

# School-Based Mental Health Services Delivery Models

Dr. Rick Short - University of Houston, Clear-Lake

Dr. Nancy P. Razo - University of Texas Rio Grande Valley

Adrian Garza - McAllen ISD

Nadia Ochoa – Palmer Drug Abuse Program

Connie Rodriguez - Dallas ISD

Dr. Traci Schluter - Cypress-Fairbanks ISD

27<sup>th</sup> Annual TASP Convention

October 24, 2019



# **Overview of School-Based Mental Health Services**

**Dr. Rick Short- University of Houston, Clear-Lake**



# Why Comprehensive Services? Why Public Health?

- ▶ National Policy
- ▶ The Future of School Psychology
  - ▶ Indianapolis National Invitational Conference on the Future of School Psychology
  - ▶ School Psychology: A Blueprint for Training and Practice III
- ▶ Increasing our value and saving administrators' jobs



# The National Policy Context

- *Report of the Surgeon General's Conference on Children's Mental Health* (U.S. Public Health Service, 2000)
- *APA Working Group on Children's Mental Health* (Tolan, Anton, Culbertson, Katz, & Nelson-Le Gall, 2001)
- *Achieving the Promise: Transforming Mental Health Care in America* (President's New Freedom Commission on Mental Health, 2003)

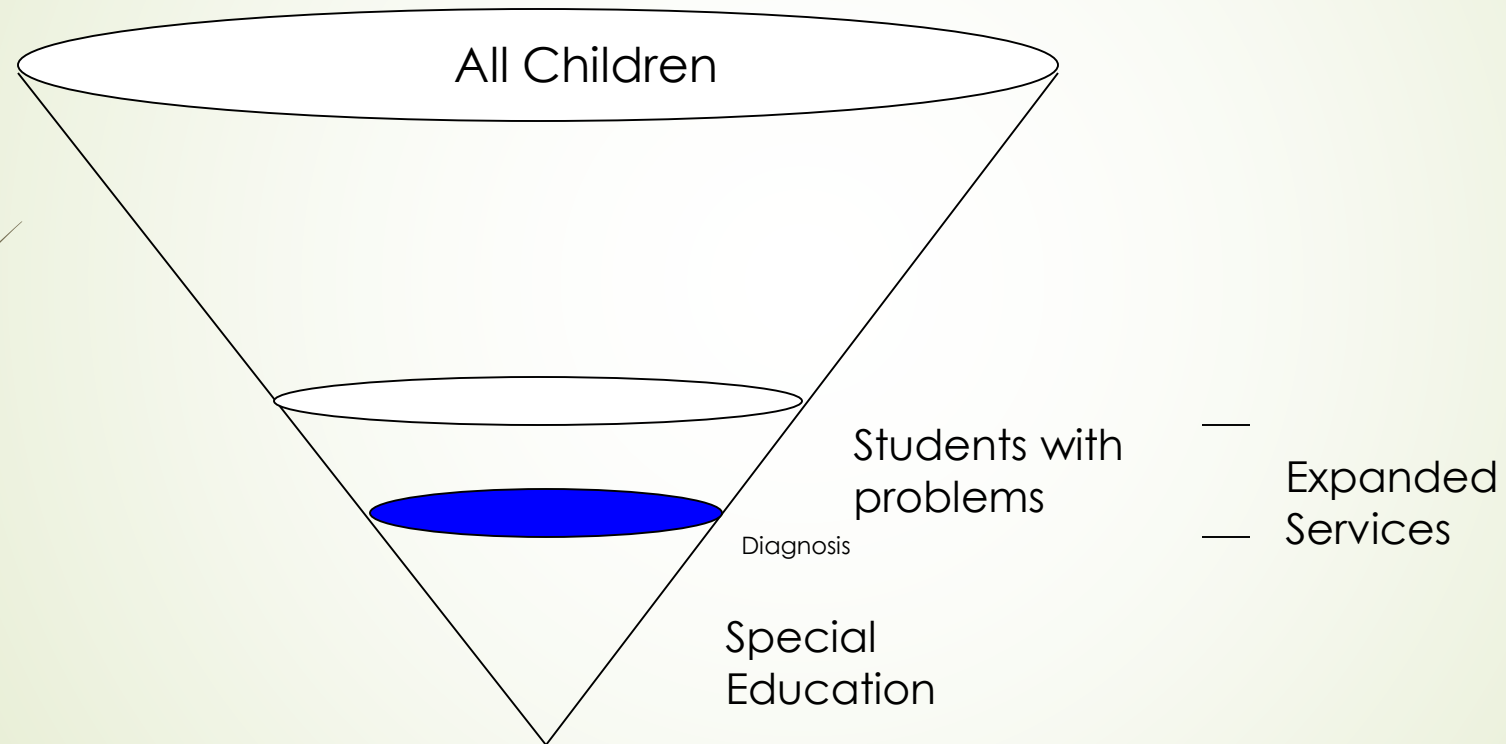


# Comprehensive Children's Mental Health Services

(Nastasi, 2004)

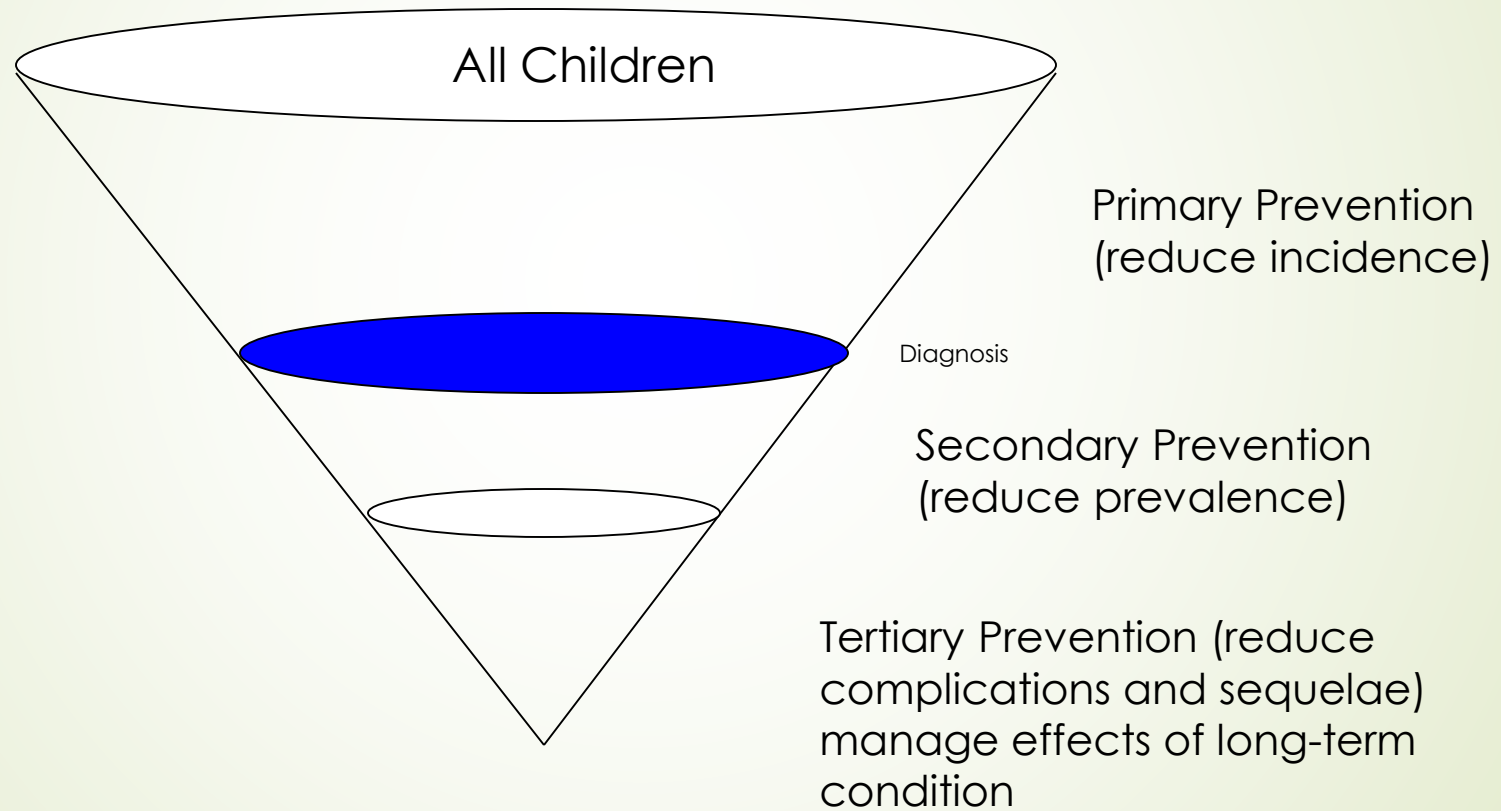
- Integrated public health-public education model
- Policy change at national, state, and local levels
- Mental health promotion as key component
- Continuum of mental health services
- School-based or school-linked facilities
- Staff development program on mental health
- Surveillance system for mental health problems
- Network of community agencies
- Increase in or modification of roles of mental health staff
- Partnerships with parents
- Formative research
- Evidence-based programs

