

➔ "Kids who suffer from mental health disorders...inevitably miss out on opportunities for learning and building relationships."

- David Anderson, PhD, expert on schools and mental health at the Child Mind Institute

➔ "Over 5 million students affected by mental health disorders in the country are not receiving treatment."

- American Journal of Psychiatry

➔ School staff members must attend to hundreds – sometimes thousands – of students.



School-Based Services

North Range Behavioral Health | Becky Wyperd, LPC

School District Demographics



just over
21,000
students



31
schools



63
languages
spoken



65%
utilize free and
reduced lunch





2005

1 part-time employee

The key to *success*
with this program is *listening*...
➔ and lots of it!

- ➔ Schools aren't clear on what we do
- ➔ Schools are asked for things daily
- ➔ Strong relationships are key





2009

3 full-time employees

And just when you think you're done *listening...*
⊗ there's still *more to do!*

- ⊗ Does it work?
- ⊗ Groundhog Day
- ⊗ On average, 1 therapist supports 5 schools
- ⊗ Schools already have internal support services



Data and Collaboration Meetings

- ➔ Began regular monthly meetings, clarified roles
- ➔ Streamlined to 1 therapist supports 2 schools
- ➔ Created mutual target outcomes
- ➔ Year-round contracts

86%

of students decreased their rate of suspension and improved their grades (Goal 80%)

84%

were promoted to the next grade level (Goal 80%)

86%

exhibited less frequent behavioral problems (Goal 80%)

94%

reported a better quality of life, increased satisfaction with school, and fewer emotional and substance use issues (Goal 80%)





2012

7 full-time employees



Years later...

→ we're still *listening!*

- Nobody can pay for it all
- Students receive most of the resource
- Absence does not make the heart grow fonder

Braided Funding into Service Buckets

Engagement Services

- School Based Engagement Specialist*
- Youth and family meetings*
- Engagement groups
- Caregiver workshops*
- Screening for services
- Linkage between school and mental health center*

Enhanced Services

- Consultation*
- Education*
- Training*
- Classroom observation
- School planning and data meetings*
- Mental health education*
- Teacher support groups*
- Mental Health First Aid*

Direct Services

- Assessment
- Individual therapy
- Group therapy
- Safety planning
- Case management
- School meetings/IEP
- Data collection and dissemination
- Referral to other services as needed



2016

12 full-time employees



2016 Team Meeting



with North Range School-Based Staff
and District Psychologists/Counselors



Opportunity in Your Area?

- ➔ Collaboration is the cornerstone
- ➔ Start small and build WITH the school district
- ➔ Outcomes are key
- ➔ Braid available dollars
- ➔ Think big and outside of the box





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Where hope begins.