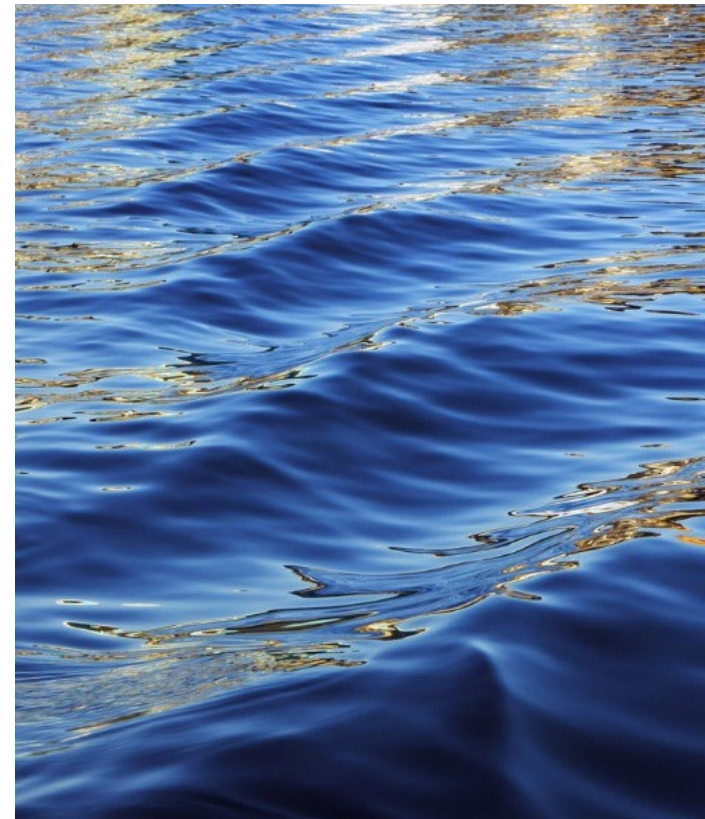




Helena Public Schools

Sustainable School Based Health Services





“

We learn in a state of positive emotion much more effectively than we can learn in a state of negative emotion. That has huge implications for what we do in schools.

—DR. LINDA DARLING-HAMMOND

GOAL #1: Formalize sustainable community partnerships with the Helena Schools and community health care providers, creating a menu of on-campus, community and/or virtual supports for youth in need.

Barriers to care will be removed as services will be delivered at school sites.



GOAL #2: Implement and sustain a continuum of best-practice trauma-informed trainings.





To best understand where we need to go,
first we need to determine where we are.

As we emerge from COVID,
how are our students doing?



Helena Public Schools

- 7676 students
- 2 traditional high schools; 2 alternative programs
- 2 middle schools
- 11 elementary schools



