

April 15, 2025

Introduction to *The Missouri Framework for School-Based Mental Health*



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*Dr. Melissa Maras, Research Consultant, University of Missouri Assessment
Resource Center*

Today's Objectives



- Learn about the creation of *The Missouri Framework for School-Based Mental Health*
- Be introduced to best practices in school-based mental health, including collaborative teaming
- Reflect on how to utilize the framework within your role and your school

There are various resources available to support local education agencies' school-based mental health efforts. The resources contained in this presentation are not comprehensive or required but provide tools for your consideration and use. Inclusion does not constitute endorsement by the Missouri Department of Elementary and Secondary Education. We encourage each educator, school leader, or local education agency to determine which tools best meet the needs of their school community.



Getting Your Comprehensive School-Based Mental Health System in SHAPE

April 16, 2025

Chrissy Bashore, Coordinator of School Counseling & Student Wellness,
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Tomorrow!!

11:30 – 12:30

HK's Club Room



History of the SBMH section

- Prior to 2022, everything related to SBMH at the Department of Elementary and Secondary Education (DESE) ran through the School Counseling section
- In 2022 HB 2 created a “Mental Health Coordinator” position
 - ❑ Lisa Dierking was hired at the “Coordinator of School-Based Mental Health” in October of 2022
 - ❑ The Director of Project AWARE position began in December of 2022 (currently Crystal Burgan)
 - ❑ The Director of School-Based Mental Health position began in January of 2024 (currently Katie Epema)

What is SBMH?



School-Based Mental Health (SBMH) is a comprehensive continuum of support facilitated in schools to promote well-being of the school community and mitigate the impact of behavioral health challenges.

SBMH systems align best practices and streamline resources as school professionals collaborate with families and community partners to provide safe and healthy learning environments for students.



In Crisis · Struggling · Surviving · Thriving · Excelling

Missouri Framework for SBMH



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- The first comprehensive school mental health framework, specific to Missouri, built upon national best practices
- Developed in collaboration with the SBMH Professionals Collaborative (leaders from the SBMH professional organizations: SSWAM, MSCA, MASP, MASN)
- Input provided by the Departments of Elementary and Secondary Education, Health and Senior Services, and Mental Health



SSWAM
School Social Workers Association of Missouri



Missouri Framework for SBMH



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What we did in December...



Alignment across disciplines in:

Multi-tiered supports

Distinct & Supporting Roles

Engaging
in Best
Practices



What we learned in January...



Role

SCHOOL PSYCHOLOGISTS

Supporting students' ability to succeed in school

THEY ARE EXPERTS IN

Learning
Behavior
Social Skills

THEY PROVIDE

• Individualized assessment and intervention
• Crisis intervention
• Consultation with teachers and parents
• Referral and coordination of services

THEY SUPPORT

• Student learning and behavior
• Teacher effectiveness
• School climate and culture
• Community partnerships

THEY SERVE IN

• Public and private schools
• Charter schools
• Community-based organizations
• Higher education
• State and federal government

RECOMMENDED RATIO

1 school psychologist per 500 students

Lowering barriers to learning is critical to children's success in school.

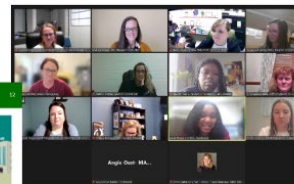
Learn more at <https://www.naspp.org>

NASPP logo

NASPP logo

Professional Organization

- Professional membership association for Missouri school counselors - total membership is approximately 1,500.
- MSCA is an affiliate of the American School Counselor Association (ASCA) and maintains a strong relationship.
 - Fun Fact: The ASCA 2024 Conference will be held in Kansas City in July!
- MSCA has 11 regional affiliates.



