

February 25, 2026

Collaborative Solutions for Strengthening SBMH: Exploring the MO Framework for SBMH



Lisa Dierking, DESE Coordinator of School-Based Mental Health
Katie Epema, DESE Director of School-Based Mental Health

DESE: School-Based Mental Health (SBMH)



The SBMH section supports SBMH systems through collaboration and technical assistance.

Staff:

- Lisa Dierking, Coordinator of SBMH
- Katie Epema, Director of SBMH
- Crystal Burgan, Director of Project AWARE
- Jennifer Hunter, Director of Missouri Healthy Schools
- Shelli Ryan: Administrative Assistant for SBMH and School Counseling

Website and Contact Information:

- www.dese.mo.gov/mental-health-resources
- sbmh@dese.mo.gov
- (573) 751-6875
- SBMH Office Hours-Thursdays at noon

Focus/Resources:

- Missouri Framework for SBMH
- Foundations of SBMH Training
- SBMH Resource Guide
- Stronger Connections Grant
- Youth Suicide Awareness and Prevention Model Policy
- Trauma-Informed Schools Initiative
- Missouri Project AWARE Grant
- Youth Mental Health First Aid & QPR
- SchoolLink
- Missouri Healthy Schools Grant (includes Youth Risk Behavior Survey and School Health Profiles)
- Feminine Hygiene Grant



- Introduce the components of *The Missouri Framework for School-Based Mental Health*
- Discuss various roles/disciplines that support school-based mental health
- Reflect on how to use local resources to support staff and student well-being
- Learn about state resources

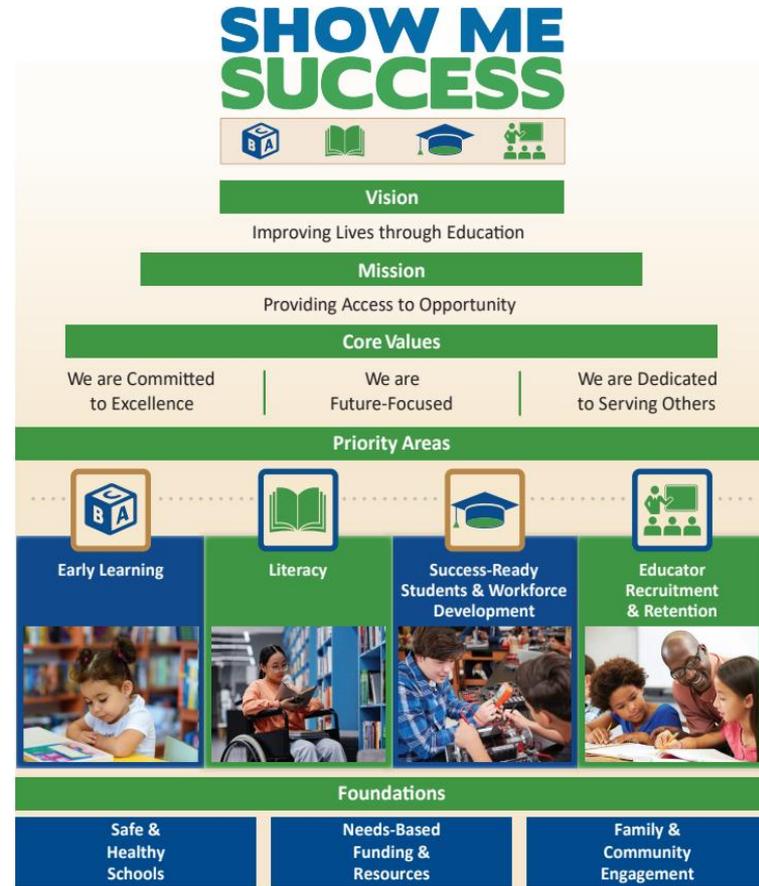
There are various resources available to support local education agencies' school-based mental health efforts. The resources contained in this presentation are not comprehensive or required but provide tools for your consideration and use. Inclusion does not constitute endorsement by the Missouri Department 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.

Building the Foundation of Success



“Maintaining a safe and healthy learning environment is essential for student success. This includes both physical safety and emotional safety.”

“LEAs and DESE also focus on the emotional well-being of students, requiring a wide range of partnerships to provide a positive school environment for students.”



Preparing Every Child for Success



6

Missouri School Improvement Program

MSIP6



Preparing every child for success in school and in life

Includes standards and indicators related to areas such as:

- Intra- and interpersonal skills
- Climate and culture
- Parent/guardian involvement
- Multi-tiered system of support
- Comprehensive school counseling program
- Safe, orderly, and caring environments

[Missouri School Improvement Program \(MSIP\) Standards and Indicators](#)



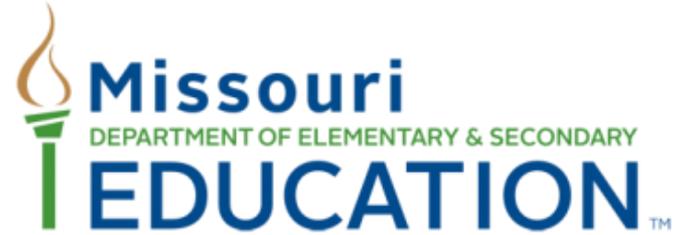
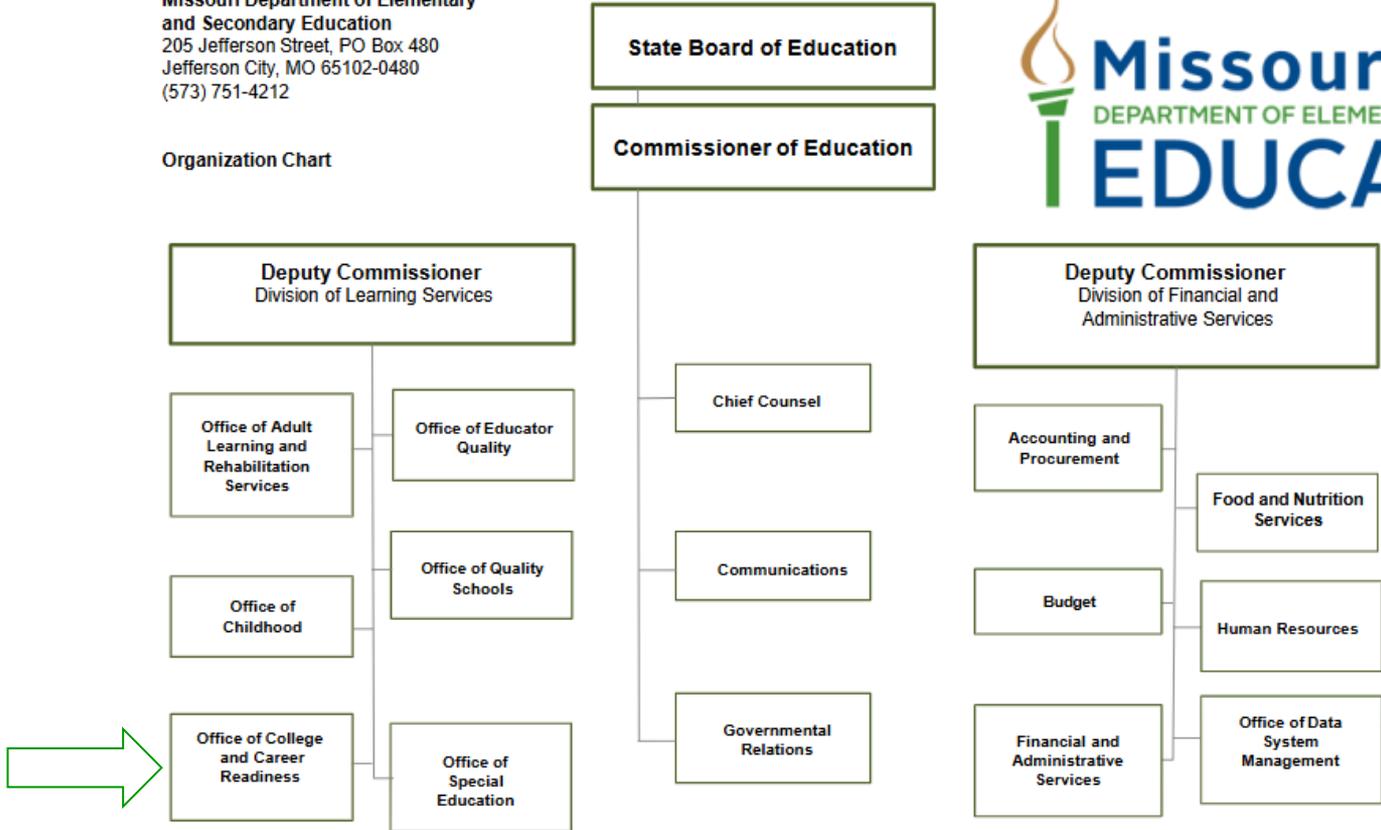
160.480. Emergency operations plan

