



School Mental Health:

What we know & what we need to know

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The Center for
Health and Health Care in Schools

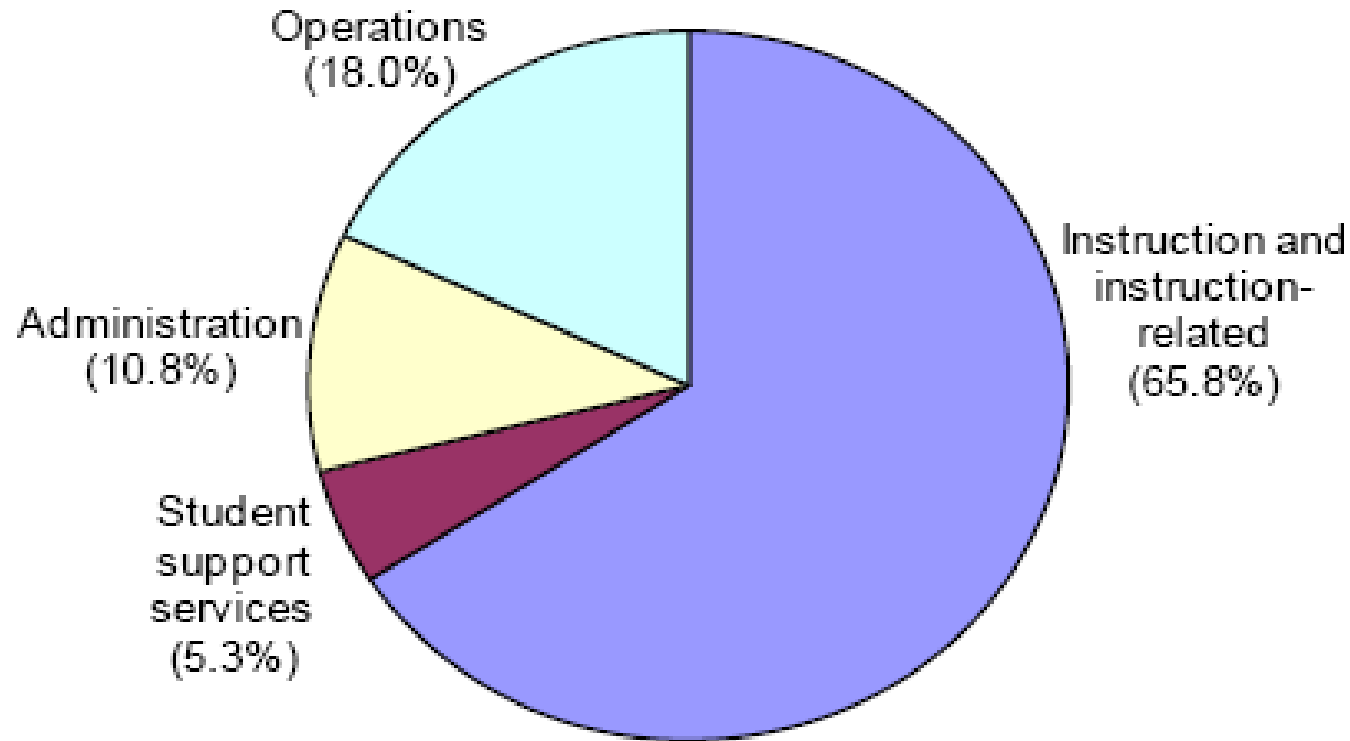
Nationally, 1 in 10 youth has a mental health problem that affects them at home and/or school