# Traditional Continuum of Care in School Psychology



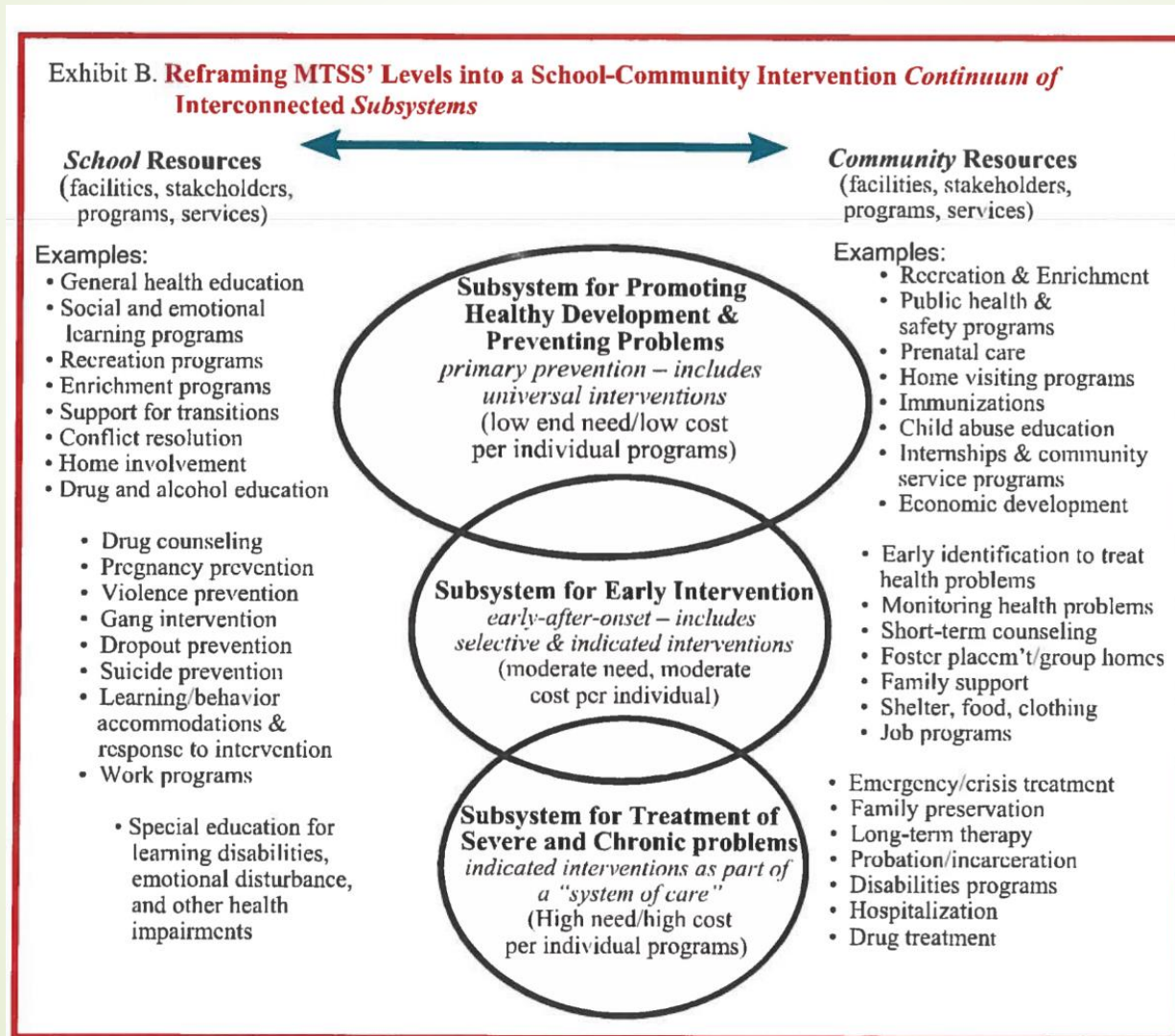
# Levels of Services

(Commission on Chronic Illness, Institute of Medicine, 1957)





# MTSS School-Community Intervention Continuum (Adelman & Taylor, 2019)





# Contact Information

Rick Jay Short, Ph.D.

Dean and Professor of Psychology

College of Human Sciences and Humanities

University of Houston Clear Lake

2700 Bay Area Boulevard, Box 416

Houston, Texas 77058

[short@uhcl.edu](mailto:short@uhcl.edu)



# **McAllen ISD's Family Treatment Program**

**Nancy Peña Razo, Ph.D., LSSP**

**Adrian Garza, M.Ed., Program Manager, Family Treatment Program**

**Nadia Ochoa, Executive Director, Palmer Drug Abuse Program**



INDEPENDENT SCHOOL DISTRICT



## District Demographics

- 2018 Accountability Rating: A
- Student Population 2017-2018:
  - Total Student Population: 23,640
  - Hispanic: 94.1%
  - Economically Disadvantaged: 71.2%
  - English Learners (EL): 32.0%
- Total Schools: 30
  - Traditional HS-3
  - Early College HS-1
  - DAEP MS/HS-1
  - Alternative HS-1
  - MS-6
  - ES-19

Source: Texas Education Agency, December 2018



## Role of District LSSPs

- 7 LSSPs under Special Education Department
- 15 Diagnosticians; 2 additional Diagnosticians for the Regional School for the Deaf
- LSSP Role: Assessment & Case Management

# Family Treatment Program



- 2008-2013 Safe School Healthy Students Grant
- Sustainable Goal: Increase Mental Health Services
- 2013 School Survey Needs Assessment Results
  - 9300 Student Responses
  - 4<sup>th</sup> – 12<sup>th</sup> grade
  - 22.8 % reported feeling depressed, sad or hopeless



## **Mission Statement:**

The Family Treatment Program's mission is to advance mental health awareness, and through identification, provide prevention and intervention services for McAllen Independent School District families.





