

Telehealth ROCKS Missouri: Building Schools/Community Pathways to Success

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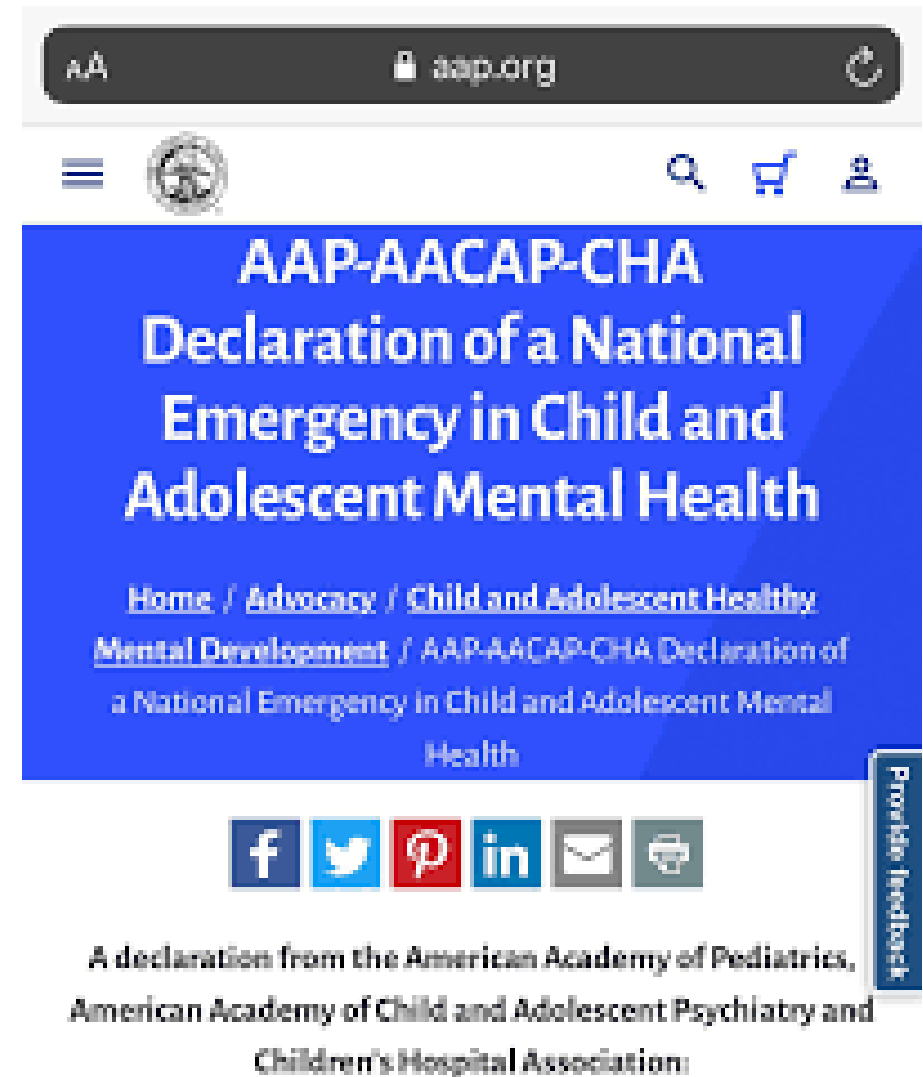
Objectives


- To provide an overview of the Telehealth ROCKS family-school-community partnership, including school-based community health workers
- To describe programmatic elements associated with successful relationship building and community engagement and the relationship to school-based health centers
- To share a rural district's innovative work with school-based CHW to meet student and family needs as part of the districts overall vision for student success



Child Mental Health Emergency

- In the U.S., rates of childhood mental health concerns and suicide rose steadily between 2010 and 2020 and by 2018 **suicide was the second leading cause of death for youth ages 10-24.**
- U.S. youth have **soaring rates of depression, anxiety, trauma, loneliness, and suicidality** that will have lasting impacts on them, their families, and their communities, incl. social media impacts
- These rates are worst among economically disadvantaged groups, including **youth in rural communities.**
- Innovation is needed to improve **the access to and quality of care across the continuum** of mental health promotion, prevention, and treatment.





School mental - health report card, 2022 INSEPARABLE.US

•Missouri By The Numbers

•938,000

Number of K-12 Students (2022 Projection)ⁱ

•72,000

Children with major depression

•37,000

Children with major depression who do not receive treatment

•1:4,867

Ratio of School Psychologists to Students
(Recommended Ratio 1:500)

•1:2,250

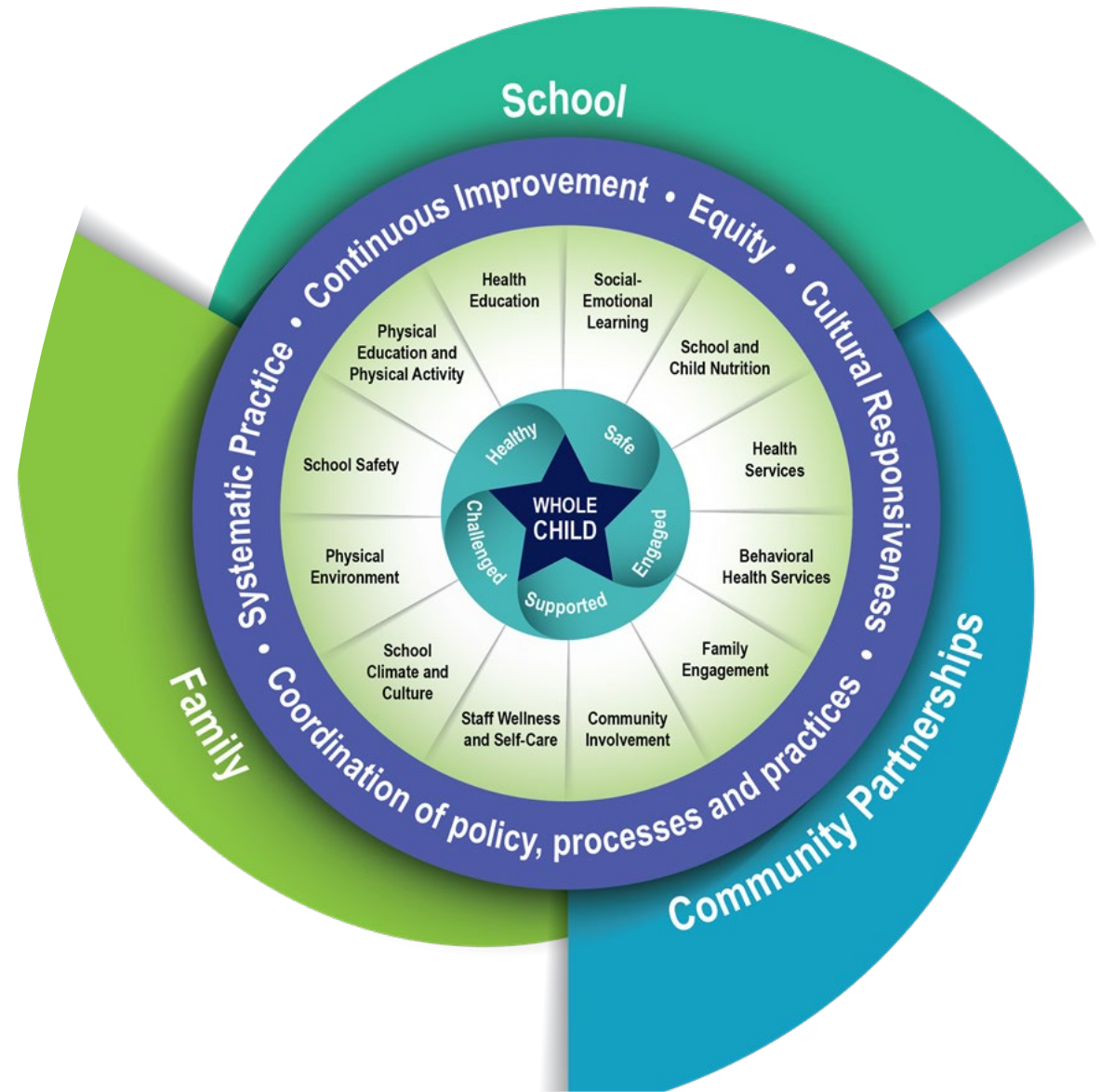
Ratio of School Social Workers to Students
(Recommended Ratio 1:250)

