

School-Based Mental Health:

How can Metro Care Connection
Abbe Therapists help with students'
school performance?



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Mission Statement

The mission of Metro Care Connection' School-based Services is to support student learning and the physical, social, emotional, and behavioral health of all students by collaborating to provide school-based healthcare, mental health services and substance abuse counseling.

This handbook is intended as a resource for CRCSD staff to assist with referrals to or questions regarding the district's school based mental health services.

Overview

Metro Care Connection is a collaborative school-based and community effort focused on removing barriers to learning for youth by offering expanded school-based services and incorporating medical, mental health and substance abuse services. Through this unique collaborative and formal agreement, Metro Care Connection is striving to meet diverse student needs, improve well-being, increase attendance and achievement, and ensure connectedness.

Why mental health in schools?

Staggering numbers of children with mental health needs do not receive appropriate services. By conservative estimation, approximately 20% of youth need mental health intervention; some estimates range as high as 38% (NASBHC, 2009). These mental health issues can provide enormous barriers to learning. As our schools are faced with many competing priorities to raise academic standards it becomes essential that we work together to address the barriers that interfere with student achievement. MCC/ABBE therapists can assist in breaking down these mental health barriers. In addition the therapists work to decrease stigma and poor understanding of mental health issues and services that may create additional barriers in student's lives. The school-based health services can play an important role in overcoming some of these disparities in children's mental health services as well as addressing barriers to student learning.

History

CRCSD and Abbe have worked together in partnership since 1998 to bring mental health services to students in our district.. Hours provided are dependent upon funding sources and may vary from year to year. A formal contract is in place which allows MCC/ABBE therapists to be an active participant in the school community. This differs from other local agencies that may be seeing students without a formal agreement with the school district.

Confidentiality statement

During the intake process with the MCC/ABBE Therapist, the parent/guardian will sign a release of information to the school. This allows the MCC/ABBE Therapist to communicate with school staff, coordinate services, provide consultation, to obtain updates on client progress, and to allow the therapist to provide services to the student directly at school.

No out-of-pocket expense

If a student has Title 19 or private insurance, those insurances will pay for mental health services. Additional funding sources are available to families so school-based mental health services can be accessed at no cost.

Services

Anger management

If a CRSD student attends a disciplinary hearing at the ESC, they may be instructed to participate in 8 sessions of anger management.

Assessments

A MCC/ABBE Therapist is assigned to each school in the Cedar Rapids School District. The therapist will meet with the student and parent/guardian to complete a full mental health evaluation. From there, the therapist and the family will discuss different options for services to best meet all of the individual/ family needs.

Crisis Intervention

There is always a MCC/ABBE Center therapist available to the school district. If you feel there is an immediate need to assess for self-harm or harming of others, please contact the Metro Care Program office (558-2481) or ABBE Center (398-3562) and request a therapist's immediate assistance at your school.

Remedial Services

All MCC/ABBE staff are qualified to conduct a Licensed Practitioner of the Healing Arts (LPHA) evaluation for in-home/community- based social skills services. The family can select any qualified local remedial service provider for these services. The therapist can provide a list of agencies to the parent/guardian. It is highly recommended that the therapist and remedial service specialist work in conjunction in order to obtain the best possible outcomes for the student. These services are provided in the form of individual, group, family, or crisis units, dependent on the students needs. Some examples of the services offered

would be anger management, problem solving, self esteem, friendship, and peer relationships.

Social Skills Groups

Should it be recognized that a certain group of students have a common skill deficit or need for support, the MCC/ABBE Therapist and/or school counselor may determine that a group setting is appropriate. For example, friendship skills are more effectively addressed and supported in a group setting.

Consultation/education

MCC/ABBE Therapists are available to provide consultation/education to all school staff, students, and parents. If school staff should recognize a need for information/ education on a specific mental health topic, MCC/ABBE Therapist will be happy to provide information or coordinate and obtain other community resources to meet that need.