Professional Organization

- SSWAM was established in 1980.
 - Most School Social Workers hold a Masters
 - no regulation / certification in Missouri
- Missouri Professional Registration Division offers licensure
 - LCSW (Licensed Clinical Social Worker- Masters and supervision of 3000+ hours)
 - Licensed Advanced Macro Social Worker
 - LBSW (Baccalaureate Social Worker)
 - LMSW (Licensed Master Social Worker)
- Associations
 - Midwest Council School Social Workers (11 midwest states)
 - School Social Work Association of America (National organization)

Missouri Association of School Nurses

- MASN provides leadership and promotes professional growth to advance school nursing practice.
- Additional details:
 - MASN, formerly known as Missouri School Nurse Organization, was established in 1951
 - MASN consists of 400 school nurses throughout MO
 - Role confusion of a school nurse- more than band-aids & ice packs
- MASN is a unified affiliate of the National Association of School Nurses (NASN)

Missouri Framework for SBMH



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What we did in February...



Missouri Coordinated School Health Coalition (MCSHC)

Whole School, Community, Child (WSCC)

Conference

Resources

Products

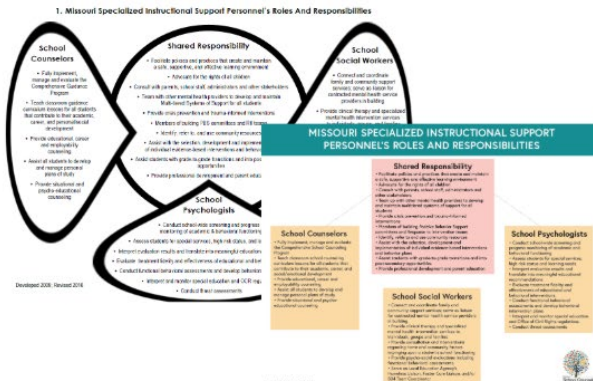
About Us

31ST ANNUAL COORDINATED SCHOOL HEALTH CONFERENCE

BUILDING BRIDGES FOR HEALTHY SCHOOLS AND COMMUNITIES



What we did in March...



Missouri Framework for SBMH



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What we did in April...



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SBMH Professionals Collaborative Meeting April 29, 2024 (Virtual)

Attendance: Lisa Dierking, Katie Eperma, Chrissy Bashore, Marge Cole, Rio Carbin, Rachele Teson, Debbie Griffith-Fujimori, Ebony Duncan, Tammy Oltman, Becky Anway, Jazelle Thomas, Stacy Whitney, Natalie Rotkin, Angie Midnight Oest, Travis Plume, Melissa Masas, Carvello Bennett

Past Work

- Review of where we started (kicked off in December 2023, with an in-person meeting, January 2024 was a virtual meeting, February 2024 was an in-person meeting, March 2024, was a conference.
- This group is School-Based Mental Health Professionals Collaborative, and the focus is the Framework of Missouri School-Based Mental Health.

Notes from March Meeting

- Quick review of the ratios presented in March.
- New steps taken and expectations for each organization. Each organization needs to complete a one-pager that includes roles/responsibilities, ratios, and three things about each organization. The deadline for this submission was April 27, 2024.

Updates from Professional Organizations

- MAASN** discussed current ratios. The one-pager is only the background, or baseline, of what nurses do daily. Nurses handle so much more and are expected to address all types of issues, including mental health.
- MAACA** currently working on assigned tasks.
- SSWAM** changed from Department of Elementary and Secondary Education ratio to SSWAA ratio which is 1:250. Their focus is Mental Health Intervention.
- MAASP** their ratios that are used are different from Department of Elementary and Secondary Education. Does each organization collect their own data or use Department of Elementary and Secondary Education? School Psychologists collect data through a survey which was every other year. They are now switching it to an annual survey.

Next steps

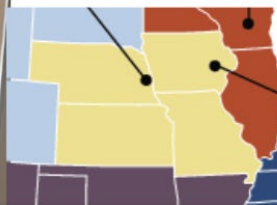
- Decision needs to be made about what to do if you have no one to end with your organization. Do you stay on as the person who started with this group, or do you add the newly elected person?
- Lisa will send out a survey about this.
- May 8, 2024, ratio needs to be done so it can be used in Missouri.
- Planning for MAASN/Melissa will add a column to group information document for phone numbers for group communication and to set up a time to get together for a meeting.
- June meeting is virtual, June 13 at 12:00pm.
- July meeting will be in person with date TBD.