•1:339

Ratio of School Counselors to Students
(Recommended Ratio 1:250)

Aligns with the Whole School Whole Community Whole Child (WSCCC) Model

*Family-school-community
partnerships advance
academic, social, and life skills
associated with employment
and adult success*

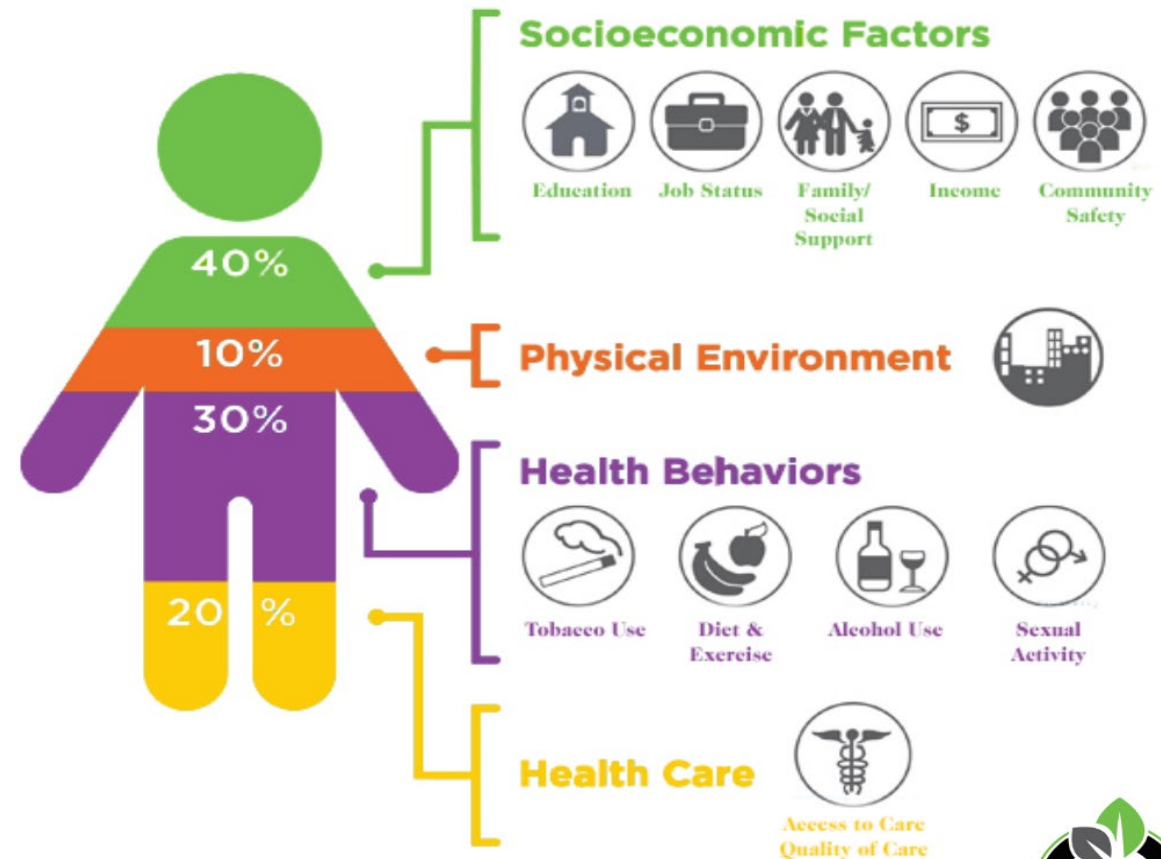


For more information: Zajacova & Lawrence (2018). Annu Rev Public Health. 2018 Jan 12;39:273–289. doi: [10.1146/annurev-publhealth-031816-044628](https://doi.org/10.1146/annurev-publhealth-031816-044628)

Why do we need to transform our communities?

Because 50 percent of our health is related to our community, and it has a direct relationship to the remaining 50 percent.

What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Source: Healthy Baton Rouge
<https://healthybr.com/community-health/what-are-the-social-determinants-of-health>



Social Determinants of Health

“The personal, social, and environmental things that impact your health, well-being, quality of life, and educational success.”

- Examples include:
 - Your income.
 - Your education level.
 - Your job and its benefits — like health insurance and paid time off.
 - The availability of resources in your neighborhood — like nutritious foods, public transportation and childcare.
 - Your sense of safety and security in your neighborhood.
 - The availability of health care.
 - The quality of the air you breathe and the water you drink.
 - Your relationships and social connections.

<https://my.clevelandclinic.org/health/articles/social-determinants-of-health>

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Social Determinants of Health



- **Arizona Self Sufficiency Matrix through Community Care Link**
- **Social Determinants of Education**
- **Social Indicators of Health & Education**
- **Social Determinants of Mental Health**
- **SDOH ECHO**

Arizona Self-Sufficiency Matrix

- 18 SDOH domains (rate 1-5)



















1 - Unable to meet basic needs such as hygiene, food, activities of daily living.

2 - Can meet a few but not all needs without assistance.