**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



Source: National Center for Education Statistics, 2007 data, published 2009

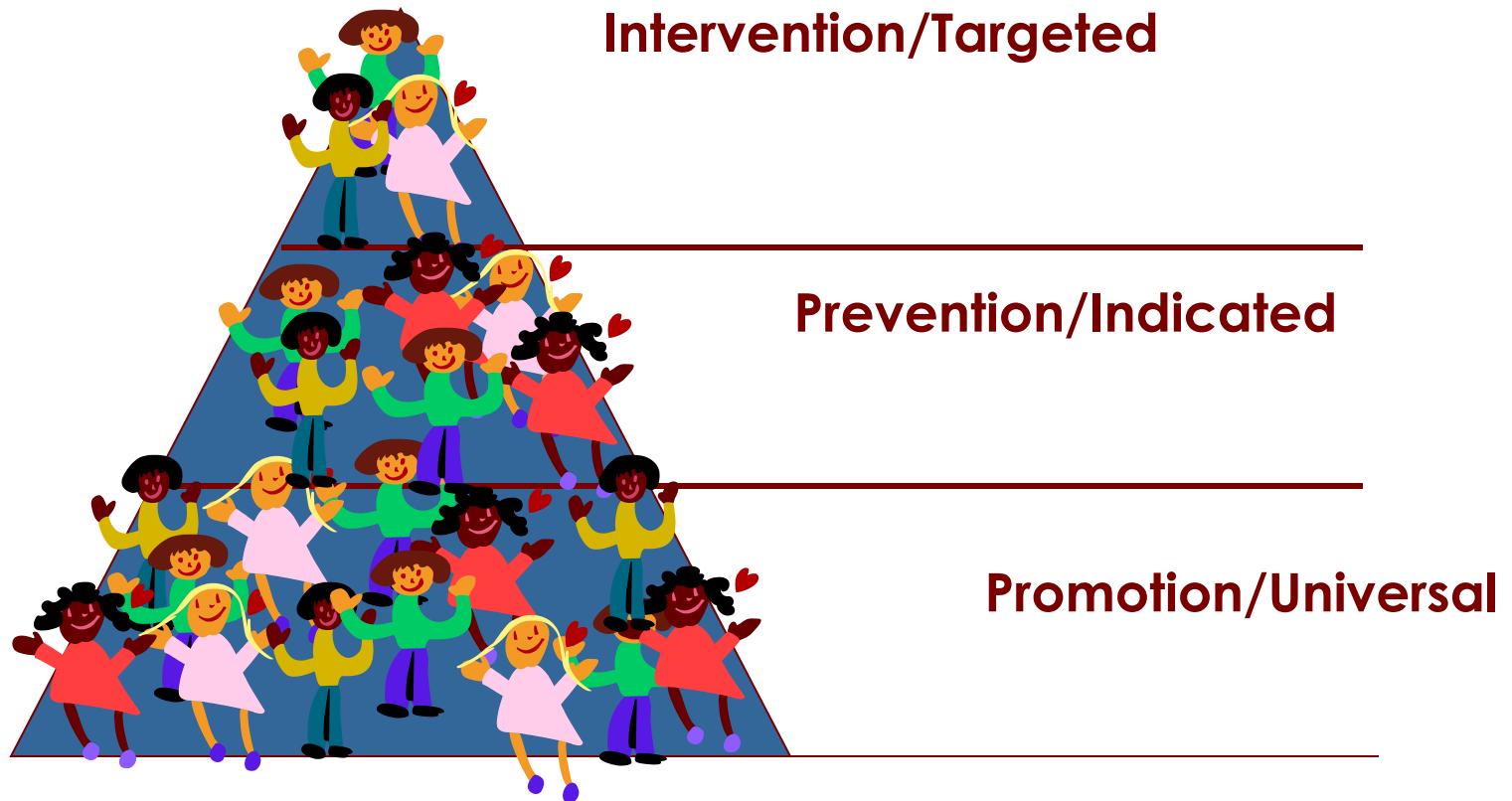
Definition of school mental health