1. The board of education of each school district and the governing board of each charter school shall adopt a comprehensive emergency operations plan that shall address:
 - (1) School safety, crises, and emergency operations;
 - (2) Prevention, preparation, operations, and follow-up;
 - (3) Collaboration with local law enforcement, providers of fire protection services, and emergency management; and
 - (4) **Consideration of supporting mental health needs of all involved in any crisis.**

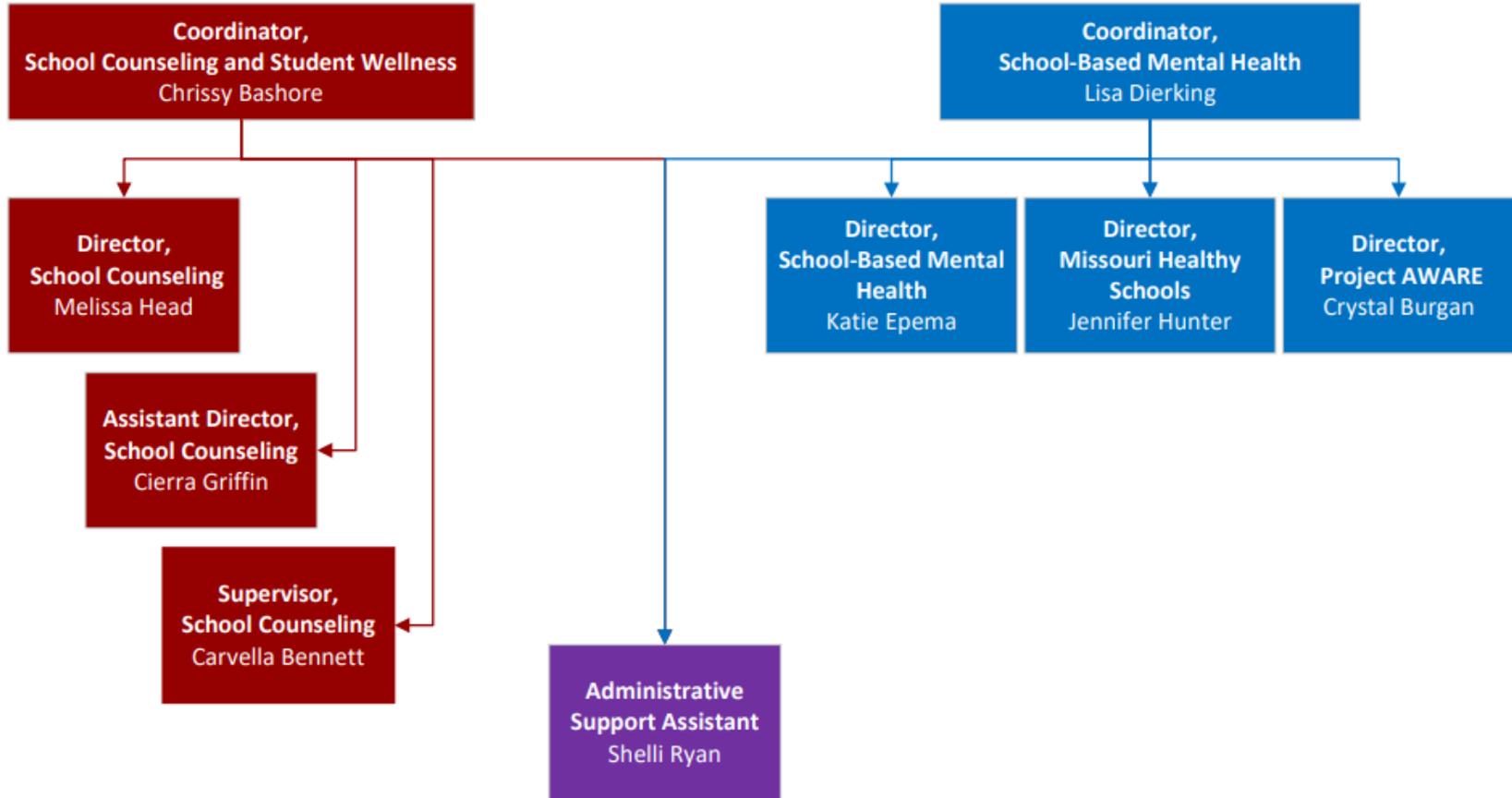


Missouri Department of Elementary and Secondary Education
205 Jefferson Street, PO Box 480
Jefferson City, MO 65102-0480
(573) 751-4212

Organization Chart



Missouri Department of Elementary and Secondary Education Office of College and Career Readiness





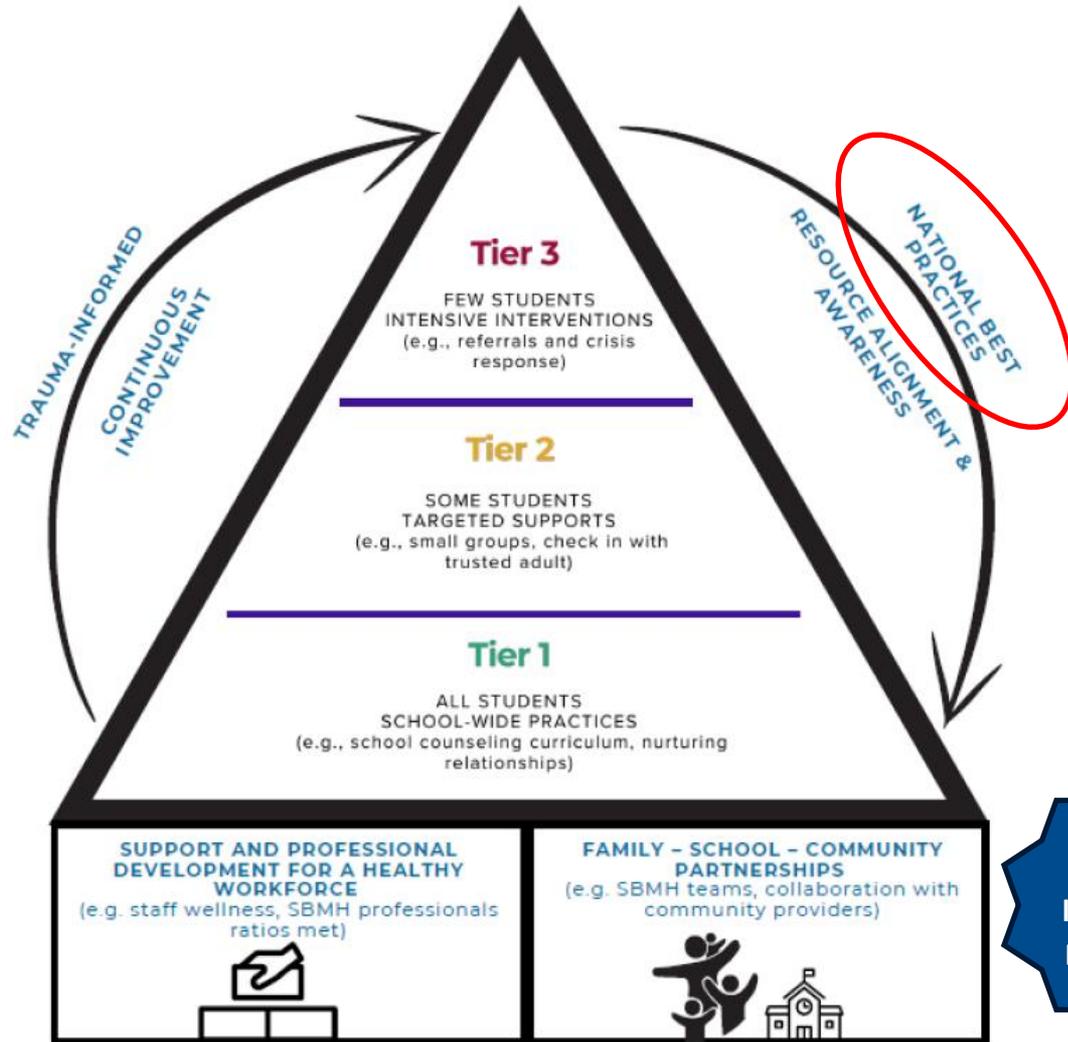
School-Based Mental Health (SBMH) is a comprehensive continuum of support facilitated in schools to promote well-being of the school community and mitigate the impact of behavioral health challenges.