Helena Public Schools

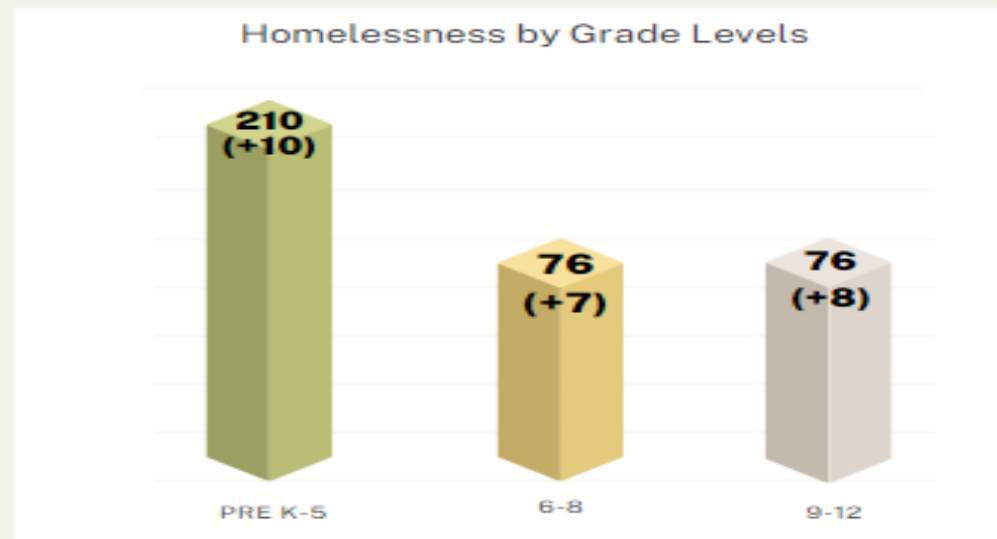
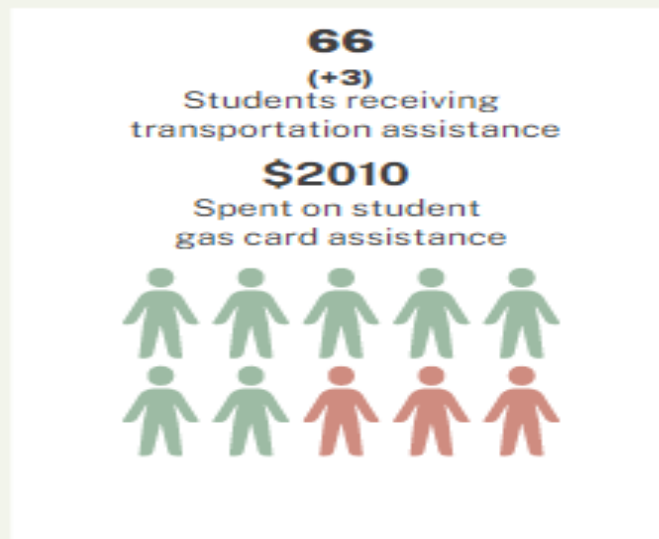
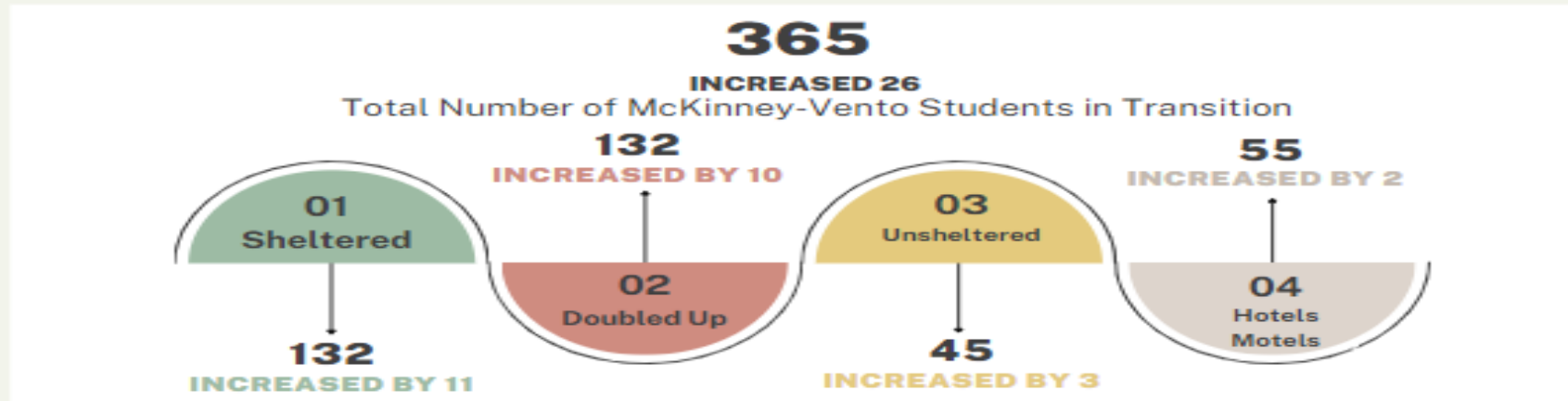
- Schools that qualify as Schoolwide Title Services: Broadwater, Bryant, Central, HHS, HMS, Rossiter, Smith, Warren
- Schools that are just under the poverty threshold for Title: Kessler
- Ethnicity: Caucasian 86.8%, American Indian 6.4%, Asian .8%, Black or African-American .6%, Hispanic/Latino .5%. Native Hawaiian or Other Pacific Islander .1%, Other or Not identified 4.8%
- ELL: 42 students;
 - Mexican/Spanish 30, Turkish 1, Blackfeet 1, Russian 2, Mandarin 3, Dari/Pashto 3, Thai 1, Nigerian 1
- Special Education Identified: 18.8%
- 504 identified: 11%
- Elevated post pandemic drop-out rate



- Families who **applied** and qualified for FRL
- 1728 students qualified for free meals
- 261 students qualified for reduced price meals
- Schools vary from 12.5% - 59% eligibility
- 1 in 4 (25.39%) of our students is surviving poverty

HELENA SCHOOL DISTRICT McKinney-Vento Students in Transition

As of April 28, 2023



▼
The Behavioral and Emotional Risk Index (BASC-BESS) was administered districtwide in October 2022.

