Getting Your Comprehensive School-Based Mental Health System in SHAPE

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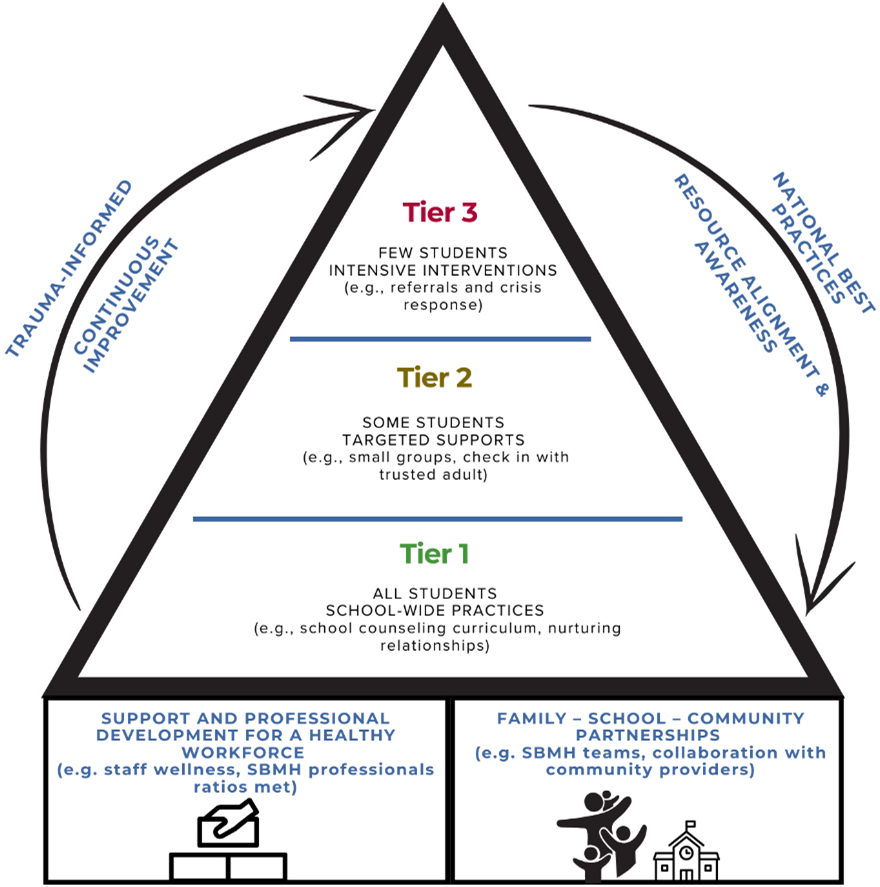
Today's Objectives

- Be introduced to the core components of a comprehensive school-based mental health (SBMH) system
- Learn how to assess your district or school's current school mental health system
- Discover resources to support strategic planning and implementation related to SBMH goals

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.

School-Based Mental Health in Missouri



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.

Missouri Framework for SBMH

- The SBMH Professionals Collaborative includes leaders from the SBMH professional organizations (SSWAM, MSCA, MASP, MASN).
- This group helped inform a comprehensive school mental health framework, specific to Missouri, built upon national best practices to better align roles and responsibilities.

Missouri School Counselor Association

Missouri Association of School Psychologists — Educate, Advocate, Facilitate

SSWAM School Social Workers Association of Missouri

Missouri Association of School Nurses — MASN

SHAPE School Health Assessment and Performance Evaluation System

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How does SHAPE help schools & districts improve their school-based mental health systems?

SHAPE users map their school mental health services and supports

Assess system quality using national performance standards

Receive custom reports and strategic planning guidance and resources

Utilize additional SHAPE features including the Screening and Assessment Library and Trauma-Responsive Schools Assessment and Resources

Use district and state/territory dashboards to collaborate with schools and districts in your region

www.theshapesystem.com

School Mental Health Quality Assessment

1. Teaming
2. Needs Assessment / Resource Mapping
3. Screening
4. Mental Health Promotion Services & Supports
5. Early Intervention and Treatment Services & Supports
6. Funding & Sustainability
7. Impact

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Core Components of SBMH Systems

Teaming

School Mental Health Teams:

- Raise awareness of school mental health needs and resources
- Shape/implement guidelines, policies and practice
- Train, coach, and support school teams and staff
- Foster family-school-community partnerships

National Center for School Mental Health

Teaming Quality Indicators

- Multidisciplinary
- Avoid duplication and promote efficiency
- Delineated staff roles/responsibilities
- Effective referral processes to school and community services
- Data sharing among team members to facilitate data-based decision-making

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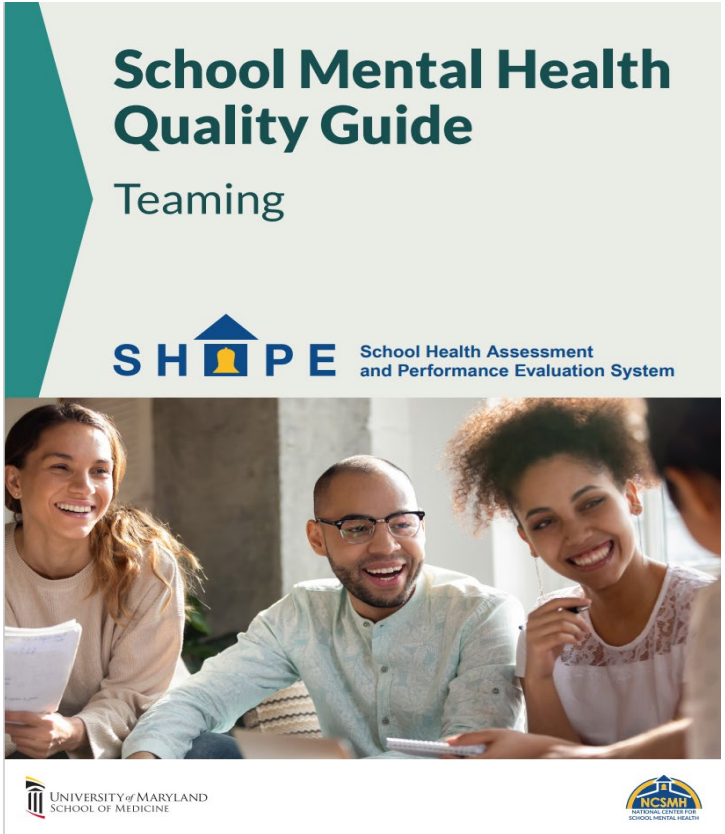
Teaming Resources