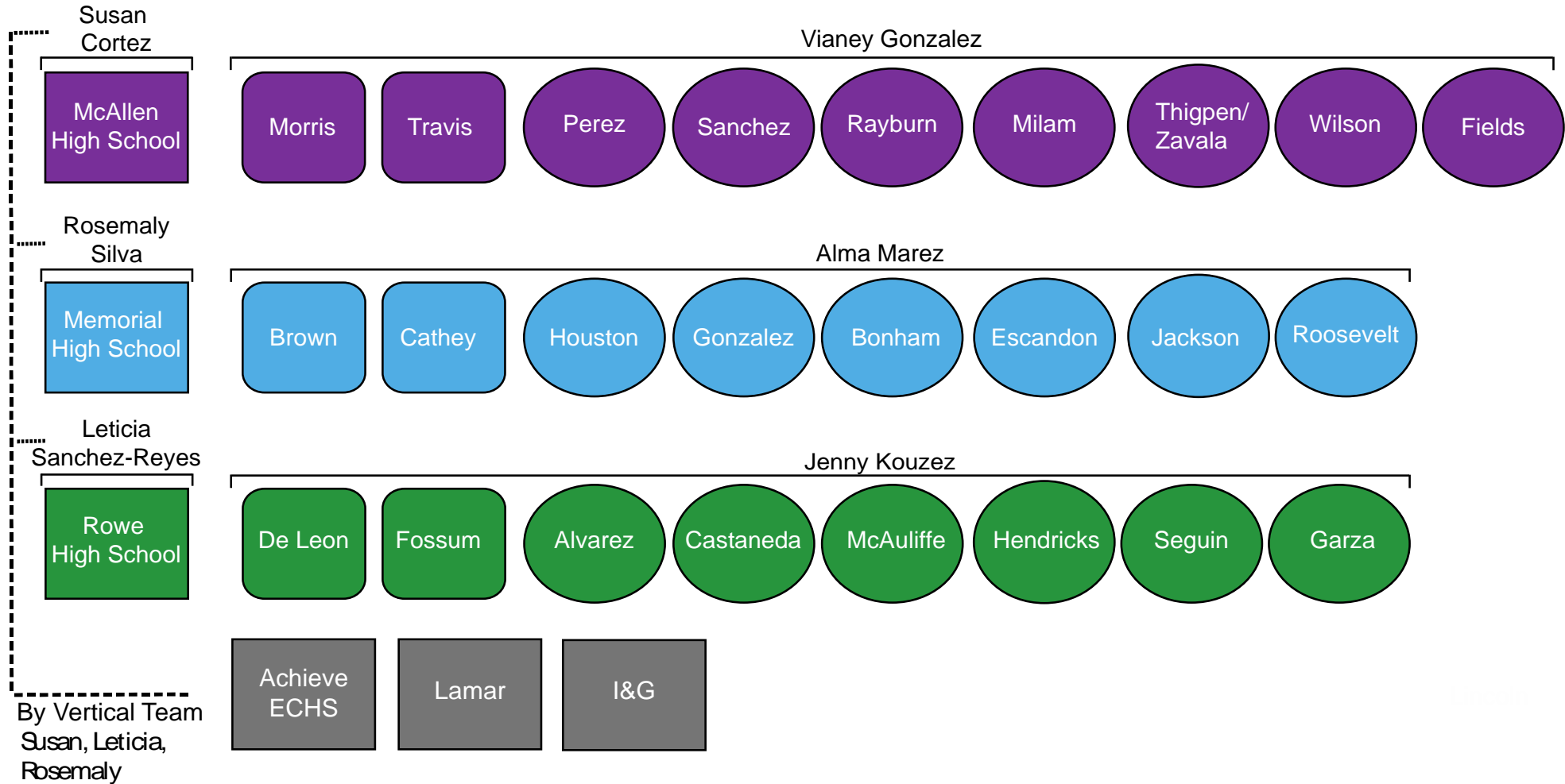
## District Community Partnerships

- University of Texas Rio Grande Valley School Psychology Program
- UTRGV School of Medicine
- UTRGV School of Social Work
- Tropical Texas Behavioral Health (Local MHA)
- South Texas Health Systems-Behavioral
- Behavioral Hospital at Renaissance (part of Doctor's Hospital at Renaissance DHR Health)
- Palmer Drug Abuse Program
- Mesquite Treatment Center



# FTP Prevention Intervention Specialists

- Crisis Intervention
- Family and student intervention
- Intensive case management
- Community mental health referrals
- Crisis intervention and direct inpatient admission
- Continuity of care for inpatient discharge
- Network agreements and contracts with mental health organizations
- Partnership collaboration
- Staff Development
- Community mental health awareness
- HIPAA compliant reporting system

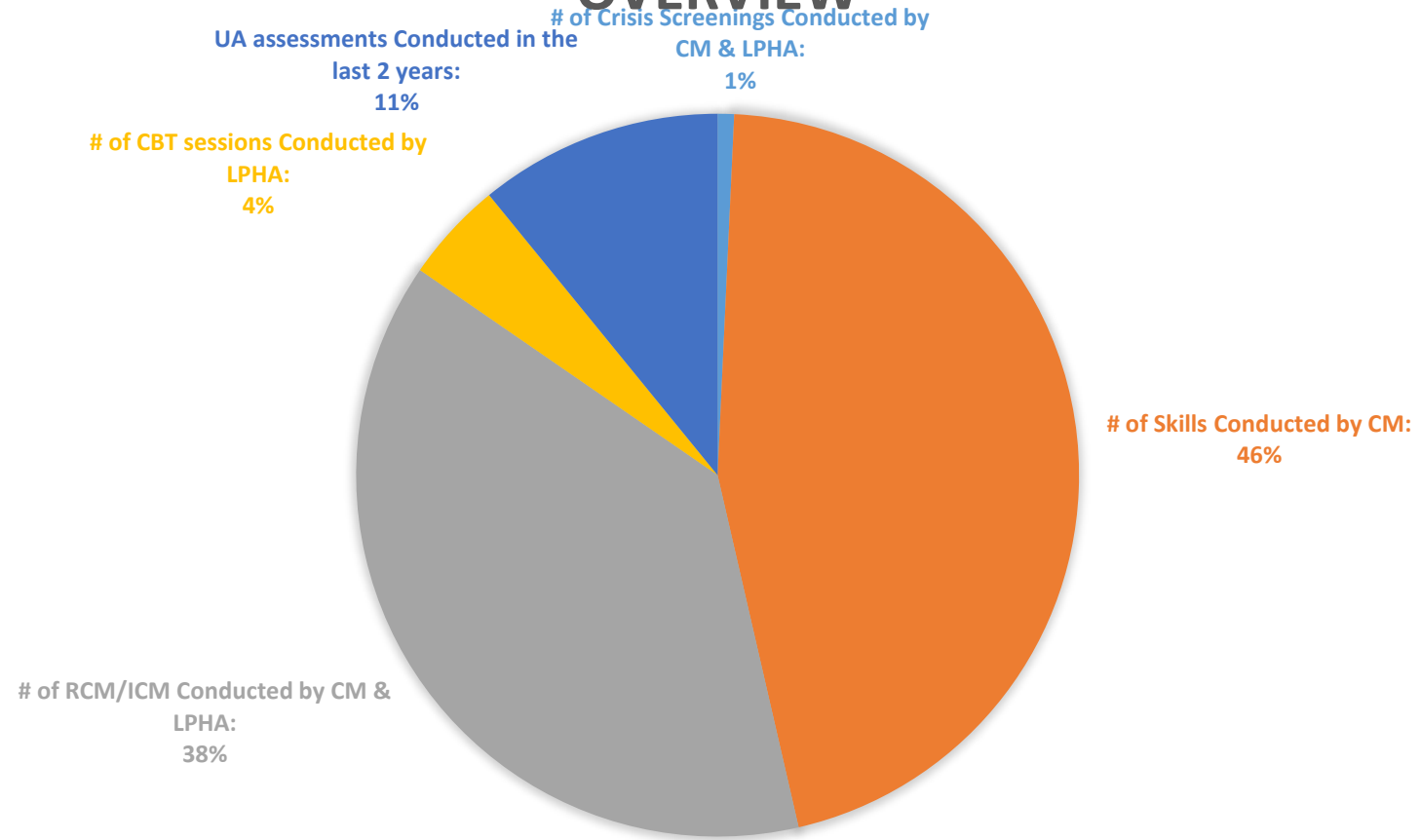


## Direct Admission/Inpatient Admission

- Student meets criteria for hospitalization as per CIP
- Student has insurance: private or Medicaid
- Parent choice
- Prevention Intervention Specialist will initiate direct admission
- Staffing with hospital intake staff
- Psychiatrist makes the recommendation for inpatient admission
- Each case is different and may have varied outcomes