- 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

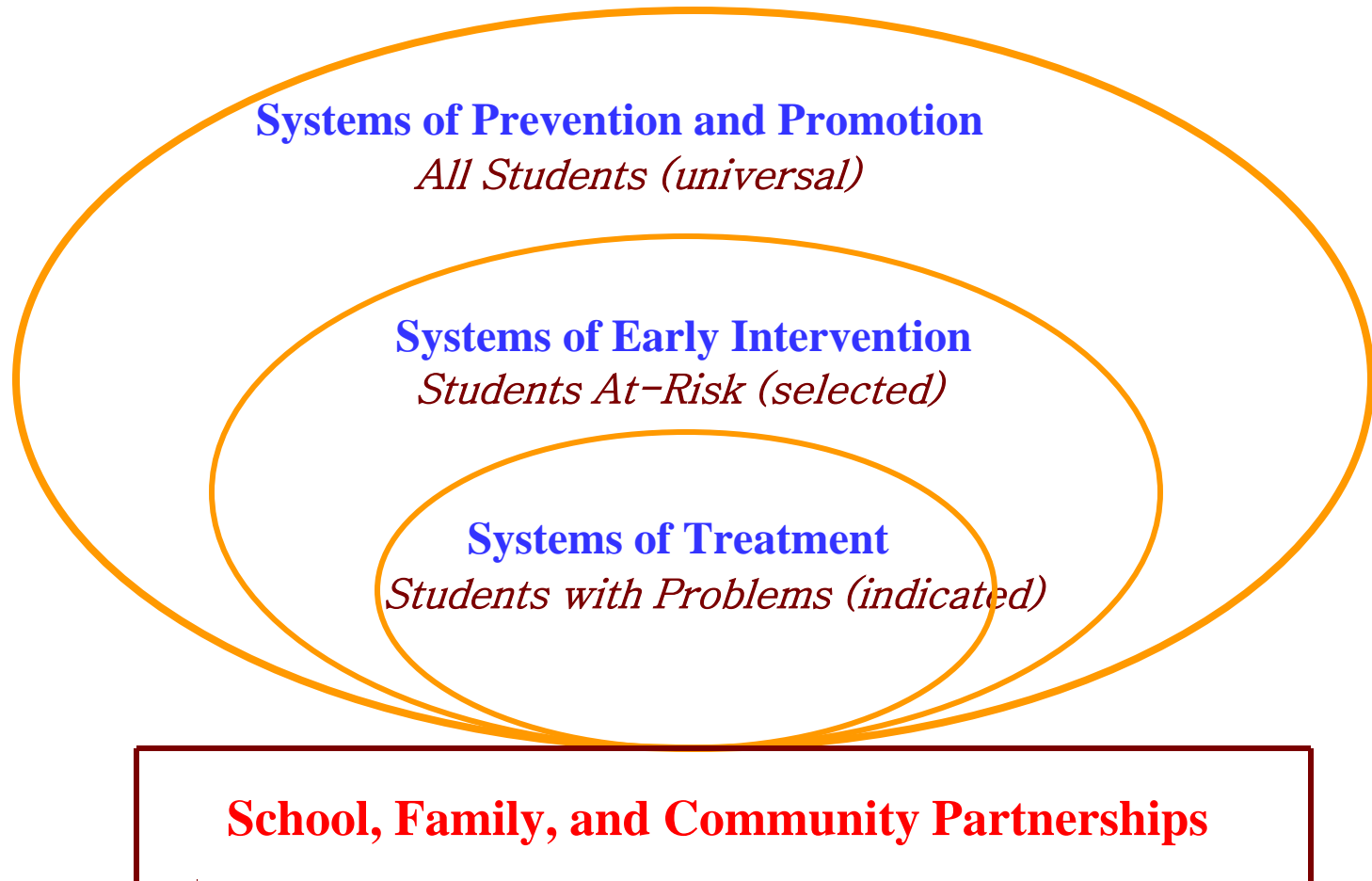


The Public Health Pyramid

Levels and Types of Intervention



Integrated systems to support the development of all children