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.

SBMH professionals include school-employed school counselors, school social workers, school psychologists, and school nurses.

A large, horizontal arrow pointing to the right. The arrow has a color gradient starting with red on the left, transitioning through orange and yellow in the middle, and ending in green on the right. The text is centered within the arrow.

In Crisis · Struggling · Surviving · Thriving · Excelling



p. 7 and last page of Framework



The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine has identified indicators of school mental health quality in seven domains:

- **Teaming** (included in *Family-School-Community Partnerships and Support and Professional Development for a Healthy Workforce*)
- **Needs Assessment and Resource Mapping** (*Resource Alignment and Awareness*)
- **Screening** (included in *Multi-Tiered Systems of Support*)
- **Mental Health Promotion for All (Tier 1)**
- **Early Intervention and Treatment (Tiers 2 and 3)**
- **Funding and Sustainability** (included in *Continuous Quality Improvement*)
- **Impact** (included in *Continuous Quality Improvement*)





- 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



A Brief History of SBMH in Missouri



2018-2021

Grants:

- Project AWARE (SAMHSA)
- Missouri Healthy Schools (CDC)

November 2023

- First “Comprehensive SBMH” training led by interagency training team
- Suicide Prevention & 988 Guide for Schools released

2016 Legislation:

- Youth Suicide Awareness and Prevention
- Trauma-Informed Schools Initiative
- Bullying Prevention

June 2022

SBMH section established at Missouri Department of Elementary and Secondary Education

December 2023

First meeting of the SBMH Professionals Collaborative

History of SBMH in Missouri (continued)



March 2024

- Director of SBMH position established
- SBMH Professionals Collaborative officially includes school nurses

Fall 2024-Spring 2025

- MO Framework for SBMH drafted
- Overview introduced through conference presentations and “SBMH 101” sessions

2023

- Immediate Responsive Services Grant (*ESSER*)
- SBMH Recruitment and Retention (*ESSER*)
- Mental Health First Aid
- Stronger Connections Grant (*Title IV-A*)

May 2024

- SchoolLink created to provide support for school professionals
- Interdisciplinary professional development for SBMH Professionals Collaborative

Fall 2025

Missouri Framework for SBMH rollout, including in-person and virtual “Introduction to the MO Framework for SBMH” sessions

SBMH Professionals Collaborative

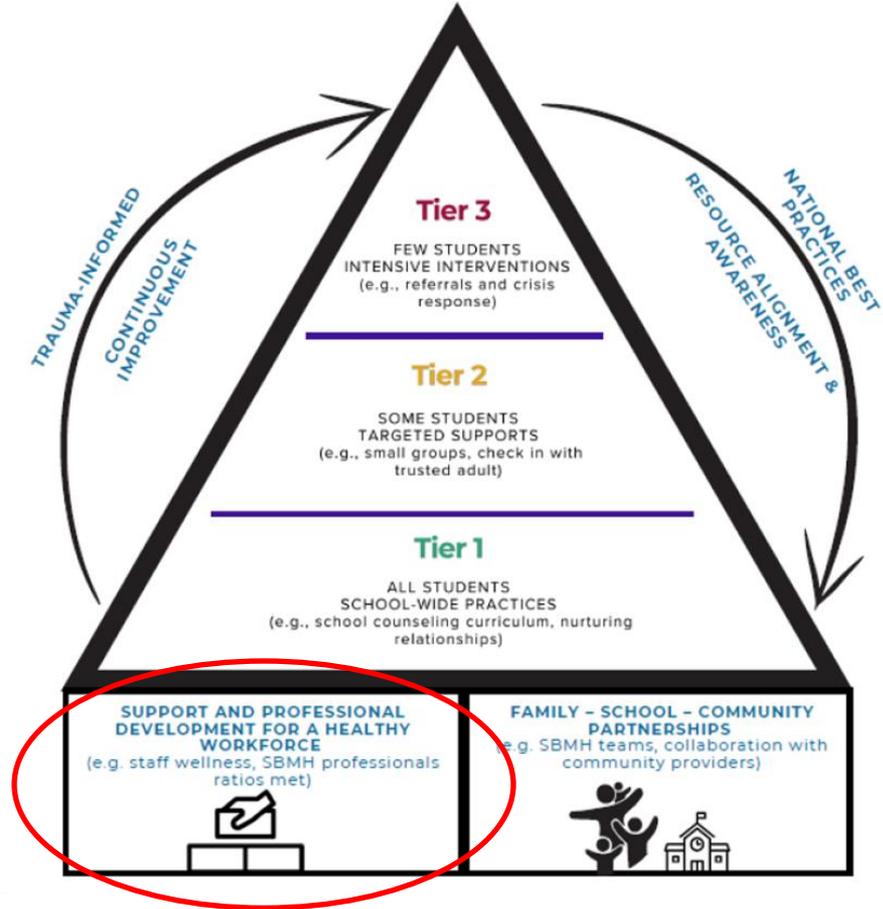


[The Missouri Framework for School-Based Mental Health \(2025\)](#)



Looks like:

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



pp.
8-9



Knowledge and beliefs about mental health:

- How to foster and maintain good mental health
- Understand stress, trauma, mental health conditions and their treatment
- Reduce stigma
- Link students to supports

[SMH Quality Guide: Mental Health Promotion Services & Supports \(Tier 1\)](#)

Related [MSIP Standard: Professional Learning \(TL8\)](#)

DESE Resource: *Best Practice Guidelines for Training or Professional Development* (Appendix C in the [Youth Suicide Awareness and Prevention Model Policy](#))



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



- 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

[TeachWell](#) Sign Up and Promotional Materials



- Call, text, or chat 24/7
- Emotional support– it doesn't have to be for suicide or a crisis
- Connection to mental health and substance use services





Question, Persuade, Refer (QPR)

Equips participants to recognize the warning signs of a suicide crisis and take steps to get help.



[Mental Health First Aid Missouri trainings for schools](#)

Youth Mental Health First Aid

Helps adults learn to recognize and respond to adolescent mental health and substance use challenges in both crisis and non-crisis situations.





Workshop 2: Crisis Intervention and Recovery: The Roles of School-Based Mental Health Professionals

- For SBMH professionals and other school crisis team members
- Knowledge to help meet the mental health needs of students and staff following a school-associated crisis event

Offered in select locations around MO in the 2025-26 school year and anticipated for 2026-27. FREE to school district staff thanks to the Department of Mental Health (partnering with Burrell Youth Services).

Resource: Center for Education Safety



The Missouri School Boards' Association's Center for Education Safety offers training and resources related to topics such as:

- Crisis Management/De-escalation
- Mental Health Resources
- Behavioral Threat Assessment and Management
- School Climate and Culture
- Emergency Operations Planning
- Bullying/Cyberbullying and Human Trafficking



Resources from MSBA CES: [School Safety Academy](#), [Training and Webinars](#), [Resources](#)

A large red banner with the text "Classroom WISE" and "Well-Being Information and Strategies for Educators" is centered. Below the banner are three icons: a head with a brain, an open book, and a laptop. Each icon is accompanied by a text label: "Online Course", "Video Library + Resource Collection", and "Website".