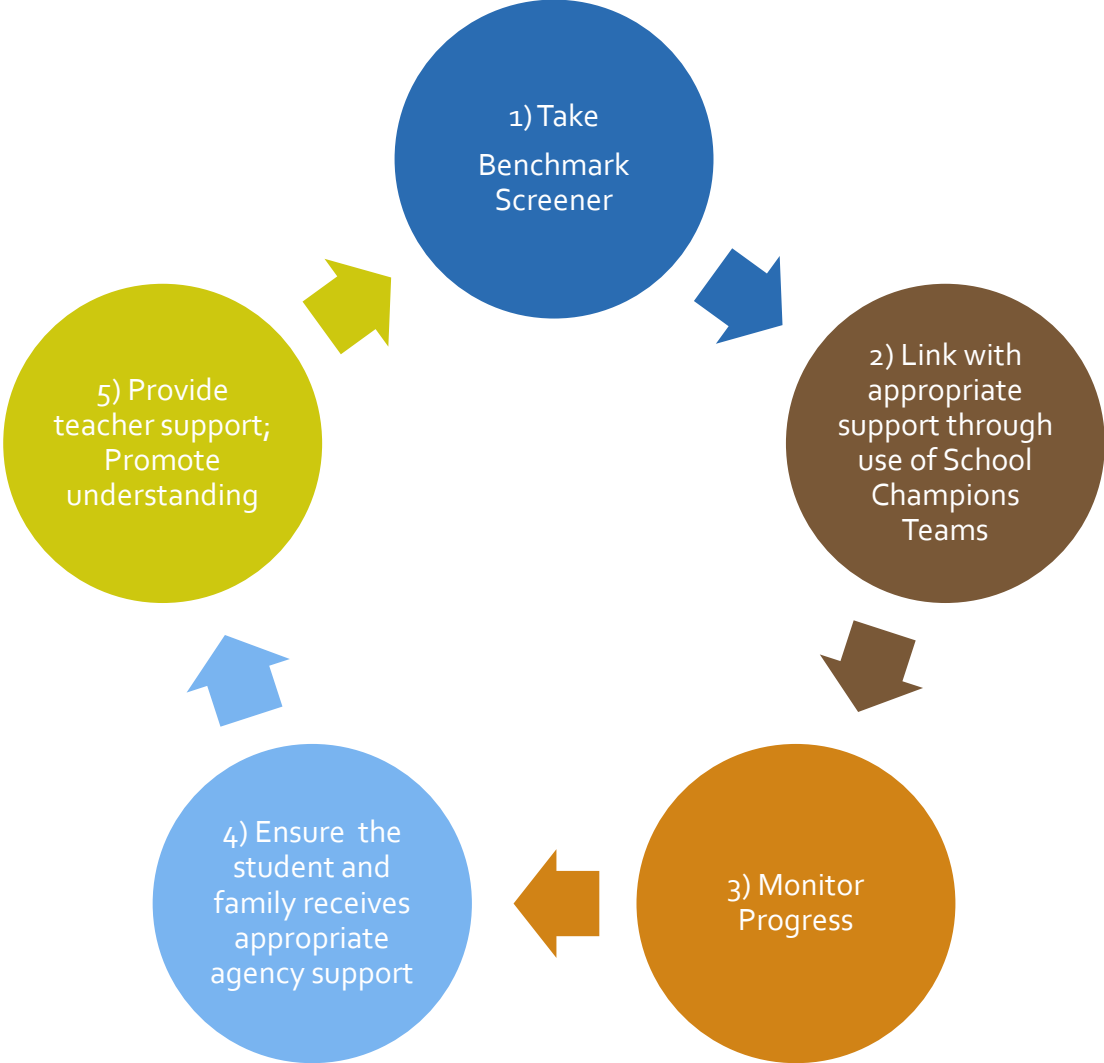
The results were sobering.

Ten percent (156 students) of our K-2 students were identified as having an “Extremely Elevated Risk” of behavioral and emotional risk, with an additional 15% (235 students) identified as having an “Elevated Risk” for a total of **391** district K-2nd graders.

Completing the survey themselves, 9% (445 students) of 3rd through 12th grade students rated themselves as being in the “Extremely Elevated Risk” of behavioral and emotional risk, with an additional 17% (854 students) rating themselves as having an “Elevated Risk” for a total of **1,299** district 3rd – 12th graders.

Our internal screening tools indicate that approximately one in four youth have an elevated risk for anxiety and/or depression.

Spring of 2023, 6-12th graders shifted to the Rural Behavioral Health Initiative (RBHI) Mental Health Screenings Linked to Care:



Middle Schools; Spring 2023 RBHI data

14-18% of students reported previous or current Suicidality

9 -12% of students report Clinically Significant Depressive Symptoms

9 – 12% of students report Clinically Significant Anxiety Symptoms

Alternative Programs; Spring 2023 RBHI data

56% of students
reported previous or
current Suicidality

20% of students
report Clinically
Significant Depressive
Symptoms

12% of students
report Clinically
Significant Anxiety
Symptoms

High Schools; Spring 2023 RBHI data

14-18% of students reported previous or current Suicidality

8-9% of students report Clinically Significant Depressive Symptoms

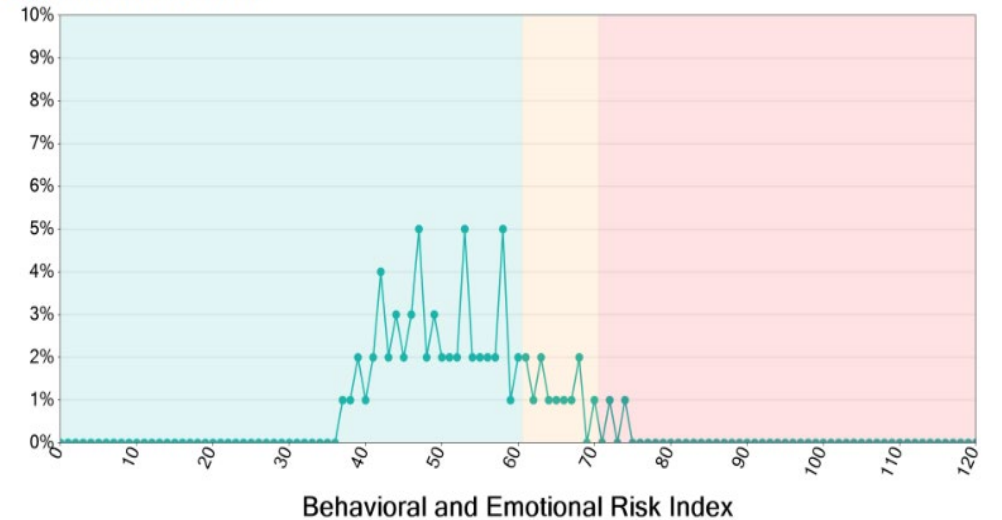
7 – 9% of students report Clinically Significant Anxiety Symptoms