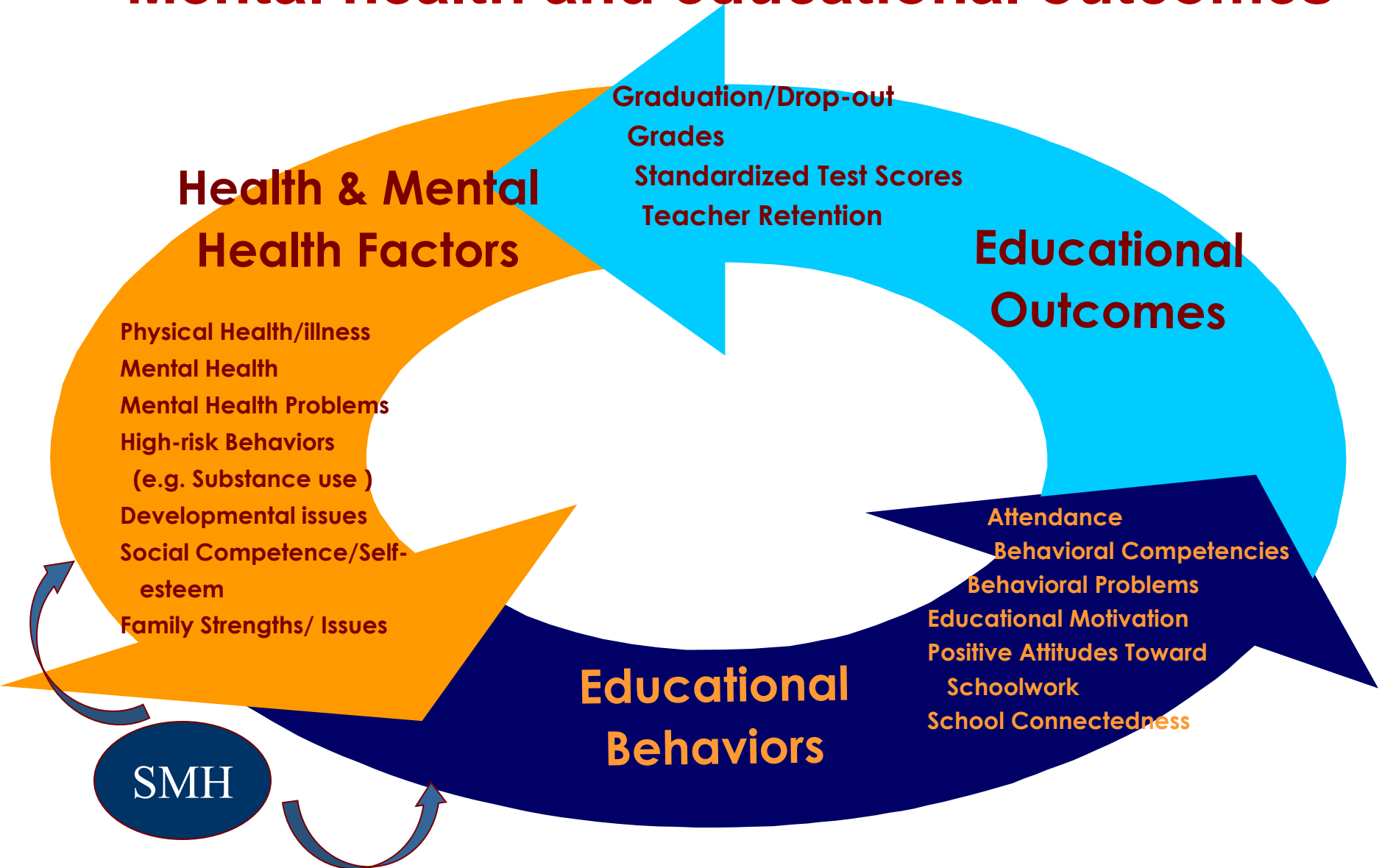
From work of Joe Zins

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



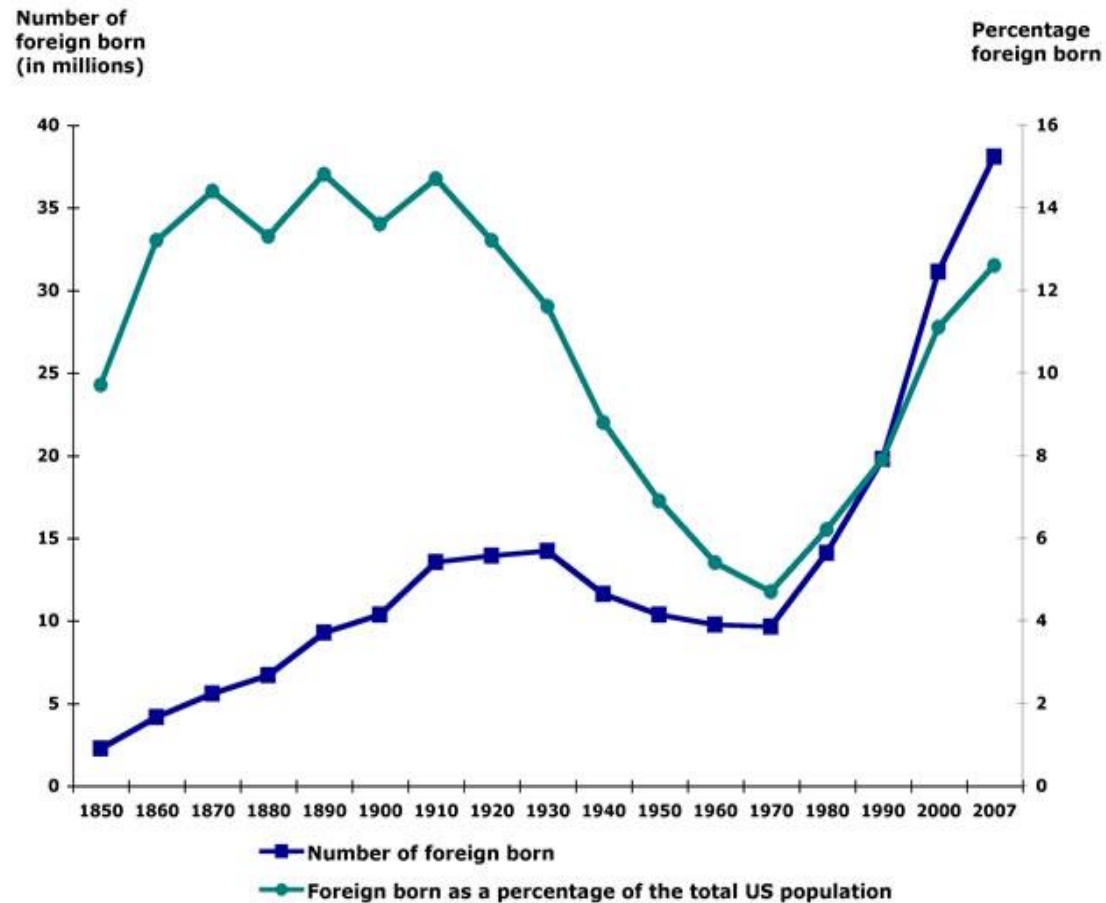
ADAPTED FROM: Geierstanger, S. P., & Amaral, G. (2004). School-Based Health Centers and Academic Performance: What is the Intersection? April 2004 Meeting Proceedings. White Paper. Washington, D.C.: National Assembly on School-Based Health Care.

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.