Within SHAPE resource library:

- School Mental Health Team Alignment Tool
- Team Roles and Functions
- Sample Memorandum of Understanding



https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

Needs Assessment & Resource Mapping

Needs assessment:

- Identifies the pressing strengths, needs, and challenges in a system

Resource mapping:

- Shows resources available to address identified needs or enhance identified strengths

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Needs Assessment & Resource Mapping Quality Indicators

- Use needs assessment to determine appropriate services and supports
- Conduct or access current resource mapping
- Use needs current resource map to determine appropriate services and supports
- Align existing services and supports

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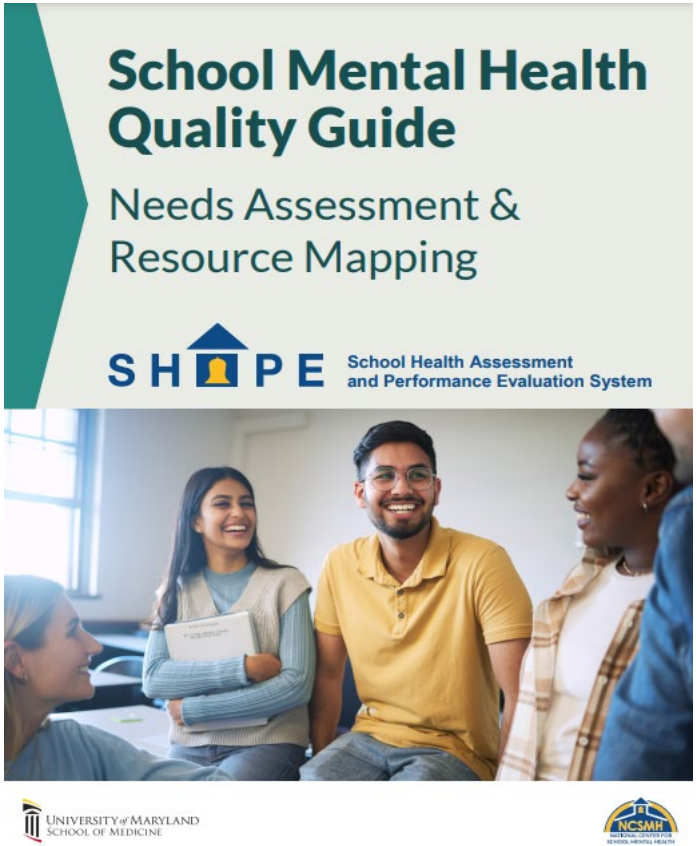
Needs Assessment/Resource Mapping Resources

Within SHAPE resource library:

- Gap Analysis Worksheet
- Tiered Pyramid Worksheet
- Resource Mapping Strategy & Toolkit



https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

Resource: Missouri Family Resources

- Search and connect to resources, community programs, and childhood services for families
- Results can be printed or shared via email, text, or social media
- Website and app
- Additional features with a free account

https://dese.mo.gov/childhood/missouri-family-resources

Screening

Reasons to conduct mental health screening:

- Support a multi-tiered system of supports (MTSS)
- Inform prevention and early intervention strategies
- Identify students at risk and students with high well-being
- Improve access to mental health supports

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Screening Quality Indicators

- Use a selection process for a screening tool that considers reliability, feasibility, cost, and fit with the goals of screening
- Roll out initial screening efforts gradually
- Have a process to assess screening results to triage students to appropriate services
  - Respond to risk of harm to self and others immediately

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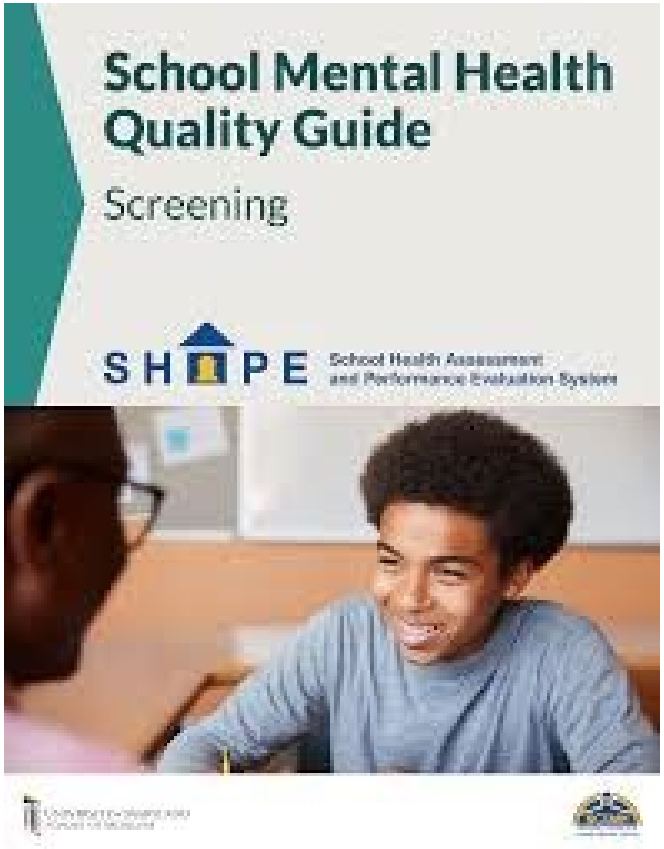
Screening Resources

