Navigating the Waters

Policies related to a multi-tier system of support for behavioral health with school districts

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Delaware State Health Improvement Plan

Statewide Stakeholder Meeting

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START SYSTEM OF CARE

THE GATEWAY TO CARE HAS MULTIPLE POINTS OF ENTRY

HOSPITALS
EMERGENCY MEDICAL SERVICES
URGENT CARE
POLICE OFFICERS
DEPARTMENT OF CORRECTION
RECOVERY PROGRAM
FAMILY
DOCTOR
SELF

24/7 PEER SUPPORT IS THERE FROM THE BEGINNING

LEVEL-OF-CARE ASSESSMENT AND PERSONALIZED TREATMENT REFERRAL HAPPENS INSTANTLY

TREATMENT CAN TAKE MANY FORMS

ACUTE CARE
SUBACUTE CARE
ONGOING CHRONIC CARE

FIND A JOB

SOCIAL SERVICES MEET OTHER LIFE NEEDS

GOAL SETTING • HOUSING • TRANSPORTATION • EMPLOYMENT • ACTIVITIES FOR DAILY LIVING

POST-TREATMENT SCREENING LEADS TO COMMUNITY SERVICES REFERRAL

REENTRY TO COMMUNITY WITH ONGOING CARE

RESULTING IN THE BEST LIFE POSSIBLE
• Delaware’s Behavioral Health Prevention Focus
  – Statewide, multi-sector
  – Place-based
  – Life-stage approach
• **Goal:** To support thriving, prepared, and resilient communities by engaging schools, faith communities, and community-based organizations across prevention, harm reduction, de-stigmatization, and treatment.
EVIDENCE-BASED PRACTICES AND APPROACHES FOR ALL SECTORS

- Prevention education and awareness
- Increasing connections and social capital
- Building capacity to screen, identify, and refer individuals in need of behavioral health support
- Harm reduction
- Workforce training and professional development
- Stigma reduction
- Building infrastructure capacity and a culture of prevention and positive youth development
- Addressing policy, law, and financing
- Increasing cultural awareness and humility
Agency partners:

- Delaware Department of Education
- Department of Services for Children, Youth, and their Families, Division of Prevention and Behavioral Health Services
- DHSS, DSAMH, DPH, Division Medicaid and Medical Assistance
- Department of Safety and Homeland Security
- Delaware State Police
Delaware DoE, DSAMH, DPH, and DPBHS created a comprehensive needs assessment of policy, practice, and programmatic efforts related to health and behavioral health (Spring 2019).

Fifteen of 19 school districts and two charter schools completed needs assessments and developed action plans as part of their request for funding to support the Multi-Tier System of Support for Behavioral Health.

Areas of focus include: Staff wellness, supporting and training staff, improving school climate, and enhancing behavioral health education and services for youth.

Three have identified oral health as an additional priority.
TIER ONE: UNIVERSAL APPROACHES/PREVENTION

- Creating school health advisory committees or boards or integrating health into existing school improvement or advisory committees (including alignment with Local Wellness Policies)
- Implementing social emotional learning, trauma-informed practices, and other school climate approaches
- Embracing principles and practices of positive youth development
- Assessing school and district-level data to inform policy and practice
TIER ONE: UNIVERSAL APPROACHES/ PREVENTION, CONTINUED

- Developing written policies related to behavioral health
- Facilitating relationships with community groups and state agencies (i.e. Take Care, Delaware)
- Training teachers and school staff on related concepts as well as behavioral health topics such as mental health and substance use prevention
- Adopting and implementing a comprehensive, evidence-based health education curriculum
RECOMMENDATIONS FROM THE SENATE CONCURRENT RESOLUTION 69: DELAWARE YOUTH DRUG PREVENTION CURRICULUM TASK FORCE

- Evidence-based curricula on substance abuse prevention in all schools, with support from the Delaware Department of Education
- Consideration of a grant program for school districts to support evidence-based substance abuse prevention curricula.
- Interagency collaboration to create a website with resources to help schools and communities.
- Review Delaware code and regulations to suggest any changes to General Assembly, recommended by an advisory group convened by the Delaware Department of Education and the State Board of Education.
- Longitudinal study of substance abuse prevention curricula being implemented in Delaware schools.
- Analysis of frameworks for expanding the funding available for Delaware’s Purchase of Care system by General Assembly.

SUPPLEMENTAL FUNDING FOR TIER ONE INTERVENTIONS

- Through SOR and the Strategic Prevention Framework-Partnership for Success grants, LEAs that completed the Needs Assessment were eligible to apply for up to $30,000 to support Tier One interventions.
- Thirteen LEAs and two charters have accepted scopes of work.
- Activities include:
  - Enhancing health education
  - Improving school climate
  - Addressing staff wellness/well-being
  - Engaging students in prevention
  - Staff training and professional development
TIER TWO: SELECTED APPROACHES

- Supporting additional BH staffing: Five Behavioral Health Consultants (BHCs) to provide guidance and TA to all LEAs on behavioral health issues.
  - TA could include screening, identification, and referral for substance use concerns; identifying on-site treatment needs of students; planning for transitions between schools; other issues as needed.

- Supporting training and professional development on identifying behavioral health problems, screening and referral, Mental Health First Aid

- Implementing universal screening protocols for students (i.e. suicide risk)

- Connecting staff to behavioral health services and system, if needed and eligible

- Ensuring that students have active disease/condition management plans and medications
TIER THREE: 
INDICATED APPROACHES

- Connecting youth with appropriate services
- Creating enhanced transition pathways between youth and adult systems
- Ensuring staff have training to manage complex health and behavioral health conditions
- Increased use of Second Chance programs to ease reentry efforts
- Training school staff and personnel on best practices and approaches to addressing trauma and behavioral health conditions
- Creating and implementing early warning and behavioral threat assessments
CONNECTING YOUTH WITH BEHAVIORAL HEALTH SERVICES: SCHOOL-BASED WELLNESS CENTERS

- Through SOR, providing funding to all health systems that manage School-Based Wellness Centers to increase access to behavioral health services, specifically substance use and addiction treatment services
  - Tele-behavioral health and tele-substance use treatment
- Initiatives will be connected to ongoing behavioral health approaches in schools and districts
BACKGROUND: COMMUNITY-BASED PREVENTION

- Projects: SPF-PFS, SPF-Rx, Substance Abuse Block Grant
  - Environmental strategies
  - Information dissemination
  - Positive alternatives
  - Prevention education
  - Community-based processes
  - Identification and referral to services
THANK YOU!
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