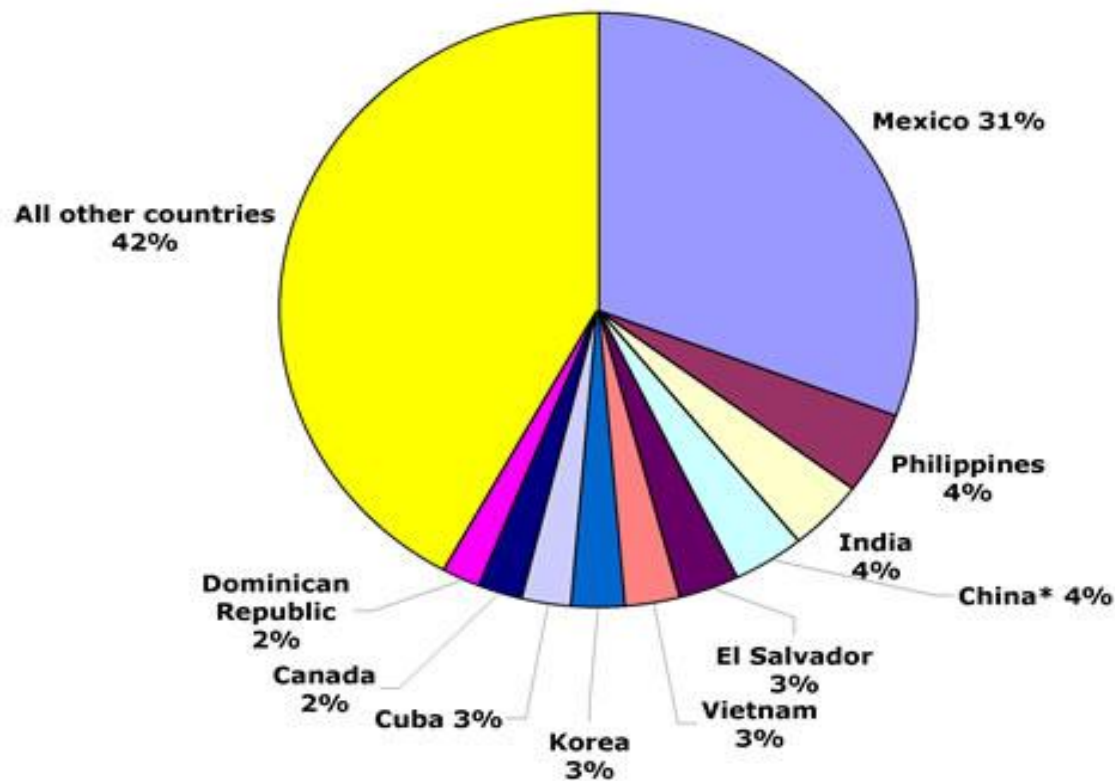
Foreign Born Population and Foreign Born as % of Total US Population, 1850 - 2007



TEN SOURCE COUNTRIES WITH THE LARGEST POPULATIONS IN THE UNITED STATES AS PERCENTAGES OF THE TOTAL FOREIGN-BORN POPULATION: 1960



10 Source Countries with Largest Populations in US as Percentages of Total Foreign-Born Population 2007



States with Highest Percent Foreign Born, 2007

| State | Total Pop Estimate | Foreign Born % | Rank Among States |
|------------|--------------------|----------------|-------------------|
| California | 36,553,215 | 27.4% | 1 |
| New York | 19,297,729 | 21.8% | 2 |
| New Jersey | 8,685,920 | 19.9% | 3 |
| Nevada | 2,585,382 | 19.4% | 4 |
| Florida | 18,251,243 | 18.9% | 5 |
| Hawaii | 1,283,388 | 17.3% | 6 |
| Texas | 23,904,380 | 16.0% | 7 |

States with Largest Percent Growth of Foreign-Born Population, 2000-2006

| State | Total Pop Estimate | % Growth | Rank Among States |
|----------------|--------------------|----------|-------------------|
| Delaware | 864,764 | 53.1% | 1 |
| South Carolina | 4,407,709 | 51.8% | 2 |
| Nevada | 2,565,382 | 50.3% | 3 |
| Georgia | 9,544,750 | 48.9% | 4 |
| Tennessee | 6,156,719 | 48.7% | 5 |
| | | | |
| | | | |

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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