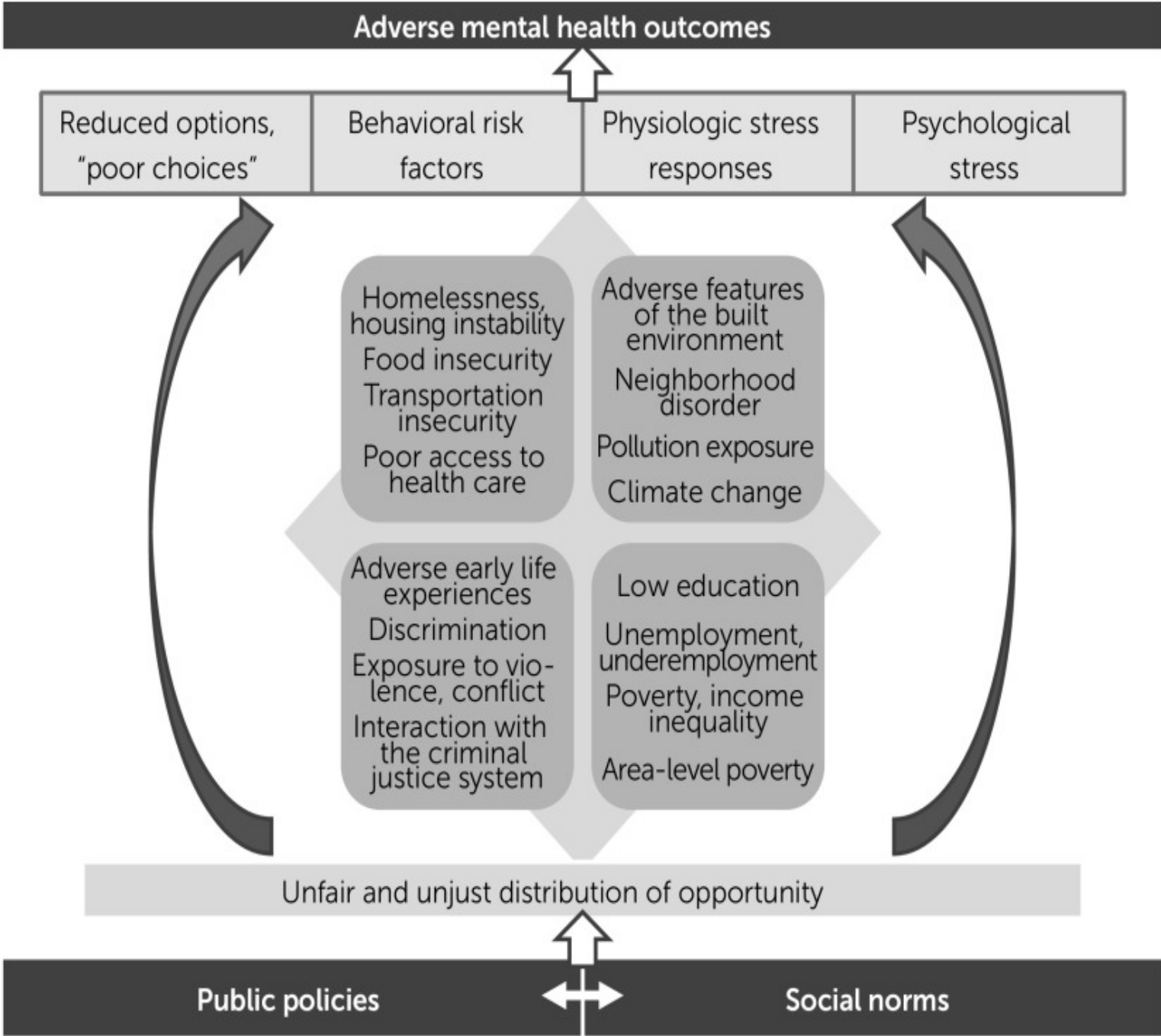
3 - Can meet most but not all needs without assistance.

4 - Able to meet all basic needs with out assistance.

5 - Able to provide beyond basic needs for self and family.

Domains							
	Shelter/Housing	<input type="radio"/> 1	<input type="radio"/> 2	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Employment	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Income	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Food and Nutrition	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input checked="" type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Child Care	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input checked="" type="radio"/> N/A
	Children's Education	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input checked="" type="radio"/> N/A
	Adult Education	<input type="radio"/> 1	<input type="radio"/> 2	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Health Care Coverage	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Life Skills	<input type="radio"/> 1	<input type="radio"/> 2	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Family Relations	<input type="radio"/> 1	<input type="radio"/> 2	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Mobility	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input checked="" type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Parenting Skills	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input checked="" type="radio"/> N/A
	Legal	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Mental Health	<input type="radio"/> 1	<input type="radio"/> 2	<input checked="" type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Substance Abuse	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input checked="" type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Safety	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Credit	<input type="radio"/> 1	<input checked="" type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> N/A
	Disabilities	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input checked="" type="radio"/> 5	<input type="radio"/> N/A
Total		44/75					
Average		2.93					

Model of Social Determinants of Mental Health (Shim & Compton, 2020)



Why Did We Partner

- No human, community, or community is an island.
 - You can't do it alone.
 - Health and education outcomes require a focus on the whole person, the community, and partners from local through national.
- If you involve others, you engage others
 - Community and family buy-in

**It
takes
all
of
us.**



Local Community



Schools



Behavioral Health Providers

Key to Success:
Building strong
partnerships at
the local, state
and federal level.



State agencies and
statewide organizations



Federal agencies

Telehealth ROCKS Family-Community-School partnership

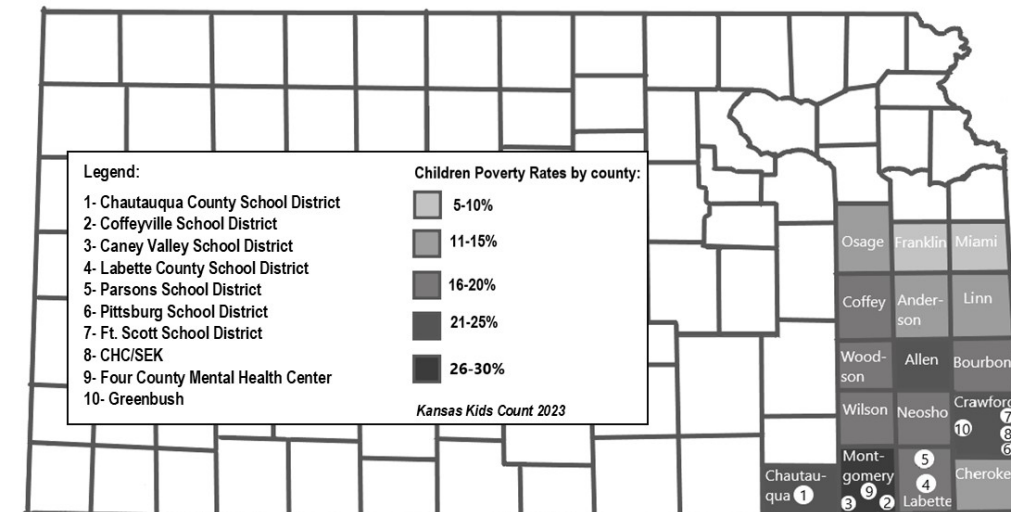
CHILDREN AND THEIR FAMILIES!!!!

SCHOOLS as the heart of many rural communities

- **U.S. Government**—HRSA, SAMHSA, NIH.
- **State Government**-**Missouri-DESE, DHSS**; Kansas-KSDE, KDADS, DCF, KDHE, Corrections, Attorney General, Commerce.
- **Advocacy**— DCCCA, Headquarters, Families Together, Communities Honoring Adolescent Success in Education (CHASE), FosterAdopt Connect.
- **Education**—**Missouri-Eldon, Kennett, South Callaway School Districts**; Kansas-Greenbush, Caney Valley, Chautauqua County, Coffeyville, Fort Scott, Iola, Labette County, Neodesha, Parsons, and Pittsburg School Districts.
- **Health Care**— Community Health Center of Southeast Kansas, Four County Mental Health Center, University of Kansas Medical Center, KSDE MHIT Program
- **Local Entities**— Restorative Justice Authority, Southeast Kansas DCF, Southeast Kansas FosterAdopt Connect, Crossover Youth Practice Model, Stepping UP Juvenile Justice TA Center.

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Core Community Partnership Concepts

- Trust (Respect/Equality)
- Preparation
- Collaboration
- Communication
- Shared Values/Goals (Mission/Vision/Values follow)

It's a big table, strategically filling it to advance outcomes

Collective Impact Forum.
"Community Engagement Toolkit,"
2017 <https://www.collectiveimpactforum.org/sites/default/files/Community%20Engagement%20Toolkit.pdf>



Issue Experience

How many people on your team have been directly impacted by the issue?



Demographic Relevance

How many people on your team demographically reflect target population?



