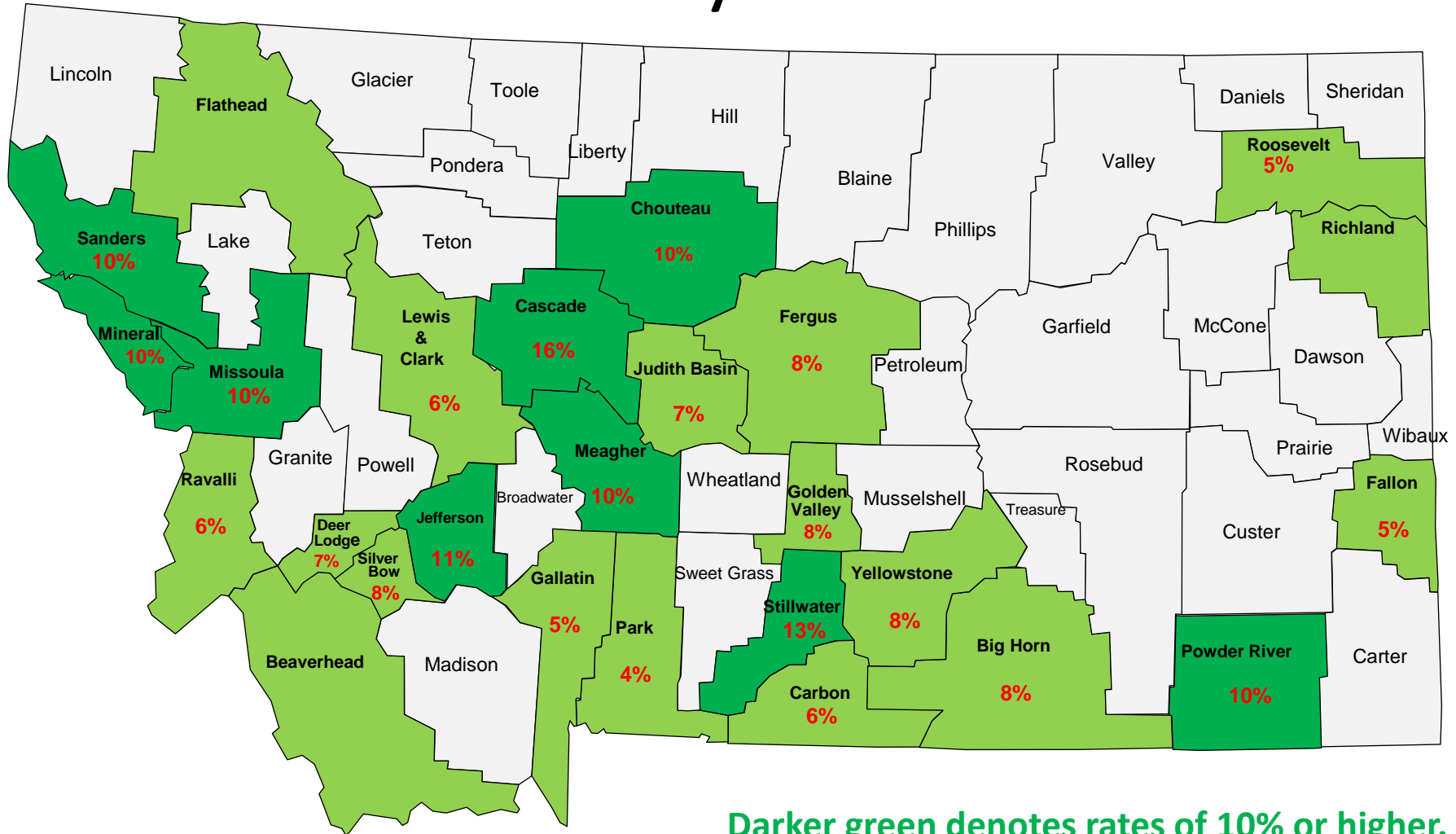
Recent Lifetime None

Recent Suicidality



Data Shows Where Biggest Impact Can Be Made

1 in 15 Montana Students Reported Recent Suicidality in 2023-2024



Darker green denotes rates of 10% or higher.

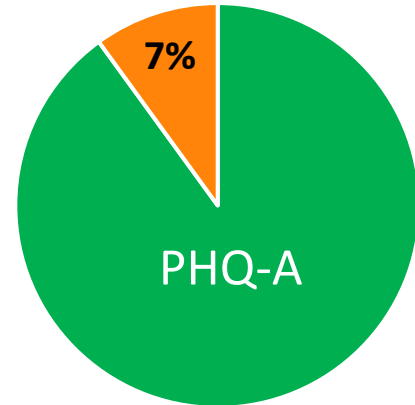
Measuring
Known
Suicide Risk
Factors

Depression symptoms

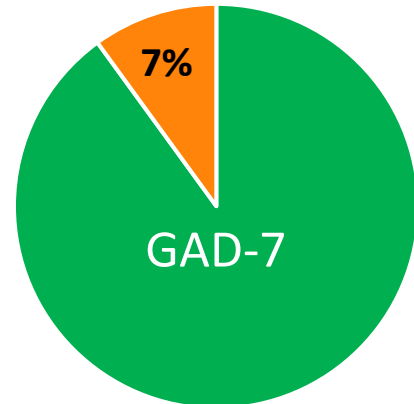
Anxiety symptoms

1 in 14
Montana
Students
Reported
Depression
and Anxiety
(2023-2024)

Depression
Symptoms



Anxiety
Symptoms



Montana Students with SIB, depression, and/or anxiety

18%

3.6x Fewer Students Reported New Suicidality

STLC is
Effective

Spring 2023 to Fall 2023
N=3254
P-value = <.0001

Other
Mental
Health
Improvements
Reducing
Suicide Risk

Depression
Symptoms

36%

Anxiety
Symptoms

32%

N= 3636
(P value < 0.0001)

Using Data

Montana schools have made decisions using the data from universal screenings by:

- Implementing educational groups on coping skill development.
- Targeting groups for specific grades that had elevated screeners.
- Applying for and receiving grants for mental health support in the school.

SLTC Success

- RBHI has scaled screening to serve 27 counties in Montana.
- RBHI has continued screening with all but 2 districts that have screened.
- RBHI is expanding to Illinois and Georgia this school year, while continuing expansion in Montana.

Partners' Testimonials

“I like that you guys are doing this because it feels like you care about us and how we are feeling.” – ***Student***

“RBHI has helped our school district immensely. When we rolled out the screeners we knew students would flag but we didn't realize how many. RBHI helped us save lives. Students who weren't on our radar were able to get immediate assistance from trained and quality staff. I was impressed by their professionalism and customer service throughout the entire process. You are the best thing to happen to our community. Seriously, I'm so thankful.” – ***School Curriculum Coordinator***

RBHI helps to empower young people by providing the tools they need to **THRIVE.**



Connect With Us!

contact@rbhi.org

www.rbhi.org