## CLIENTS SERVICED IN THE MCALLEN ISD AREA-2 YEARS

### OVERVIEW





Tropical Texas Behavioral Health Partnership  
November 2<sup>nd</sup>, 2015 – November 14<sup>th</sup>, 2017

**\$1,094,045.78**





## Contact Information

**Nancy Peña Razo, Ph.D., LSSP**

**School Psychology Program Coordinator**

**University of Texas Rio Grande Valley**

**(956) 665-3490**

**[Nancy.Razo@utrgv.edu](mailto:Nancy.Razo@utrgv.edu)**

**Adrian Garza, M.Ed., Program Manager**

**McAllen ISD Family Treatment Program**

**(956) 688-5427**

**[Adrian.Garza@mcallenisd.net](mailto:Adrian.Garza@mcallenisd.net)**

**Nadia Ochoa, Executive Director**

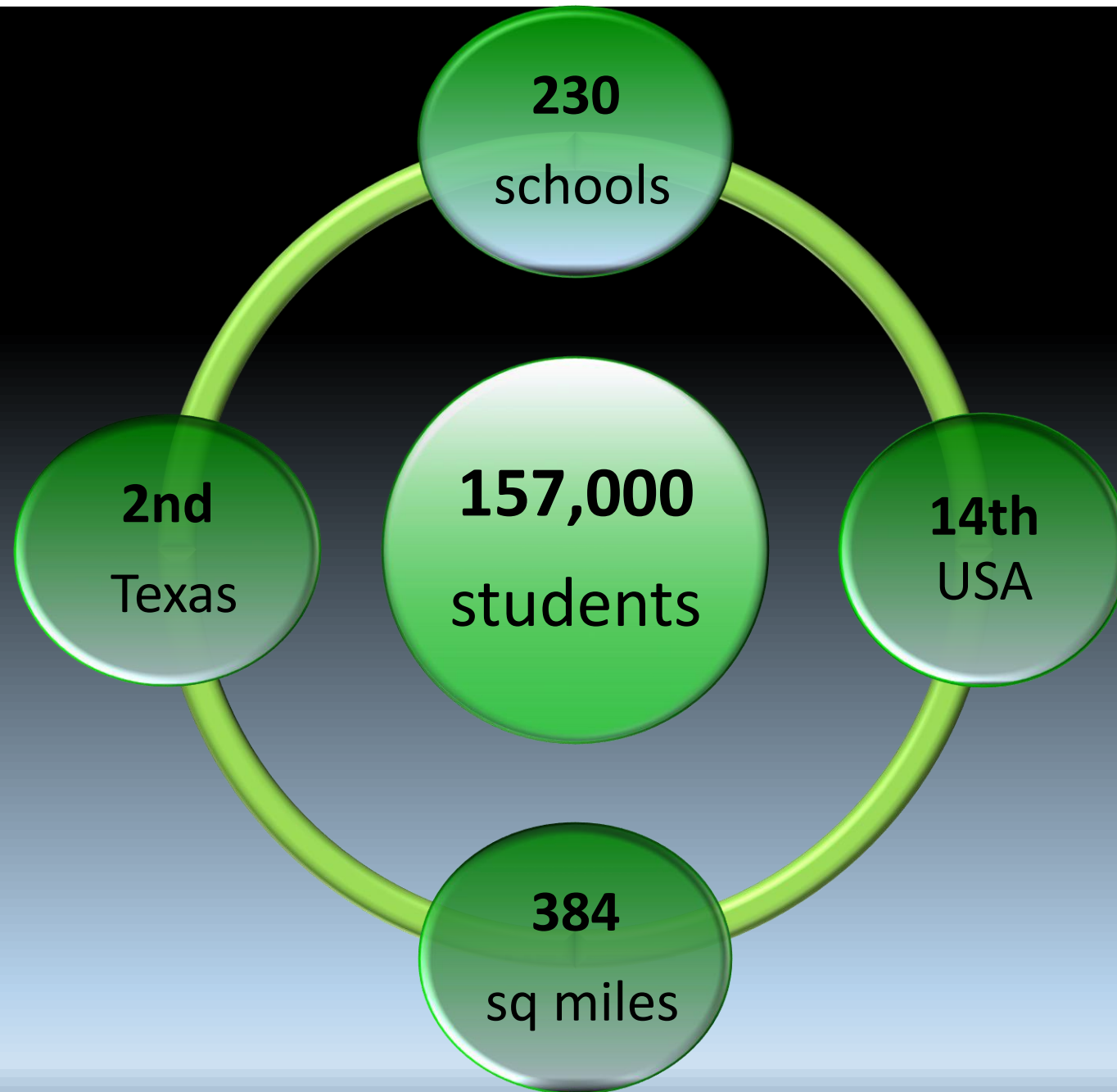
**Palmer Drug Abuse Program**

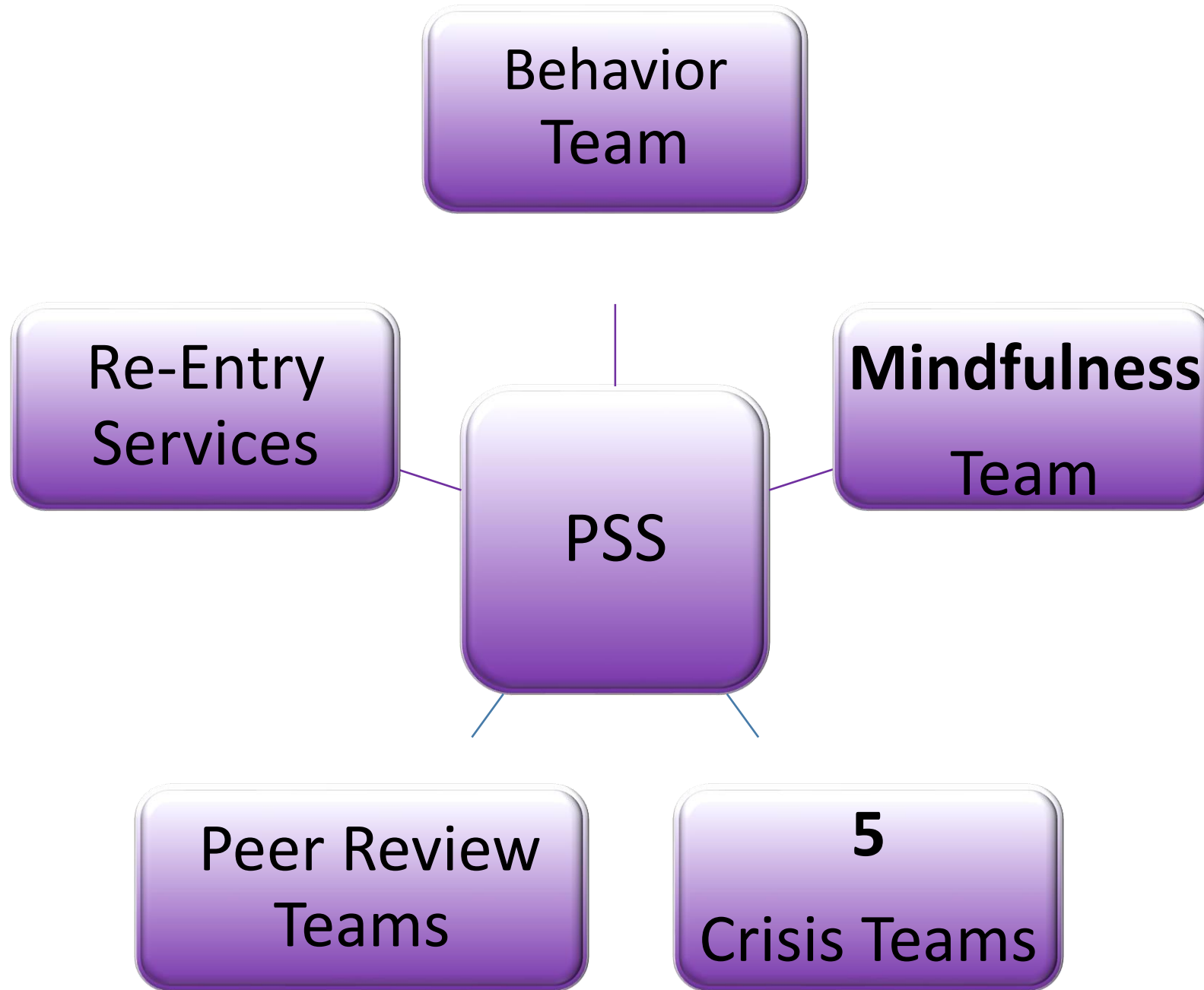
**(956)687-7714**

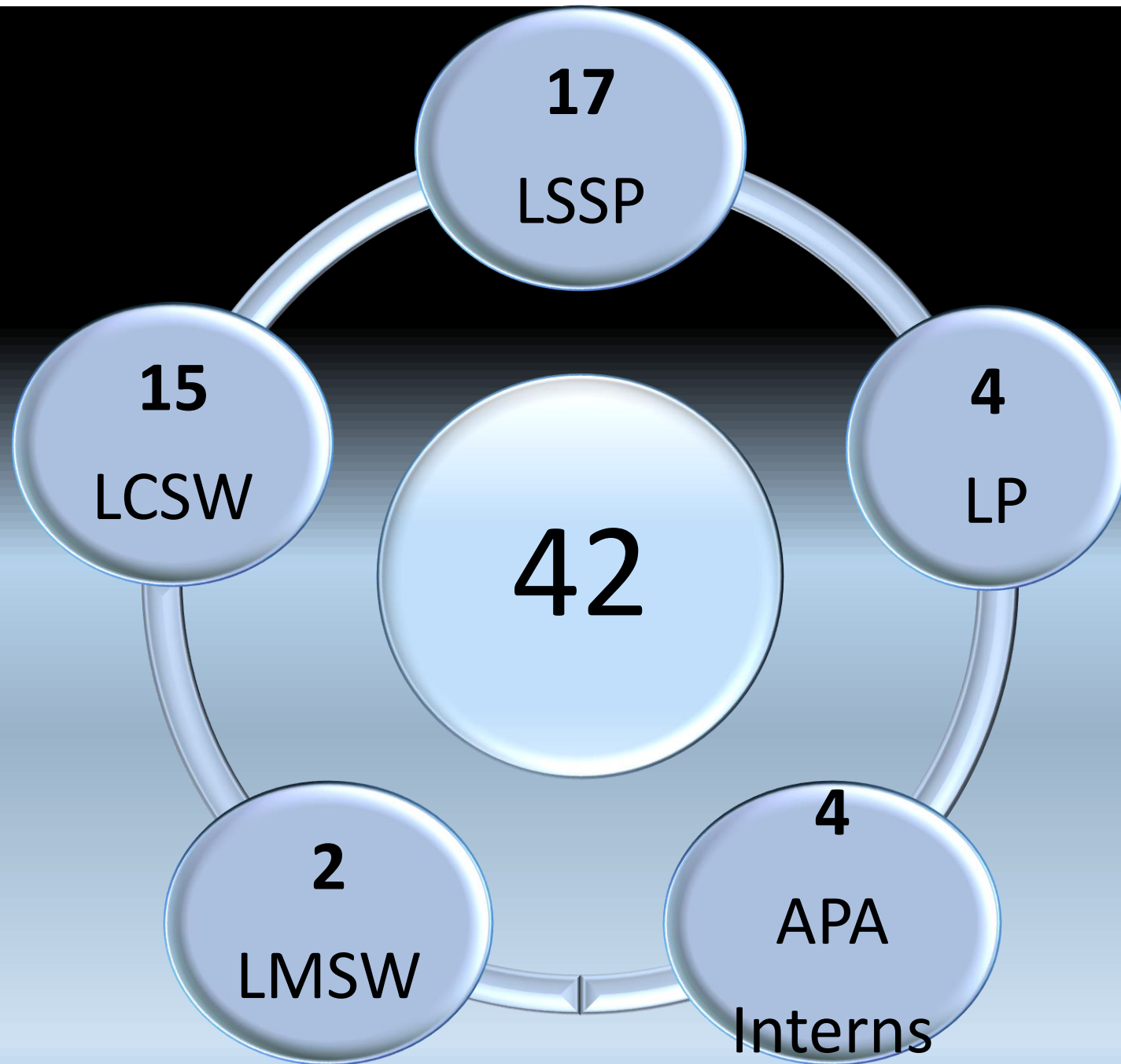
**[Nadia.pdap@gmail.com](mailto:Nadia.pdap@gmail.com)**