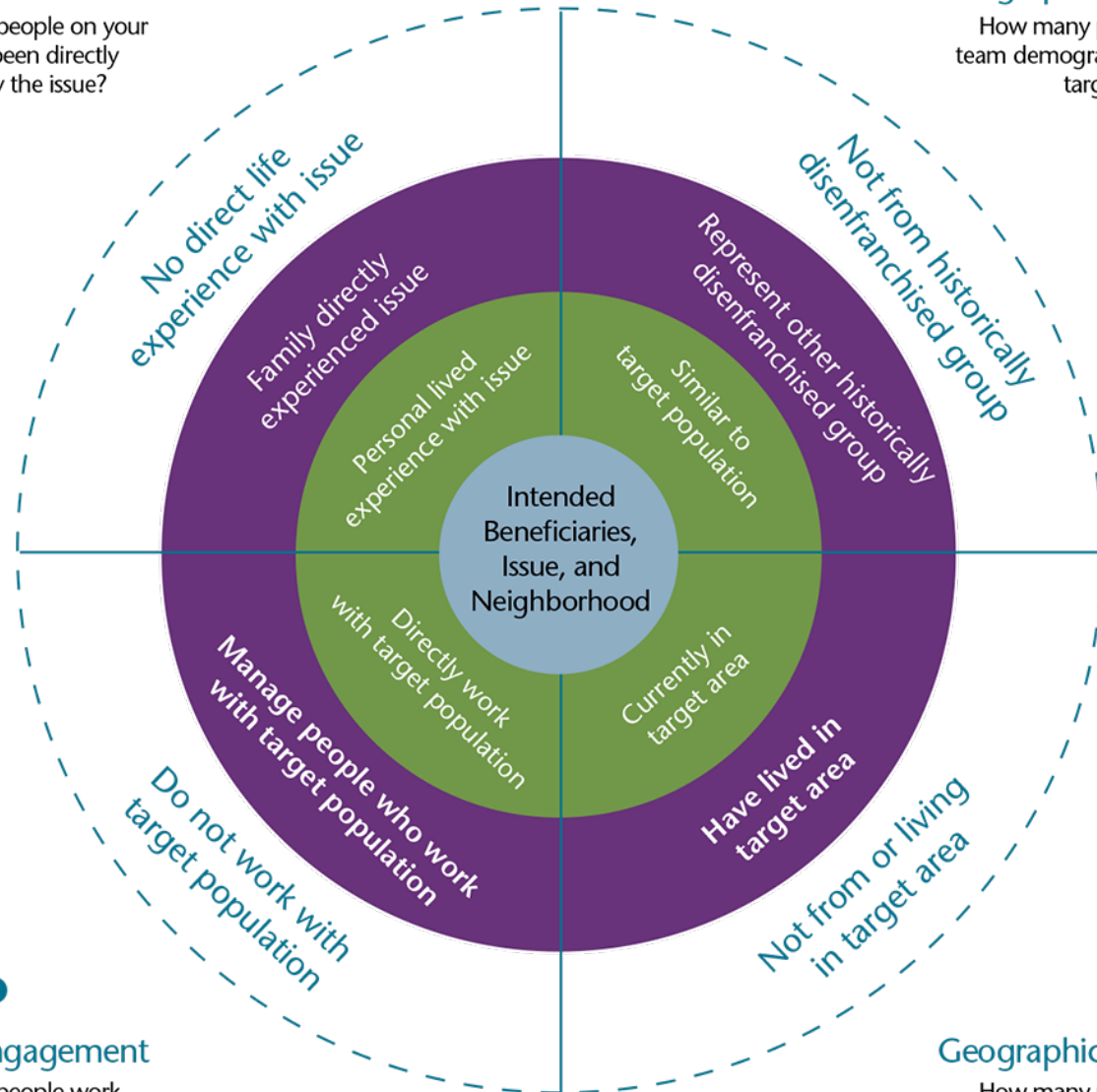
Direct Engagement

How many people work directly or indirectly with target population?



Geographic Relevance

How many people on your team grew up in or live in the neighborhood you are serving?



Schools and communities where every child and family has the resources and skills they need to have the exact same opportunity for success in school and in life.

COLLECTIVE VISION

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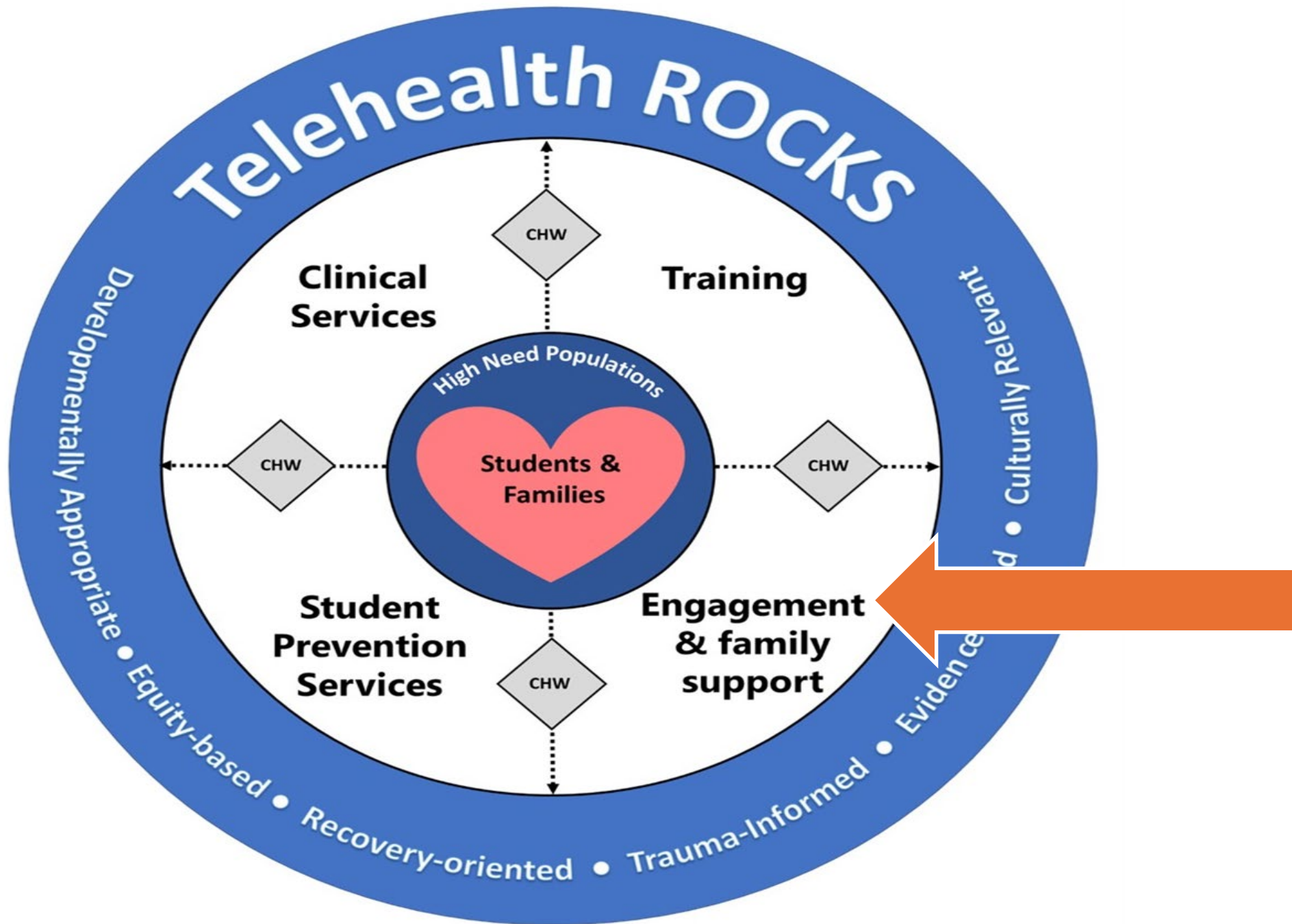
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To transform our communities through comprehensive and integrated approaches that amplify existing resources and develop new solutions to meet the needs of children and their families.

