



School Mental Health

COLLABORATIVE



Emma Eccles Jones
College of Education & Human Services
UtahStateUniversity

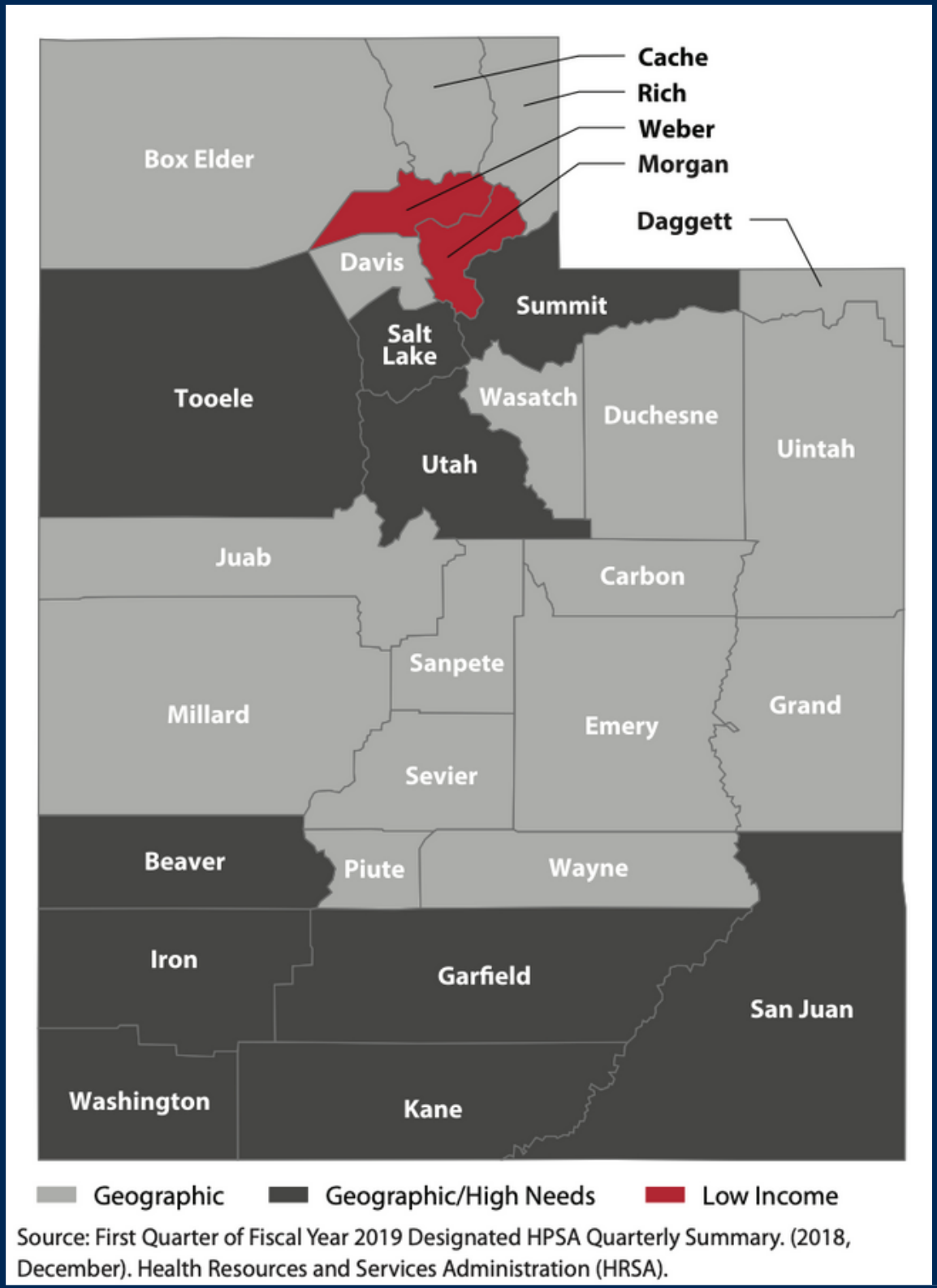


IDENTIFYING THE RELATIVE SHORTAGE OF MENTAL HEALTH

MENTAL HEALTH CARE PROFESSIONALS

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

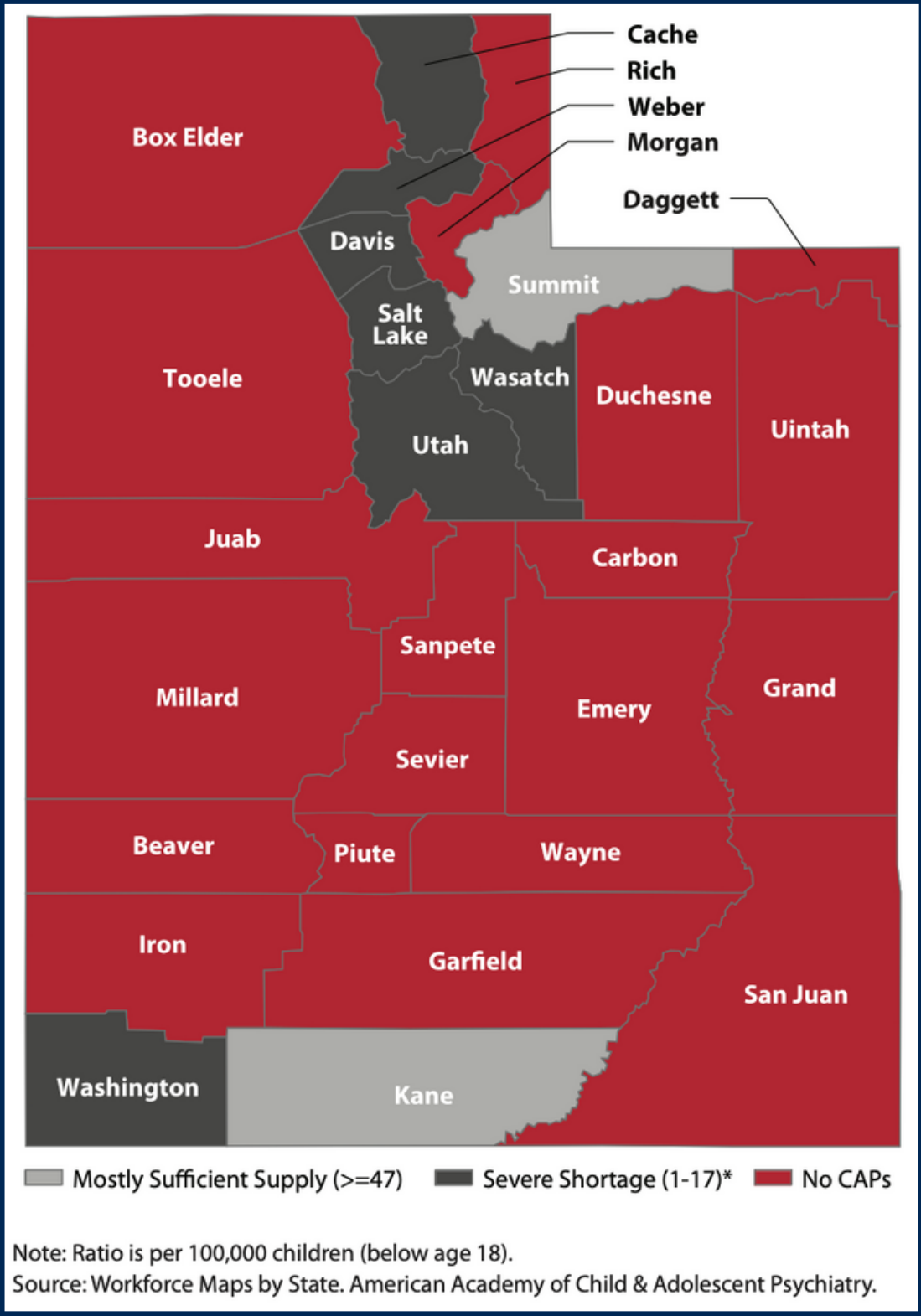


IDENTIFYING THE RELATIVE SHORTAGE OF MENTAL HEALTH

PRACTICING CHILD & ADOLESCENT PSYCHIATRISTS

Utah's rural areas particularly struggle with provider shortages.

The statewide ratio is six adolescent psychiatrists per 100,000 children.



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

COMBATING RELATIVE SHORTAGE OF MENTAL HEALTH

		School District				
MH Provider	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	

1:500

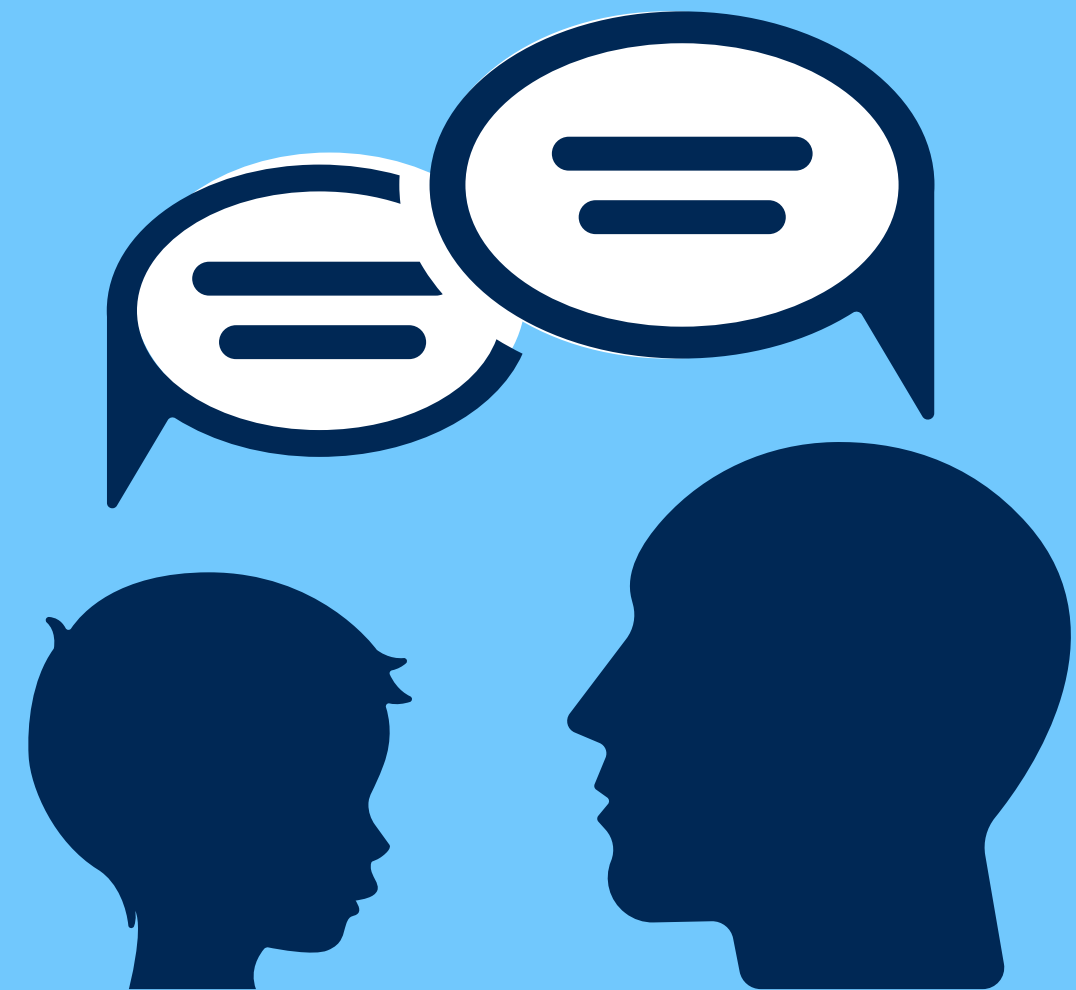
Recommended Ratio
School Psychologists to Student

1:250

Recommended Ratio
School Social Workers to Student

1:250

Recommended Ratio
School Counselors to Student



WHO WE ARE



Aaron Fischer,
PhD, BCBA-D
Program Co-Director
School Psychology



Karen Manotas,
MD
Program Co-Director
Psychiatry



Tyler Renshaw,
PhD
Program Co-Director
School Psychology



Kristi Kleinschmit,
MD
Program Co-Director
Psychiatry



A.J Metz,
PhD
Program Co-Director
School Counseling



Chathuri Illapperuma,
PhD, NCSP, BCBA
Project Implementation
Coordinator
School Psychology



Keith Radley,
PhD, BCBA-D, NCSP
School Behavior
Supports Coordinator
School Psychology



Karen Tao,
PhD
Clinical Mental Health
Counseling Coordinator
Counseling Psychology



Jenna McGinnis,
PhD, PLMHP
Postdoctoral Fellow
School Psychology



Molly Davis
MSW, CSW
Technical Assistance
Consultant
Social Work



Pamela Westover,
MSW, CSW
Case Worker
Social Work



Angela Page, DNP,
APRN, PPCNP-BC
School Nursing
Coordinator
School-Based Health



Jaewhan Kim,
PhD
Health
Economist/Statistician
Health Economics



Annie Chuang,
BA
Project Management
Assistance
School Psychology



Grecia Corona,
BS
Social Media
Director
School Psychology



Tori Manning
Social Media
Assistance
School Psychology



WHAT WE DO

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

We work with **Utah schools** to:



Adopt psychiatric consultation & assesment



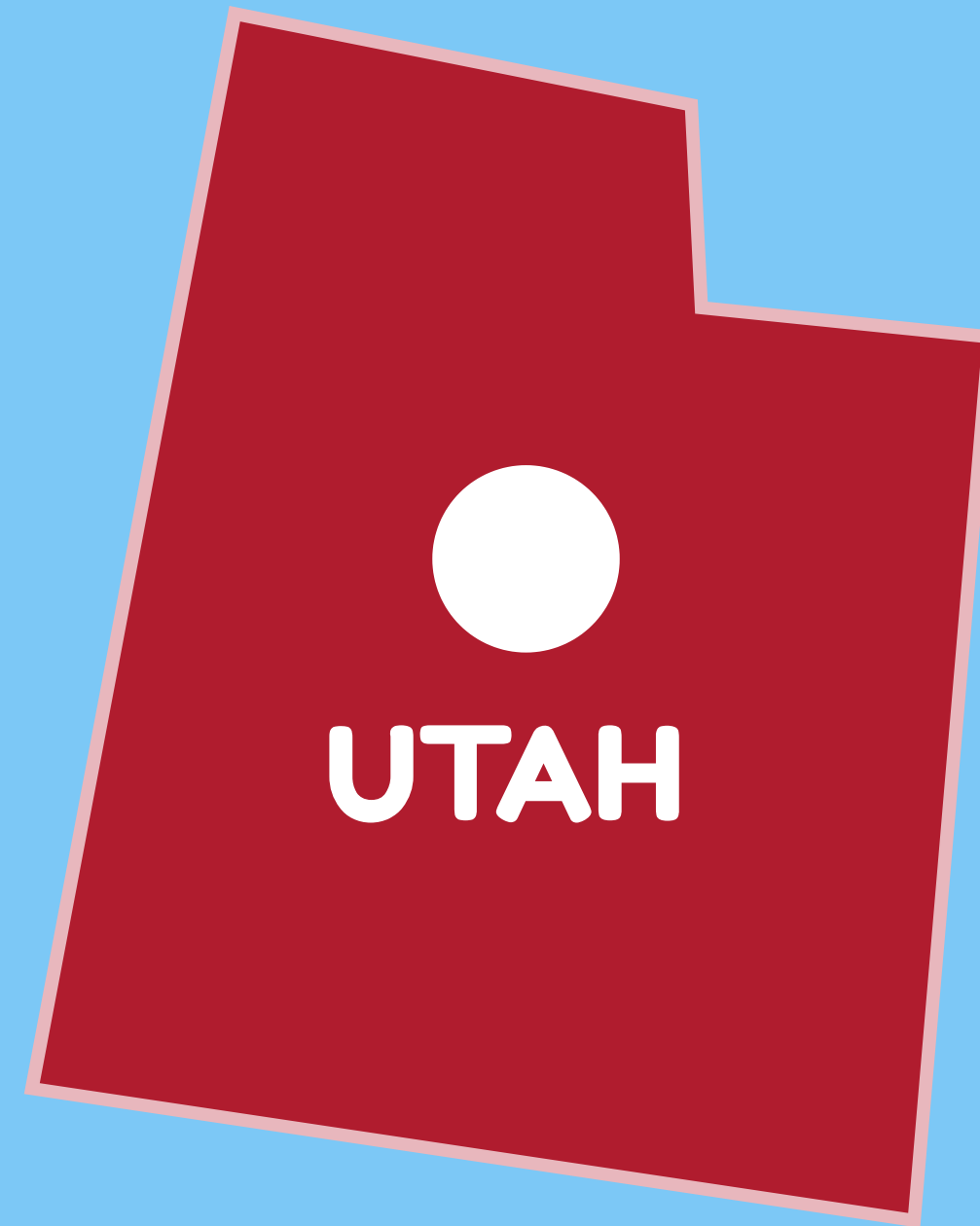
Advance & align school mental health infrastructures



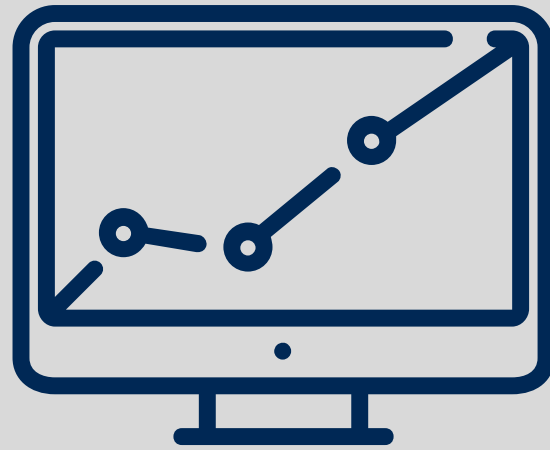
Provide technical assistance & training to develop effective mental health systems



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



HOW WE SUPPORT



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.