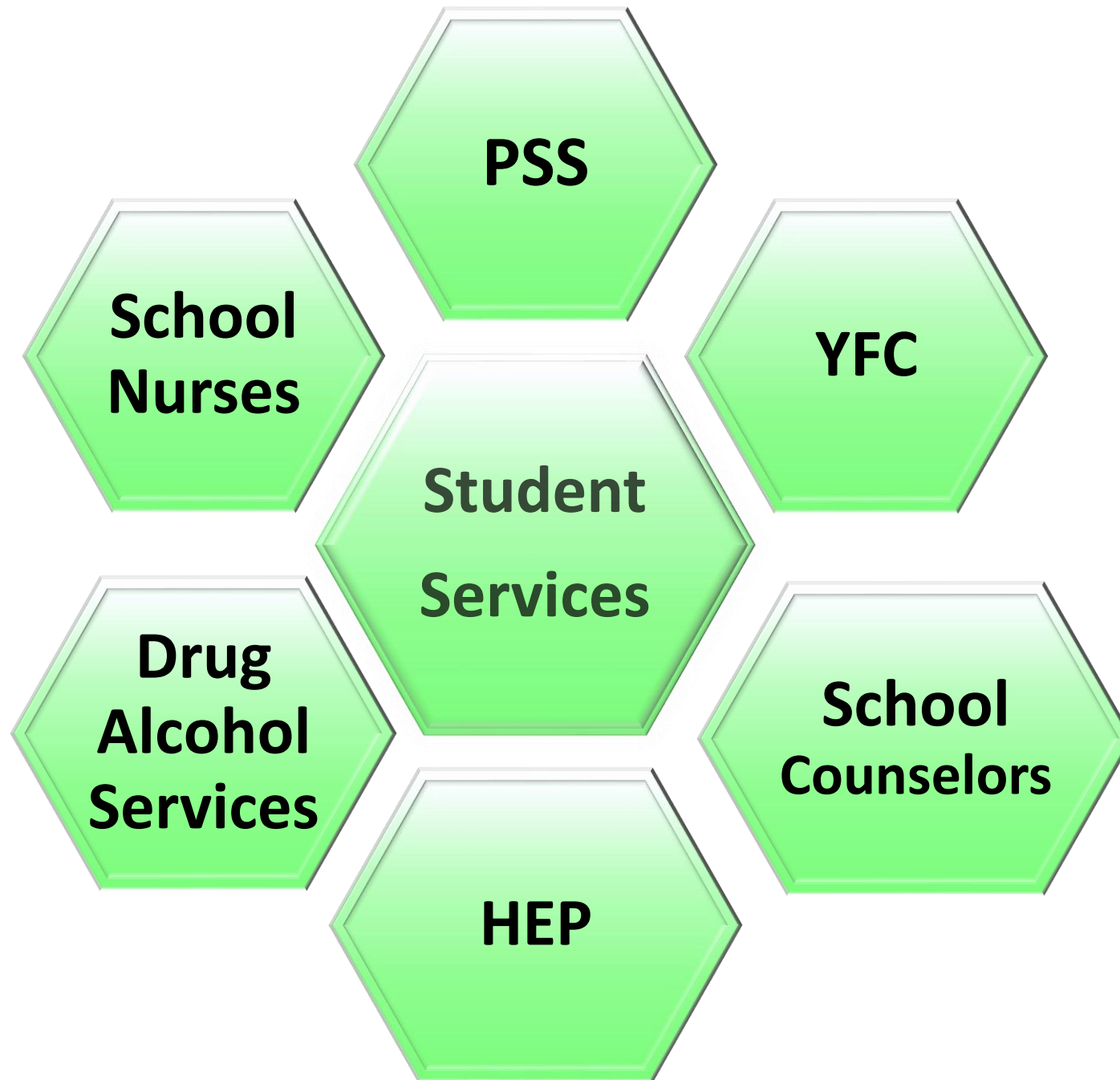
# Dallas ISD Mental Health Model

**Connie Rodriguez, LSSP, LPA, LMFT**  
**Director of Psychological & Social Services**












# Mental Health Crisis Protocols



The screenshot shows a webpage with a header area containing a logo of the letters 'M' and 'H' in green and purple, followed by the text 'Mental Health CRISIS PROTOCOLS'. Below the header is a paragraph of text. To the right is a dark blue box with the same logo and text. Below the paragraph is a list of protocols, each in a teal box with a right-pointing arrow. To the right of the protocols is a list of departments, each preceded by a bullet point and a right-pointing arrow.

**MH** Mental Health  
**CRISIS PROTOCOLS**

There may be times when campuses experience a crisis which requires a higher level of immediacy. While there are many types of crisis that may occur in a school setting, this handbook will focus primarily on those which are considered Mental Health Crisis such as suicide, death of a student and violent behavior.

**PROTOCOLS:**

- BULLYING**
- CHILD ABUSE/ NEGLECT**
- DEATH OF A STUDENT / FACULTY MEMBER**
- HOMELESS FAMILY IN CRISIS**

All crisis are time intensive and require difficult decisions to be handled by the appropriate individuals with a limited time span which is why all of the departments associated with such crisis have been identified within each of the protocols. The offices prepared to assist during mental health crisis include but are not limited to the following:

- Alcohol and Drug Intervention Office
- Child Abuse Office
- Communication Services
- Department of Police

Contact Information:

**Connie Rodriguez, LSSP, LPA, LMFT**  
**Director**  
**Psychological & Social Services**

**214-773-1892**

[crodriguez1@dallasisd.org](mailto:crodriguez1@dallasisd.org)