Elementary Schools; Spring 2023 BASC-BESS data

Behavioral and Emotional Risk Index BESS-3 (Student)



Score Distribution





How have we supported our students behavioral and physical health needs?

Resiliency
programs
currently in
our schools;
K-12


- **CONSCIOUS DISCIPLINE** - Kindergarten – 12th grades; Conscious Discipline is based on brain research and is a social emotional learning program that emphasizes adults modeling behavior and problem-solving during student behavioral episode that teaches the student skills that assist in self-control and self-regulation.

Resiliency programs currently in our schools; K-5

- **BASC-BESS (Behavioral & Emotional Screening System)** - Kindergarten – 5th grades; given in October and February.
- **Second Step Lessons** – Kindergarten – 5th grades. The skills with Second Step are focused on empathy, emotion management, friendship and problem solving.
- **PAX GBG (PeaceBuilders Good Behavior Game)** - Kindergarten – 5th grades. The PAX GBG is an evidence-based, best practice, universal preventative intervention applied by teacher in the classroom. Students learn self-management (self-regulation) skills while collaborating to make their classroom a peaceful and productive learning environment. The PAX GBG was not designed to be a suicide prevention program, but studies have shown students who learned the PAX GBG are significantly less likely to have experienced suicidal ideation.

Resiliency programs currently in our schools; 6-12

- **SOS (Signs of Suicide)** – Middle School and Junior year program, presented by counselors. SOS is specifically designed to teach students how to recognize the signs of suicide and mental health struggles in themselves or peers and to encourage students to reach out for help. Students learned ACT (Acknowledge, Care, Tell).
- **YAMH (Youth Aware of Mental Health)** – Freshman year program run through the Frosh PE courses. Five lessons are presented by outside mental health professionals.
- **QPR (Question, Persuade, Refer)** – Sophomore program run through the Health classes by health teachers. The focus of this program is for students to learn how to engage with a classmate who may be having suicidal thoughts and to understand the importance of asking for help from an adult if they feel their friend is at risk.



How will we know
if we are helping
our students?

- BASC-BESS - K-5 given in the late fall, early spring
- RBHI - 6-12 given in the late fall, early spring with link to care
- YRBS (Youth Risk Behavior Survey) - given odd years to 8th, 10th & 12th
- PNA (Prevention Needs Assessment) - given even years to 8th, 10th & 12th
- Panorama Surveys (3rd-12th grade students, parents and staff)
- Numbers of Suicide/Threat protocols administered



Achievements 2022- 2023

Montana Healthcare Foundation
Planning Grant
has provided:

- ~ critical guidance & expertise
 - ~ site visits & training
 - ~ grant writing help
-

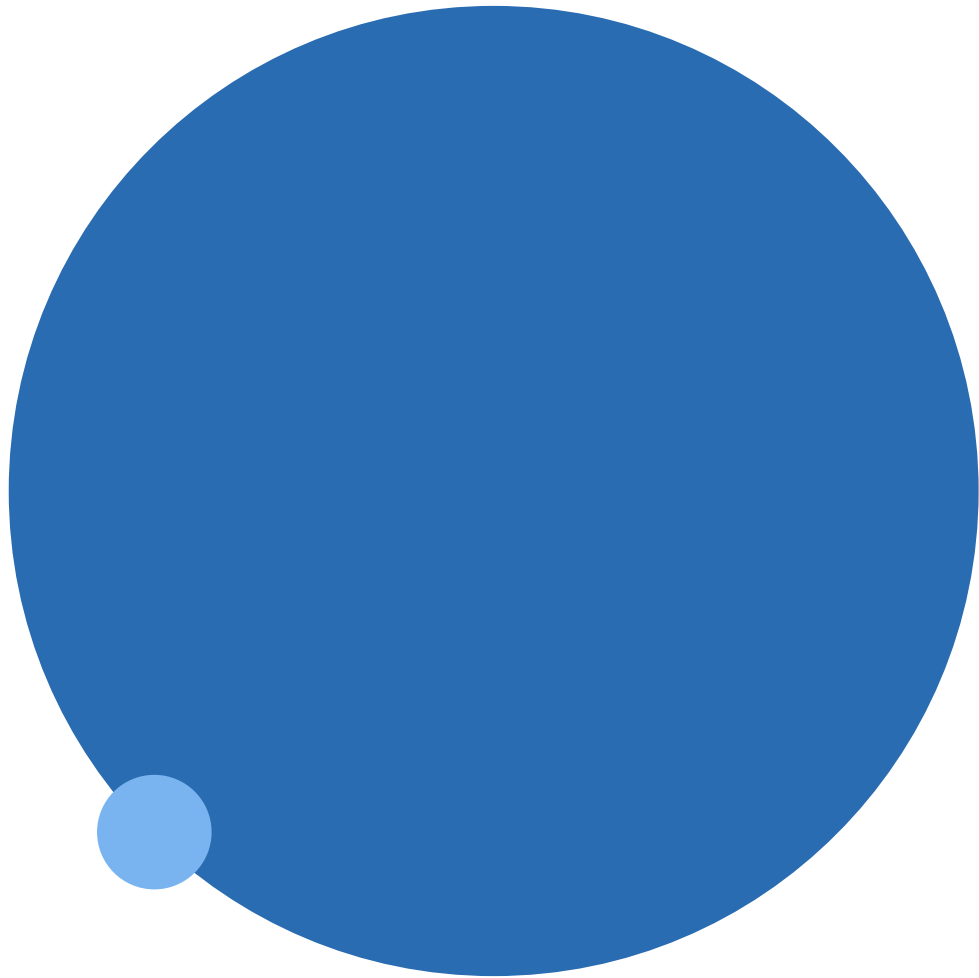
✓ 3 School Based Health Clinics will open
2023-2024!