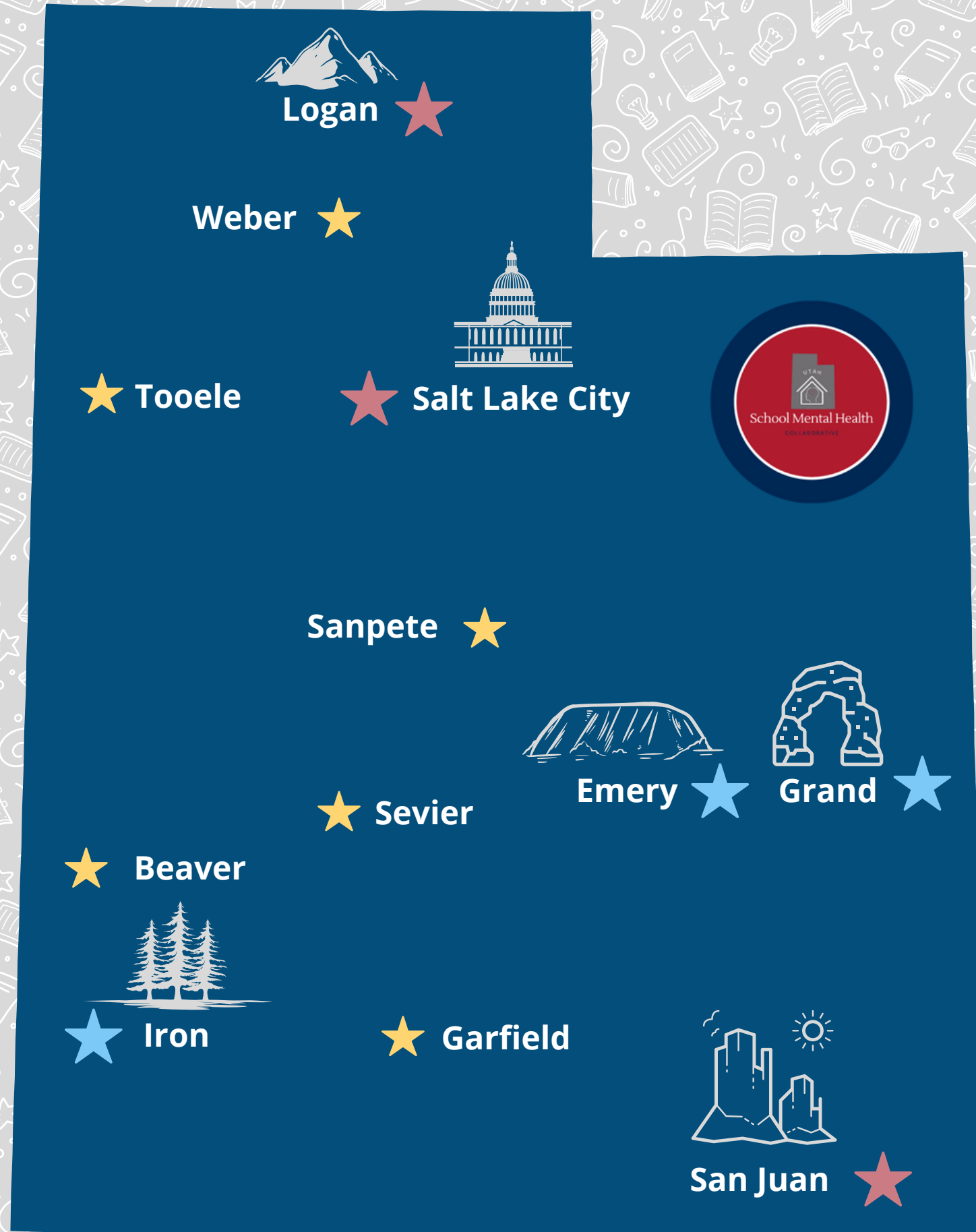
MENTAL HEALTH FUNDING

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

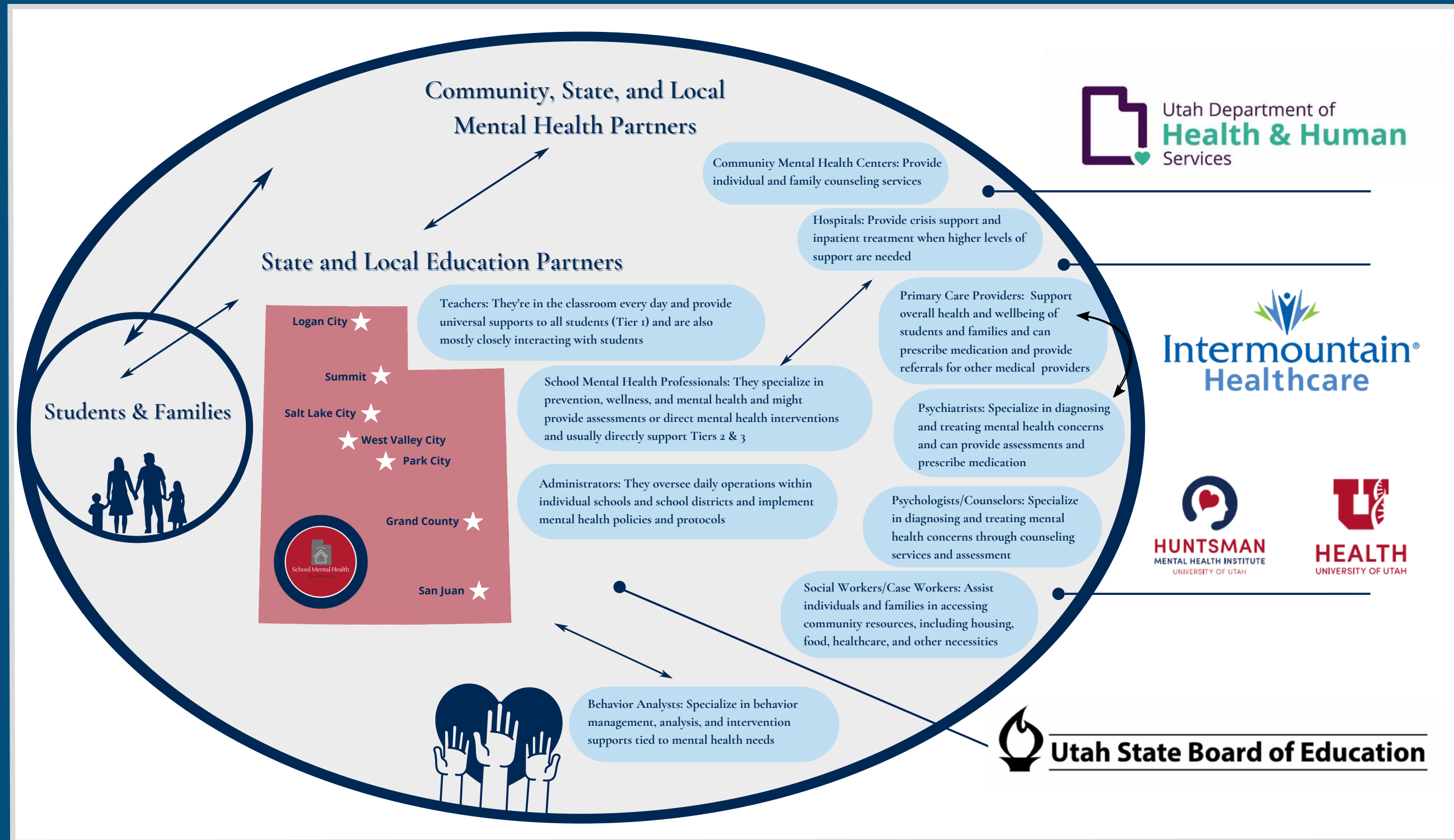
Utah is one of the states in the nation with the highest numbers of mental health cases among children. Utah is also one of the states with the highest prevalence of children not receiving mental health care.

THE SCHOOLS WE WORK WITH

-  Schools receiving USMHC & Psychiatry services
-  Schools receiving USMHC services
-  Schools in progress of joining the collaborative