# CYPRESS-FAIRBANKS ISD

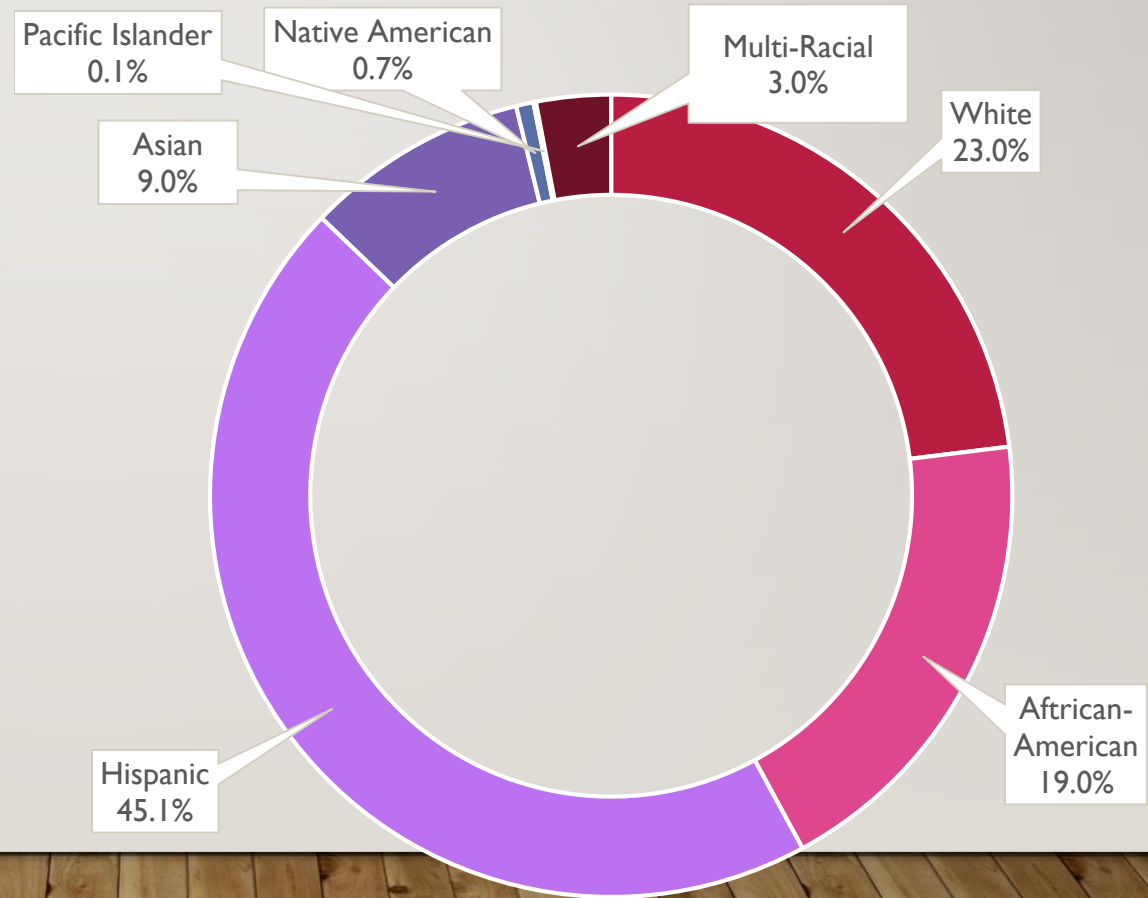
---

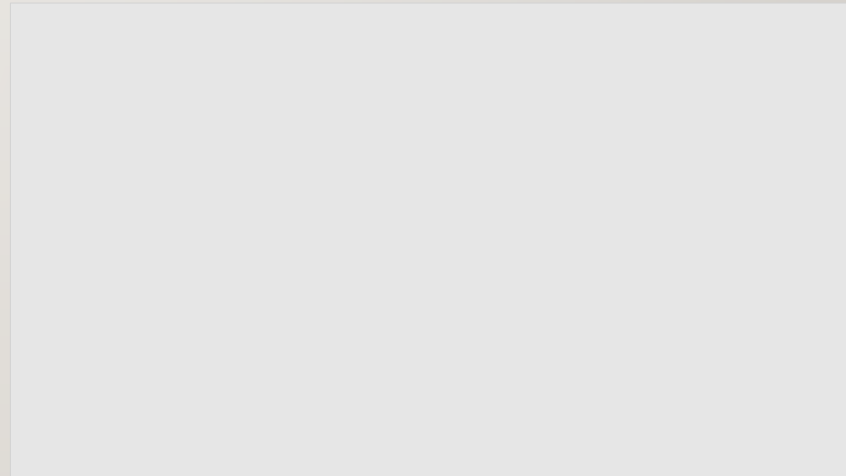
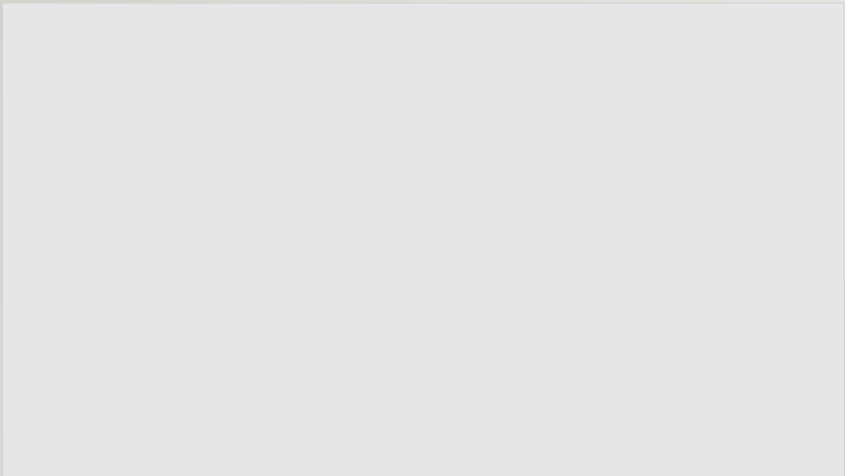
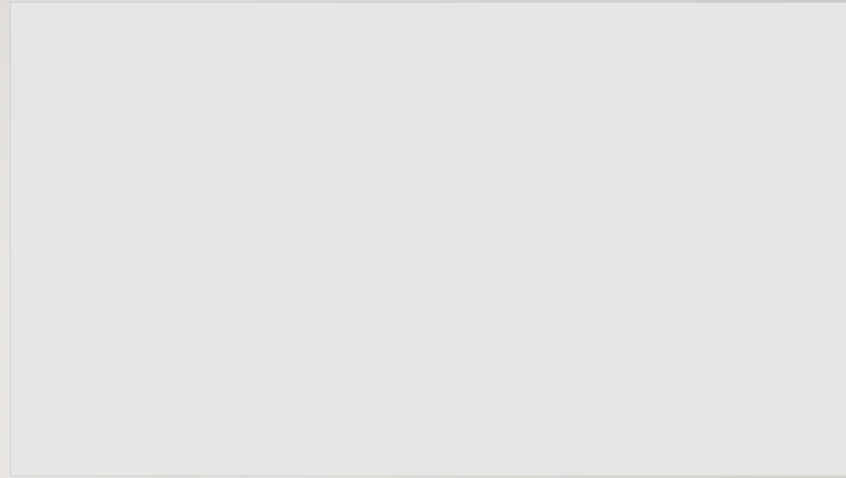
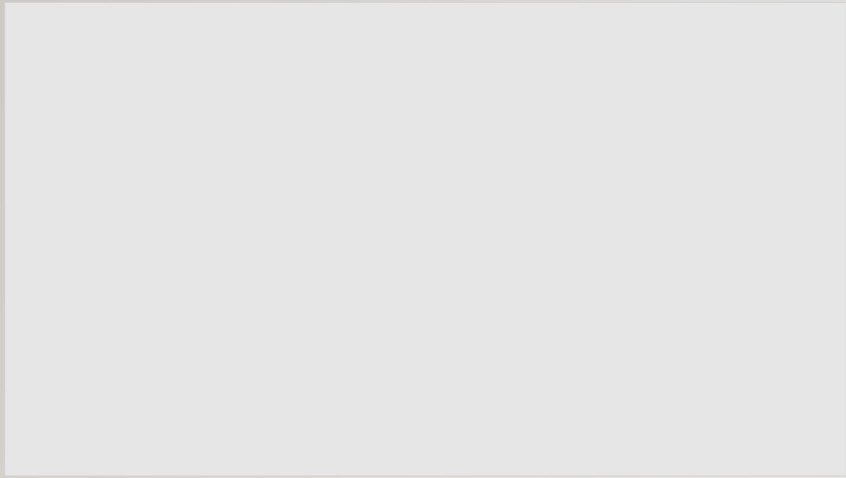
SCHOOL-BASED MENTAL HEALTH SERVICES

Traci D. Schluter, Ph.D., LSSP  
Director  
Psychological Services Department

# DISTRICT DEMOGRAPHICS

- 22<sup>nd</sup> largest school district in the US
- 3<sup>rd</sup> largest district in Texas
- 117,283 students enrolled (as of 9/2019)