What we did in May



Middle America SBMH Conference May 29



MISSOURI SCHOOL-BASED MENTAL HEALTH TRAINING





WHAT WE DID IN SEPTEMBER



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GOALS



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- Review Framework overview, SBMH one-pager, of contents, and acknowledgements
- Learn more about each component
- Provide feedback, perspective, concrete examples and resources for the components
- Strategic Planning for sustaining the SBMH Professionals Collaborative
- Have fun :)



WHAT WE DID IN JANUARY



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ework for SBMH
nals Collaborative
5, 2:00 - 3:00 pm

[n Meeting](#)

enda

)-2:05pm
[Vote Docs](#)

35 pm

- IV. Next Steps for SBMH Professionals Collab (Lisa, Melissa) ~ 2:40 pm
- V. Updates from each organization (SBMH Organizations) ~ 2:50 pm
 - A. MASP
 - B. MSCA
 - C. MASN
 - D. SSWAM

[Link to Framework Folder in Google Drive](#)



**The Missouri Framework for
School-Based Mental Health**

Comprehensive SBMH Training

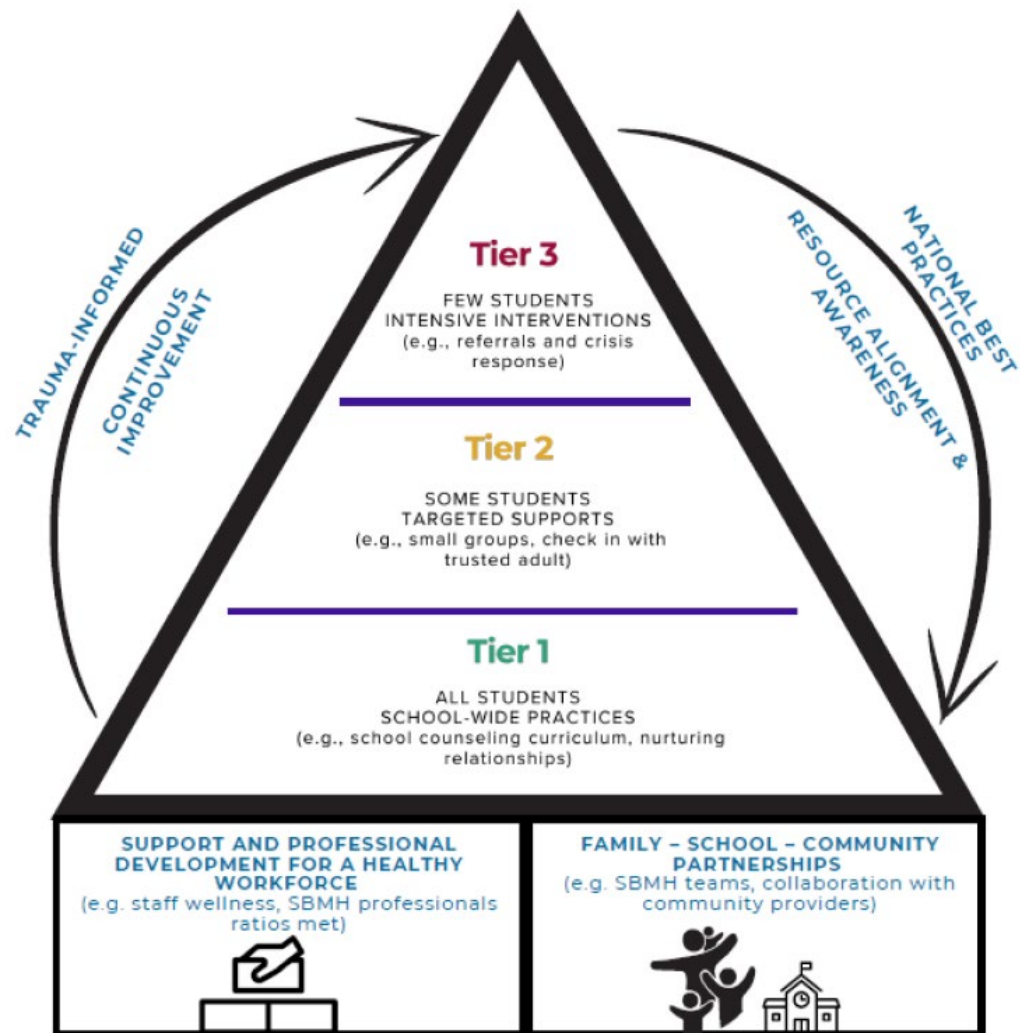


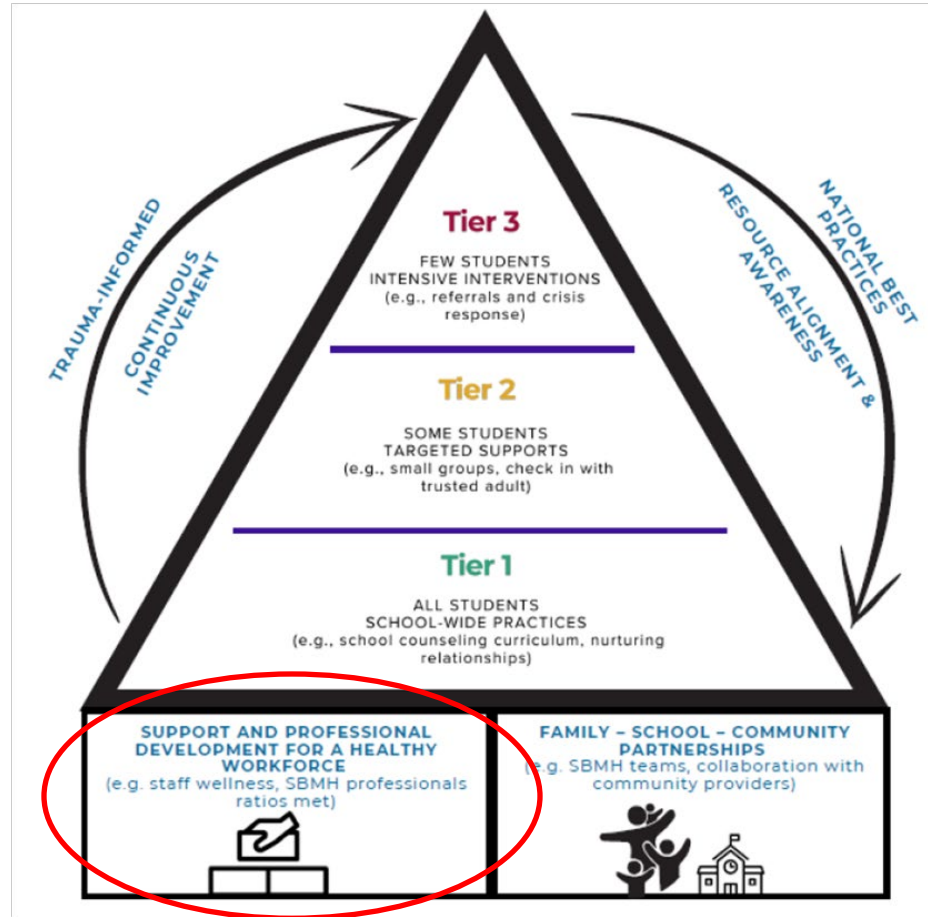
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Leaders from the Departments of Mental Health, Health and Senior Services, and Elementary and Secondary Education provide virtual training on national school-based mental health best practices and School Mental Health Quality Assessment. Our next training is June 5-6.