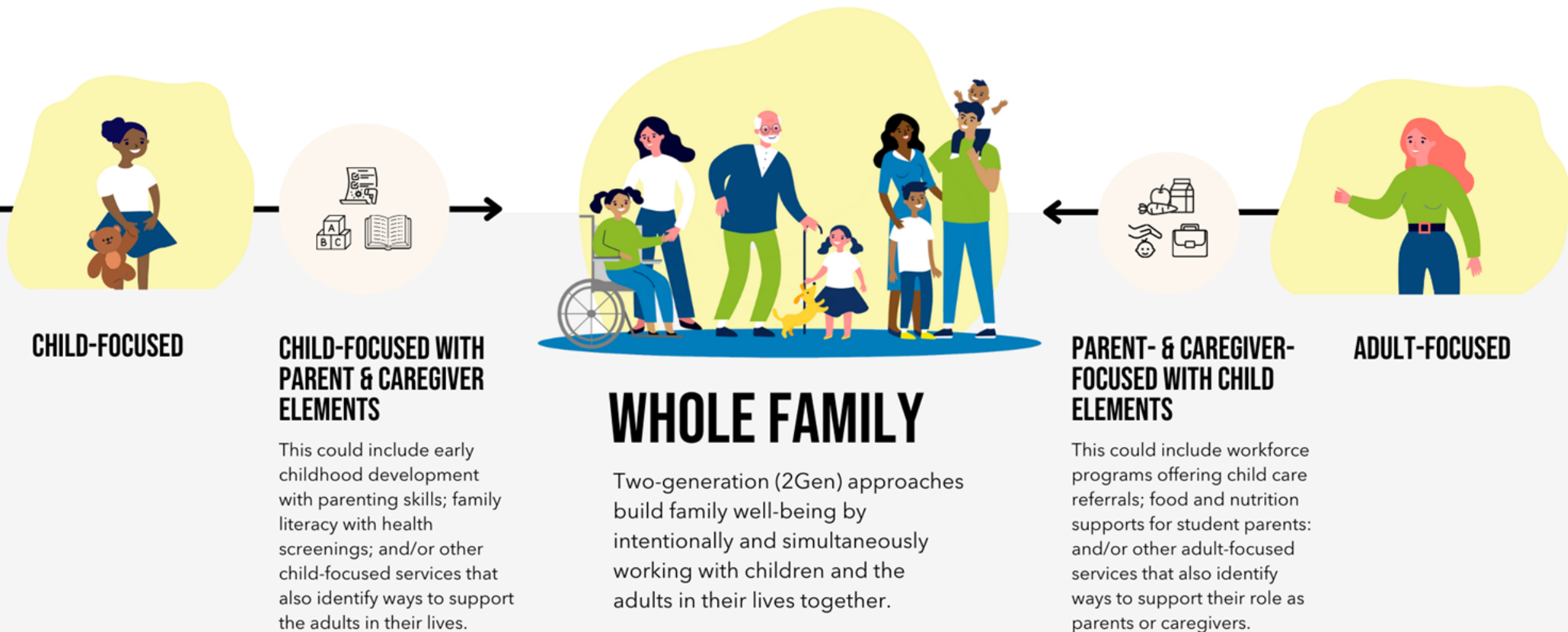
COLLECTIVE MISSION

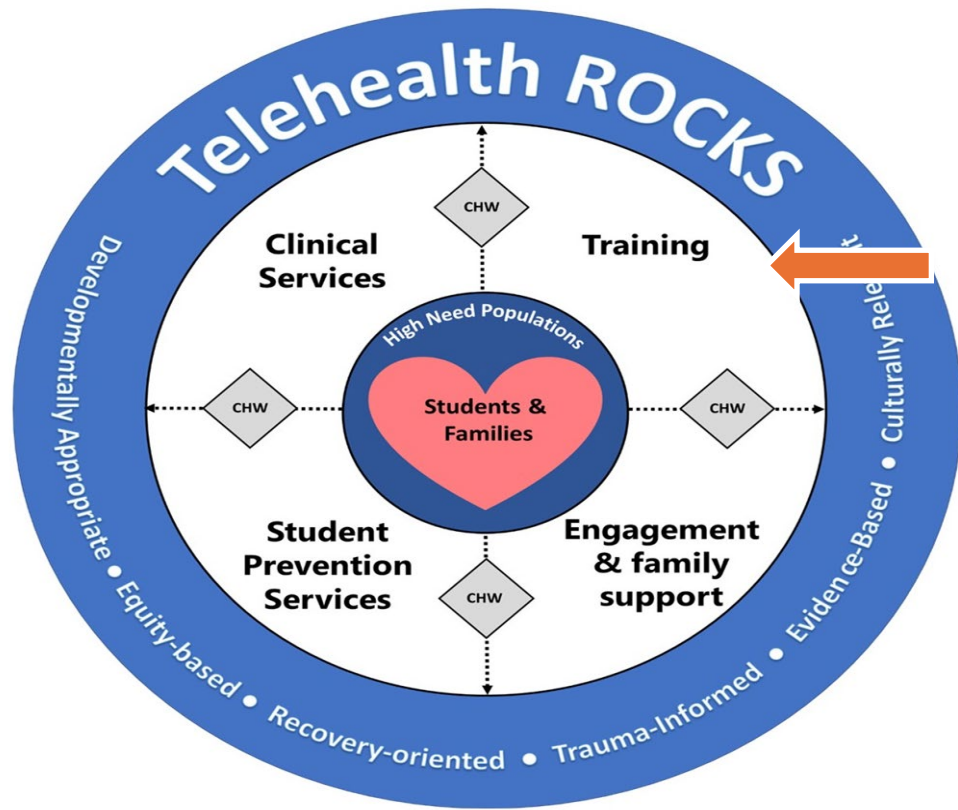
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TWO-GENERATION (#2GEN) APPROACHES CENTER WHOLE FAMILIES





2024 Topics

- Impacting Social Determinants of Health
- Keeping Kids Safe
- School-Based Community Health Workers
- Early Childhood Wellness
- Innovative Approaches to School Success
- BrainWorks

Supporting partner trainings

- Greenbush Early Childhood Education Training with MHTTC
- CHCSEK School Health Conference
- NadoFest Social Media parent presentation

Upcoming

- Positive psychology, behavior, early childhood, community health workers & more
- A Conversation on Poverty with Matthew Desmond on April 17

*2024—6 series, 29 presenters
1600+ training hours provided
19 training sessions
765 registrants*

Join Us

Thursday, April 17 from 9-10 AM CST

About

This 1-hour webinar features **Matthew Desmond, PhD**, Pulitzer Prize-winner, New York Times Bestselling author and Princeton professor. He'll share powerful stories about **housing** and **poverty** in America to start the conversation about how we can impact these topics in our own communities. There is no cost to attend, and training is online via Zoom.

