

Resources Available to Support the Mental Health Needs of Students with Disabilities

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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 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
- EBD is only disability group to show an increase over the 1st longitudinal study in living in "other" arrangements (i.e., criminal justice or mental health facilities, under legal guardianship, etc.)
- Almost half of girls with EBD have at least 1 child within 5 years

National Longitudinal Transition Study-2

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Supporting Students' Mental Health

- Mental Health Toolkit for Schools
 - Resources now online!
 - One-day training available upon request
- Trauma-Informed Care (TIC) Toolkit for Schools
- Webcasts
- Evidence-Based Screening Tools
- Professional Development
- Adding more resources as they become available or are developed

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On-Line Resources – MH Toolkit

- Evidence-based resources
 - Interventions, strategies & programs
 - Screening tools in public domain
 - Goal Attainment Scaling (GAS)
 - DPI Mental Health Awareness Curriculum
 - Electronic links
- Checklists & Handouts
 - Checklists to monitor treatment – student, teacher, parent
 - Handouts to use in building in-services

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On-Line Resources – MH toolkit

- Planning Resources
 - PowerPoint presentation for building in-service
 - Step-by-step planning guide
 - Action plan template
- Information on mental health & illness
- Community resources
- State & national organizations

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On-Line Resources - TIC

- PowerPoint presentation for building in-services
- Webcasts
- Resources
 - “Best” list for schools
 - Websites for educators
 - Clinical information
 - Selected articles, additional publications & books
- Explanation of link between Rtl, PBIS & TIC

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On-Line Resources - Webcasts

- Mental Health Disorders in Children & Adolescents
- In Our Shoes: Toward an Understanding of Families Raising a Child with Mental Health Needs
- Trauma-Sensitive Schools
 - Part 1 - Understanding Childhood Trauma
 - Part 2 - Steps to Implementing Trauma Sensitive Practice into the School Environment

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On-Line Resources - Webcasts

- Crisis Intervention - How to Support People Coping with Loss
- Understanding and Responding to Self-Injury
- Behavioral Health Recovery After Crisis Situations
- Global Appraisal of Individual Needs – Short Screener (GAIN-SS)
- Youth Suicide Prevention for Schools

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Screening Tools

<http://www.dpi.wi.gov/sspw/pdf/sswpgscreentool.pdf>

- Depression Scale for Children (CES-DC)
 - Children & adolescents
- Pediatric Symptom Checklist (PSC)
 - Cognitive, emotional & behavioral issues
 - Preschool age to adolescents
 - Child & parent versions
- Children's Anxiety Scale (SCAS)
 - Preschool age to adolescents
 - Child & parent versions

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Screening Tools

- Strengths & Difficulties Questionnaire (SDQ)
 - Emotional symptoms, conduct problems, hyperactivity & inattention, peer relationship problems, & prosocial behavior
 - Preschool age to adolescents
- CRAFFT
 - Substance abuse
- Global Appraiser of Individual Needs – Short Screener (GAIN-SS)
 - Substance abuse, mental health & anger management

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Professional Development

- One-day training for school-based teams
 - Mental health
 - Suicide prevention
- Share information about mental illness
- Use PBIS model for school-based mental health services & instruction
- Share resources & strategies
- Experience classroom curriculum
- Time built in 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 screening 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

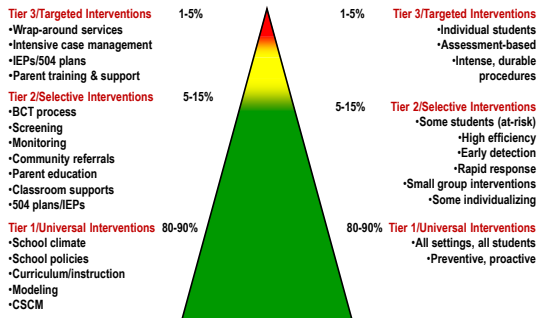
- How many people have attended some kind of training on PBIS?
 - What did you learn about PBIS?
- 3-tiered system works well for academics (RtI), behavior (RtI/PBIS) AND mental health
 - Tier 1 – Universal
 - Tier 2 – Selective
 - Tier 3 – Targeted or Indicated

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



Transition Resources

- **Transition Clearinghouse**
 - Listing of resources by county to help with a youth's transition to adulthood
<http://www.wsti.org/trd.php>
- **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.
http://www.wsti.org/transition_topics.php

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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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Wisconsin PBIS Network

- Funded by DPI to coordinate & provide professional development & technical assistance to Wisconsin schools
- Resources for educators, administrators, PBIS coaches, & parents/families

<http://www.wisconsinpbisnetwork.org/>

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How to schedule a training?

Contact:

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