

School-Based Behavioral Health Services

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Questions:

1. What services do you provide to students at school?
2. Describe the service and funding arrangement between Davis Behavioral Health and Davis School District.
3. Are you able to meet student need?
4. How do you know if you're successful? How do you measure your impact on students?
5. What are challenges and barriers?
6. How can other school districts develop effective partnerships?

Services Provided

Stabilization and Mobile
Response (SMR)

Prevention and Education
(Mindfulness, Anger Management,
Family Classes)

Treatment Services

- Individual and group therapy
- Crisis therapy
- School consultations and education (staff, classroom)
- Behavior Management and Skill Development

Family Resource Facilitation (FRF)

- Using families' cultures and natural supports in finding resources and improving social determinants of health
- Partner with Medicaid, food bank, DWS, third party payors

Treatment & FRF Funding \$497,000

Legislative Funds

- \$333,000 Mental Health Early Intervention

United Way Funds

- \$52,000 United Way (renewed annually)

DBH Funds

- \$52,000 Davis Behavioral Health

DSD Land Trust Funds

- \$45,000 Davis High (ends June 2019)
- \$5,000 Wasatch Elementary
- \$5,000 Holt Elementary
- \$5,000 South Clearfield Elementary

Met and Unmet Need

- 72,000 +/- kids in Davis School District (<https://www.niche.com/k12/d/davis-school-district-ut/>)
- 15,840 on free or reduced lunch (<https://www.niche.com/k12/d/davis-school-district-ut/>)
- 90 schools in Davis County School District
- 243 students received in-school therapy
- 392 families received FRF services (linking to resources)
- 48 schools have Mindful Schools Instructors
- 15 Schools receiving SBMH
- 150 in Youth of Utah/Latch Key

Outcomes

Youth Outcome Questionnaire

47%
Symptom
Decrease

Office Disciplinary Referrals

16% Referral
Decrease

Grade Point Average

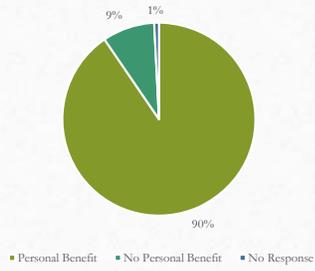
14%
Improvement

Dibbles

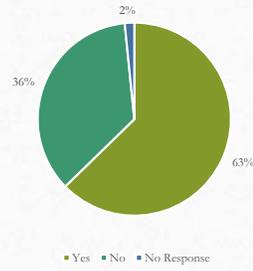
47%
Improvement

Mindfulness – Teacher Benefits

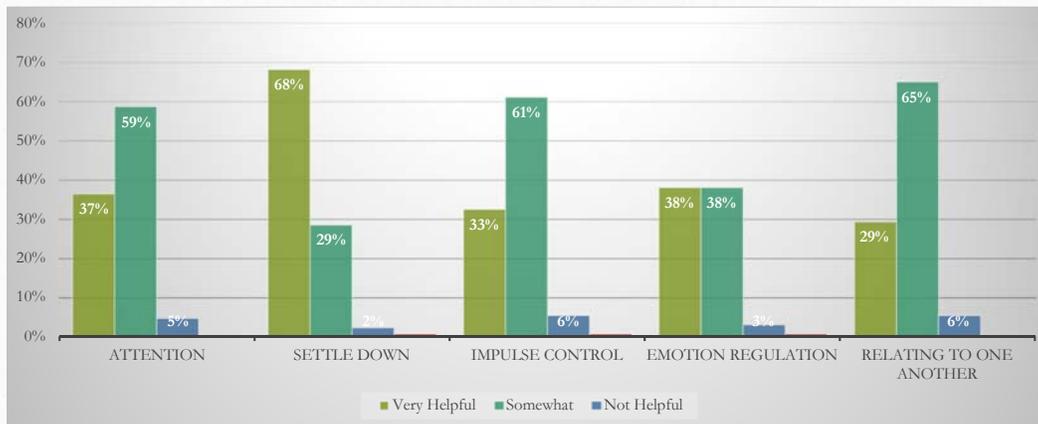
Personal Benefit



More Teaching Time



Mindful Schools Program



Student/Family Barriers

- Untreated mental illness and/or substance use
- Transportation
- Supportive, but unavailable parents
- Transient populations
- Uninsured and high deductible insurance
- Non-supportive family dynamics
 - Gang/religious affiliation
 - Family stigma

System Barriers

- Lost productivity = fewer kids seen
 - School calendaring (assemblies, core classes that can't be missed, prep days)
 - 186 school days vs. 248 clinic days
 - Time lost in getting kids and finding space
- Difficult to bill insurance
- Privacy and liability concerns
- Limited to school population (safety concerns)
- Some schools aren't interested
- Rules change when administration changes
- Meeting local school desires can conflict with district policy
- Workforce and limited funds

Recommendations

1. Mindful Schools is sustainable (trainer of trainer model)
2. Leverage resources with FRFs
3. Explore Telehealth
4. Partners work together to determine if the gains to kids and school environment are worth over-coming the barriers.

Developing Partnerships

- Shared mission: many kids need behavioral health help to be able to learn
- Be patient
- Go where you are wanted
- Utilize Prevention resources
- Meet regularly and work through bumps directly

Contact Information

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