[Learn more](#)

[Register online](#) or scan the QR code



Mobilize & Take Action:

A Conversation on
Poverty with
Matthew Desmond



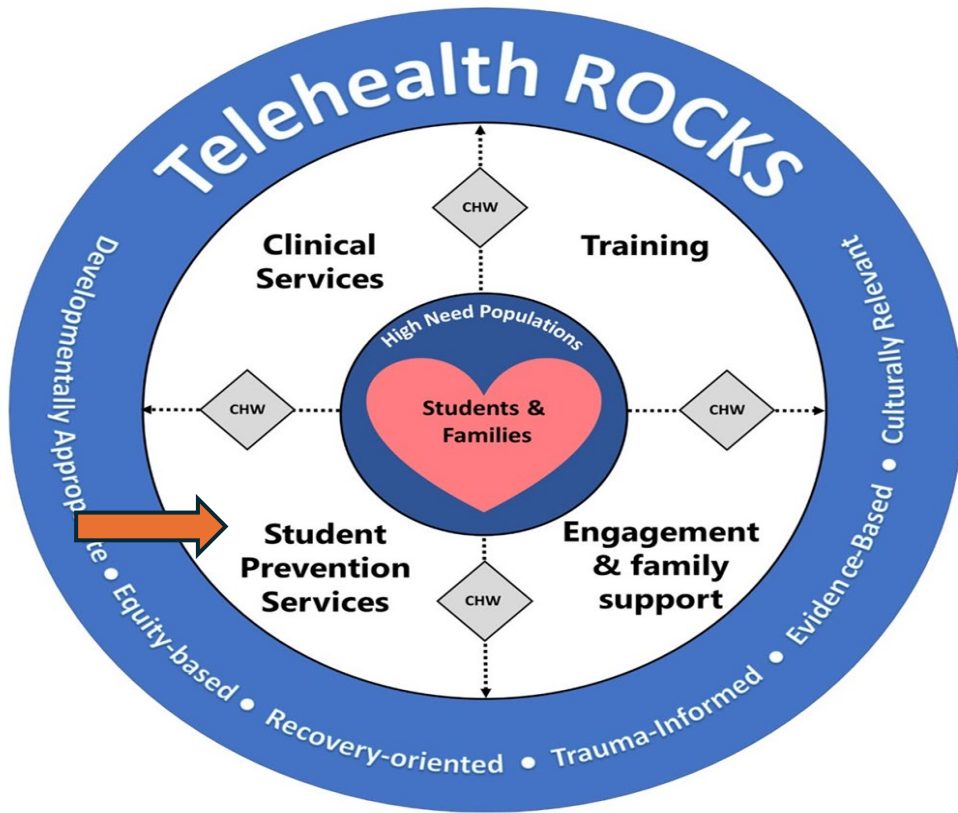
April 17, 2025

**Telehealth
ROCKS**

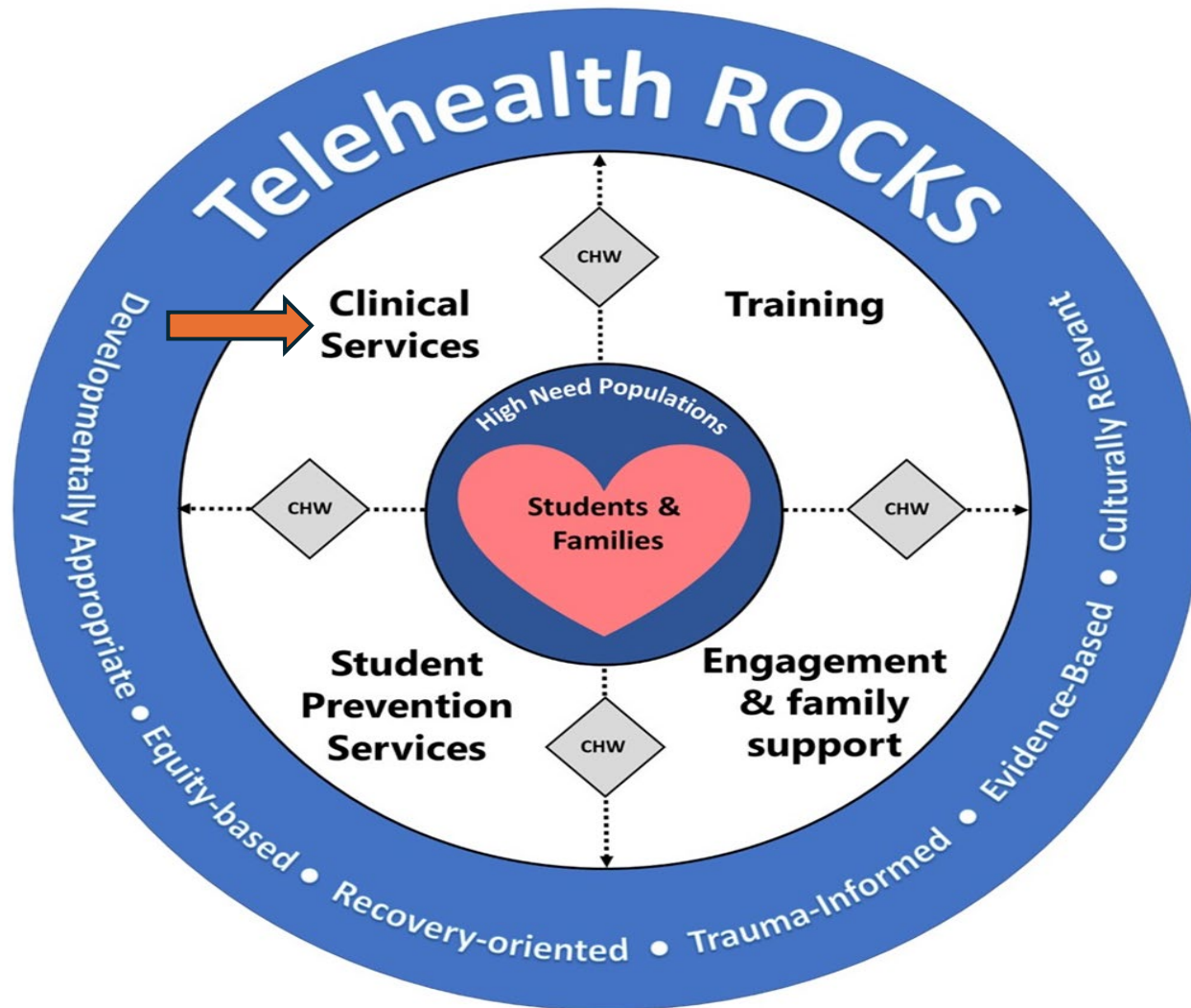
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Student Prevention Services