TIERS OF SUPPORT & COLLABORATION



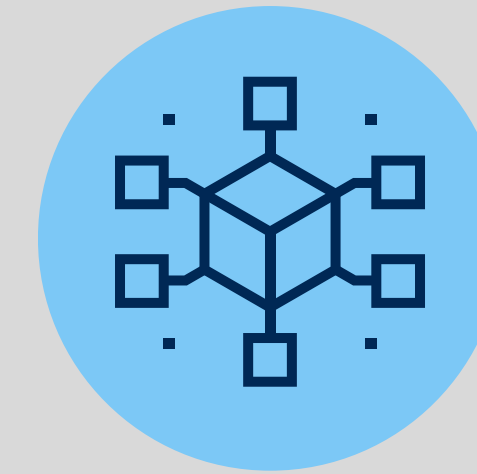
THE USMHC STRATEGIC PLAN

Collaborative Workgroups

Student & Family Centered



System-level Change & Impact



Measurement & Data

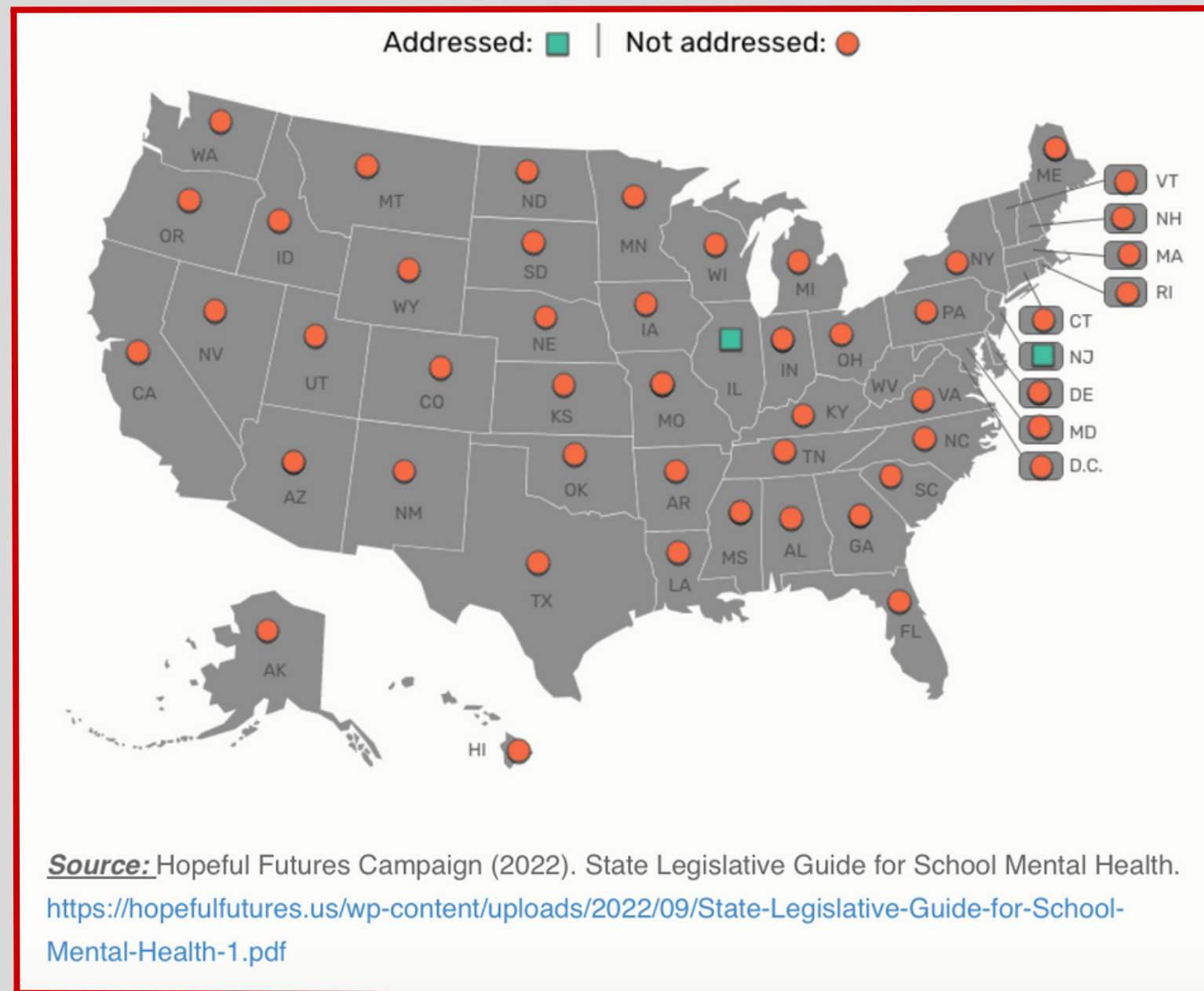


Communication, Collaboration & Differentiation



UNDERSTANDING & USING SHAPE

The map below displays states that have passed screening legislation.



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



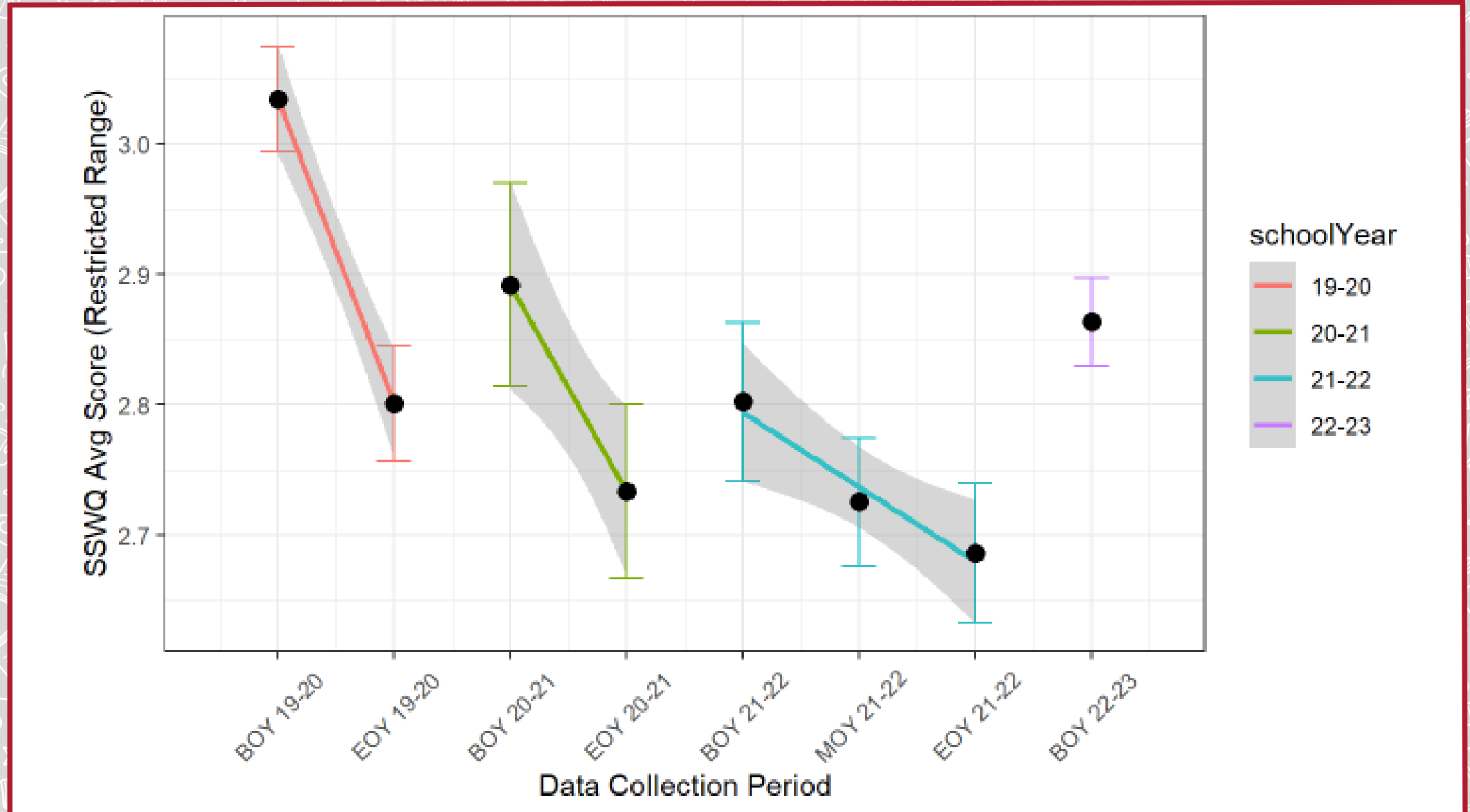
The **SHAPE** System is a free, private, web-based platform that helps centralize school mental health infrastructure data.

SCHOOLWIDE WELL-BEING DATA

Average Student Subjective Wellbeing Scores Across Time

All schools pooled together

- Trend lines by school year.
- Error bars represent 95% confidence intervals.