Individual therapy

All individual therapy is conducted by a master's level trained therapist. Therapy helps address behaviors that impede student learning and have a negative impact on the classroom behavior. Therapy addresses the underlying causes for problematic behaviors by providing individualized interventions and coordination of services. Some MCC/ABBE therapists have specialized training in play therapy (RPT), trauma focused-cognitive behavioral therapy (TF-CBT), and parent-child interaction therapy (PCIT).

How A MCC Therapist can help

Classroom Support

- * Social skill instruction—Second Step, PARRT, *Staying in bounds with Anger*, and *Clear Thinking* curriculums
- * Classroom observation- recommendations made for specific classrooms and implementing the recommendations/interventions
- * Collaboration with teachers
- * Follow-up on mental health issues for students as needed- medications, mental health evaluations, collaboration with other mental health providers
- * Attend school meetings in the building (IEP meetings, Child study team meetings, Learning Support teams)

Individual Support

- * Assessments/Evaluations
- * LPHA Assessments for remedial
- * Crisis counseling
- * Group Therapy
- * Collaboration with School staff to develop wraparound supports such as before and after school programming and summer programming
- * Collaborate and facilitate providing information (behavior checklist, etc.) to other providers including psychiatrists, remedial staff, etc.

Family Supports

- * Communicate with parents/ guardians
- * Provide education to families/guardians at staffings, Parents Night, Open houses, and conferences
- * Assist with and coordinate wraparound services and mental health services
- * Family Therapy
- * Attend IEP meetings

Other

- * Participate in Learning Support process

Referral Process

Parents, guardians, **any school staff**, and students can make a referral for school-based mental health services directly.

STEP 1

School staff identifies a student with needs. (Some school staff may find it helpful to consult with the MCC/ABBE Therapist to review his/ her concerns regarding a particular student prior to a formal referral.)

STEP 2

Once a school staff member decides to make a referral, they should first introduce the idea to parents/guardians and receive their consent to move forward with the referral process.

STEP 3

A referral form, which contains contact information and a checklist of identified behaviors and symptoms, should be completed and provided to the MCC/ABBE Therapist.

Referral forms are usually kept with the school counselor, nurse, or your school's MCC/ABBE Therapist. You can also obtain one by calling the Metro Care Connection Program Office (558-2481).

STEP 4

MCC/ABBE Therapist will make contact with the parent/guardian.