- Foundations of Comprehensive School Mental Health
- Teaming
- Needs Assessment and Resource Mapping
- Screening
- Mental Health Promotion for All (Tier 1)
- Early Intervention and Treatment (Tiers 2 and 3)
- Funding and Sustainability
- Impact









Looks like:

- Well-supported staff that includes every employee in a school community
- Appropriately qualified and/or credentialed SBMH professionals meeting staff-to-student ratios
- Interdisciplinary collaborative teams
- Staff wellness
- Ongoing professional development



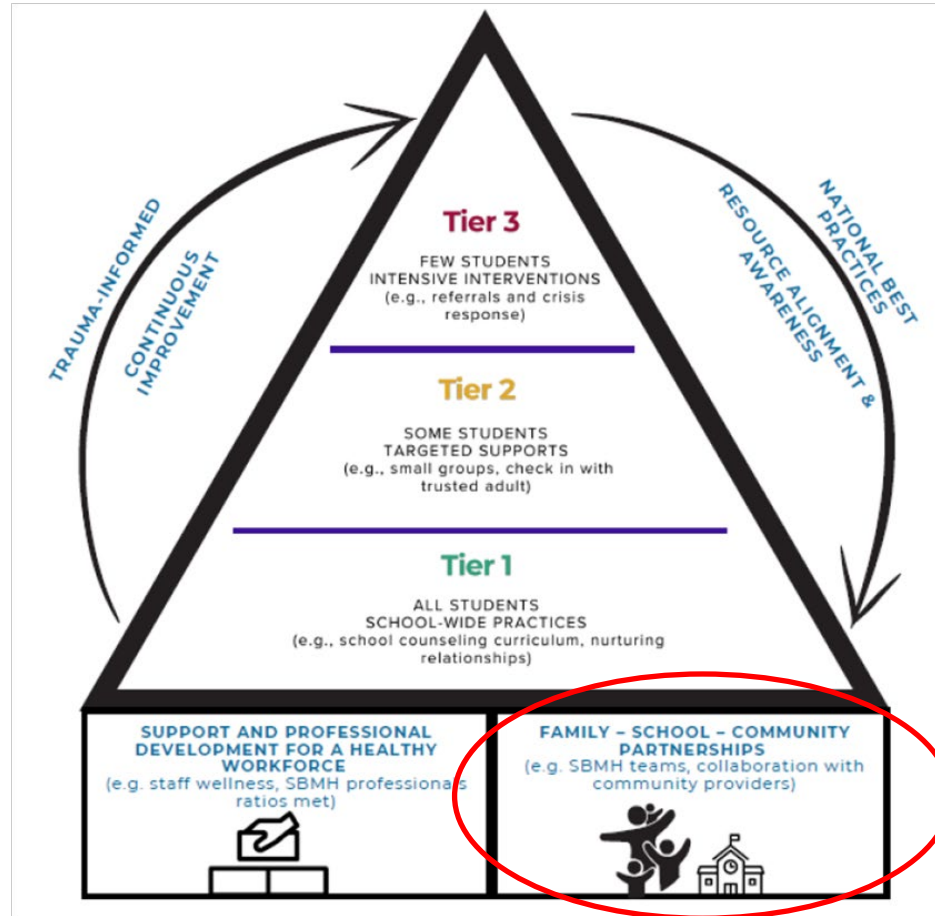
Reflection/Discussion:

What is your role within professional development and support for a healthy workforce?

Family-School-Community Partnerships



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Looks like:

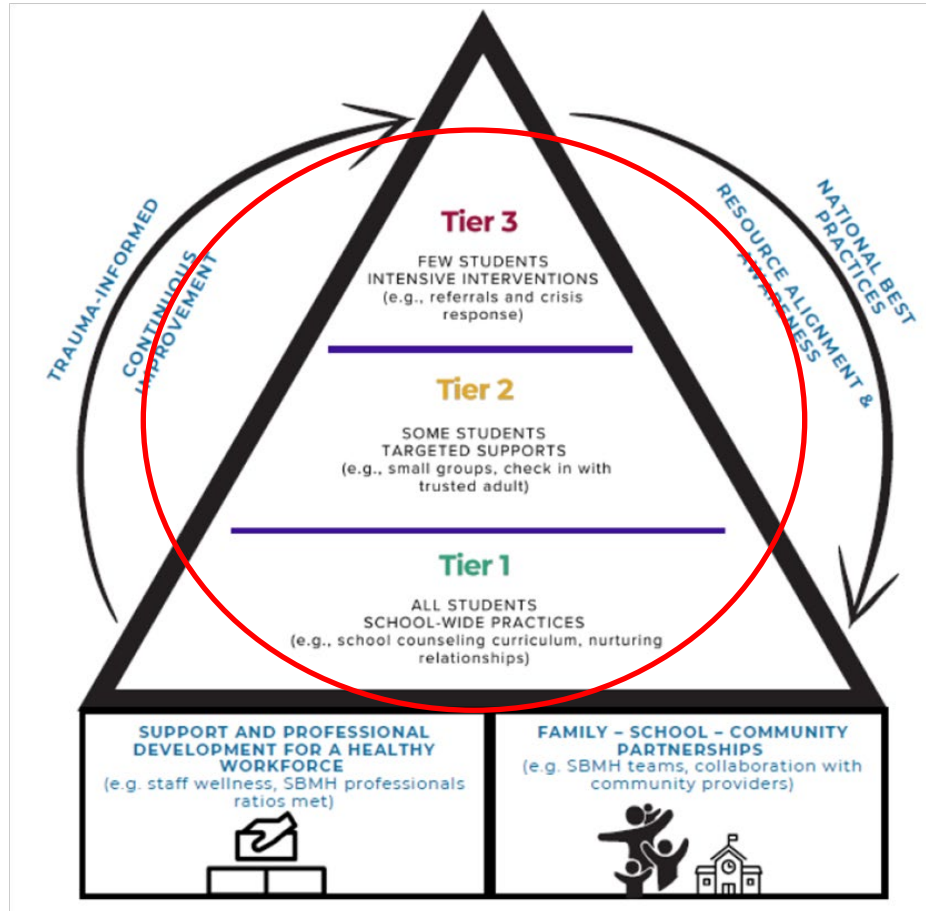
- Purposeful family engagement
- Working collaborations with external community resources
- Ongoing, two-way communication
- Teaming includes shared decision-making and distributed responsibilities



Reflection/Discussion:

How do you partner with families and community resources?

Multi-Tiered Systems of Support





Looks like:

- Education and health promotion efforts for everyone with graduated levels of intensifying support
- Screening and referral pathways: systematic use of data to determine if/when additional supports are needed

