Adams-Friendship Area School District

Mental Health Systems In Action: One Districts Journey

Preparing students to perform for life.
- Ranked 67th out of 72 counties in overall health
- 50% of families use food stamps (state 30%)
- Tremendous increase in CPS and alleged neglect
- Mental Health Providers 3,370:1 (state 640:1)
District Demographics

- 3 Elems, 1 Middle School & 1 High School (550 square miles)
- 68% of our students are economically disadvantaged
- 20.1% qualify for special education (state 13.7)
- 12.6% Adams County residents have college degree (state 27.4%)
A Little More Data

- 23.5% of our students are academically proficient or advanced in ELA
- 28% of our students are academically proficient or advanced in Math

YRBS

- 70% of the MS & HS students have at least one adult in the school they can go to with problems
- Almost 25% of the MS & HS students have seriously thought about killing themselves and almost 20% had a plan
- Over 50% of the MS & HS students feel safe at school
Objectives

- Provide information on targeted and universal approaches to addressing mental health in schools
  - Prevention
  - Intervention
  - Education
Why did we make Mental Health a Priority?

- Response to Data
- Focus Groups
  - Community Members
  - Students
  - Parents
Systemic Approach

Tier 1
Strategic Planning: 
Curriculum Crosswalk

- Social Emotional Learning
- Personal Safety
- Suicide Prevention
- Bully Prevention
- Universal Screening
- Restorative Practices
Systemic Approach

Tier 2
Embedded Data Driven Decisions

- Bi-Monthly Meetings in all buildings
  - Data Analysis
    - CICO
    - Review 360
- Support Groups
- Student Assistant Program
Systemic Approach

Tier 3
School Based Mental Health Providers
Integrated Behavioral Health (On-Site)

- A state certified outpatient mental health clinic providing therapeutic services.

- Services: individual therapy, family therapy, group counseling and AODA services.
INTEGRATED BEHAVIORAL HEALTH PROVIDERS

- Adams County Health and Human Services
  - One Therapist
  - 3 days a week
  - Group work

- Central Wisconsin Counseling
  - Two Therapist
  - MS/HS level

- Compass Counseling
  - One Therapist
  - Elementary level

- Pine Valley Integrated
  - 3 Therapists
  - Individual
  - Group
  - AODA services
  - Staff Services

- Hope House
  - Groups and Individual
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent who is experiencing a mental health or addictions challenge or crisis.
### Instructor Training

**WHO:** Instructors are often staff from schools, mental health providers or advocacy organizations.

**WHAT:** Five day YMHFA training

Taught by two authorized Mental Health First Aid National Trainers

**WHY:** Trainers will then return to their communities to train additional first responders in YMHFA.

### Community Trainings

**WHO:** Anyone who has regular contact with youth ages 12-18: parents/guardians, teachers, coaches, clergy, and community members.

**WHAT:** 8 hour training YMHFA Training

**WHY:** Teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis.
Trauma Sensitive Schools

Trauma-sensitive schools acknowledge the prevalence of traumatic occurrence in students’ lives & create a flexible framework that provides universal supports, is sensitive to unique needs of students, & is mindful of avoiding re-traumatization.

(Source: WI DPI “Creating Trauma Sensitive Schools PPT)
What Can You Do Today?

- Seek to Understand
- Mindshift - Educate staff by providing opportunities to connect
- Supporting Staff - Resiliency
- Culturally Responsive / Responsive Instruction

Tough Conversations / Home Visits / 2X10 Strategy / Connection Survey/ Parent Connections
"When a student makes a poor choice (which we all do), it's the conversation, not the consequence, that makes all the difference."

—Educator Justin Tarte (@justintarte)
Thank you!

Questions?
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