Classroom
WISE
Well-Being Information and
Strategies for Educators

Online Course

Video Library +
Resource Collection

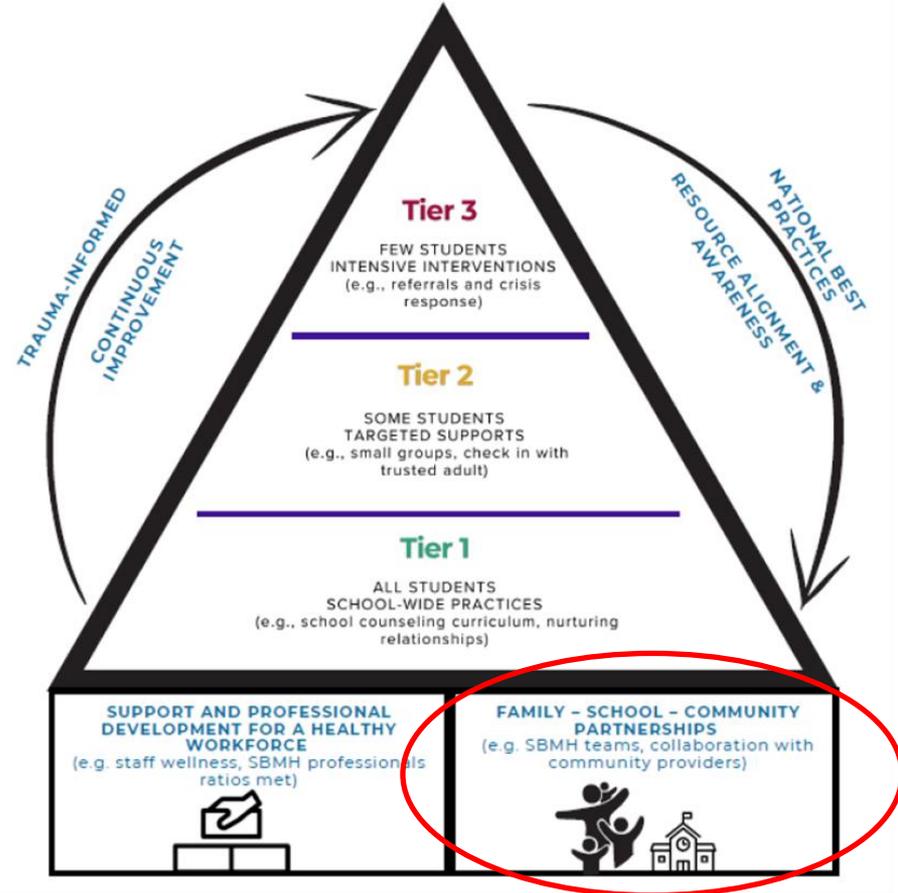
Website

[Classroom WISE website](#)



Looks like:

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



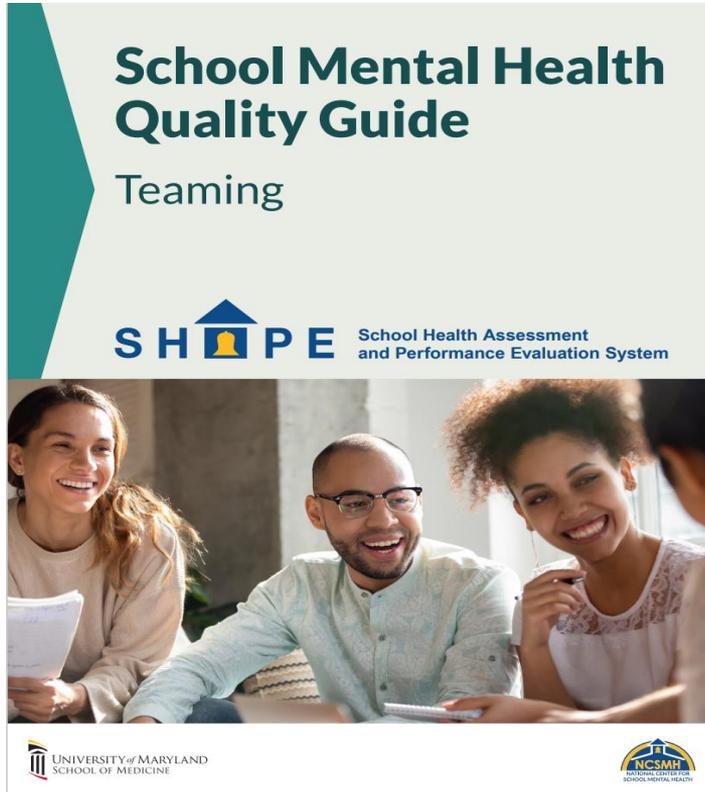
pp.
9-10

What is a School Mental Health Team?



A school mental health team is a team of school and community stakeholders at school or district level that **meets regularly**, uses **data-based decision-making**, and relies on **action planning** to support student mental health.

Their goal is to improve awareness of and access to a continuum of quality mental health supports.



Includes information on:

- Role of a school mental health team
- Possible team members
- *School Mental Health Team Alignment Tool* (helps teams align resources and reduce duplication)
- Referrals to school-based and community-based services
- Using data



[Quality Guide on Teaming](#)



- Consider student and family needs and assets when offering and providing resources
- Use an up-to-date team resource map which includes
 - ❑ Name of team member
 - ❑ Description of their role/responsibilities/ services
 - ❑ How to refer students

SMH Quality Guide: Teaming

Resource: *Referral Feedback Form* (in Teaming Quality Guide)



- Consider student and family needs and assets when offering and providing resources
- Follow a clear, consistent process to promote successful linkage
 - ❑ Consider a Release of Information form
- Follow-up with community provider and family to facilitate ongoing coordination and information sharing

SMH Quality Guide: Teaming

Resource: *Referral Feedback Form* (in Teaming Quality Guide)



How do you partner with families and community resources?



- FERPA- and HIPAA-compliant information sharing agreement template
- Co-developed by the American Academy of Pediatrics and National Association of School Nurses





Provides parents and caregivers with free, confidential:

- Problem-solving support;
- Research-based information; and
- Connection to services and supports.



Warmline: 1-800-552-8522

Kin-4-Kid: 1-833-KIN 4 KID

[ParentLink](#)

FREE SUPPORT FOR SCHOOL PROFESSIONALS

Get trusted, confidential support now

8 a.m. to 5 p.m. Monday through Friday

Call: 844-524-0041

Email: SchoolLink@missouri.edu

p. 14

Submit the form on our website:
arc.missouri.edu/SchoolLink





- 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



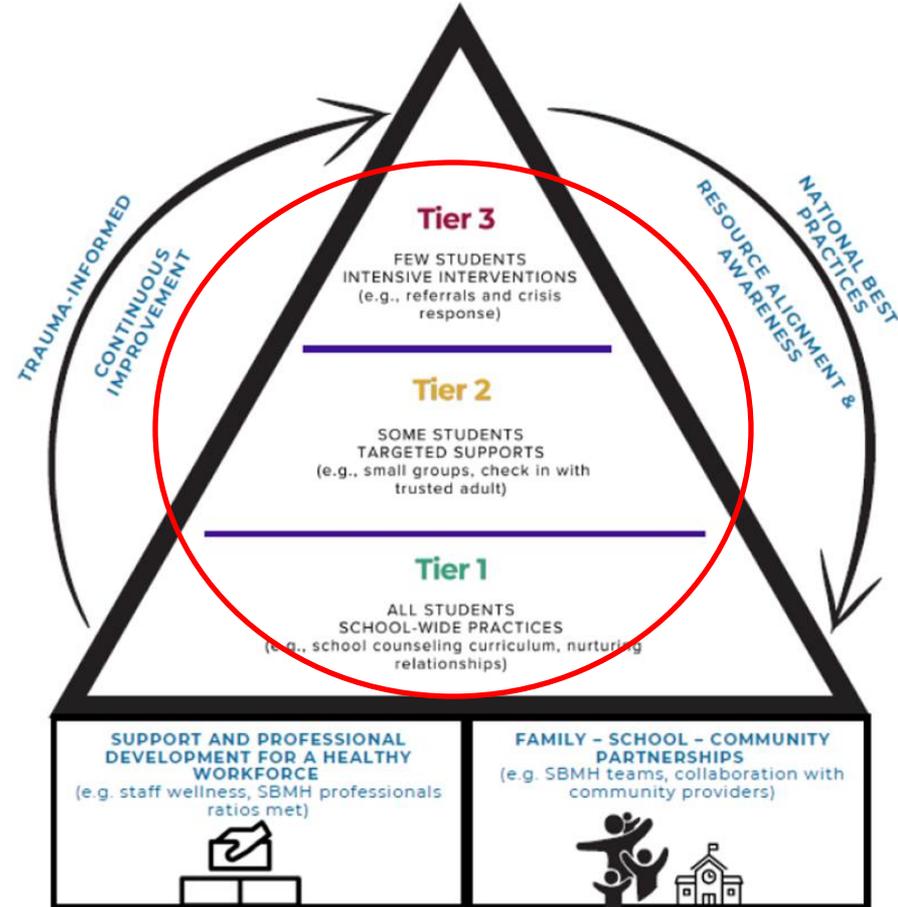
[About Missouri Family Resources](#), access [Missouri Family Resources](#)



Looks like:

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

pp.
10-12

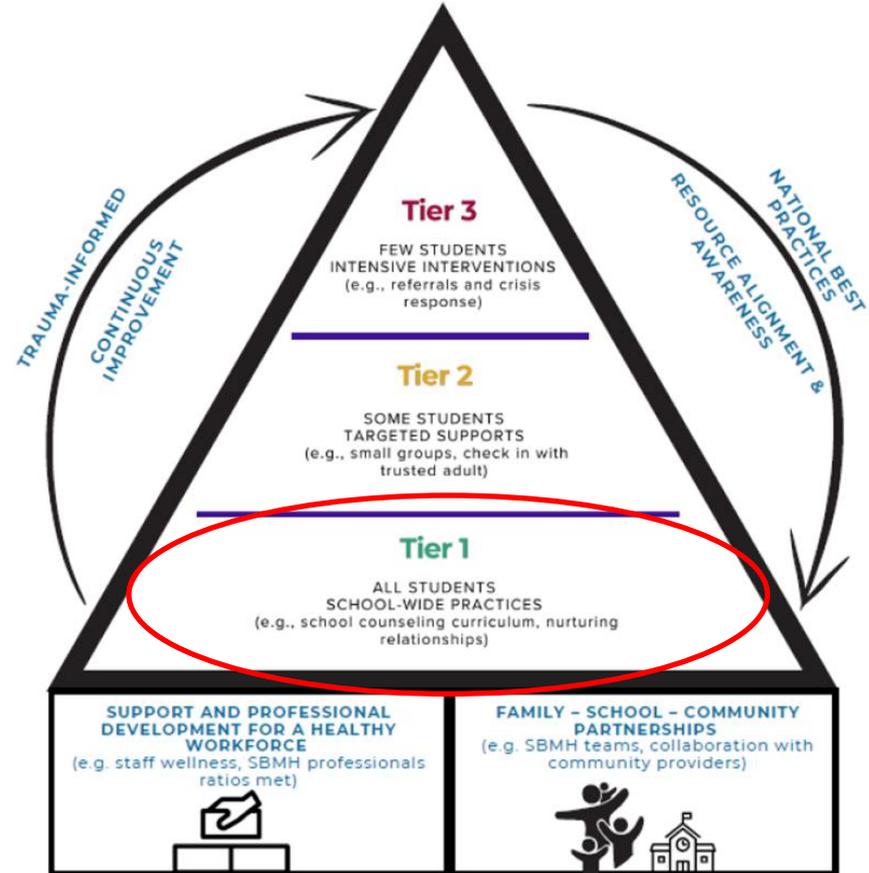




Looks like:

- 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

pp.
12-13

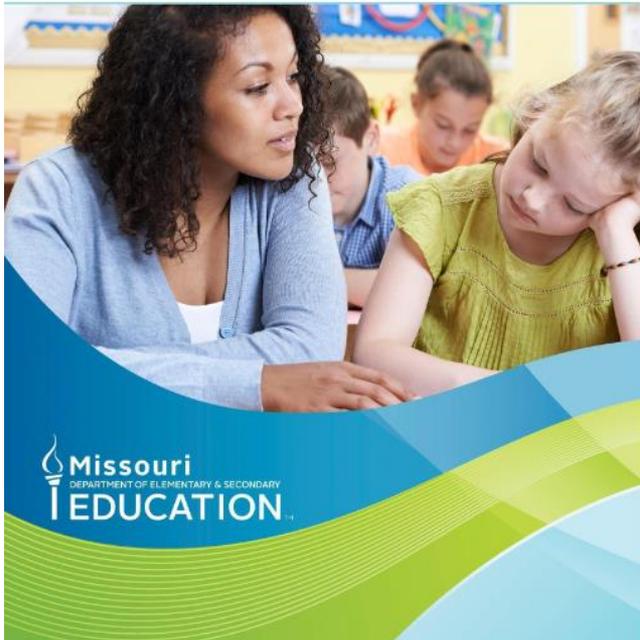




What universal supports do you provide to support the well-being of all students?

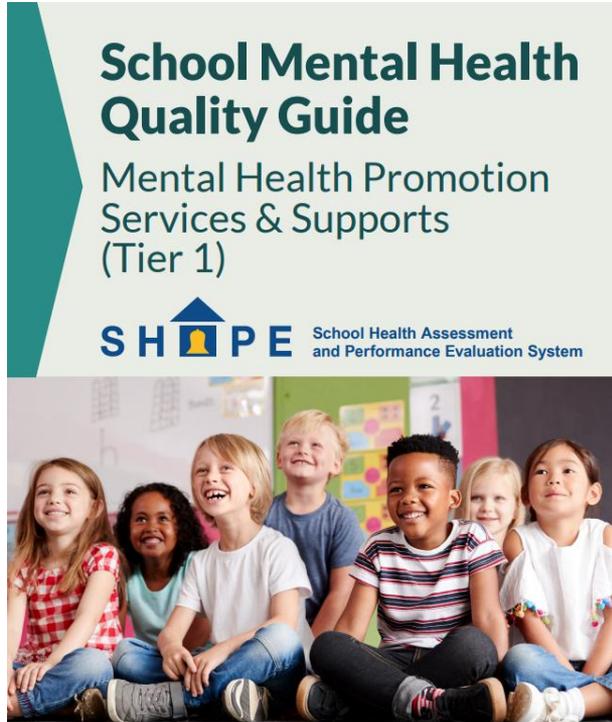


YOUTH SUICIDE AWARENESS AND PREVENTION MODEL POLICY



Suggests that students learn about:

- safe and healthy choices;
- mental health, coping strategies and resilience;
- risk factors and warning signs of mental health concerns;
- identifying trusted adults; and
- when and how to seek help for oneself or others.



Includes information on and resources related to:

- Assessing and improving school climate
- Staff well-being
- Restorative practices
- Discipline policies/practices
- Mental health literacy
- Evidence-informed practices



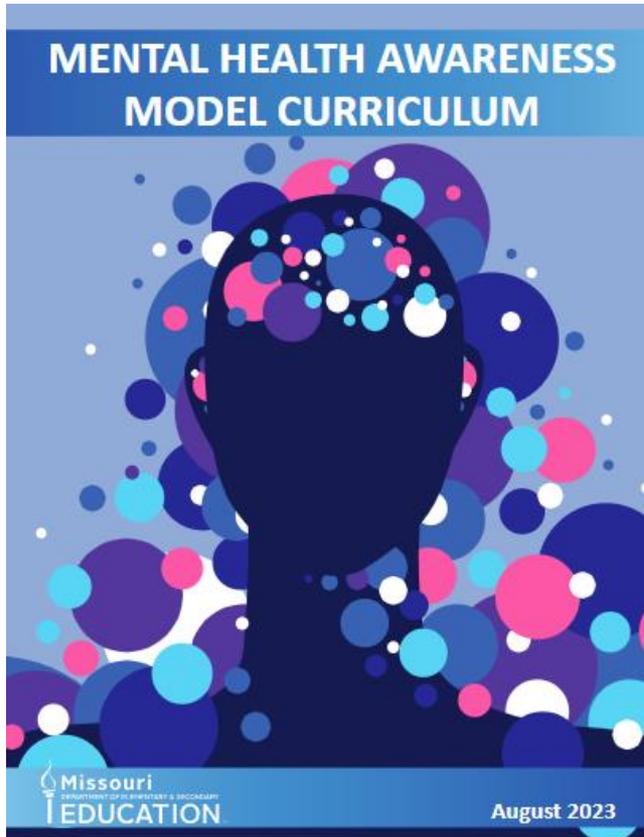
[Quality Guide on Mental Health Promotion Services & Supports \(Tier 1\)](#)





STRAND IID: INTRAPERSONAL/INTERPERSONAL DEVELOPMENT EXPECTATIONS AND SAMPLE LESSONS

	GRADES K-2	GRADES 3-5	GRADES 6-8	GRADES 9-12
IID.1.A: EMOTION REGULATION	IID.1.A.1: Identify different types of feelings IID.1.A.2: Acknowledge different types of feelings IID.1.A.3: Understand different expressions of emotions	IID.1.A.1: Identify more complex feelings and emotions IID.1.A.2: Revisit and reinforce the acknowledgement of different types of feelings	IID.1.A.1: Transition and recognize that emotions may change from one setting to the next IID.1.A.2: Recognize personal reactions to emotions IID.1.A.3: Identify emotions early-on IID.1.A.4: Develop awareness of the spectrum of emotional intensity	IID.1.A.1: Identify when reactions are creating dysregulation/causing distress
IID.1.A: EMOTION REGULATION LESSONS COVERING THE STUDENT EXPECTATIONS	How Do I Feel? (K; A.1, 2, 3)	Feeling Thermometer (gr.4-5; AD.1.A.1 & 4; IID.1.A.1 & 2; and IID.1.B.1)	Unpacking Emotions (gr.6-8; IID.1.A.1- 4)	Feelings and Fix-Its: Smart Ways to Cope (gr. 9-12; IID.1.A.1 and IID.1.B.1)

