

Wisconsin Mental Health Toolkit for Schools

Nic Dibble, LSSW, CISW
Consultant, School Social Work Services
Department of Public Instruction

nic.dibble@dpi.wi.gov

(608) 266-0963

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What do we know about how students with mental health challenges transition to the adult world?

- Only 1 in 5 students with EBD enroll in any postsecondary education
- School completers who have EBD are among the least likely to get a regular diploma
- 58% have been arrested at least once & 43% have been on probation/parole post-high school

National Longitudinal Transition Study-2

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What do we know about how students with mental health challenges transition to the adult world?

- Only about half of former EBD students are working at a given time
- Only disability group to show an increase over the 1st longitudinal study in living in "other" arrangements, including criminal justice or mental health facilities, under legal guardianship, in foster care, etc.
- Almost half of girls with EBD have at least 1 child within 5 years

National Longitudinal Transition Study-2

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About the Mental Health Toolkit training ...

- One-day training for school-based teams
- Share information about mental illness
- Use PBIS model for school-based mental health services & instruction
- Share resources & strategies
- Experience classroom curriculum
- Build in time for planning

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What do we cover?

- Myths & stigma related to mental illness
- Impact of mental illness on
 - the brain
 - learning
- Prevalence of mental illness among children & youth
- Mental health – mental illness continuum
 - Thinking
 - Moods
 - Behavior

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What do we cover?

- Differences in how schools & mental health system view mental illness
 - IDEA & Section 504 – How does disability affect learning?
 - DSM – Observable symptoms determine diagnosis
 - Externalizing disorders
 - Internalizing disorders

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What do we cover?

- Special populations
 - Trauma-affected children & youth
<http://dpi.wi.gov/sspw/mhtrauma.html>
 - Students who are deaf or hard of hearing
<http://www.dpi.wi.gov/sspw/mentalhealth.html>
- Chronic vs. acute mental illness
- Risk & protective factors
 - Internal
 - External

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What do we cover?

- An adaptation of the PBIS model to address mental health issues
 - Tier 1 – Universal
 - Tier 2 – Selective
 - Tier 3 – Targeted
- Evidence-based assessment tools
- Medication issues related to treatment of mental illness

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What do we cover?

- How to improve referral success rates?
 - Families
 - Community partners
- CPS referral for “emotional damage”
- Transition resources

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Using PBIS to address mental health

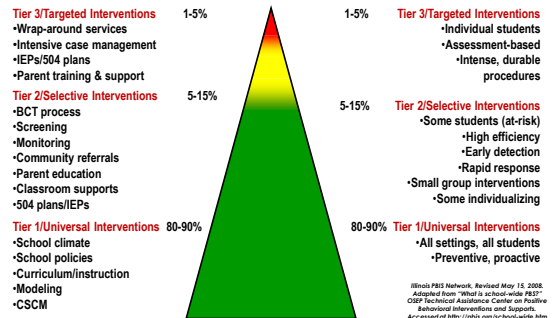
- How many people have attended some kind of training on PBIS?
 - What did you learn about PBIS?
- 3-tiered system works well for academics (RtI), behavior (PBIS) AND mental health
 - Tier 1 – Universal
 - Tier 2 – Selective
 - Tier 3 – Targeted or Indicated

Three Levels of Prevention

1. Structure the school setting to serve as a **protective factor** for all children to **reduce new occurrences of mental health problems**.
2. **Identify & intervene** with children at-risk for mental health problems to **reverse, halt, or at least slow the progression of the disorder**.
3. Provide **intensive supports** for students with severe & pervasive needs to **slow the progression of the disorder & provide the student & significant others with adaptive coping skills**.

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Using PBIS to meet the mental health needs of students



Tier 1 – Universal Strategies

- There is a school-wide commitment to the social-emotional needs of all students.
- Adults model appropriate & respectful behavior & language.
- Focus is on building resilience rather than punishing deficiencies.
- Prevention is evidence-based & evaluated for effects.

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Tier 2 – Selective Strategies

- High efficiency
- Early detection
- Rapid response
- Small group interventions
- Some individualizing

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Selective Level: Who is served?