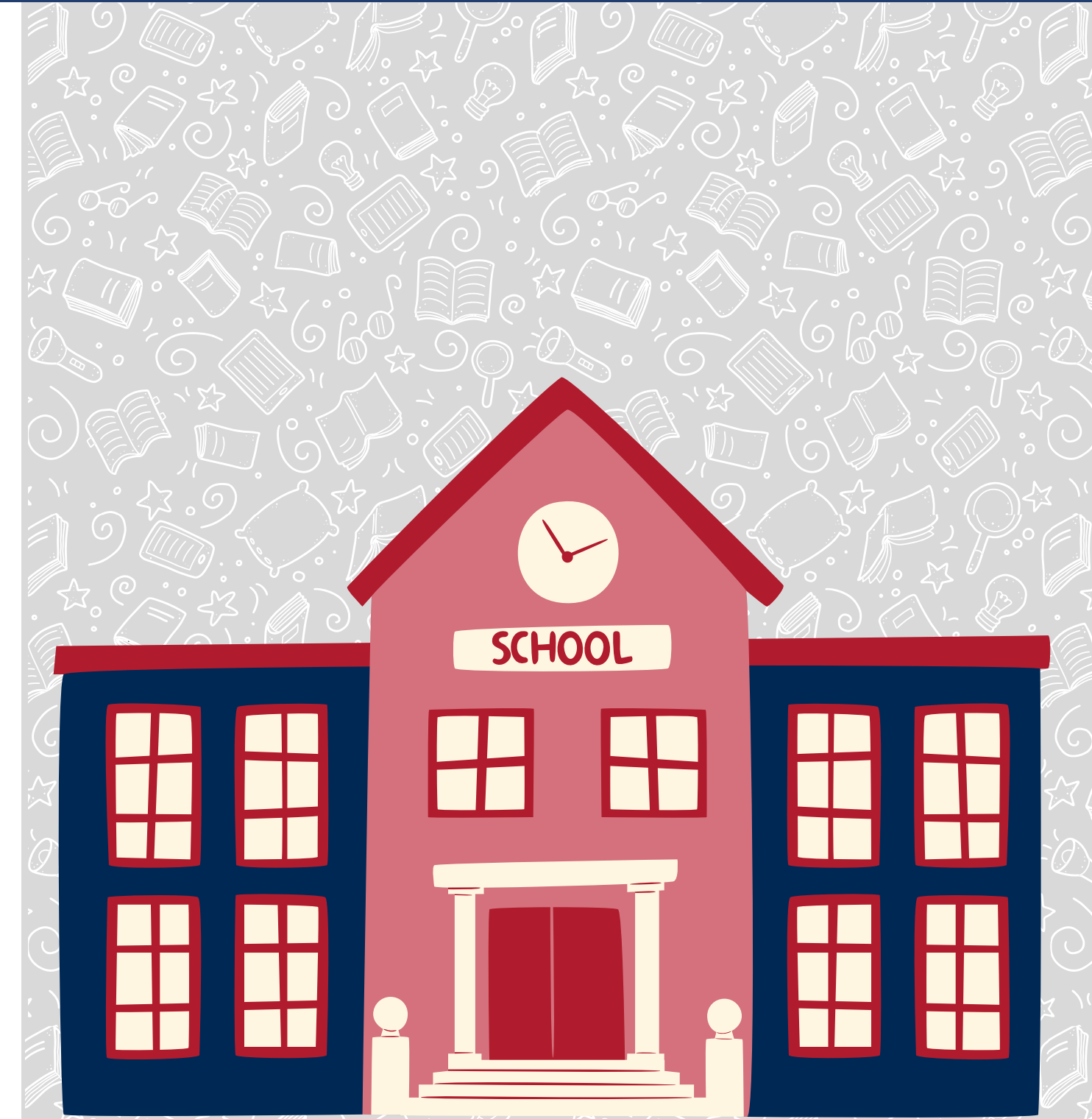
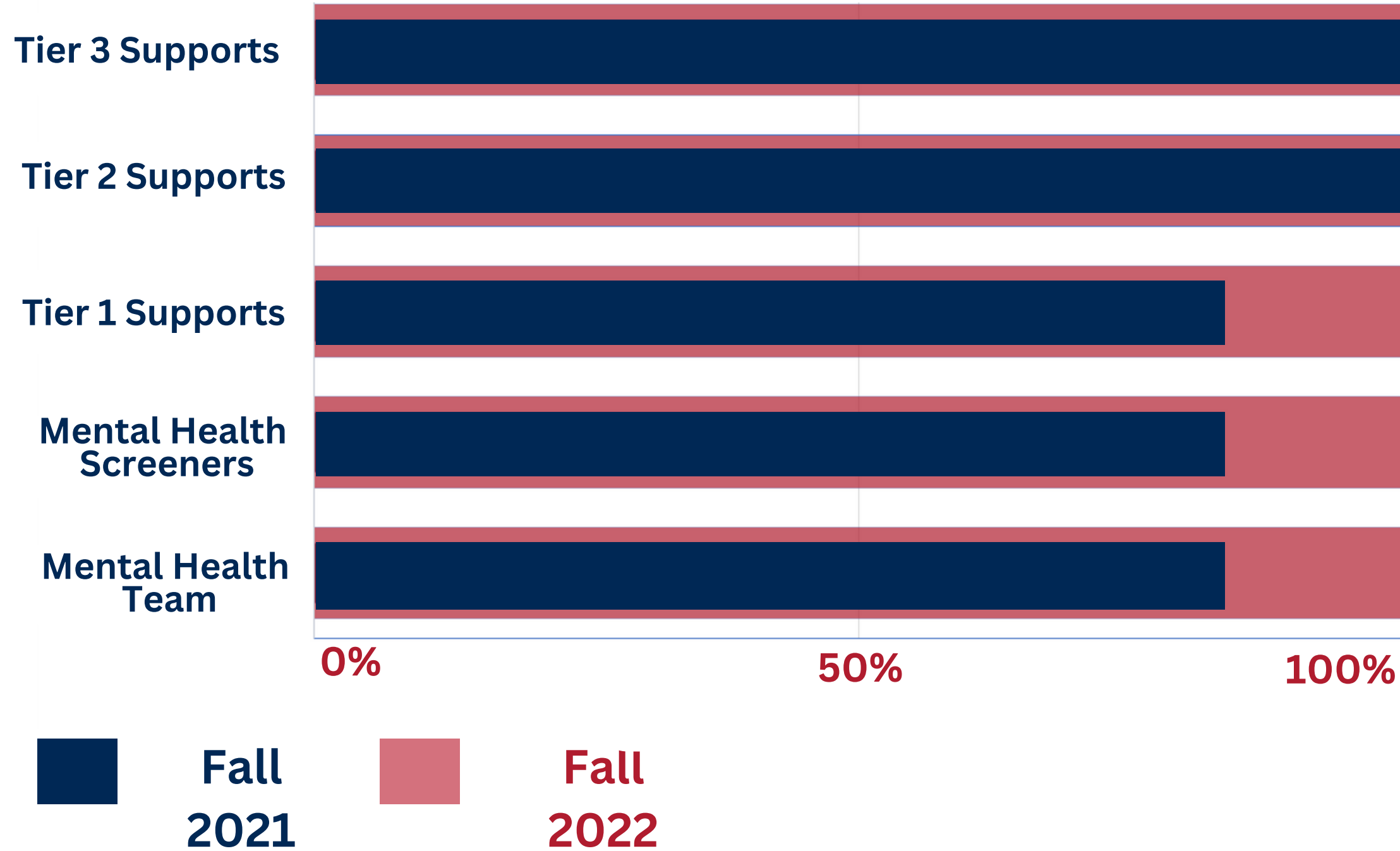
SCHOOLWIDE WELL-BEING DATA

Example: San Juan County



SCHOOL MENTAL HEALTH DOMAINS' ASSESSMENT

We asked schools to assess their school mental health domains



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.