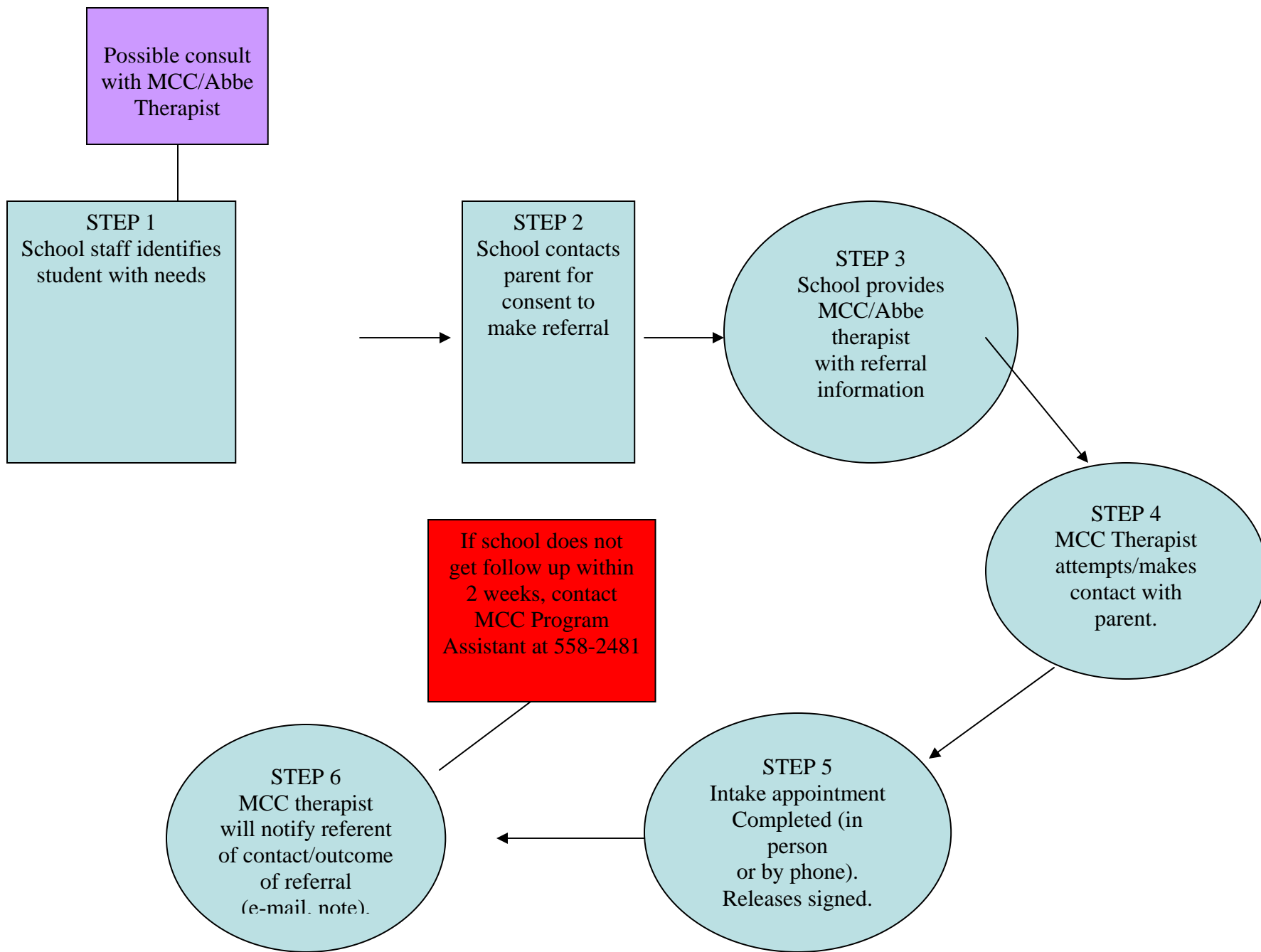
STEP 5

An appointment will be scheduled with the parent/ guardian to complete the intake interview and sign the necessary documents.

If it is not possible for the parents/guardians to come into the school office for the intake appointment, then arrangements can be made to send home the paperwork and schedule a phone interview.

STEP 6

MCC/ABBE therapist will notify referent of contact/ outcome of referral (e-mail, note, or in person). If an MCC/ABBE therapist is having difficulty with parental contact, you will be notified. If you have not heard anything after 2 weeks please contact your assigned MCC/ABBE therapist. If no response is received, please contact the Metro Care Connection Program Office at 558-2481.



Frequently asked questions?

How are appointments scheduled at the school?

Each school has a designated space for the MCC/ABBE therapist to meet with students.

- Appointments are generally scheduled for 30 to 45 minutes in length
- MCC/ABBE staff takes into consideration the student's school schedule/ school performance as well as a variety of other considerations to determine the best time to meet.
- If releases are signed by parents, MCC/ABBE therapists consult with school staff to determine the best time to meet, to minimize time spent out of the classroom

What happens to the student's mental health information?

- Mental health records are considered confidential and are stored at the agency. No mental health records are kept at the schools.
- If releases are signed, information may be shared with designated school personnel as it relates to the impact on the school environment only
- The school district will have data on aggregate numbers of students seen per school building and the types of services provided per building. Individual student data is not reported.

How do I make a referral?