~ Helena Indian Alliance ~ HHS & CRA
~ PureView ~ PAL



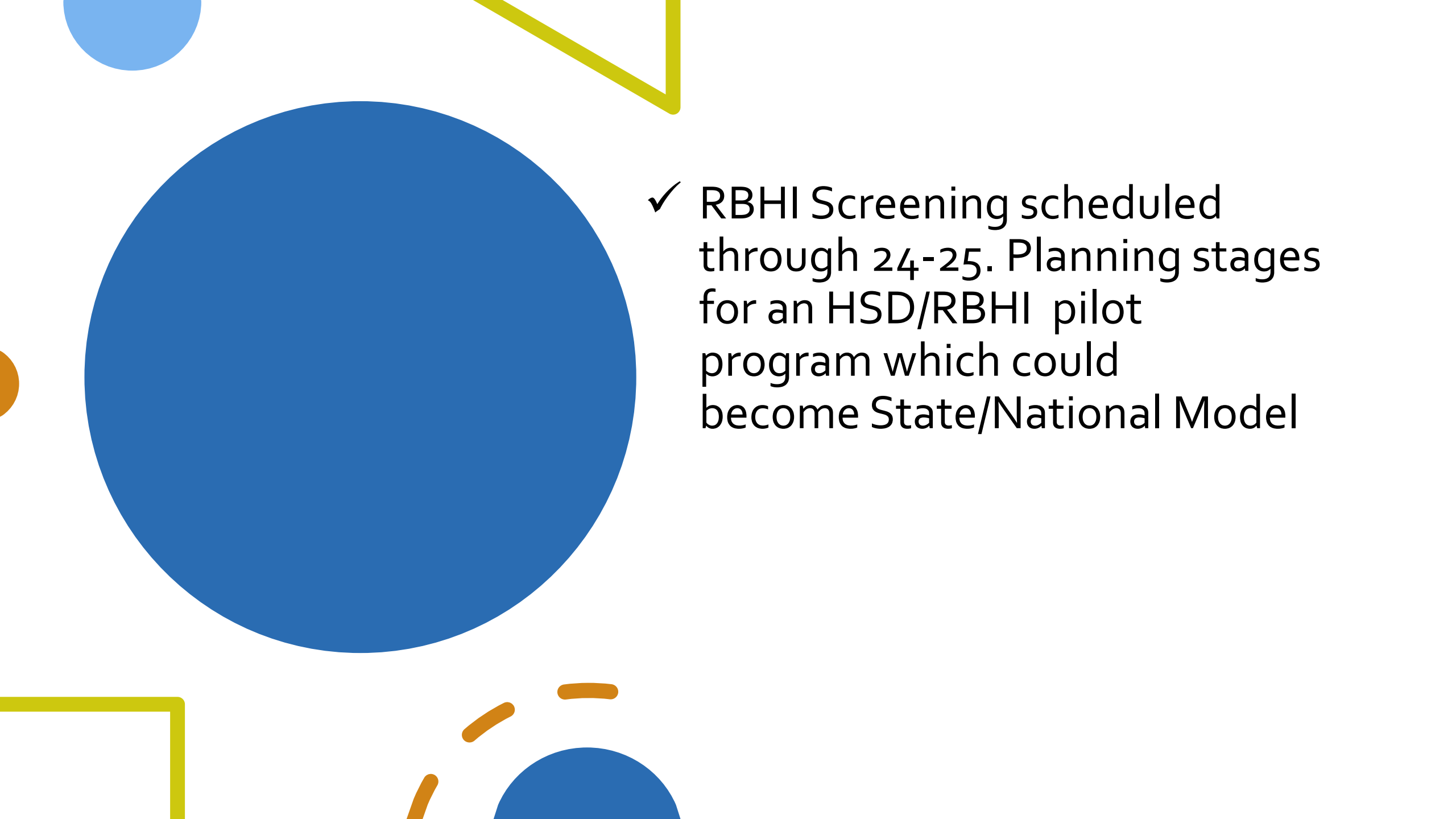
District-wide:

- ✓ Suicide Risk Assessment and Threat Assessment training
- ✓ Safer Montana Tipline
- ✓ Handle With Care
- ✓ Deterra & gunlocks



- ✓ Partnership with Carroll College's new LCSW program (MOU signed, launching 2023-2024)
- ✓ School Site Transition Centers (implementing at 9-12)




- 
- ✓ RBHI Screening scheduled through 24-25. Planning stages for an HSD/RBHI pilot program which could become State/National Model

Staff Mental Health Training Survey



- Trauma Informed Practices Training (84.3%)
- Suicide Awareness and Prevention Training (45.5%)
- Drug and Alcohol Abuse Prevention (34.1%)







✓ Anticipated Professional Development:

- Trauma Informed Practices
- Youth Mental Health First Aid
- Suicide Risk Assessment
- Suicide Safe Care Tools

- 
- ✓ SEL calendar for district coordination of staff trainings, trainings for students, and assessments /survey dates (2023-2024)
 - ✓ District webpage dedicated to mental health resources for staff, students and families (2023-2024)
- 

- 
- ✓ Redefine, with partner support, District Crisis Response Protocol (2023-2024)
 - ✓ Include School Based Health Clinics in plans for future school sites
- 



Community Connections:

- Safer Communities Montana Leadership Team
- Lewis & Clark Suicide Prevention Coalition
- Lewis & Clark Behavioral Health Local Advisory Council
- Lewis & Clark Opioid Prevention Taskforce
- Communities That Care Coalition Board Member



Helena Public School District AWARE Project (SAMHSA)

- 5-year grant; up to 1.8M per year
- NPC Research support via MHF
- Supported by OPI and DPHHS
- MH Team of 12
- Link to Care
- Staff training



Helena School District Mental Health Awareness Training Project (SAMHSA)

- 3-year grant; up to 200K per year
- NPC Research support via MHF
- Supported by HPD, Sheriff, L&CCH
- Community, Parent, Agency, Employee training



Helena Public School District Title IV-A Stronger Connections Grant (OPI)

- 2-year grant; up to 175K per year
- MTSS-B
- Dr. Bella Bikowski, consultant
 - evaluate current model
 - work with District and Building Teams
 - strengthen current practices
 - ensure students' academic and behavioral health needs are met
 - fiscal responsibility



The background is a close-up of blue puzzle pieces. A white rectangular area is overlaid on the left side, with a small grey tab at the top. The text is centered within this white area.

What pieces of the
puzzle are still missing?



Needs:

- SBHC at HMS and CHS
- Mental health practitioners serving students in need at all 16 school sites. ***
- Case manager(s) to coordinate services for students and provide technical support for families. ***



Needs:

- School Based Behaviorists to support students in general education settings.
- Transportation (uber-type service) for student health appointments not available in school settings.



Needs:

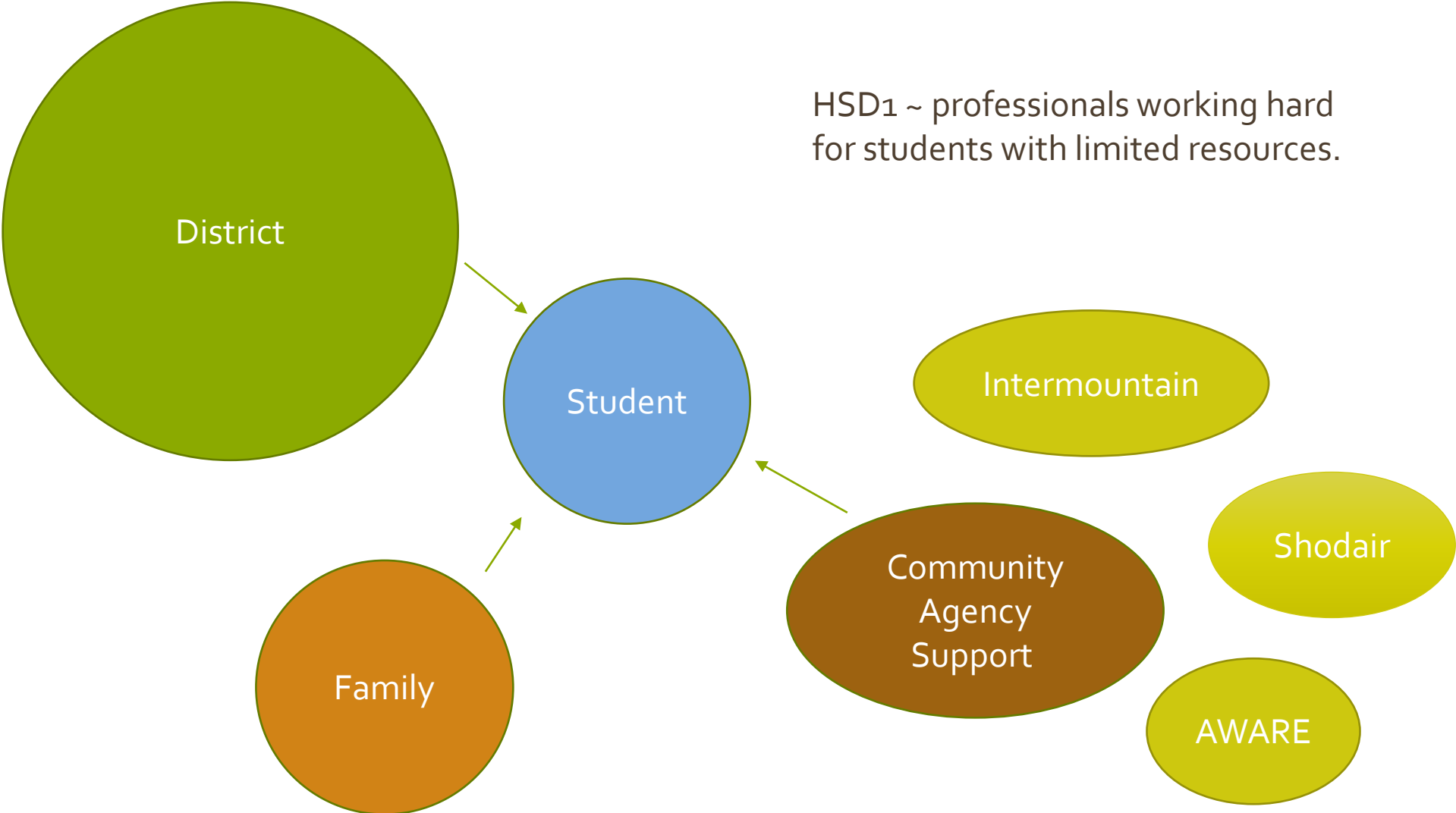
- District-wide trauma-informed trainings for teachers and staff.***
- Family outreach with learning opportunities to strengthen family systems.***