Within SHAPE resource libraries:

- School Mental Health Referral Pathways Toolkit
- Screening and Assessment Library



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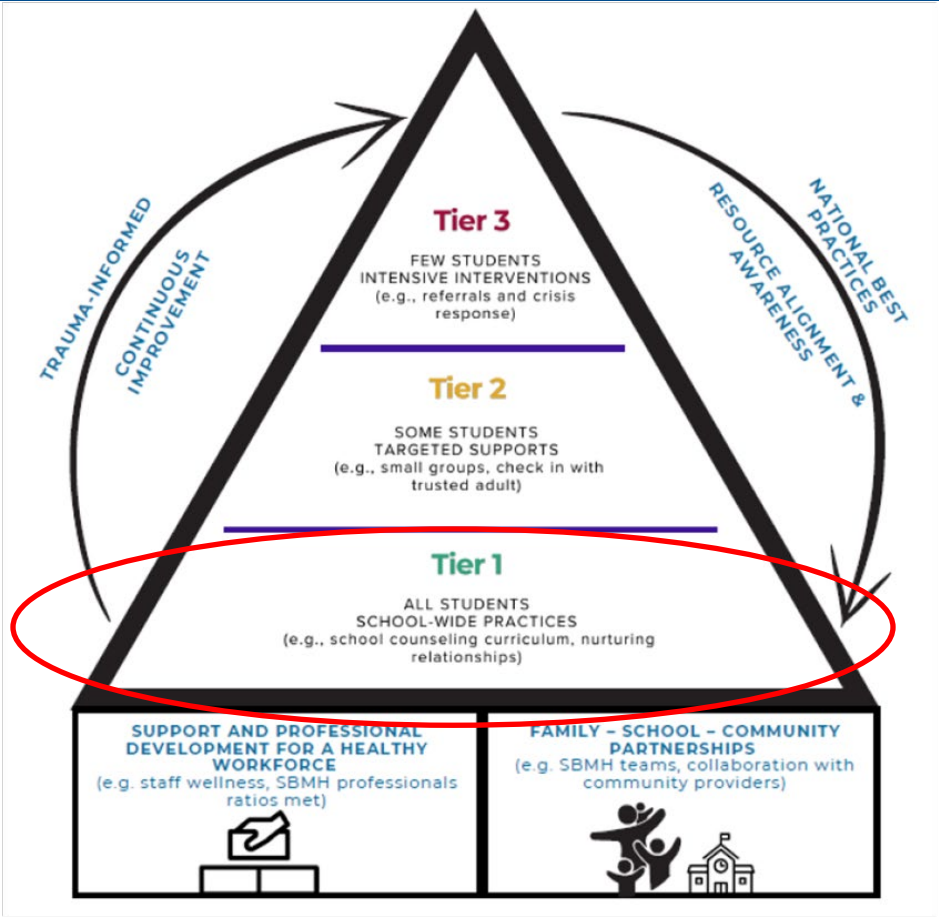
Mental Health Promotion Services and Supports



- Promotes well-being and educational success for *all* students
- Mental health is part of overall health, and students must be healthy enough to learn, and teachers healthy enough to teach

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Mental Health Promotion Services and Supports Quality Indicators

- Assess and improve school climate and staff well-being
- Set school-wide positive behavior expectations
- Build healthy relationships and community
- Increase mental health literacy for all students and staff
- Match Tier 1 services and supports to needs and strengths

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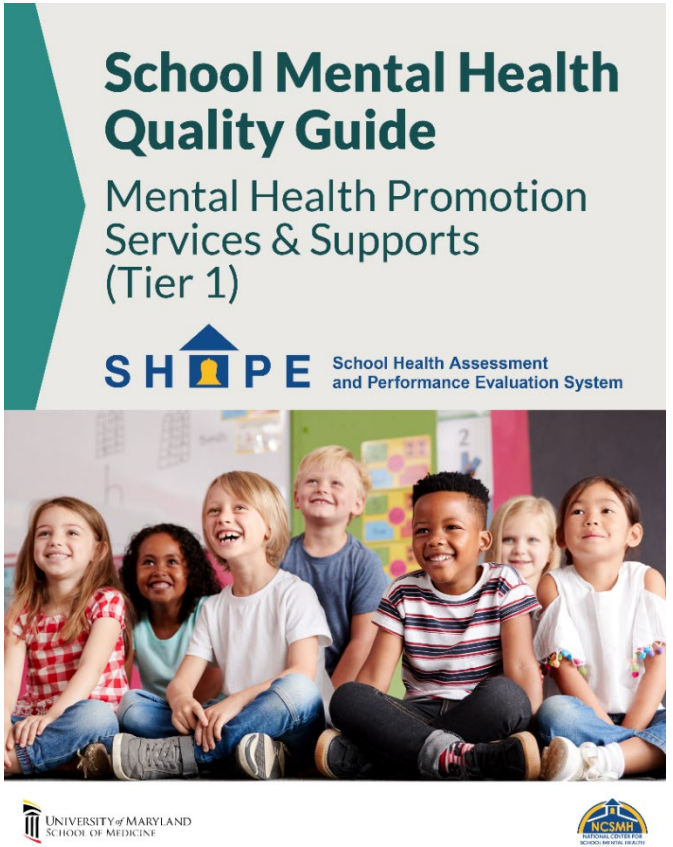
Tier 1 Resources

