

A SYSTEM OF MENTAL HEALTH SUPPORTS

An overview

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The Development

2018

State 31n money was earmarked for mental health in our schools! MCISD's plan for mental health support rapidly expanded.

2021

Hired 2 more consultants. Began honing in on role and function within the school system.

2023

Expand the team by another 1-2 consultants, develop a sustainable adventure program, and continue to support and advocate for the mental health of our students!

2017

MCISD began to have discussions about creating a position to focus on mental health coordination. At this time, it was only for one position.

2019/2020

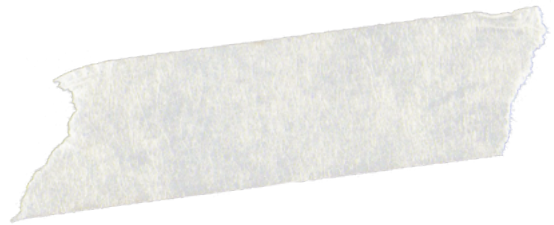
A Mental Health Coordinator and two Mental Health Consultants began macro mental health supports in schools.

2022

Hired 2 additional consultants and an Adventure Program Facilitator.



MONROE BY THE NUMBERS



MENTAL HEALTH TEAM NUMBERS

- 9 districts; 56 schools (public, private, charter); mix of rural and urban
- Monroe County total students: 20,750
- MCISD Students: 1,104

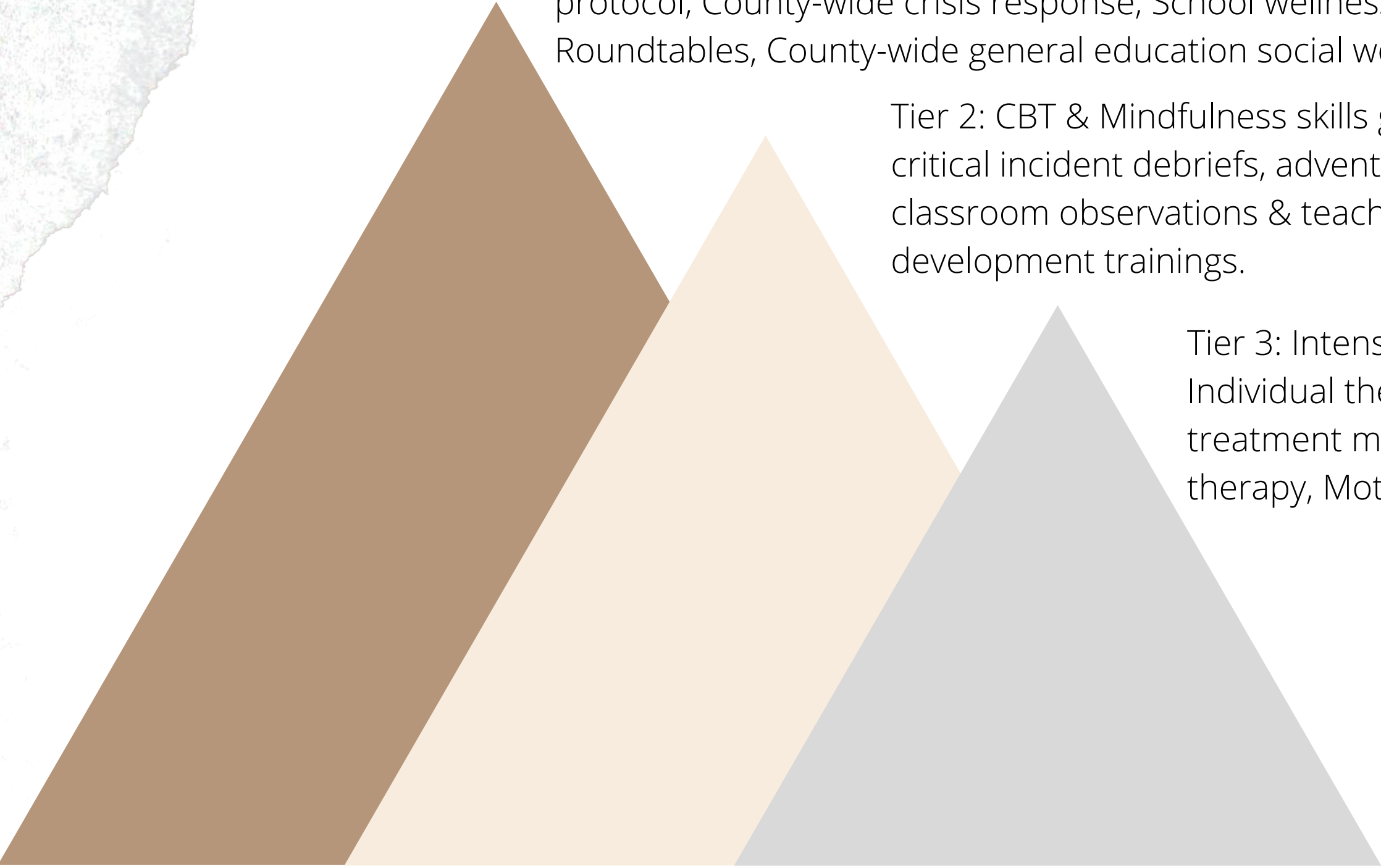
- 1 Full-time Mental Health Coordinator
- 6 Full-time Mental Health Consultants
- 1 Full-time Adventure Program Facilitator
- 200 referrals in '21-'22 school year
- Served 130 with direct services
- 156 referrals for current school year
- Serving all districts, K-12



WHAT IS UNIQUE ABOUT OUR SUPPORTS AND SERVICES

- The structure of our team!
 - Staff are not based out of one building. They are assigned on a district basis, this allows them to move more freely in a district and still have the connection back to the ISD as their administrative work space.
 - Allows us to connect as a team which is crucial to case consults and battling clinician burnout.
- We take both a macro and micro approach to supporting mental health needs!
 - Created templates and protocols for schools to utilize

Mental Health Services using a Tiered System of Support Lens



Tier 1: Social Emotional Learning curriculum support, monthly wellness news, County-wide suicide assessment & protocol, County-wide behavior threat assessment and management assessment & protocol, County-wide crisis response, School wellness resource stations, Community Mental Health Roundtables, County-wide general education social work meetings

Tier 2: CBT & Mindfulness skills groups, classroom presentations, small group critical incident debriefs, adventure therapy groups, adventure classrooms, classroom observations & teacher support, provide staff professional development trainings.

Tier 3: Intensive community care coordination, Individual therapy services using evidenced-based treatment modalities: CBT, Play therapy, Adventure therapy, Motivational Interviewing, etc.

WHY IS THIS DESIGN EFFECTIVE?

- We have been intentional in building our relationships with administration and staff in each building. This has allowed us to learn the building culture & staff needs.
- Our team is not absorbed into the minute-to-minute crisis response like other school staff. Instead, we are able to provide more proactive services.
- Our team is the central hub for anything mental health related. Each district has a direct contact for questions or concerns.
- The collaborative team approach enables us to support each other and provide valuable clinical consultation.

THANK
You

Questions?

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