The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

The Center for Health and Health Care in Schools
School Mental Health:
What we know & what we need to know

December 17, 2009
Webinar on Improving Children’s Access
to Health Services in School
for Grantmakers in Health (GIH)
Nationally, 1 in 10 youth has a mental health problem that affects them at home and/or school
1 in 5 have a problem severe enough that they need treatment but.....
80% of them do not get professional help
Percentage of distribution of current expenditures for K-12 education

Definition of school mental health

- Involves partnership, guided by families
- Builds on existing school programs and operations
- Focuses on all students
- Includes a full array of programs, services, and strategies
- Utilize practices/programs known to work
The Public Health Pyramid

Levels and Types of Intervention

- Intervention/Indicated
- Prevention/Selective
- Promotion/Universal
Integrated systems to support the development of all children

Systems of Prevention and Promotion
*All Students (universal)*

Systems of Early Intervention
*Students At-Risk (selected)*

Systems of Treatment
*Students with Problems (indicated)*

School, Family, and Community Partnerships

From work of Joe Zins
Positive Outcomes Associated with SMH

- Improvements in emotional and behavioral functioning
- Improved educational outcomes:
  - Fewer disciplinary referrals
  - Better attendance
  - Higher graduation rates
  - Improved teacher retention
  - Enhanced academic performance
- Healthier school climate
- Improved access to quality care
Mental health and educational outcomes

Health & Mental Health Factors
- Physical Health/illness
- Mental Health
- Mental Health Problems
- High-risk Behaviors (e.g. Substance use)
- Developmental issues
- Social Competence/Self-esteem
- Family Strengths/Issues

Educational Behaviors
- Graduation/Drop-out
- Grades
- Standardized Test Scores
- Teacher Retention
- Attendance
- Behavioral Competencies
- Behavioral Problems
- Educational Motivation
- Positive Attitudes Toward Schoolwork
- School Connectedness

SMH

The Changing Face of Schools

Sources: US Census Bureau, 2007 American Community Survey (ACS) and analyses by the Migration Policy Institute, MPI Data Hub: Migration Facts, Stats and Maps.
Foreign Born Population and Foreign Born as % of Total US Population, 1850 - 2007

Number of foreign born (in millions)

- Number of foreign born
- Foreign born as a percentage of the total US population
Ten Source Countries with the Largest Populations in the United States as Percentages of the Total Foreign-born Population: 1960

- Canada: 10%
- United Kingdom: 9%
- Germany: 10%
- Poland: 8%
- Soviet Union: 7%
- Mexico: 6%
- Ireland: 3%
- Austria: 3%
- Hungary: 3%
- All other Countries: 28%
10 Source Countries with Largest Populations in US as Percentages of Total Foreign-Born Population 2007

- Mexico: 31%
- All other countries: 42%
- Philippines: 4%
- India: 4%
- China: 4%
- Dominican Republic: 2%
- Canada: 2%
- Cuba: 3%
- Korea: 3%
- El Salvador: 3%
- Vietnam: 3%
## States with Highest Percent Foreign Born, 2007

<table>
<thead>
<tr>
<th>State</th>
<th>Total Pop Estimate</th>
<th>Foreign Born %</th>
<th>Rank Among States</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>36,553,215</td>
<td>27.4%</td>
<td>1</td>
</tr>
<tr>
<td>New York</td>
<td>19,297,729</td>
<td>21.8%</td>
<td>2</td>
</tr>
<tr>
<td>New Jersey</td>
<td>8,685,920</td>
<td>19.9%</td>
<td>3</td>
</tr>
<tr>
<td>Nevada</td>
<td>2,585,382</td>
<td>19.4%</td>
<td>4</td>
</tr>
<tr>
<td>Florida</td>
<td>18,251,243</td>
<td>18.9%</td>
<td>5</td>
</tr>
<tr>
<td>Hawaii</td>
<td>1,283,388</td>
<td>17.3%</td>
<td>6</td>
</tr>
<tr>
<td>Texas</td>
<td>23,904,380</td>
<td>16.0%</td>
<td>7</td>
</tr>
<tr>
<td>State</td>
<td>Total Pop Estimate</td>
<td>% Growth</td>
<td>Rank Among States</td>
</tr>
<tr>
<td>-------------</td>
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</tr>
<tr>
<td>Delaware</td>
<td>864,764</td>
<td>53.1%</td>
<td>1</td>
</tr>
<tr>
<td>South Carolina</td>
<td>4,407,709</td>
<td>51.8%</td>
<td>2</td>
</tr>
<tr>
<td>Nevada</td>
<td>2,565,382</td>
<td>50.3%</td>
<td>3</td>
</tr>
<tr>
<td>Georgia</td>
<td>9,544,750</td>
<td>48.9%</td>
<td>4</td>
</tr>
<tr>
<td>Tennessee</td>
<td>6,156,719</td>
<td>48.7%</td>
<td>5</td>
</tr>
</tbody>
</table>
Advice from the Experts & the Field: Basic Principles

• Strive for competence & understanding
• Secure language access
• Encourage adaptation
• Partnerships are essential
Evidence-Based Programs/Practices

Strive for use of programs with evidence of positive impact, but still consider:
– Context
– Competence
– Compliance
– Evolution of “evidence”
Evaluation

• Climate of Accountability
• Understand primary aim of intervention
• Consider metrics carefully
• Robust Information System
• Think Multi-year and Multi-component
• Don’t wait
Federal Agenda for MH in Schools

• Health Care Reform
  • Provisions would establish new grants and reimbursement for services provided through school-based health centers

• Mental Health Parity Act
  • Requires health plans to cover mental health services on the same terms as medical benefits

• Mental Health in Schools Act
  • Assist communities in developing comprehensive SMH programs that provide a continuum of services

• Positive Behavior for Effective Schools Act
  • Amend ESEA to expand use of PBS and other early intervention services

• Dept of Education/OSDFS
  • Focus on school climate
Staying the Course……
but where’s the road?

- Overarching Framework
- Capacity Building
- Integration/Collaboration
- Partnership Development
- Models of Sustainability—Varied Funding Streams
The Center for Health and Health Care in Schools

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