Within SHAPE resource library:

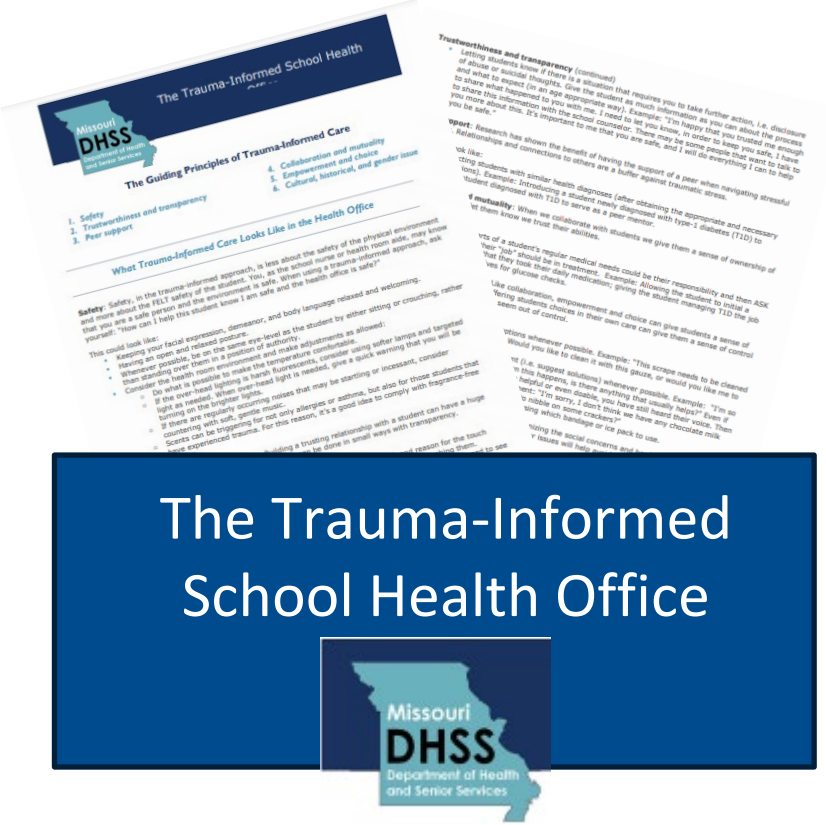
- A Framework for Effectively Implementing Evidence-Based Programs and Practices
- School Climate Survey Compendium



https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

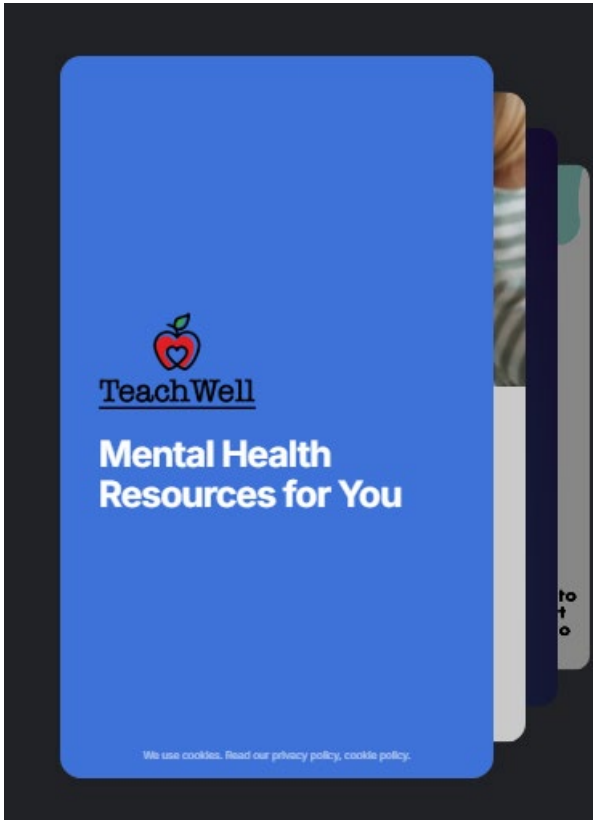
Resources: Connect with Me & Trauma-Informed School Health Office

