Centering Wellness
The Role of Schools in Addressing Behavioral Health

Faris Sabbah, he/him/his, County Superintendent of Schools
Michael Paynter, he/him/his, Executive Director of Student Support Services
Lauren Fein, she/her/hers, Director of Behavioral Health
Hayley Newman, she/her/hers, Coordinator, School Climate and Wellness Coordinator
Our current climate:

**Stress and short tempers: Schools struggle with behavior as students return**

**Child and Adolescent Mental Health: A National Emergency**

Three leading groups in child and adolescent mental health have declared a state of emergency for the nation’s youth.

**Loneliness, Anxiety and Loss: the Covid Pandemic’s Terrible Toll on Kids**

**How COVID-19 Stole ‘Children’s Joy,’ Sparking a Mental Health Emergency**

**Mental Health In Schools: A Hidden Crisis Affecting Millions Of Students**
Student Mental Health: The Landscape:

- Suicide is the second leading cause of death for youth 15-24 (CDC)
- Significant increase in ER visits by youth for MH related issues during the pandemic
- Local county and non-profit service providers report increases in referrals coupled with decreases in staffing
- Schools reporting high need for mental health support on campuses for students, while staff share pandemic and coping exhaustion
- Governor Newson’s Master Plan for Kids’ Mental Health
Each District’s LCAP has identified Wellness and Social Emotional Support as a priority area.

Some examples are:

- Providing professional learning for staff around SEL, Restorative Practices, Trauma Responsive Practices
- Implementing Social Emotional Learning Curriculum
- Hiring Mental Health Clinicians
- District Level Wellness Centers
- Youth-Led Mental Health Support Groups
STUDENT SUPPORT SERVICES

- FosterEd (All open on-going CPS cases)
- Students in Transition (without adequate housing)
- TUPE (Tobacco Use Prevention & Education Program)
- Youth Mental Health First Aid
- Court Related (Probation) Diversion
- School Attendance Review Board (SARB)

- Wellness Centers
  - The Companion Project (TCP)
  - Social Emotional Learning (SEL)
  - PBIS and School Climate
  - School Based Health Services
School as a Hub
Where are the Gaps?

- Decentralized Service Delivery
- Limited/Inequitable Access (Insurance, location)
- Organizational Silos
- Staff Burnout
- Limited pool of Clinicians
- Complex and inconsistent funding sources
- Stigma
Ongoing Efforts

Staff Training
- Youth Mental Health First Aid
- Trauma/Resiliency Training

Training for Students
- Teen Mental Health First Aid
- Peer Support (Hope Squad)

Case Management
- The Companion Project

NAMI Training for Parents
- Ending the Silence
- NAMI Basics

Wellness Centers at all Comprehensive High Schools
COE Initiatives - The Companion Project (TCP)

- **Who We Serve:** Vulnerable youth with higher Behavioral Health acuity
- **What We Do:** Navigation focus with flexibility for direct services, and Professional Development, group work, SERP response, transition planning, and more
- **Status:** Over 200 referrals in first year
WHAT IS A SCHOOL-BASED WELLNESS CENTER?

A student-focused wellness center:

• Located on a K-12 school campus

• Organized through school, community, and health provider relationships

• That provides age-appropriate, behavioral health care services

SBWCs may provide behavioral health services onsite or through mobile or telehealth
A Continuum of Wellness Spaces

**Calming Rooms**
Welcoming, safe drop-in spaces without any clinical services, staffed by some caring adult

**Mental Health only**
Calming drop-in space plus on-site clinical behavioral health services and tiered supports, provided by school-employed staff and/or co-located CBOs

**Mental Health+**
Centers with mostly clinical behavioral health plus some other services, like a school nurse and/or sexual/reproductive health

**Comprehensive**
Clinics with full-scope of health services, including physical medical care, behavioral health, and oral health

School-Based Wellness Centers!
The Purpose: Wellness Centers within school districts that will offer universal, coordinated, and timely mental health-related services to all students through an easily accessible location on a school campus.