- 56 Elementary Schools
- 18 Middle Schools
- 12 High Schools
- 5 Special Programs Facilities
- APA-Accredited Professional Psychology Intern Training Program





# MENTAL HEALTH SERVICES IN CFISD

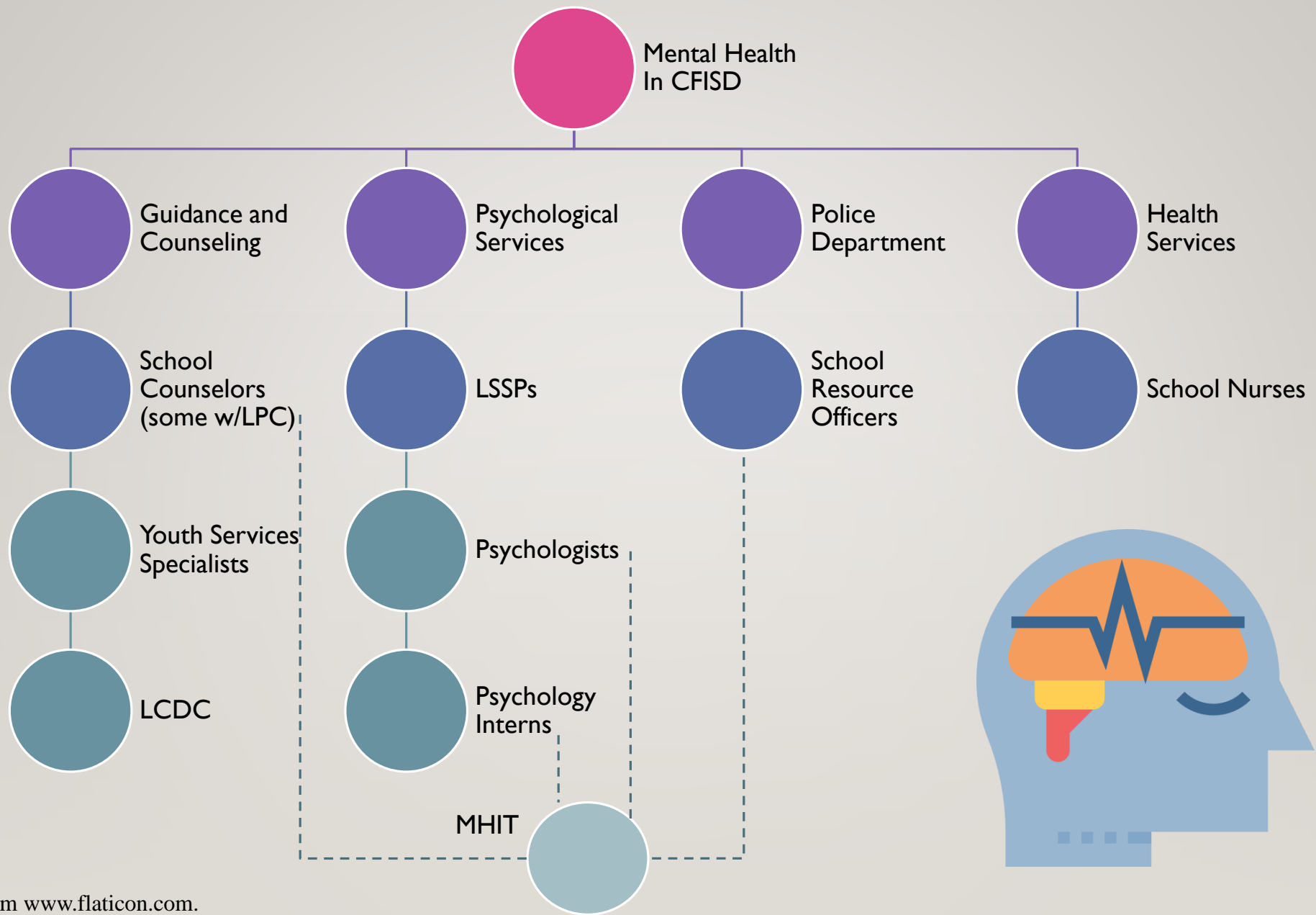
---

Northwest Houston, Harris County

12 High Schools, 18 Middle Schools, 56 Elementary Schools, 5 Special Programs Facilities

117,000+ students; 14,000+ staff





Icon made by Becris from [www.flaticon.com](http://www.flaticon.com).

