

# Utah School Mental Health Collaborative (USMHC)



@UtahSMHCollab @Utah.SMH.Collab @UtahSMHCollab

## WHAT WE DO



### MENTAL HEALTH SCREENING

We support schools to carry out best practices by screening all students three times across an academic year.



### MENTAL HEALTH PROMOTION

We support schools to carry out these practices through technical assistance and training.



### MENTAL HEALTH FUNDING

We support schools directly and indirectly, to secure federal and local mental health funding.



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## \$400K TOTAL FUNDING ACROSS TWO YEARS

Estimated USMHC supports: about \$20k per school



\$200K EACH YEAR FOR DIRECT THERAPEUTIC SERVICES (PSYCHOLOGY SUPPORTS)

\$200K FOR TECHNICAL ASSISTANCE AND TRAINING (USMHC SUPPORTS)



## WHO WE WORK WITH

Utah is one of the states in the nation with the highest numbers of mental health cases among children. Utah is also one of the states with the highest prevalence of children not receiving mental health care.

## WHO WE ARE

The Utah School Mental Health Collaborative is a state-wide project

We work with Utah schools to:



Advance & align school mental health infrastructures



Provide technical assistance & training to develop effective mental health systems



Facilitate their multi-tiered systems of support (MTSS) framework

# IDENTIFYING THE RELATIVE SHORTAGE OF MENTAL HEALTH

MH Provider	School District				
	San Juan School District	SLCSE Rosepark High School	SLCSE Bryant Middle School	Logan High School	Grand County School District
School Psychologist	2 (1:1,500)	No Full Time	0	2 (1:772)	0
School Counselor	8 (1:375)	1.67 (1:202)	1.5 (1:270)	5 (1:309)	2 (1:703)
School Social Worker	8 (1:375)	0	.33 (1:1,218)	0	0
Total Student Population	3,000	337	405	1,543	1,406

Current Ratio of School Mental Health Workers to Student Shown in Parenthesis

1:500 Recommended Ratio School Psychologists to Student	1:250 Recommended Ratio School Social Workers to Student	1:250 Recommended Ratio School Counselors to Student
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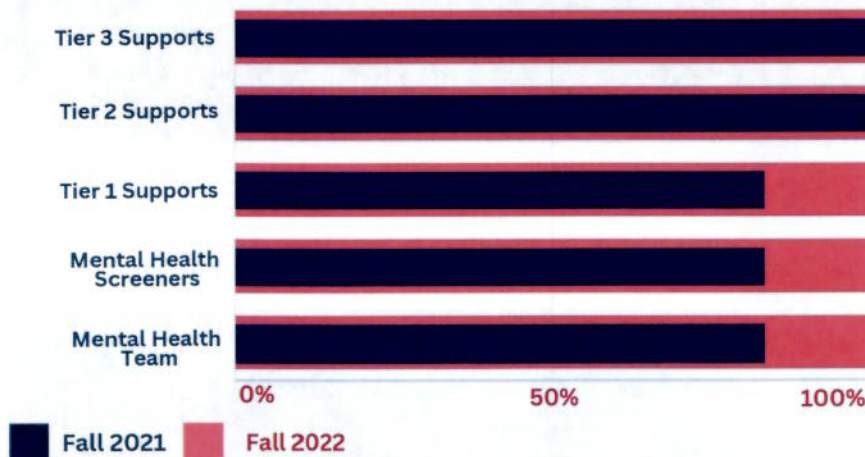


## MENTAL HEALTH PROVIDERS

Utah's rural areas particularly struggle with provider shortages.

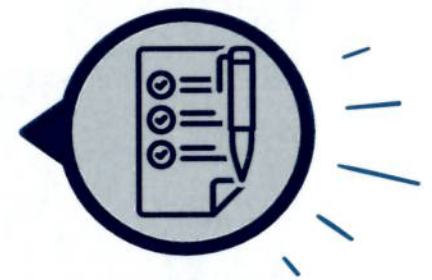
Data from Utah Medical Education Council (2015) showed that Utah's urban areas had 171 full-time mental health providers per 100,000 people. Compared to rural areas, that had 141 mental health providers.

Mental Health Care Professional Shortage Areas (HPSAs) by County, 2017



## SCHOOL PREPAREDNESS

We asked schools to answer questions on their current state of preparedness for a school mental health infrastructure.



## CUMULATIVE PSYCHIATRY REFERRALS

Schools began to give psychiatry referrals to the Collaborative beginning in August 2021. There has been a positive, upward trend of cumulative psychiatry referrals.