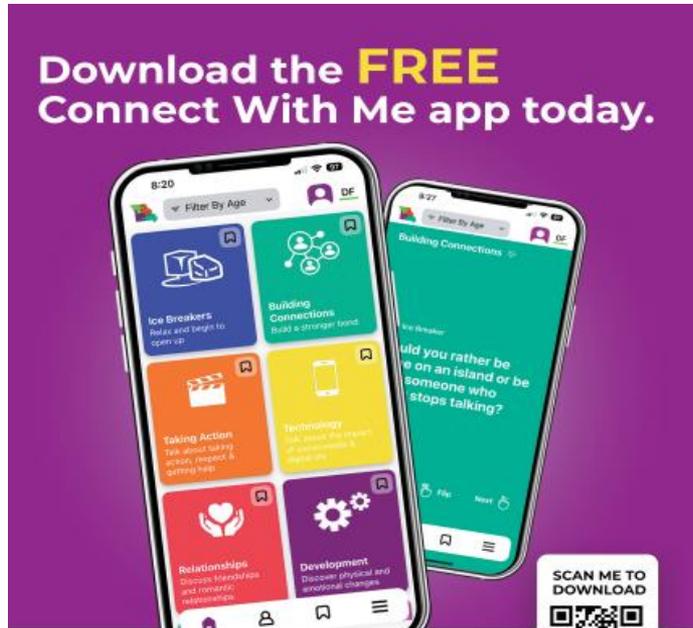


- Students in grades 9-12
- Instruction included within health and family education and/or physical education curriculum
- Consider involving school-based mental health professionals

Section 170.307, RSMo



Mental Health Awareness Model Curriculum



Download the **FREE** Connect With Me app today.

Real life doesn't come with a script. Connect With Me app helps you navigate conversations with youth so you can have a more meaningful connection.

p. 13

Download the free app today on the App Store or Google Play
ConnectWithMeApp.com



Enhance connection and meaningful conversations:

- Conversation starters on topics that impact physical, emotional, and mental health
- App or cards



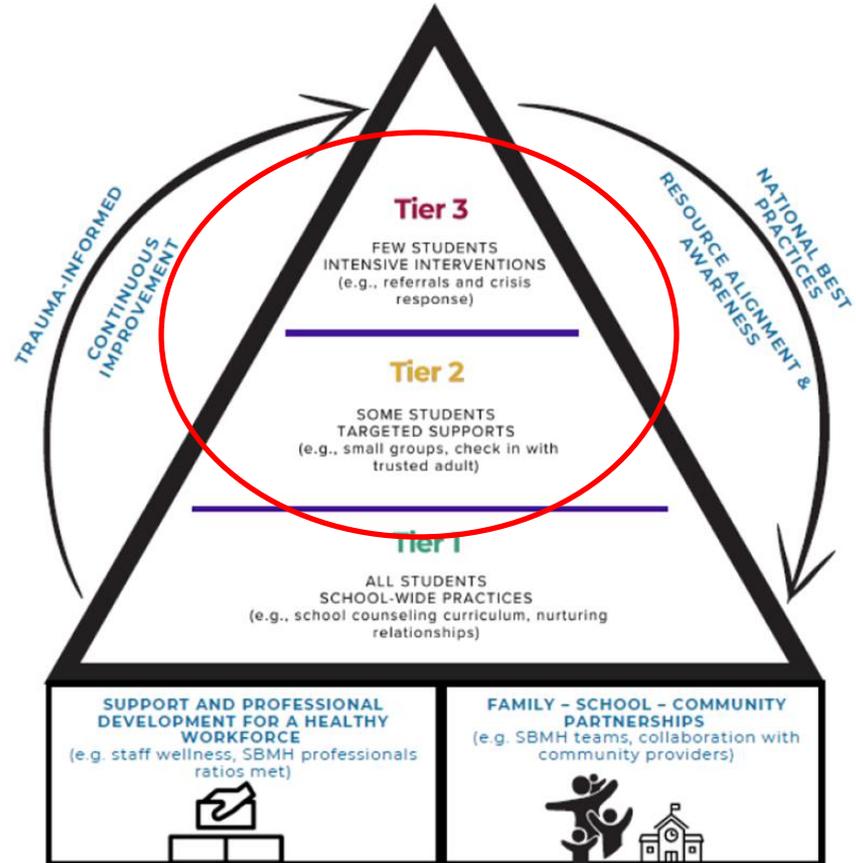
MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

[Connect With Me website](#)



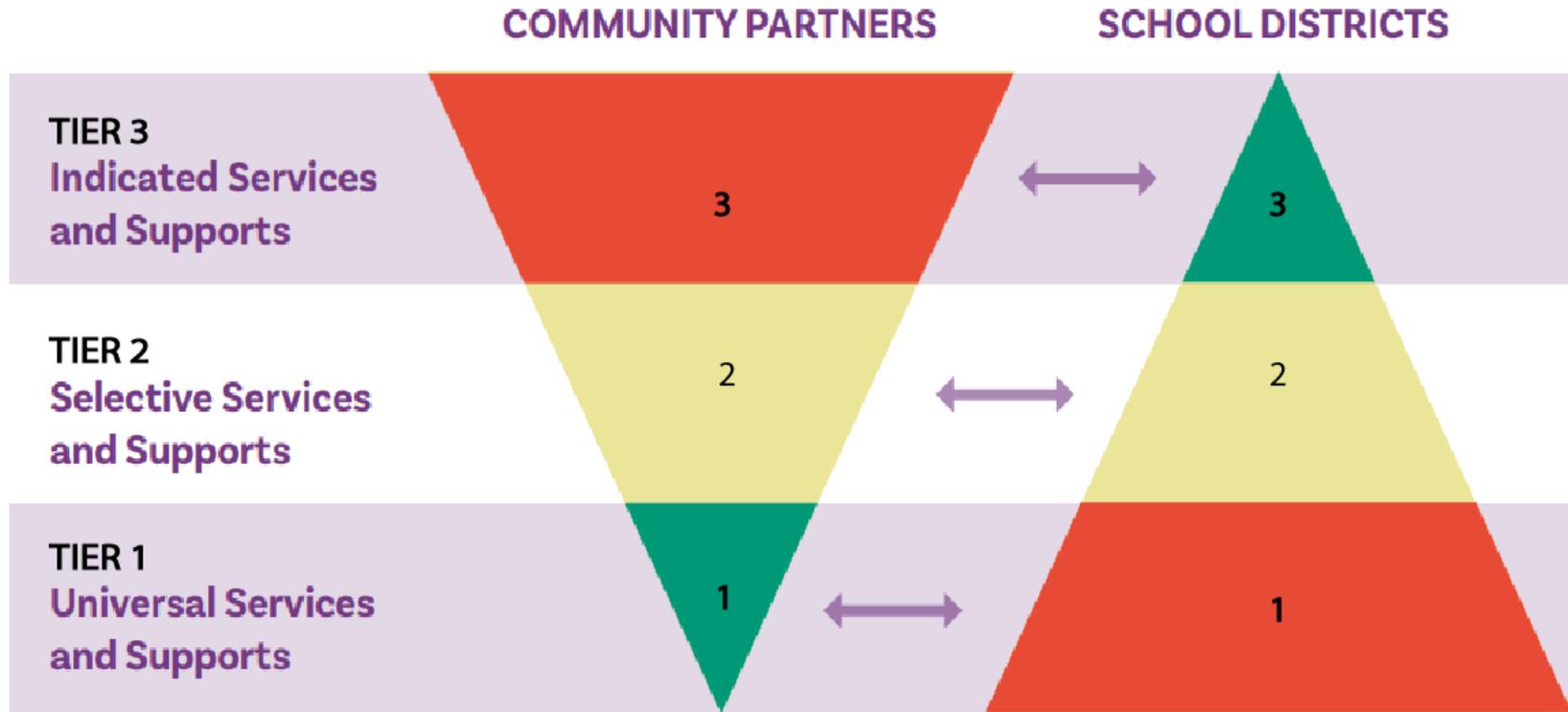
Looks like:

- 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



Students continue to receive Tier I supports

School-Community Partnerships



Related MSIP Standards: Multi-Tiered System of Support (TL7) and Comprehensive School Counseling Program (TL10)

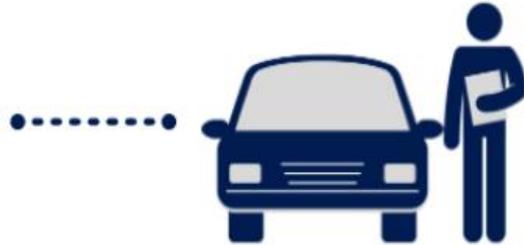


**SOMEONE
TO TALK TO**



988 Suicide &
Crisis Lifeline

**SOMEONE TO
RESPOND**



Mobile Crisis
Response Teams

**SOMEWHERE
TO GO**



Behavioral Health
Crisis Centers



- 988 is a three-digit number for anyone in emotional distress or experiencing a mental health, suicide, or substance use crisis
 - ➔ for yourself or someone you are worried about
- 24/7 access, free, and confidential
- Rapid access to crisis support via call, text, or chat
- Connection to resources and services, including mobile crisis response and follow-up services, if needed

**SOMEONE
TO TALK TO**





**WHEN EVERY SECOND
COUNTS...**

CONTACT 911

Life or death emergencies require immediate action from emergency responders because every second counts.