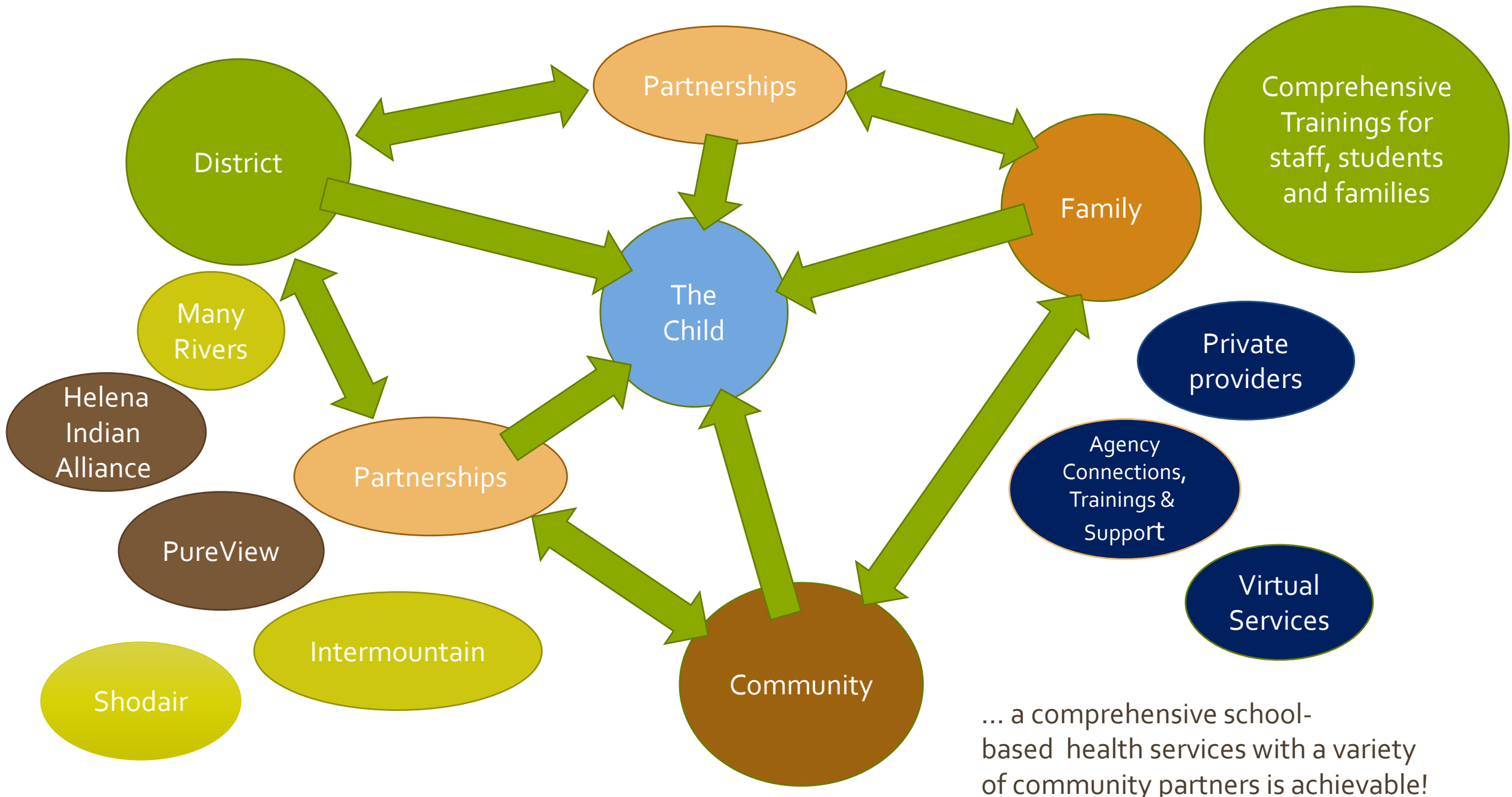


Needs:

-
- Mental & Physical Health Student Advisory Board
 - Partner/District Advisory Board

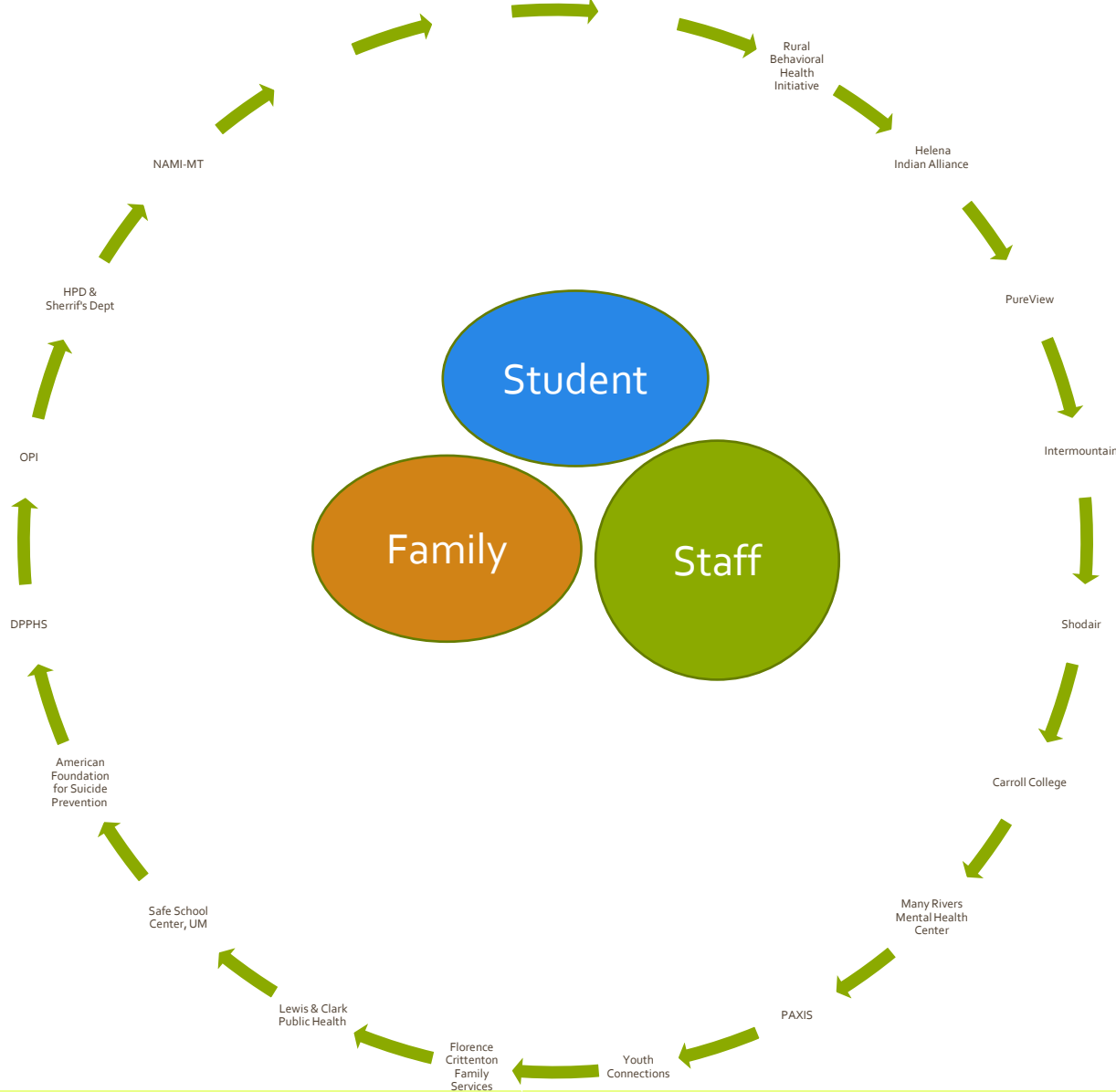
HSD1 ~ professionals working hard for students with limited resources.





... a comprehensive school-based health services with a variety of community partners is achievable!

HDS1's School Based Mental Health Services Network is growing!





Thank you!

Questions?

