

Making Schools the Center of Wellness

**CCSESA General Membership
Meeting
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Superintendent of Schools**



Why School-Based Mental Health?

A comprehensive and integrated school-based mental health program addresses **prevention, school climate, diagnosis, and treatment** *which leads to* **improved health, wellness, and improved academic achievement.**

Why School-Based Mental Health?

Student Need

When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?

A very important factor: At least one stable and committed relationship with a supportive adult.

Shonkoff et. al., 2015



A Vision for Comprehensive School-Based Mental Health

SCOE, school districts, and County DBHS currently implement a variety of initiatives supporting mental health

Need for coherent, integrated, scalable system

Countywide vision for school-based mental health

Vision

Bring the education and health systems together as partners to create a continuum of care for mental health and wellness throughout Sacramento County's education system(s) which will intervene as early as possible to: eliminate the school-to-prison pipeline, reduce the number of 'system- involved' adults and adolescents, and mitigate the onset and impact of mental health disorders in Sacramento County.

Mission

In collaboration with our 13 school districts, identify and address the mental health and wellness needs of all students in Sacramento County, by placing a SCOIE employed mental health professional in EVERY SCHOOL and creating a system in which all adults understand their role and contribute to supporting the school-community-continuum-of-care.

Funding

- Extending the Primary Care Center (PCC) Federally Qualified Health Center (FQHC) status to satellite centers, i.e. School sites
- Enhanced Medi-Cal billing through PCC mental health
- SCOE Clinicians complete paperwork for clinical sessions
- County handles the billing process

Essential Components

- 1) Clinicians are hired as SCOPE employees under FQHC model
- 2) Clinicians provide direct clinical mental health services to student
- 3) Clinicians act as Navigators/Partnership Managers
 - 1) Tier I – SEL
 - 2) Tier II – Student-Led Initiatives

Essential Components

- 4) Penetrate 0-5 years via partnerships with First 5 and other partners
- 5) MOUs are in place between SCOPE and each school site
- 6) All of this is covered by Medi-Cal

First Cohort - School Sites for 2020-2021

6 Elementary Schools

4 Secondary Schools

Across 6 Districts and 1 SCOE Court and Community School

CalHOPE Student Support

Partnering with the California Department of Health Care Services to support Mental Health, Wellness, and Social Emotional Learning

What is the FEMA CalHOPE Grant?

California Department of Health Care Services (DHCS) received \$70 million to support crisis response statewide as a result of COVID 19.

DHCS is contracting with SCOE (\$6.8 million) to implement “CalHope Student Support”. **We will use a Community of Practice model to:**

- Further position education agencies as trusted “Centers of Wellness” for their community;
- build capacity of COEs to lead and support SEL for the districts/schools they serve; and
- provide educators with concrete strategies to work with students and each other while experiencing an ongoing crisis.

What is an SEL Community of Practice?

California Social Emotional Learning Community of Practice Goals

- Offering a collaborative space for professional learning around SEL and connected equity efforts
- Providing ongoing networking and sharing of best practices
- Showcasing successful SEL efforts in COEs/districts/schools
- Integrating COE/district/school action planning opportunities

What is an SEL Community of Practice?

California (County Leads) SEL Community of Practice

- Building a shared understanding/foundation for COEs across California
- Building a statewide infrastructure that allows COEs to share best practices and build collective capacity (building the capacity of our capacity builders)
- Creating, vetting, and sharing high quality resources
- Modeling structures and activities that COEs can turnkey for their County SEL Community of Practice

Questions?