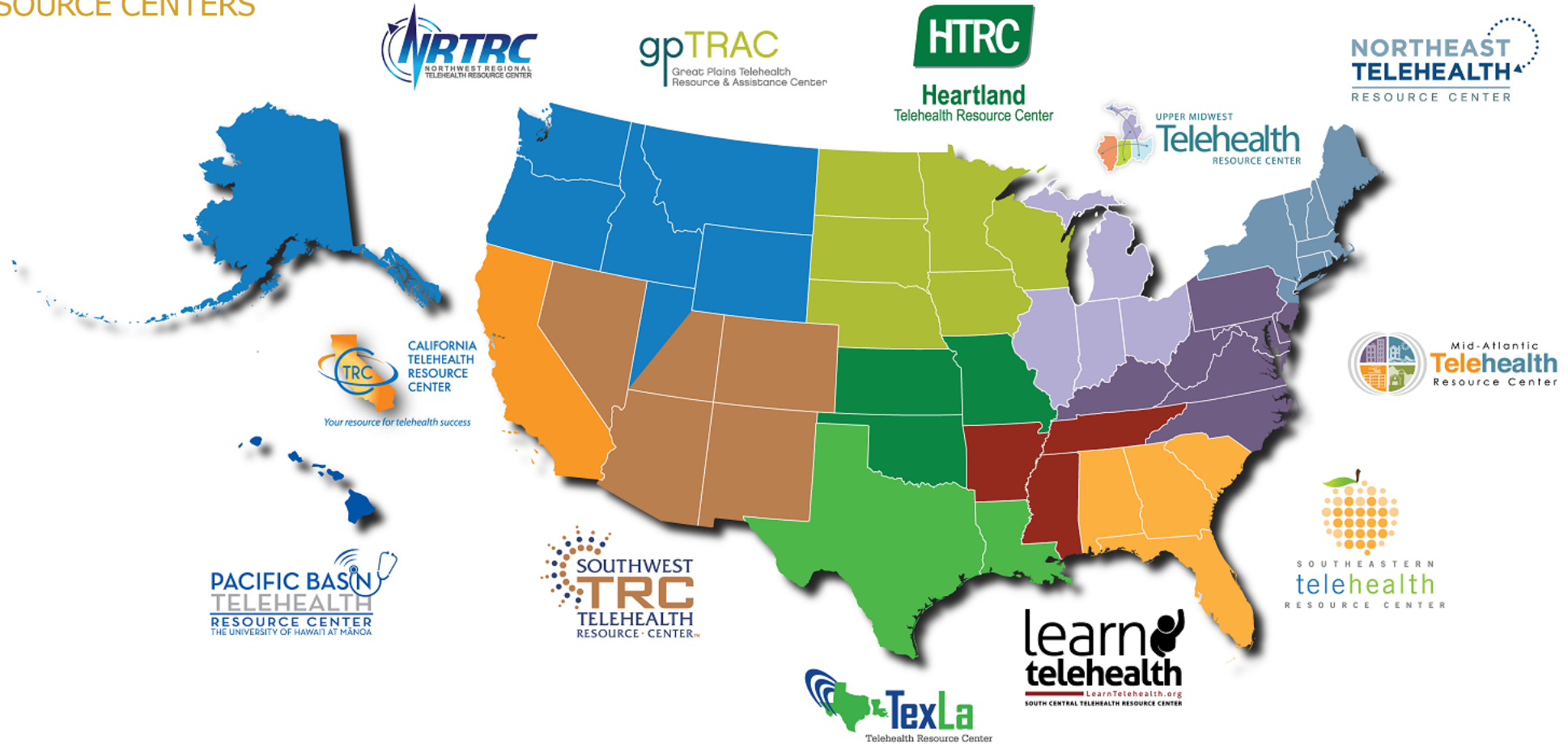


- Hybrid of telehealth and onsite supports
- Earlier prevention work focused on trauma responsive care, Psychological First Aid, and Skills for Psychological Recovery
- Increased focus on relational health, wellbeing, and safe, secure, nurturing relationships and environments (SSNRE)
- Greater focus on connecting/communication student and family prevention services opportunities existing in the community
- Continued resources and support through partners



Clinical Services

- **Community health worker services**=clinical services, completing a SB-CHW toolkit
- Majority of clinical services are **through local partners** with growth of school-based behavioral health services and local telehealth capabilities
- Telehealth opportunities for specialty services






2 National Resource Centers

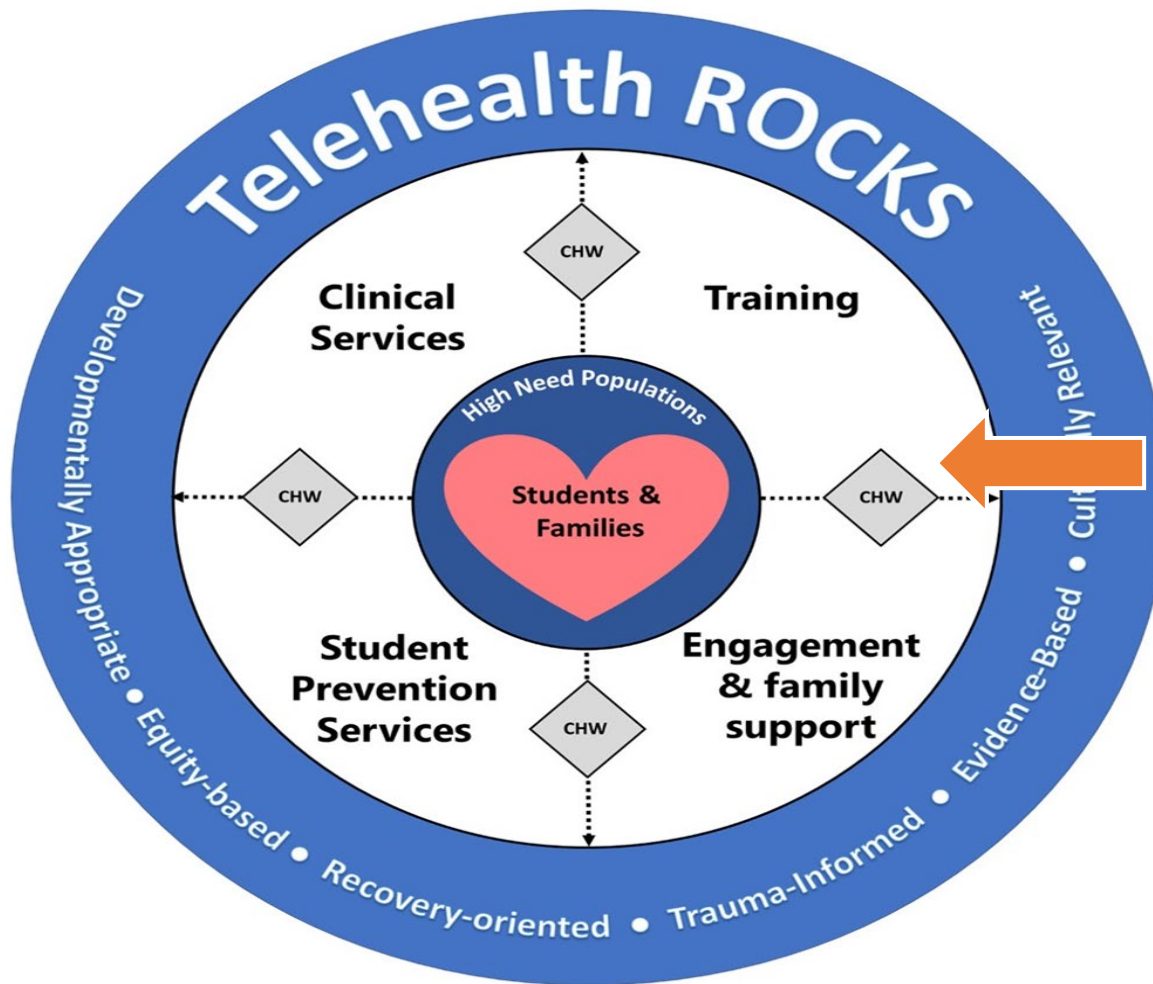
NRTRC	gpTRAC	NETRC
CTRC	HTRC	UMTRC
SWTRC	SCTRC	MATRC
PBTRC	TexLa	SETRC
12 Regional Resource Centers		

CHW are the Swiss Army knife of school staff

“For our staff to know they don't have to shoulder all of the burden of worrying about their students’ unmet needs helps them not feel alone, helping to reduce burnout and increase staff morale.

A CHW in our school frees up the administration, counselor, and teacher to help all kids focus on the work in front of them and not the roadblocks that get in the way. The question isn't how CHWs fit into the broader school team. The question districts should be asking themselves is what need do we have, and how could a frontline staff member like a CHW help resolve it?”