**WHEN THERE IS TIME TO
TALK...**

CONTACT 988

A mental health, suicide, or substance use crisis may not require emergency response, but does require compassionate assistance.





- On-site crisis response dispatched to wherever a person in crisis is located
- Available 24/7 across the state
- Connection to resources and services, including follow-up services, if needed
- Resolve crisis and provide care in the least restrictive setting possible

SOMEONE TO RESPOND





- Triage, assess, stabilize, and provide immediate resources
- Crisis support in a trauma-informed setting
- Connection to resources and services, including follow-up services if needed
- 7 currently serving youth
- Accept walk-ins

**SOMEWHERE
TO GO**





What targeted supports and/or intensive interventions are you part of?



- DESE Youth Suicide Awareness and Prevention Model Policy
 - Missouri School Counselor Association Crisis Manual
 - Prevention Resource Centers
 - MO Crisis Continuum
- Virtual and Physical Toolkit

p. 15

<https://missouri988.org/toolkit/>

**SUICIDE
PREVENTION
& 988
GUIDE FOR
MISSOURI
SCHOOLS**

**MISSOURI
SUICIDE
PREVENTION
NETWORK**

988 | SUICIDE & CRISIS
LIFELINE
MISSOURI

JULY 2025





- Coordinate services with local systems of care for children/youth
- Coordinate and access appropriate resources within the crisis continuum
- Provide education on youth behavioral health to youth-serving organizations
- Provide youth and families with education and treatment options



System of Care is a coordinated network of services and supports for children, youth, and young adults with mental health and/or other challenges along with their families.

Core Values:

- Comprehensive spectrum of effective services
- Individualized to meet unique needs of the youth/individual/family
- Based on family strengths and goals
- Family/youth/individual driven
- Culturally and linguistically responsive

[Learn more or find a local System of Care](#) or [contact JJ Gosrau](#) for more information on setting up a System of Care.



caretolearn
HEALTH • HUNGER • HYGIENE

The mission of Care to Learn is to meet children's emergent

- health,
- hunger, and
- hygiene needs

so they can succeed in school.

Resources for Each SBMH Discipline



Appendix B: Missouri School-Based Mental Health Professionals

	School Counselors	School Psychologists	School Social Workers	School Nurses
Who are they?	School counselors design and deliver a school counseling program that improves students' outcomes. (MSCA)	School psychologists support students' ability to learn and teachers' ability to teach (NASP).	School social workers are the link between the home, school, and community to promote and support students' academic and social success. (SSWAA)	School nurses protect and promote student health, facilitate optimal development, and advance academic success. (NASN)
Association	Missouri School Counselor Association	Missouri Association of School Psychologists	School Social Workers Association of Missouri	Missouri Association of School Nurses
Certification/ Licensure and Education	Certified through DESE : Minimum Master's Degree in School Counseling	Certified through DESE : Minimum Educational Specialist or PhD	Not required; may be licensed through the Committee for Social Workers : Learn more about recommended qualifications *	Licensed by the Board of Nursing : Learn more about recommended qualifications **
Recommended Ratio	1:250 (DESE: MSIP 6)	1:500 (NASP)	1:250 (SSWAA)	1: school building (NASN)
Practice Model	Missouri K-12 Comprehensive School Counseling Program	National Association School Psychology Practice Model	National School Social Work Practice Model	NASN School Nursing Practice Framework
National Board Certification	National Certified School Counselor	National Certified School Psychologist	National Certified School Social Worker	National Certified School Nurse



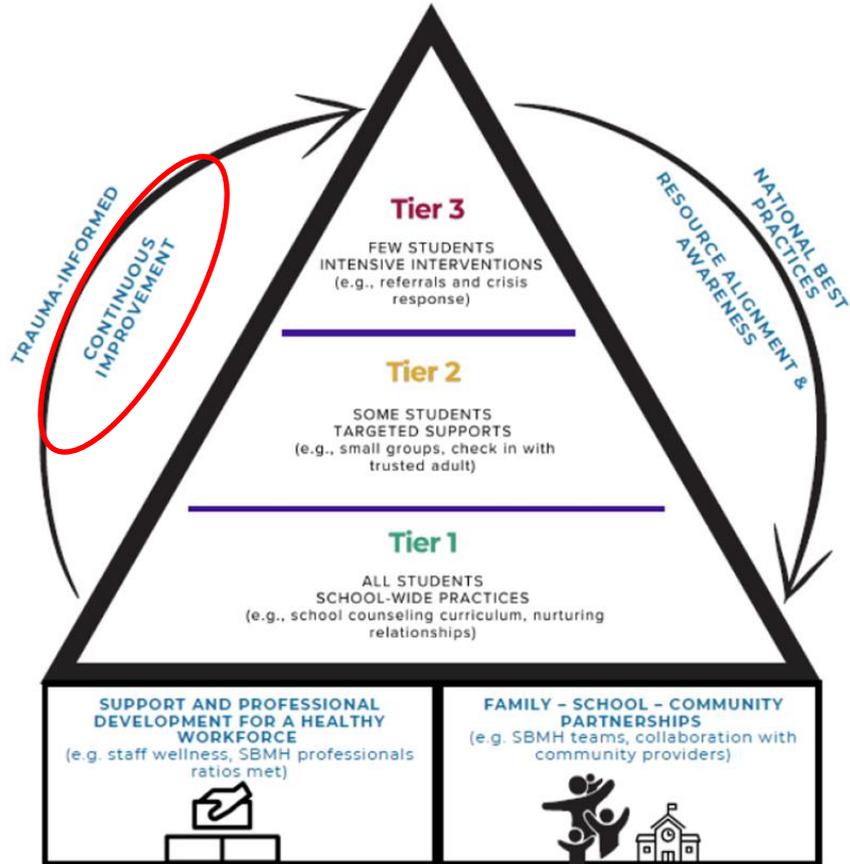
*School social workers are not certified in the state of Missouri. To be [called a social worker](#) one must have at minimum a bachelor's degree in social work; however, most school social workers in Missouri have a master's degree.

**No federal or state laws specify the academic preparation and training needed for school nurses in Missouri. In Missouri, [the title school nurse](#) may be used by registered nurses (RNs) licensed in the state of Missouri, as well as licensed practical nurses (LPNs) working under the direction of a RN or medical doctor.



- Missouri K-12 Comprehensive School Counseling Program
- National School Social Work Practice Model 2.0
- NASP Model for Comprehensive and Integrated School Psychological Services
- School Nursing Practice Framework





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
- Maximizing funding and non-financial assets

pp.
15-19



- Are **readily available or could be reasonably collected**
- Are **likely to be affected** by school mental health services and supports
- Are of **most importance and are most useful** to different groups who use, fund, or are impacted by the services and supports
- **Can be shared** within and beyond the school team



**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?



STUDENTS WITH DISEASE AND CHRONIC HEALTH CONDITIONS IN PUBLIC SCHOOLS, MISSOURI 2024-2025

Data collected from the School Health Online Reporting System (SHORS).