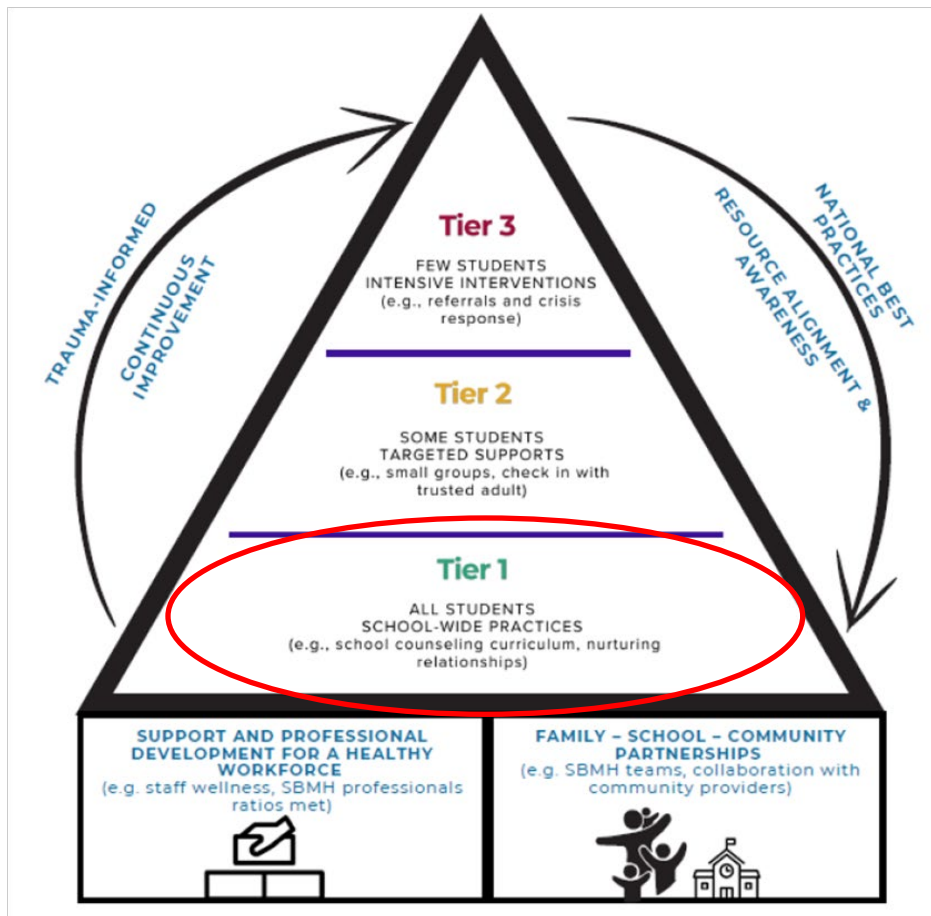


Reflection/Discussion:

How do you participate in multi-tiered systems of support related to health?

How do you currently/could you related to mental health?

Universal Supports for All Students (Tier 1)





Looks like:

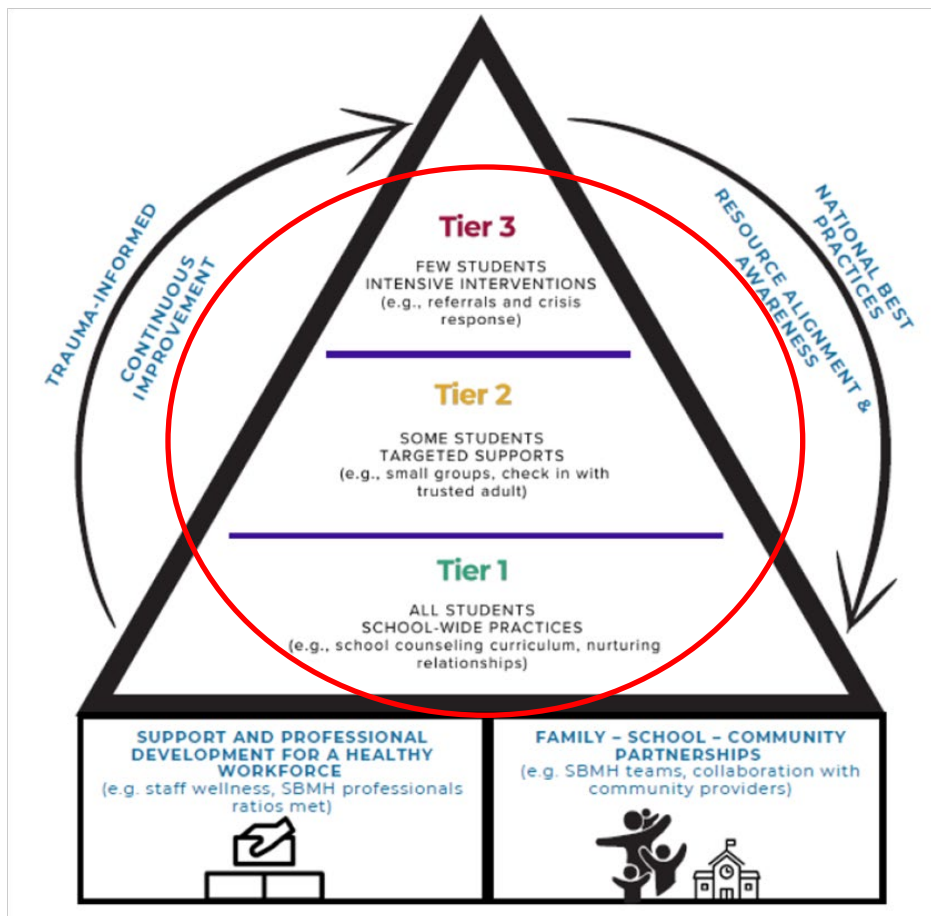
- School-wide practices that promote wellness and well-being among the entire population
- Fostering healthy development
- Building students' competencies to cope with common stressors and circumstances
- Nurturing relationships