https://health.mo.gov/living/families/connectwithme/



https://health.mo.gov/living/families/schoolhealth/pdf/tic-health-room.pdf

Resource: TeachWell



https://dmh.mo.gov/wellness/teachwell

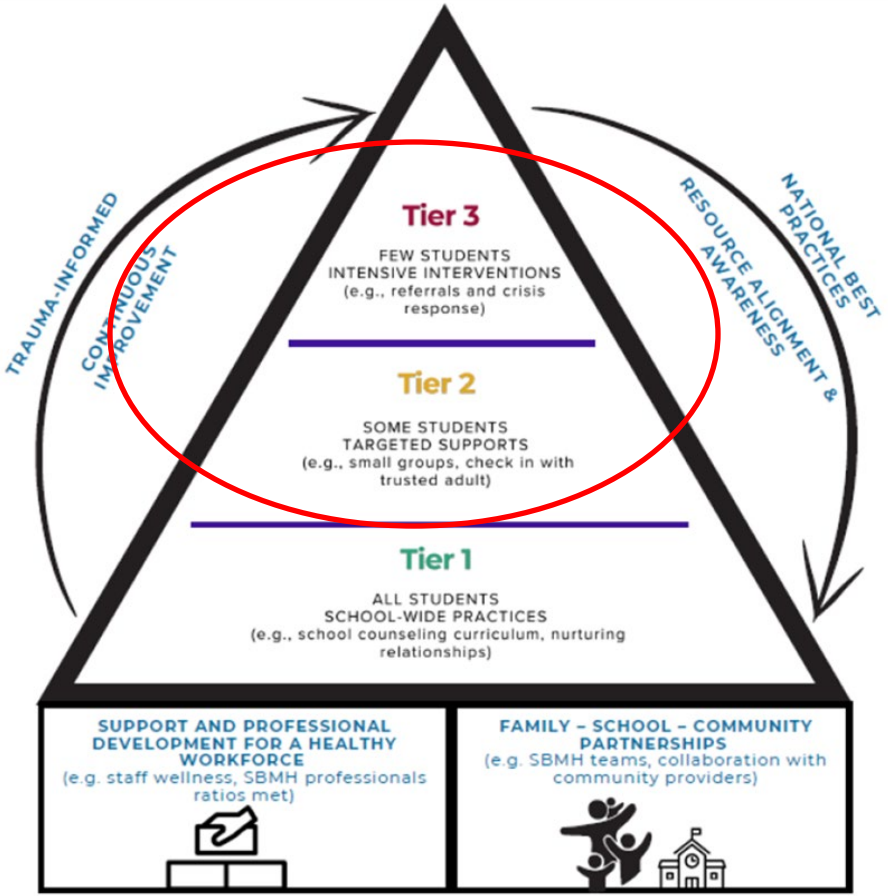
- Created for educators by the Missouri Department of Mental Health
- More than 60 short courses (less than 5 minutes each)
- Access anytime or sign up to receive them every couple of weeks via email or text

Targeted Supports (Tier 2)

- Provided for some students who need more support

Intensive Interventions (Tier 3)

- Fewer students, more resource intensive



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- Ensure adequate resource capacity—of students identified as needing Tier 2 and/or Tier 3 services, how many received them?
- Support training and professional development
- Monitor fidelity of implementation of evidence-informed practices
- Match Tier 2 and Tier 3 services and supports to needs and strengths

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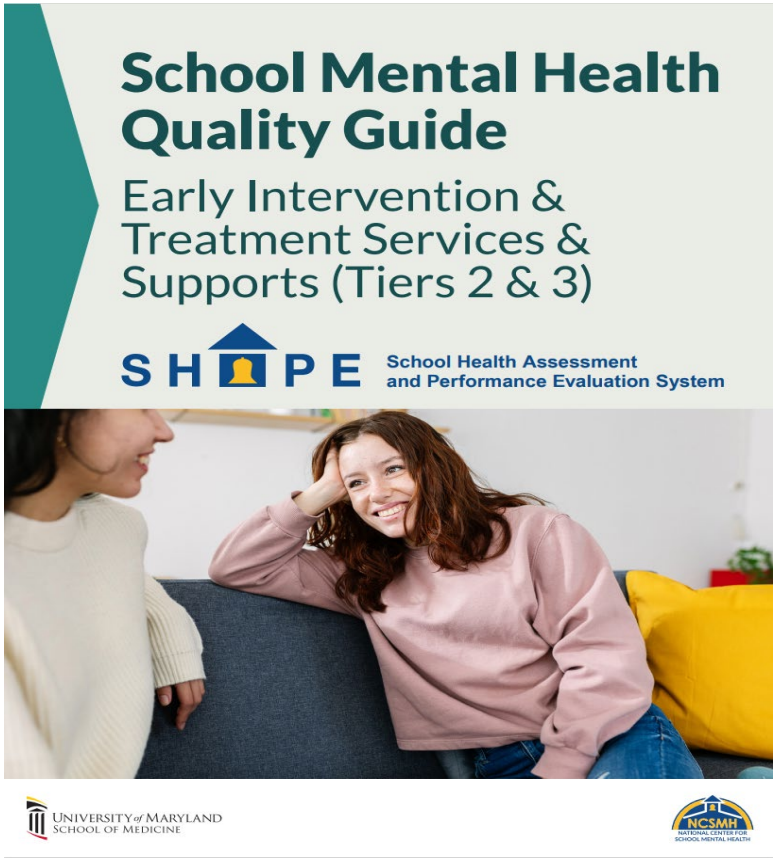
Tier 2 & Tier 3 Resources

Within SHAPE resource library:

- Intervention Planning Form
- Planning Checklist for Monitoring Fidelity of Evidence-Based Practices