- School staff, parents, or individual students may make a referral.
- School staff should contact the MCC/Abbe Therapist for their building to make a referral, after speaking to the parent/legal guardian. If school staff are not aware of who the assigned MCC/ABBE therapist for their school is or is unable to contact the therapist, they may call the Metro Care Connection program Office at 558-2481 and ask to make a referral
- School building nurses and counselors may also take referral information and in turn will contact the MCC/ABBE therapist for that particular building
- See the Process steps and flowchart on page 9-10 and 11-12 in this handout.

What type of paperwork is required to make the referral?

- Referral forms are available in the health clinics and/or school counselor's offices at most schools
- If a referral form is not available, the following information is needed:
 - Name of student
 - School the student attends
 - Who is making the referral and phone number
 - Parent names and phone numbers
 - Are the parents aware that a referral is being made?
 - What the concerns are for this individual student
 - Parents must give permission to meet with their child

What is required of the parents of the student who is referred?

- MCC/ABBE therapists will contact the parent(s) to discuss the referral
- The MCC/ABBE therapist will schedule a time to meet with the parent and the student to complete an initial assessment
- At this time all necessary paperwork will be completed including the parent(s) giving permission for the individual student to be seen at the school and signing releases for school staff to share mental health information as necessary to the individual student's treatment plan. Parent(s) will have the choice to sign the necessary releases.
- Discussion will occur as to how to communicate with school staff

What type of information is shared with school staff?

- MCC/ABBE therapist will obtain a release of information for school staff.
- Information shared with school staff will be discussed with the student and family first so that expectations are clear as to what types of information will be shared
- Generally, information that is shared is only that information relating to and assisting student success in the classroom and school setting.

What does a school based therapist/counselor do?

- Provide early assessment and intervention
- Evaluate and triage student's mental health needs
- Make recommendations and referrals based on students'/families needs
- Assist students/families with transition
- Case management/case coordination services
- Member of an interdisciplinary/school support team
- Advocate for students/families

Why are school based services helpful?

- All students are eligible for services
- Easily accessible
- Flexibility of services
- Work with students and their families
- Reduces barriers to treatment such as transportation, funding, etc.
- Team approach

What happens if a student moves to a different school?

If the student remains in the Cedar Rapids Community School district they will continue to be eligible for the services.

The current therapist will discuss with the student and their parents the best way to address the changes to ensure a smooth transition.

Non-Discrimination Policy

It is the policy of the Cedar Rapids Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (*employment only*), marital status, sexual orientation, gender identity, and socioeconomic status (*students/program only*) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact Aaron Green, Director of Student Equity, 907 15th Street SW, Cedar Rapids, IA 52404; 319-558-2964; agreen@cr.k12.ia.us.

Metro Care Connection Therapists 2011/2012 Assignments

Amy Jackson 12 hours 521-7903(personal cell)

Mondays all day and Fridays until 1:30

Taylor
Polk
Harrison
Truman

Lisa Yeary 32 hours 929-5941

Daily except Wednesdays

Kennedy HS
Washington HS
Franklin MS
Erskine
Johnson

Becky Grabe 20 hours 350-7497

Tuesdays, Thursdays and Friday til 12pm

Roosevelt MS
Coolidge
Hoover
Grant Wood

Brenda Keenan 8 hours

Tuesdays

Jefferson HS
Jackson

Trina Reiter 20 hours 329-7855(personal cell)

Mondays until 2, Tuesdays/Thursdays til 12pm, Fridays until 4

Cleveland
Grant
Madison
Van Buren
Wilson Elem
Wilson MS

Jessica Blake 16 hours 573-9113

Taft/Taft Alt MS--Tuesdays

Garfield—every other Thursday
Hiawatha—every other Thursday
Viola Gibson—every other Thursday
Wright—every other Thursday

Jill Vanous 16 hours 560-0551

Mondays and Thursdays

Metro HS
McKinley MS

Tyson Switzer 16 hours 541-5297

Harding MS
Nixon
Pierce

Contact Amy Jackson with referrals

Arthur
Monroe
Wright

Please contact Amy Jackson at 297-3222 or Kim Rimmer at 558-2481 if you need immediate assistance with a referral or emergencies.