Reflection/Discussion:

What universal supports do you provide to support the well-being of all students?

Targeted Supports & Intensive Interventions (Tier II & Tier III)





Looks like:

- Tier II: some students receiving targeted supports to develop mental health competencies
- Tier III: Few students receiving intensive interventions to support their healthy development and school success

*Note—students continue to receive Tier I supports



Reflection/Discussion:

**What targeted supports and/or intensive interventions are you part of?
What community resources do you partner with to provide tier 2 and/or tier 3 services?**



Looks like:

- Using a variety of data to plan, implement, and evaluate school programs, practices, and policies
- Using data to document and report impact
- Aligning SBMH efforts with other improvement plans/goals
- Maximize funding and non-financial assets



Reflection/Discussion:

What types of data do you gather that may be helpful in evaluation? In showing impact?

What initiatives or plans do/could include SBMH activities?



Looks like:

- Needs assessment: understanding the needs and assets of your school community
- Resource mapping: identifying available resources

Mental Health Resources for School Staff and Students



COVID Federal Relief Funds

Mental Health Resources for School Staff and Students



Student and school staff mental health — including social and emotional wellbeing — is central to a healthy school community. There is growing data to show the impact and value of providing mental health supports and services in schools.

Learning Services

- Learning Services Home
- Literacy Initiatives & Efforts
- 2020-21 Impact of Lost Instructional Time Analysis
- [Mental Health Resources for School Staff and Students](#)
- Show Me SEL
 - Student Social-Emotional Support
- Success-Ready Students Work Group

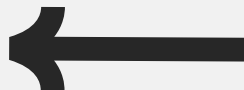
<https://dese.mo.gov/mental-health-resources>

SchoolLink

SUPPORT FOR MISSOURI'S SCHOOL PROFESSIONALS



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NEW!



844-686-6854



SchoolLink@Missouri.edu



SchoolLink
University of Missouri

What We Do



- Listen, care, and empathize
- Share cost- free & confidential problem-solving support
- Connect you with concrete, vetted resources
- Help you navigate local resources





An example

Hi! I'm a school counselor and our district has asked me to call families & talk with them about their financial situation. We are several thousand in debt because families can't pay their students' lunch fees. I'm overwhelmed! Can you help?

Hi! Thanks so much for reaching out to SchoolLink, we can absolutely support you. A few things come to my mind right away, so that we can help you feel more comfortable making those phone calls and value your time. I would love to share some talking points with you. How does that sound?

That would be great. I don't know what to say or ask! I also wondered about sharing the Access Navigator's information. Could you share more about those services?



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University of Missouri



Absolutely! How about I create some talking points for you, and then email them to you before the end of the day? I will also include our Access Navigator's contact information, they can help with social services applications like WIC, SNAP, Medicaid and more!

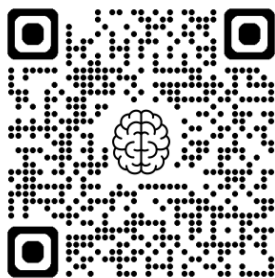
Perfect. Thanks so much, let me give you my email. I appreciate your help.

Wonderful! I'll send you the email shortly, and then I will also follow up in about a week to make sure things are going well and we can adjust from there.



Keep in touch:

- SBMH@dese.mo.gov
- 573-751-6875
- Join us for office hours
Thursdays from 12-1 p.m.
(link on website)
- Sign up for the
SBMH ListServ



<https://dese.mo.gov/mental-health-resources>



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