- General education students who are showing some symptoms or signs
- Signs may be obvious, such as emotional outbursts or disruptive behavior
- Signs may be subtle and less easy to notice, such as withdrawal or sadness

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Assessing Barriers to Learning

May be within the **student**

- Mental health problems
- Physical health problems
- Intellectual deficits
- Behavioral skills deficits
- Academic skills deficits
- Low motivation or insufficient disposition, i.e., he doesn't want to ...

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Assessing Barriers to Learning

May be within the **environment**

- Classroom management issues
- Peer relationship issues
- Overcrowded conditions
- Anxiety or distractibility provoking conditions
- Missing or poor organizational supports
- Missing or poor targeted reinforcers
- Lack of functional understanding of problem behavior

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Assessing Barriers to Learning

May be within the **curriculum or instruction**

- Curriculum not matched to skill level
- Curriculum is of low interest
- Insufficient practice is available
- Instruction not matched to student learning needs
 - Pace
 - Feedback
 - Error correction

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Tier 3 – Targeted Prevention Strategies

- Programming is strength-based, rather than merely symptom-suppressing.
- Schools actively collaborate with family & community persons of influence & concern.

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Targeted Level: Who is Served?

- Students with diagnosable mental disorders
- May receive IEP services for students with EBD
- May also be in general education, if symptoms are adequately managed
- Generally require systemic levels of support

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Transition Resources

- Do It Yourself Case Management & Advocacy
This guide is a product of the Wisconsin Mental Health Transition Advisory Council. It provides a wealth of resources to help adolescents with mental health issues get services from the adult system & options for what to do while they wait. The guide includes information on housing, education, social security, mental health treatment, & employment.
- <http://www.wicollaborative.org/links.htm#Transition>

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Transition Resources

- Transition Resource Guide
This guide is a product of the Wisconsin Mental Health Transition Advisory Council. It provides a wealth of resources to help with a youth's transition to adulthood including:
 - agencies & organizations,
 - private consultants & advocates,
 - helpful websites,
 - book suggestions, &
 - contact information for the Cooperative Education Service Agencies (CESAs) across the State.
- <http://www.wicollaborative.org/links.htm#Transition>

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Transition Resources

- Wisconsin Statewide Transition Project
This is a link to the "Transition Topics" section of the Wisconsin Statewide Transition Initiative (WSTI) website. The WSTI was established in 2000 & is funded by the DPI. This page on their site offers dozens of resources related to transition topics from *Age Appropriate Transition Assessment* to *Youth Involvement during IEP* & everything in between.
- http://www.wsti.org/transition_topics.php

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Transition Resources

- Transition Clearinghouse
Follow this link to the "Transition Clearinghouse" page of the Wisconsin Statewide Transition Initiative (WSTI) website. Here you will find a by-County listing of transition services provided by local & statewide agencies.
- http://www.wsti.org/resource_directory.php
- <http://www.wicollaborative.org/links.htm#Transition>

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Transition Resources

- Transition Services for Students with Disabilities
Part of the Wisconsin Department of Public Instruction (DPI) website, this page offers links to several resources including but not limited to:
 - Opening Doors to Employment: Planning for Life After High School,
 - Wisconsin Technical College System - A Post-Secondary Guide to Disability Documentation, &
 - Interagency Agreement.
- <http://dpi.wi.gov/sped/transition.html>

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Let's check out the Toolkit

- Being Alert to Mental Health Problems
- Mental Health Fact Sheets
- Evidence-Based & Evidence-Supported Prevention & Intervention Programs for School-Based Mental Health
- Empirically-Supported Interventions in School Mental Health
- Goal Attainment Scaling: An Efficient & Effective Approach to Monitoring Student Progress

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Let's check out the Toolkit

- Coordinating Resources for School Mental Health: Steps to a Healthier School
- Issues in Mental Health: Mental Illness Awareness (DPI curriculum)
- Medication for Children & Youth with Emotional, Behavioral, & Mental Health Needs: A Guidebook for Better Understanding
- Wisconsin public mental health agencies

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How to schedule a Mental Health Toolkit training?

Contact:

Nic Dibble, Consultant
School Social Work Services
Wisconsin Department of Public Instruction
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