Goal: Two school-based pilot wellness centers open by Spring 23-24 School Year

Long-Term Goal: Every District High School & Middle School - County Wide

- Long term Funding & Sustainability: Partner with each District to develop, create, and implement a sustainability plan that braids funding to sustain the Wellness Center.
Multi-Tiered Systems of Support

Tier 3
- Individual and Group Therapeutic Services
- Restorative Justice Circles
- Crisis Response and Support
- Enhanced Care Management
- Referrals to Community Partner Services and/or The Companion Project

Tier 2
- Group counseling / social-emotional groups
- Tier 2 Behavioral Interventions
- Restorative Mediations / Conflict Resolutions (IIRP Model)
- Individual Solution-Focused Brief Counseling/Motivational Interviewing

Tier 1
- Trauma-Informed, Restorative, and Holistic School Culture and Climate
- Social-Emotional Learning and Mental Health Awareness Campaigns
- Drop-in Access to Wellness Center and Use of Calming Corner
- Staff, Student, Family, and Community Wellness Workshops
- Suicide Prevention
- Restorative Conversations
Wellness Centers - Facilities and Design

Reception Area

Office Spaces

Collaboration Room
# Wellness Centers- Staffing and Partnerships

<table>
<thead>
<tr>
<th>Wellness Coordinator</th>
<th>Wellness Navigator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Peer Advocate</td>
<td>Wellness Community Partners (FQHC, CBO, CBH, etc)</td>
</tr>
<tr>
<td></td>
<td>Wellness Interns</td>
</tr>
</tbody>
</table>

*A Wellness Center is only as strong as it’s collaboration with Admin, Student Services Staff, School Counselors, School Psychologists, Faculty, and Community Partners*
Delivering Services

- School Based Staff
- FQHC Staff
- County Behavioral Health
- Community Based Organization
Expected Wellness Center Outcomes

- Stigma Reduction of Mental Health Care
- Open Door to Wellness and Connection to Services
- Integrated systems of support that address the social determinants of health
- Prevention and Early Intervention
- Social and Emotional Skill Building
Wellness Center: COE TA Support

○ **Planning and Implementation**
  ■ Facilitate Initial Planning and ongoing Implementation Sessions for Wellness Teams
  ■ Ongoing Training for Wellness Center Staff
  ■ Data Collection and Evaluation

○ **Billing and Sustainability**
  ■ Billing Infrastructure: implementation and ongoing
  ■ Provide expertise on current funding streams/ Tracking new funding sources
  ■ Support districts in leveraging all billable services
Moving Forward

- Adapt to Changing Landscape
  Commercial Insurance, CalAIM

- Developing Workforce Pipeline

- Breaking Down Organization Silos

- Continued Investment in Behavioral Health
  On-Site Delivery
Billing and Sustainability

○ Current Options For Schools
  ■ LEA BOP & SMAA - Medi-Cal (Billing Option Program & Schools MAA)

○ Future Options?
  ■ Multi Payer School-Linked Fee Schedule - Commercial & Medi-Cal
  ■ Other Providers: Wellness Coaches, Peer to Peer, Community Health Workers?
  ■ Enhanced Care Management (ECM)?
What is the Multi Payer School-Linked Fee Schedule?

A new sustainable funding sources for school-linked behavioral health services that:

1. Increases access to school-linked behavioral health services for children and youth
2. Creates a more approachable billing model for schools and local educational agencies (LEAs)
3. Eases burdens related to contracting, rate negotiation, and navigation across delivery systems
4. Reduces uncertainty around students’ coverage.
5. Schools able to bill for both Medi-Cal and Commercial Insurance
Scopes of Services

Services included in the fee schedule at launch on January 1, 2024, will include:

1. Psychoeducation
2. Screening & Assessment
3. Therapy
4. Peer support
5. Care coordination
Providers (working draft)

*A final list of providers has not been released.*

1. Licensed psychologists
2. Licensed educational psychologists
3. Credentialed school psychologists
4. Licensed clinical social workers
5. Credentialed school social workers
6. Credentialed social emotional counselor
7. Licensed marriage and family therapists
8. Associate marriage and family therapists
9. Registered associate clinical social workers
10. Wellness Coach
11. School Counselors
Faris Sabbah
he/him/his
County Superintendent of Schools

Michael Paynter
he/him/his
Executive Director of Student Support Services

Lauren Fein
she/her/hers
Director of Behavioral Health

Hayley Newman
she/her/hers
Coordinator, School Climate and Wellness