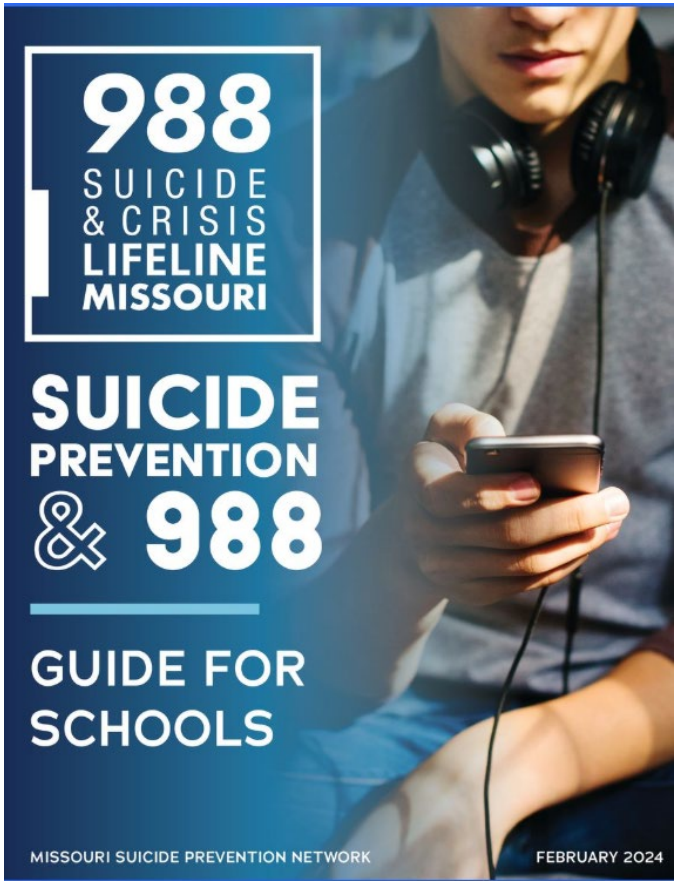


https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

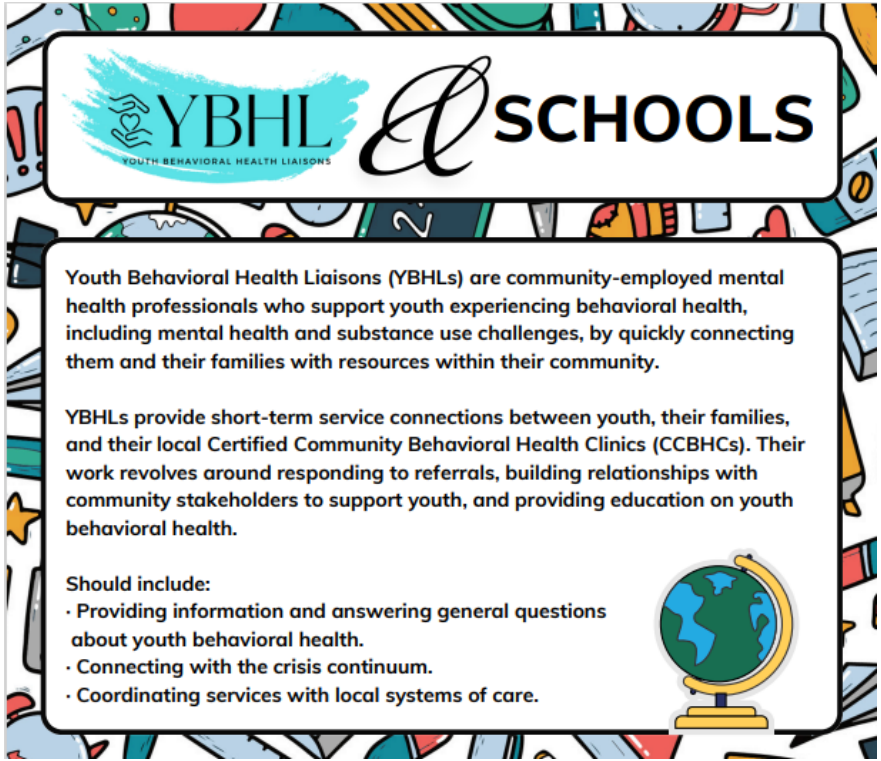
Resource: Suicide Prevention & 988 Guide for Schools

- Youth Suicide Awareness and Prevention Model Policy
- Prevention Resource Centers
- MO Crisis Continuum
- Behavioral Health Crisis Centers
- Virtual and Physical Toolkit

https://missouri988.org/toolkit/



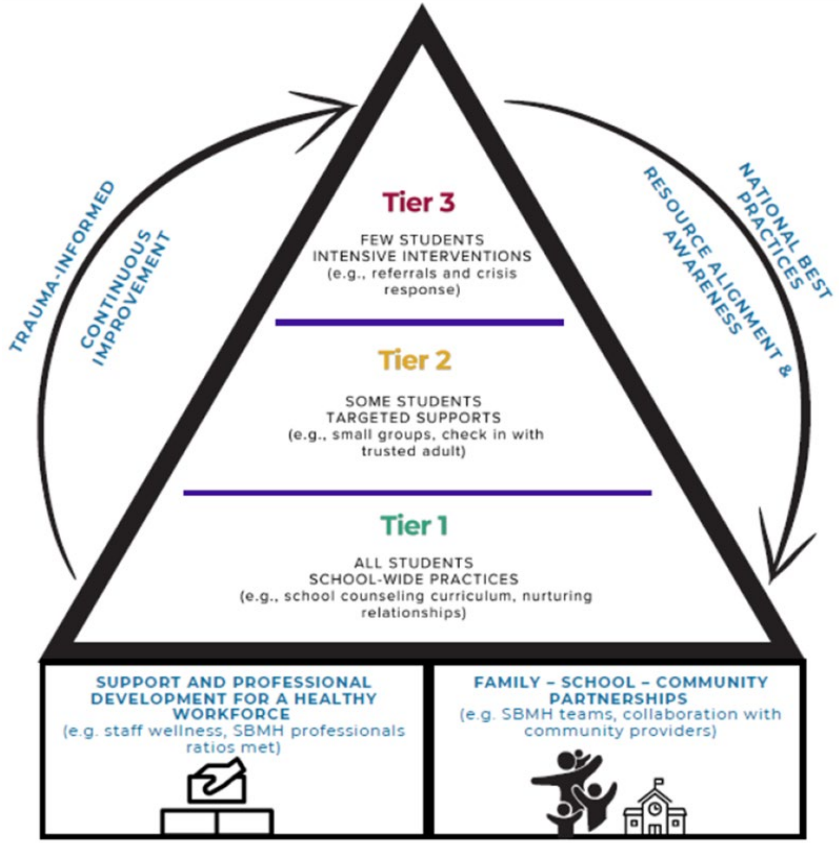
Resource: Youth Behavioral Health Liaisons



https://dmh.mo.gov/youth-behavioral-health-liaisons-ybhls-0

https://mbhc21.wixsite.com/website-3

Continuous Improvement



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Continuous Improvement

Funding and Sustainability

Strategies to optimize financial and nonfinancial assets needed to maintain and improve your school mental health system over time.