Psychiatrist made recommendations regarding:

- School-based (classroom, therapy)
- Home-based (medication)
- Crisis interventions



PSYCHIATRY

COMMUNITY, CONNECTION, & PARTNERSHIP

The Utah School Mental Health Collaborative (**USMHC**) is a **statewide initiative** that adopts **psychiatric consultations** into **school mental health** frameworks. The program was piloted in **four school districts** across **two years**.

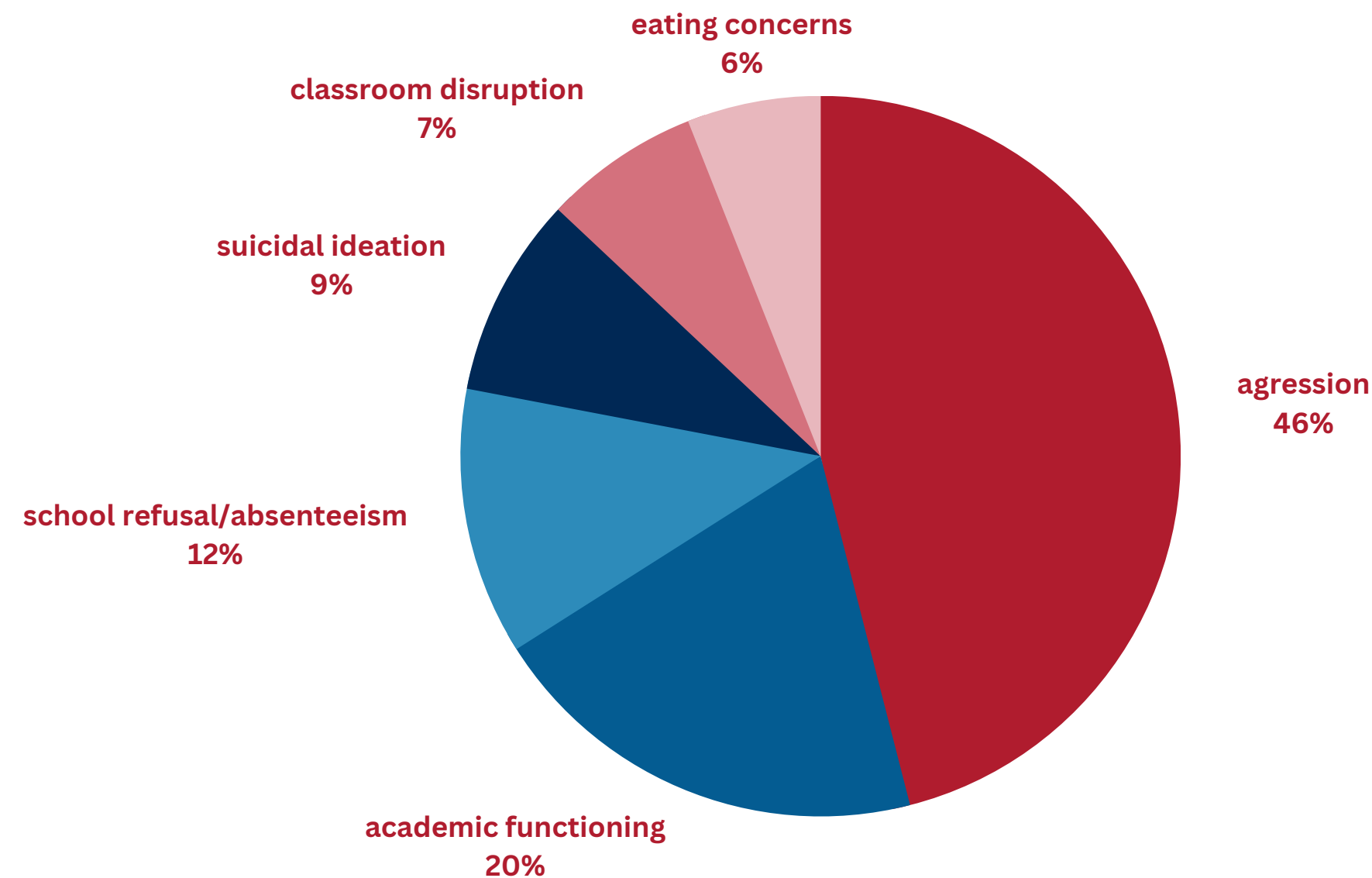


FUNCTIONAL OUTCOMES

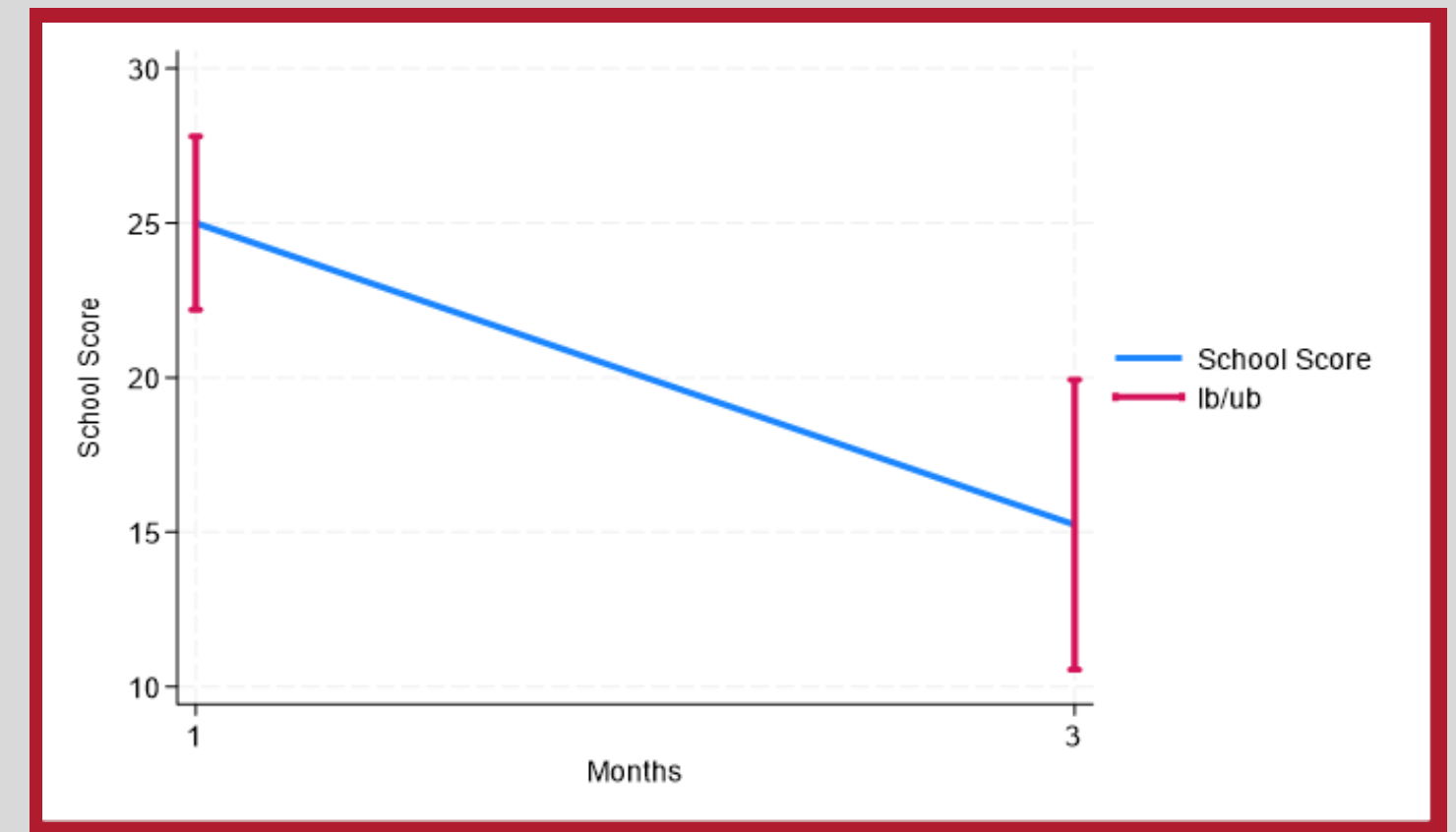
While **10%** of school-aged children experience mental health disorders, only **1 in 5** of these children access psychiatric services. Schools provide an **accessible** and **familiar** entry point to such **services**, particularly for children with **limited resources**.