—School District Director of Special Education





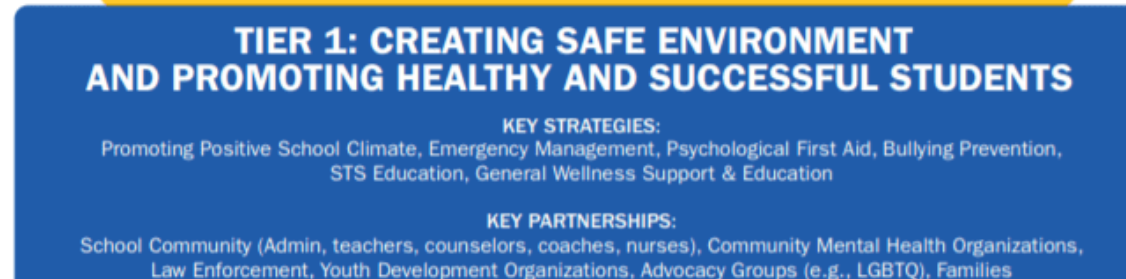
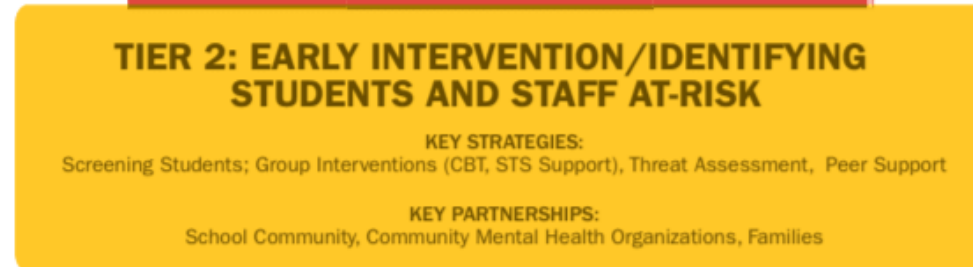
School-based community health workers (CHW) advance these MTSS services by supporting the whole family (2gen-focused). Roles include service extenders, culture brokers, and social change agents.

Video:

<https://youtu.be/6ddsZ6kakDw?si=TqvQIA1v9LVhWmdA>

Strategy to Transform: Multi-Tiered Systems of Support (MTSS) & School-Based Mental Health

([National Child Traumatic Stress Network, Creating Support, and Sustaining Trauma-Informed Schools: A System Framework,](#))



The School-Based CHW is the key to all these levels of support

School-Based Community Health Workers

In 2024, Telehealth ROCKS expanded the School-Based Community Health Worker model in school districts across Kansas and Missouri.



School-Based Community Health Workers in Kansas



School-Based Community Health Workers in Missouri



Students/ families supported

Working to address SDOH and providing school-based mental health interventions to students and their families.



1,012
CHW interactions



373
families referred for
unmet needs

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Telehealth Care Partners



KUMC Specialists

FQHC Therapists

School Therapists

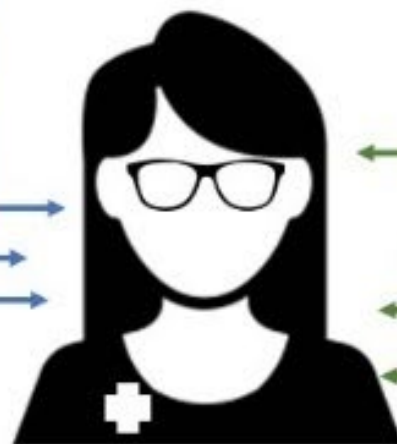


Telehealth ROCKS Communities: Community Health Worker Role

Patient referral

Coordinate
services

Advocate for
patient/families



Community
Health Worker

Health
education

Care
navigation

Informal
counseling

Support with social
determinants of
health

Community

Patients
And
Families



Community Care Link

Community Care
Link



Telehealth
Tablet



Vetted app &
behavioral
health resources



Social media &
podcast

Eldon Overview



Eldon R-1 Demographics:

- Appx. 1,900 students
- Four schools plus Career Center (8 sending schools)
- Appx. 50% free/reduced
- 90% graduation rate
- City of Eldon:
 - 5,000 population, mainly rural community, 2 factories, bedroom community for Lake of the Ozarks and Jefferson City

A Struggling District

2008:

- Two factories and a car dealership leave
- Large teacher turnover numbers
- 450th out of 550 school districts academically
- Little support in the community

Positive Change

2023

- Industry is back (new factory with a goal of over 1,000 employees)
- Very low teacher turnover
- 24th in the state in most recent MSIP data- Consistently top 100 in state academically
- Bond issues passing with over 85% approval rate

Community-wide approach including CHWs is at the heart of our turnaround.

Eldon's approach to CHWs

- How did CHWs become part of our district?
- Who is doing this job?
- What do they do?
- What does their day look like?
- Is there really a benefit?
- What are focus areas of different CHWs?
 - For example, attendance and behaviors

How do CHWs play into success

- Ingrained in school and community
- Can go beyond the walls of the school
 - Community agencies/groups
 - Home visits
 - Wrap around practices
- Problem solving mindset
- Free up Administrator's time
- Help reduce teacher burnout

CHW logistics

- How do you pay them?
- What certifications do you need?
- Where do you get the money for helping kids?
- What if families don't allow you to help?
- Who supervises?
- How do you track success?

Key CHW Takeaways

- 1 The more CHWs are part of the school the more successful they are.
- 2 This has to look different at each district and has to address your issues.
- 3 Creativity and problem solving are key. This won't be easy, but it will work!

OVERALL SUMMARY: What is foundational?

38

School-district driven and centered.

- School as central to rural communities

Universal, Targeted, and Individual Services

- Clinical services with focus on social determinants of health as behavioral health intervention along with support for those working with children and families

Trauma-RESPONSIVE, RELATIONAL HEALTH FOCUS

- Mitigating the impact of trauma while working to reduce its occurrence

SUMMARY: What else is foundational?

39

Training and Resource Needs of schools, clinicians, and communities.

- Topics identified by school districts, clinicians, and local communities.

Collaboration and creation of Integrated Systems

- Continue to grow Network across entities and systems while remaining FOCUSED on school and community priorities.

Students/populations with specialized needs

- Immigrants, Justice System, Foster Care/Protective Services, I/DD

It's Simple: ***focusing on***

Environment

Coordinating collaboration across social services, education, and health

Individual

Addressing child/family needs through identifying and creating resources

Community

Creating a system that includes everyone who impacts a child



Leads to schools and communities where all children thrive.

**Children and families need our help, and
it's going to take all of us.**

Bonus Video:

<https://youtu.be/6ddsZ6kakDw?si=TqvQIA1v9LVhWmdA>

www.telehealthrocks.org

Thanks for the support

We're grateful for the funding support from the **National Institute of Nursing Research/National Institute of Health (NINR/NIH)**, **Health Resources and Services Administration (HRSA)**, and **Substance Abuse and Mental Health Services Administration (SAMHSA)**.

We're thankful for the grant administration support from the **Department of Pediatrics** at **KU School of Medicine**.

2023 – **Health Equity and Rural Education (HERE)** - Grant #1R56NR021161

2022 - **KanAWARE** - Grant # H79SM086348

2021 - **Telehealth ROCKS Communities** - Grant # G01RH42541

2021 - **Telehealth ROCKS Together** - Grant # U3I43512

2021 – **Heartland Telehealth Resource Center** – Grant # U1UTH42530



Thanks to our current interprofessional team, located throughout the region!

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THANKS for joining today and with gratitude to
our team and our community, school, and
family partners.



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