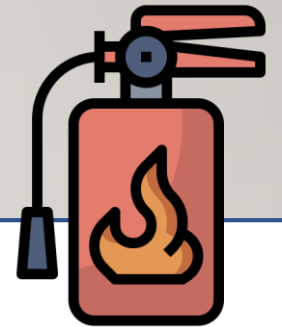
# PSYCHOLOGICAL SERVICES

---

29 FT staff, 6 PT staff, 2 lead psychologists, 1 director, 2 secretaries



# Psych Services Day-to-Day



Assessment  
Comprehensive  
Psychological  
Evaluation focused on  
emotional/behavior  
referral concerns

Intervention  
Staff Consultation  
Indirect/Consultation  
Direct/Counseling  
Coordination with  
Community Mental  
Health Providers  
Family Interaction  
Training Clinic

Supervision  
APA Accredited  
Doctoral Internship  
Practicum Student  
Program  
Post Doctoral Staff  
Supervision

Crisis/Safety  
C-SSRS  
CSTAG  
PREPaRE 1 & 2  
NOVA  
Psychological First Aid  
for Schools  
Hospital Transition  
Planning

Training  
Parents/Families  
Staff  
Administration  
Counselors  
Interns

Research  
Write Club  
PSP research and  
program evaluation

# SERVICES WE PROVIDE

---

# ASSESSMENT

---

- Comprehensive Psychological Evaluation
- Focus is Emotional/Behavioral Functioning
- Special Education Eligibility Recommendation (ED/OHI/AU/TBI)
- Includes Function of Student's Behavior (FBA)
- Includes Counseling as a Related Service Recommendation



# INTERVENTION

---

- Consultation with staff/administration
- Indirect Related Services
- Direct Related Services (counseling)
- Coordination with Community Mental Health providers
- Family Interaction Training (FIT) Clinic
- Incredible Years Parenting Program



# SUPERVISION

---

- APA Accredited Doctoral Internship
- Practicum Student Program
- Postdoctoral Supervision for First Year Staff
- Diversity Committee





# TRAINING

---

- Parenting Courses
- Staff Trainings
- Counselor / Administrator Trainings
- District-Wide Trainings
- APA Accredited Doctoral Internship
- Departmental Trainings
- Diversity Committee



# RESEARCH

---

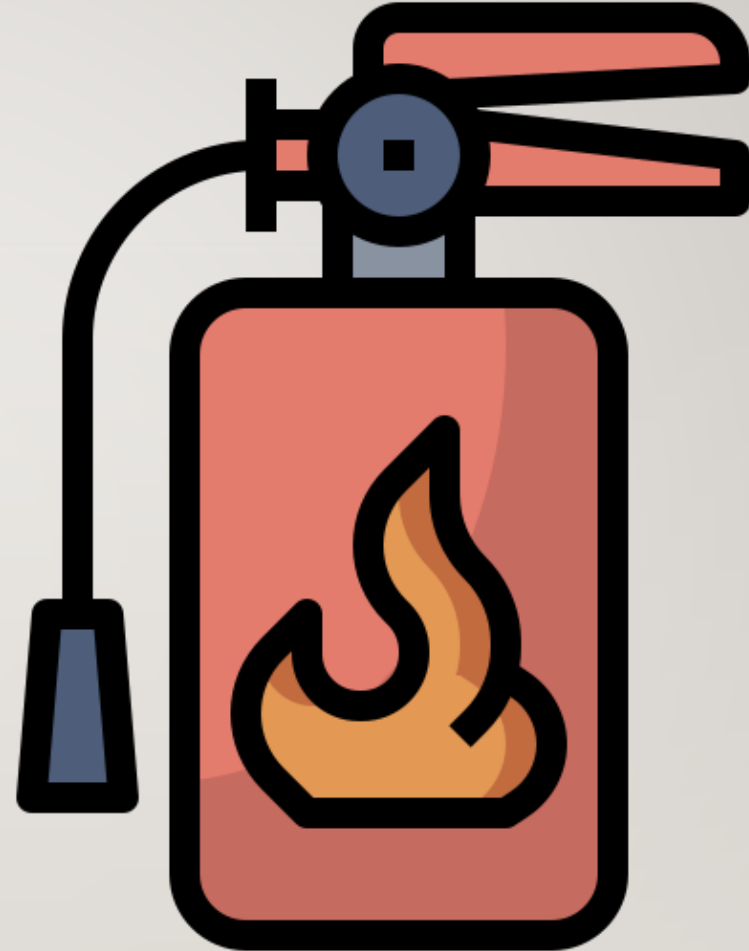
- Write Club
- Individual Psychological Services  
Provider Research
- Program Evaluation



# CRISIS/SAFETY

---

- C-SSRS & CSTAG
- PREPaRE I & 2, NOVA, Psychological First Aid for Schools
- Safety Plans & Hospital Transition Planning





# MENTAL HEALTH INTERVENTION TEAM

---

2 Licensed Psychologists/LSSPs, 4 Licensed Professional Counselors, 2 Mental Health SROs

# MHIT Day-to-Day



Campus Response  
Visiting campuses to support the needs of students and staff during and following crisis events of any scale.



Training  
Providing training to staff, parents and students district-wide on topics of interest and importance to mental health.



Program Development  
Researching and developing policies and programs to ensure the district aligns with best practices in school-based mental health.



Community Networking  
Connecting with community mental health providers to build a network of responsive services for district families.



Crisis Help Line  
Offering immediate support for staff working with suicide/threat risk or other campus crises.



Mental Health Awareness  
Working with student groups to reduce the stigma attached to mental health concerns.

# Threat of harm: Assessment and Response



## Why the CSTAG?

- Recognized as evidence-based program (NREPP, 2013).
- Widely disseminated in the US and Canada.
- Only model to show effectiveness in controlled, peer reviewed studies.

### Accessible

- Readily trainable.
- A flexible, efficient process.
- Free to use and reproduce.
- Decision tree process to help teams quickly distinguish types of threats.

### Added Benefits

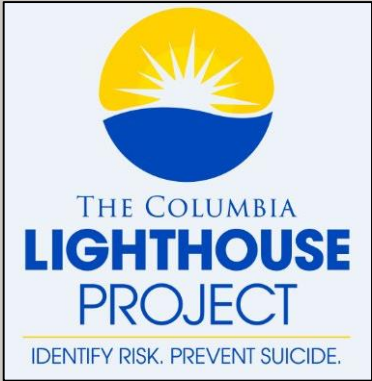
- Shown to reduce disproportionality in discipline.
- Designed to reduce errors of over and under response.
- Helps teams to quickly resolve threats that are not serious and concentrate efforts on a small number of serious threats.



## CSTAG Training

- Feb 2019:  
MHIT (ToT)  
Secondary Admin
- Summer 2019:  
CFISD PD
- Aug 2019:  
Elem/Sec Counselors  
Psychological Services  
Campus Administration
- Ongoing:  
Support meetings and new staff training

# Suicide Risk: Screening and Response



## Why the C-SSRS?

### Research Supported

- The most empirically-supported and widely used suicide-risk screening.
- Endorsed/recommended/adopted by CDC, NIH, SAMSHA, WHO, DoD, among many others.

### Accessible

- Readily trainable.
- Brief, straight-forward administration.
- Free to use and reproduce.
- Designed for use by individuals without mental health background.

### Added Benefits

- Results of the screening inform response.
- Supports consistency in decision-making and response across the district.
- Provides for continuity of care with community health collaborators (e.g. mental health facilities).



## C-SSRS Training

- Feb 2019: Elementary Counselors
- Mar 2019: Secondary Counselors  
Associate Principals  
Psychological Services
- April 2019: Assistant Principals
- June 2019: CFISD PD
- Ongoing: Support meetings and new staff training





Traci D. Schluter, Ph.D., LSSP  
Director  
Psychological Services Department  
Cypress-Fairbanks Independent School  
District  
281-517-6394  
traci.schluter@cfisd.net