Reasons for referral:



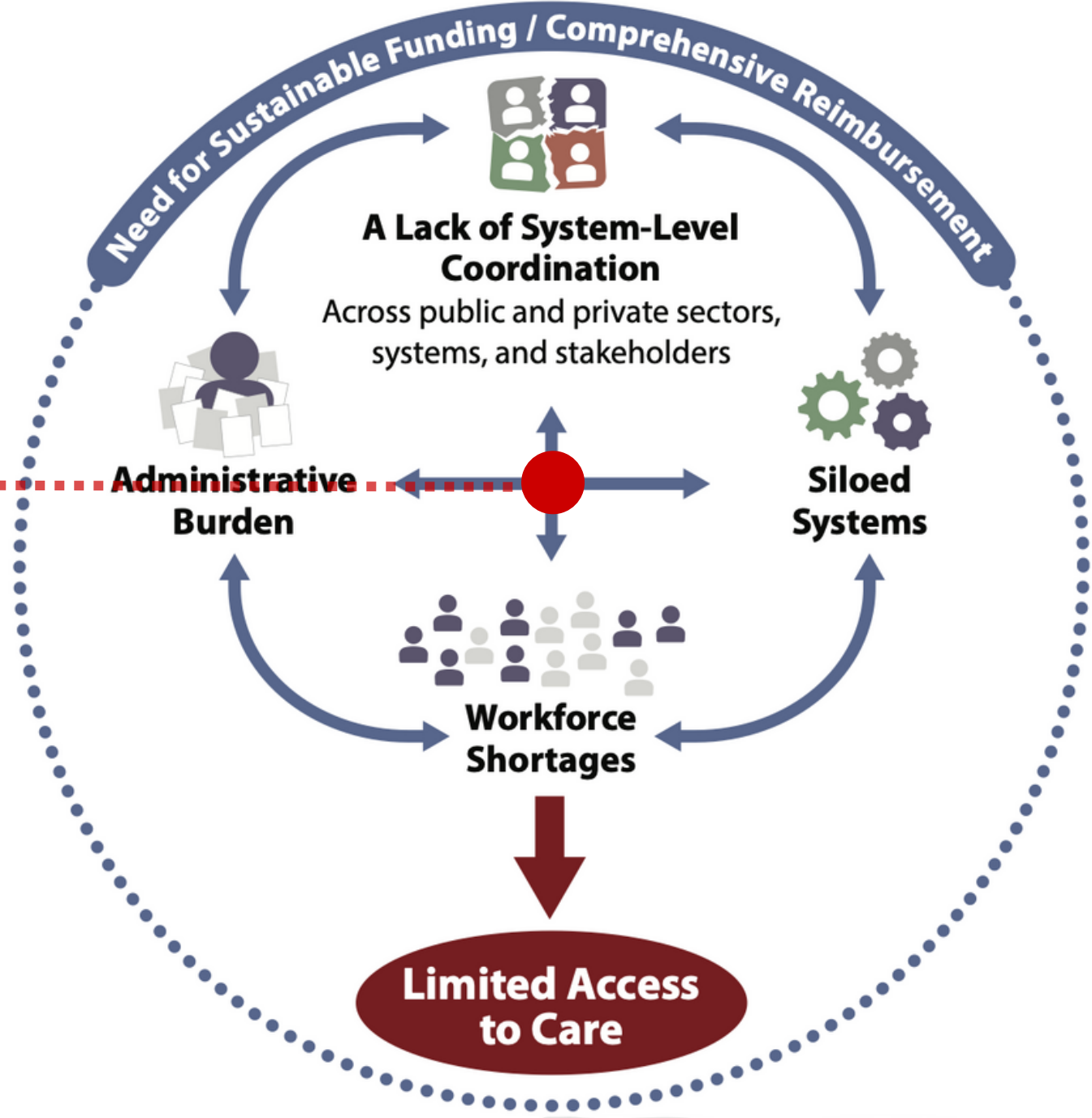
Conclusion: Children with externalizing symptoms populated the majority of referrals. Significant functional improvement was measured in children presenting for follow-up. These results support further prospective investigation into the efficacy of school-based psychiatry consultations.



UTAH BEHAVIOR HEALTH ASSESSMENT & MASTER PLAN



Figure 2: Utah's Behavioral Health System-Level Issues



FUNDING SUPPORTS

\$700K TOTAL FUNDING ACROSS TWO YEARS



\$500K

DIRECT SERVICES

(Psychology & Psychiatry Supports)



(2021-2023)

\$200K

TECHNICAL ASSISTANCE & TRAINING

(USMHC Supports)



The Utah School Mental Health Collaborative uses these funds to expand technical assistance, training, and psychiatry services to rural Utah schools.

CONTACT OUR TEAM

Dr. Karen Manotas
Program Co-Director
Psychiatry



karen.manotas@hsc.utah.edu

Dr. Aaron Fischer
Program Co-Director
School Psychology



aaron.fischer@utah.edu

Dr. Chathuri Illapperuma,
Project Implementation Coordinator
School Psychology



chathuri.illapperuma@utah.edu



Scan QR Code To learn More About Us

Keep up with us on social media!

HOW STATES ARE HELPING SCHOOLS & DISTRICTS GET INTO SHAPE

How are other states using SHAPE?



Connecticut Department of Children and Families,
the Child and Health Development Institute (CHDI)

Indiana Department of Education



The Massachusetts School Mental
Health Consortium (MASMHC)