Used best practices to:

- Use multiple and diverse funding and resources to support the full continuum of school mental health .
- Leverage funding and resources to attract potential contributors.
- Have strategies in place to retain staff.
- Maximize expertise and resources of partners to support ongoing professional development.

Had funding and resources to support:

- Tier 1 (mental health promotion) services
- Tier 2 (early intervention) services
- Tier 3 (treatment) services

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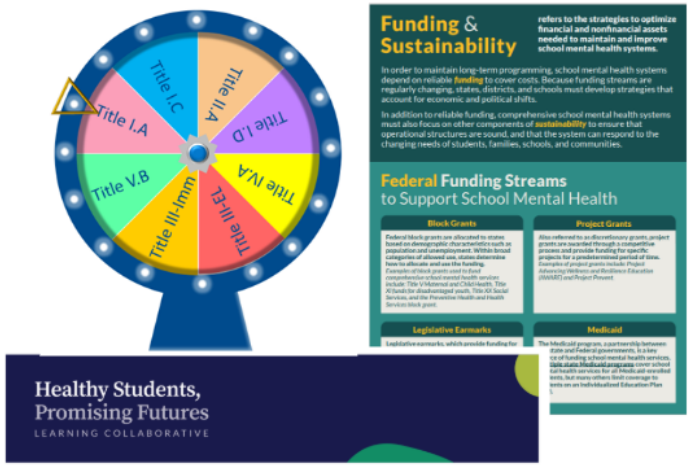
Funding and Sustainability

Explore Diverse Funding Opportunities

- School
- Local/district/county
- Tribal
- Territory
- State
- Federal
- Private foundations, donors



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Office of College and Career Readiness

Grant Writing 101: Stronger Connections Grant Resources

In effort to better support eligible local education agencies (LEAs) applying for the Stronger Connections Grant (SCG), the Department of Elementary and Secondary Education (DESE) is providing additional resources to help eligible LEAs as they apply for the first, or second time, to the SCG. These resources focus on helping LEAs create a strong application according to grant guidance.

Needs Assessment

SHAPE Needs Assessment & Resource Mapping

The National Center for School Mental Health's (NCSMH) reference guide provides support in building or improving mental health offerings to students by sharing best practices and potential next steps, along with information on resource mapping and needs assessments. LEAs will benefit from this mental health based view in developing a needs assessment for their district.

State Support Network's Needs Assessment Guidebook

This guidebook details the continuous improvement process and the elements of a successful needs assessment from an academic perspective. LEAs can use this resource to develop a foundational understanding of how to appropriately conduct a needs assessment and to use this process to develop effective programming.

SMART Goals

Creating SMART Goals

This handout developed by the South Carolina Department of Education presents SMART Goals in discrete parts and provides specific examples that may apply to LEAs as they develop their SCG application. LEAs may benefit from modeling their SMART Goals on the sample goals provided.

Program Development

Strategies for Equitable Family Engagement

This guidance from the United State Department of Education helps LEAs to understand the importance and implementation of evidence-based strategies for family engagement. This document provides research and examples of equitable family engagement, a requirement of ESEA as amended by ESSA. LEAs may benefit from reviewing the information to kick-start brainstorming of how districts can effectively use SCG funds to engage their students' families.

Budget Development

How to Prepare a Budget Narrative/Budget Justification

The Office of Sponsored Programs at the Utah Valley University has a great resource on how to create a budget and justification for the listed costs. LEAs would benefit from applying the principles shared in this resource as they create a budget for SCG funds.