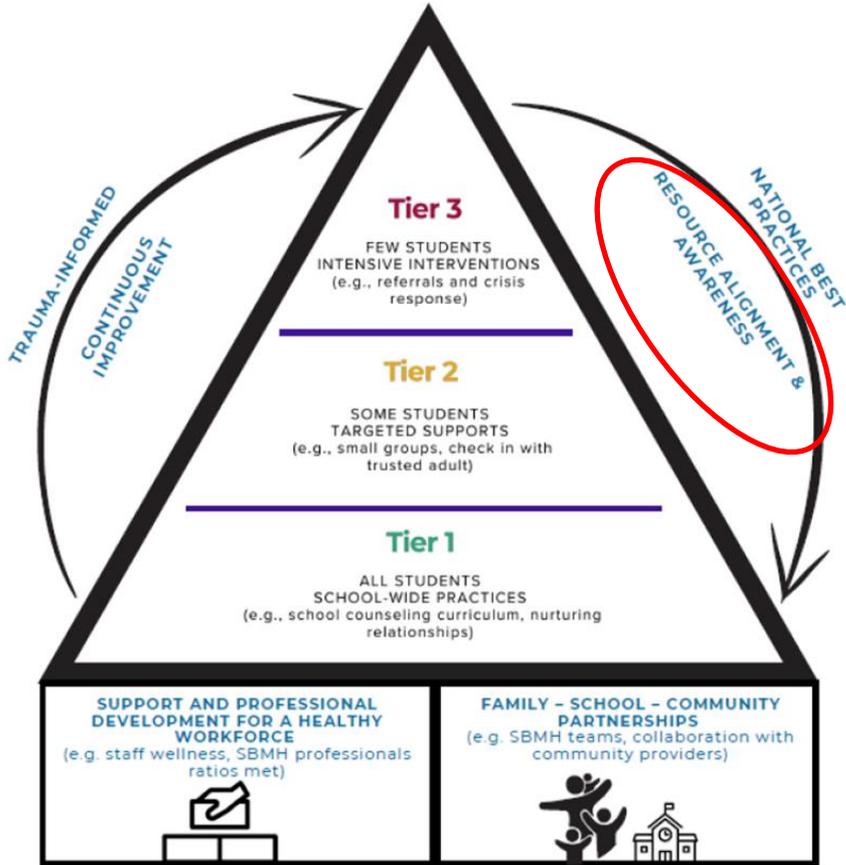
PERCENTAGE OF STUDENTS IN MISSOURI PUBLIC SCHOOLS WITH:



Disease/Conditions	Number	Disease/Conditions	Number
Allergies - life threatening - Food	24,362	Sickle Cell Disease	599
Allergies - life threatening - Insect	3,756	Heart disease with activity restrictions	989
Allergies - life threatening - Latex	1,001	Hemophilia/bleeding disorder	1,008
Asthma - on medication at home or school	66,828	Hydrocephalus with shunt	707
Blind/Visually Impaired	9,410	Kidney disease	1,431
Cancer - History, not on medication	796	Mental Health	

<https://health.mo.gov/living/families/schoolhealth>

Report available in the “Online Reporting” section under “Statewide Diseases and Chronic Conditions”



Looks like:

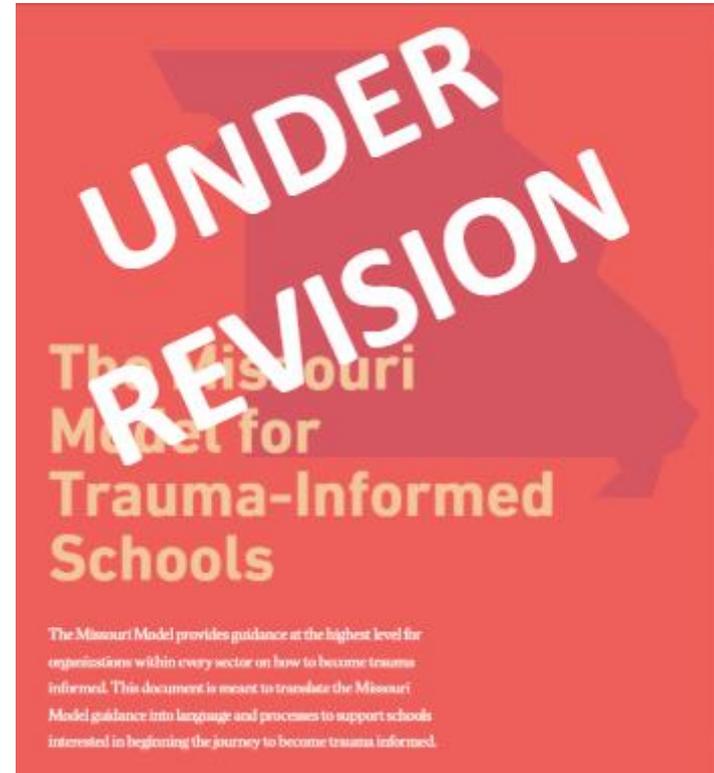
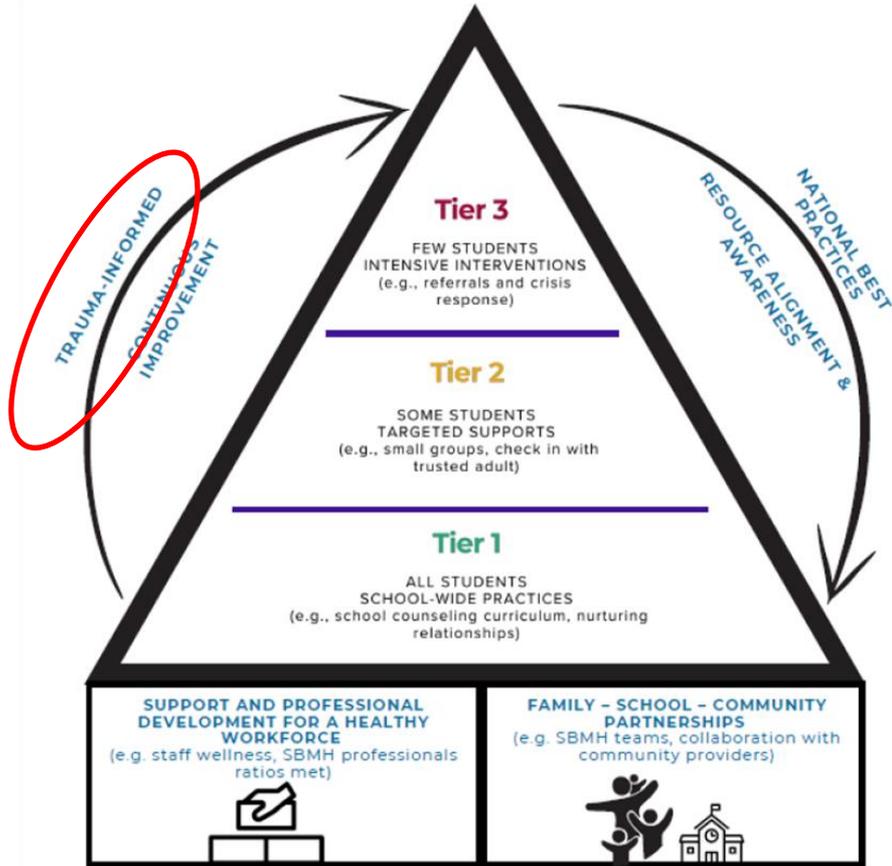
- Needs assessment: understanding the needs and assets of your school community
- Resource mapping: identifying available resources

pp.
15-16



Collaborative project to improve the availability, accessibility, and awareness of resources and services for children and youth in our communities.

[Upstream Youth Mapping Collaboration Project](#)



<https://dese.mo.gov/traumainformed>



Virtual training for school teams:

- Learn about the components of the Missouri Framework for School-Based Mental Health
- Review national evidence-based best practices
- Complete a School Mental Health Quality Assessment (using the School Health Assessment and Performance Evaluation System)
- Create goals with your team and leave training with actionable next steps



Assessment Resource Centre
University of Missouri



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**





The School Health Assessment and Performance Evaluation (SHAPE) System

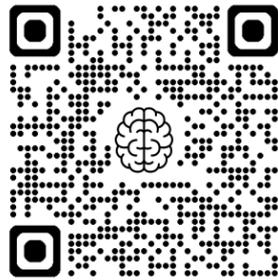


<https://theshapesystem.com>



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>



Missouri Department of Elementary and Secondary Education

The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, age, veteran status, mental or physical disability, or any other basis prohibited by statute in its programs and activities. Inquiries related to department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Director of Civil Rights Compliance and MOA Coordinator (Title VI/Title VII/Title IX/504/ADA/ADAAA/Age Act/GINA/USDA Title VI), 7th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number 573-522-1775 or TTY 800-735-2966; fax number 573-522-4883; email civilrights@dese.mo.gov.