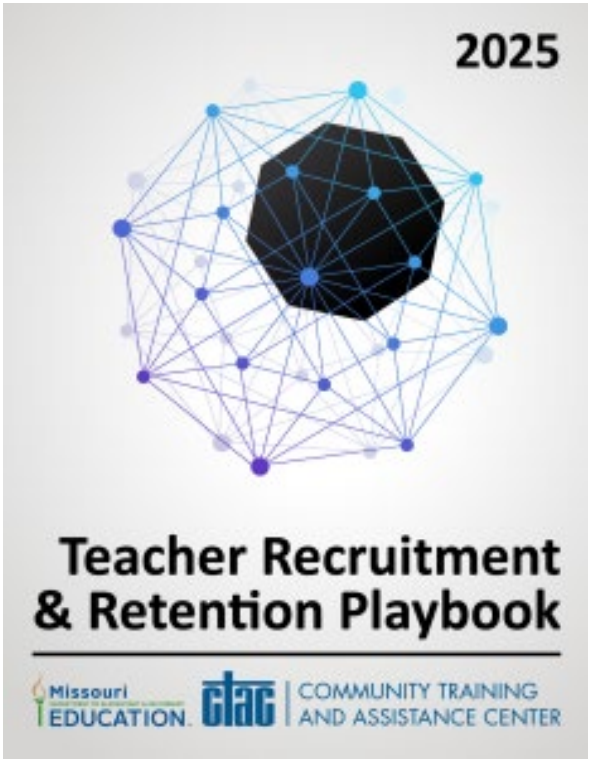
Program Evaluation

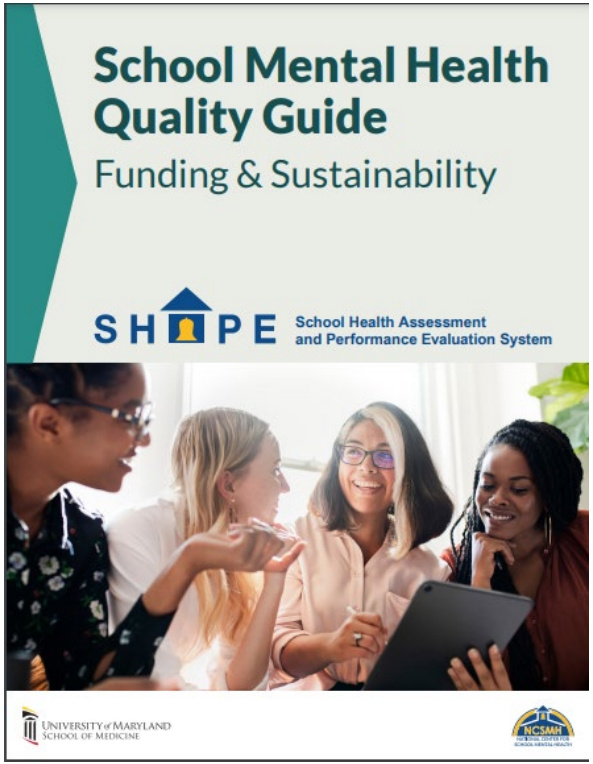
Program Evaluation Toolkit

In effort to assess their program's effectiveness, LEAs will need to create a plan to conduct a program evaluation. This toolkit explicates how to conduct a program evaluation, step-by-step, and also provides the necessary tools for LEAs to complete their own evaluation. LEAs are strongly encouraged to first review the Program Evaluation Toolkit: Quick Start Guide before engaging with the toolkit.

https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

Resource: Teacher Recruitment & Retention Playbook





https://dese.mo.gov/media/pdf/teacher-recruitment-and-retention-playbook-january-2025

Impact

Long-term effects or changes that occur because of the programs, practices, or policies implemented within a comprehensive school mental health system.

Provides guidance to advance school mental health quality and sustainability

Includes:

- Background
- Best practices
- Action steps
- Examples from the field
- Resources

National Center for School Mental Health

Impact Resources

Resources

School Mental Health Quality Guide: Impact

Provides guidance to advance school mental health quality and sustainability

Includes:
- Background
- Best practices
- Action steps
- Examples from the field
- Resources

Select Data:

- You **already collect and use**.
- Are **readily available or could be reasonably collected** (e.g., self-reported distress and well-being)
- Are **likely to be affected** by school mental health services and supports
- Are of **most importance and most useful** to different groups who use, fund, or are affected by the services and supports
- **Can be shared** within and beyond the school team.

https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

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Strategic Planning

School Mental Health Quality Assessment

- **Reflect** on what your district is already implementing to address student and staff mental health and well-being
- **Prioritize** strategies and approaches you want to focus your efforts on
- **Plan for action** with your teams to implement your selected approaches

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School Mental Health Quality Guides

https://www.schoolmentalhealth.org/resources/school-mental-health-quality-guides/

Comprehensive SBMH Training

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 Sustainak
- Impact

Mid-America (HHS Region 7) MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Missouri Department of Elementary & Secondary Education

Missouri Department of Mental Health

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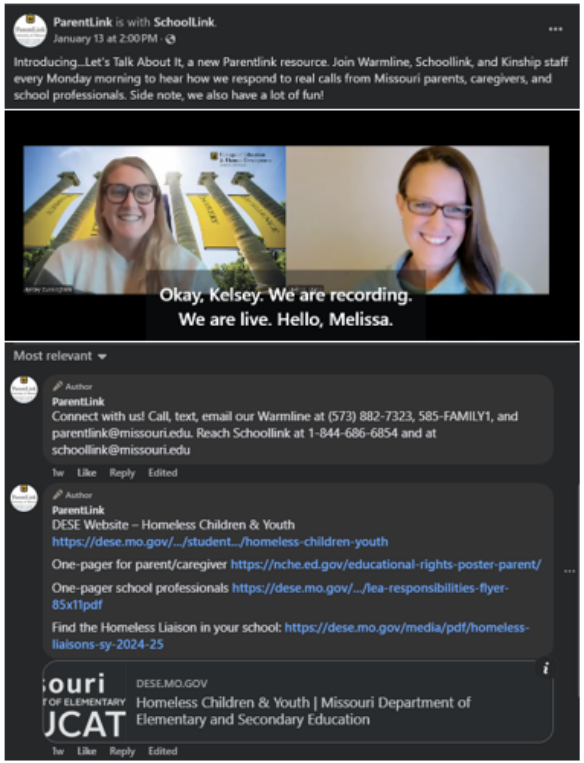
SchoolLink: Let's Talk About It

Let's Talk About It – Homeless Youth & Children
ParentLink & SchoolLink
Posted: 1.13.2025
Stats (1.22.2025, 8:45 am): Views = 959, Reach = 411, Interactions = 39
Contact: Melissa Maras, MarasMe@missouri.edu



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- February - the longest shortest month
- Parent shame & guilt
- ELL supports
- That's not my job

Questions?

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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