Welcome and Overview

Share the strategic vision for a coordinated approach for school-based behavioral health.

OBJECTIVES:
1. Share updates on progress and patterns in mental health, substance misuse, and the development of behavioral health disorders for MH/SUD.
2. Discuss trends across the continuum Prevention, Intervention, Treatment, and Recovery
3. Discuss priority initiatives and Behavioral Challenges

Realities of Youth Today

- Nearly 35 percent of individuals ages 12–20 have consumed alcohol at some point in their lives.
- US retail marijuana sales rose an estimated 40% in 2020 and will near $37 billion by 2024 (McVey, E. Marijuana Business Factbook. 2020, June 30).
- 2007-2018, suicide rates among youth ages 10-24 in the US increased by 57%
- 2009-2019, the proportion of high school students reporting persistent feelings of sadness or hopelessness increased by 40%
- Less than 5 percent of young people (12-17) receive needed substance use treatment, and only 49 percent of young people receive needed mental health services.
"In my State of the Union Address, I identified addressing the opioid epidemic as part of a unity agenda for the Nation—something that could bring Americans together in service of a goal we all share. As this Strategy lays out, there is so much more we can do to expand access to evidence-based prevention, harm reduction, treatment, and recovery services, while also working to reduce the supply of harmful drugs in our communities.”

President Joseph R. Biden

President’s Strategy to Address Our National Mental Health Crisis

- Strengthen System Capacity
  - Invest in proven programs that bring providers into behavioral health
  - Pilot new approaches to train a diverse group of paraprofessionals
  - Build a national certification program for peer specialists
  - Promote the mental well-being of our frontline health workforce.
  - Strengthen our crisis care and suicide prevention infrastructure
- Connect Americans to Care
  - Expand and strengthen parity
  - Integrate mental health and substance use treatment into primary care settings
  - Expand access to tele- and virtual mental health care options
  - Embed and co-locate mental health and substance use providers into community-based settings
- Support Americans by Creating Healthy Environments
  - Empower children and youth with evidence-based services and supports.
  - Promote children’s emotional, social, and academic development.
  - Increase mental health resources for justice-involved populations.
  - Provide social and human services professionals in rural and underserved areas.

SAMHSA's Behavioral Health Investment

$1.5 Billion

Substance Abuse Block Grant
- Prevention (20 percent set-aside)
- Treatment

Mental Health Block Grant

Programs of Regional and National Significance
- Strategic Prevention Framework Partnerships for States
- Tobacco Use Prevention and Control
- Suicide Prevention and Community Health Programs (STOP)
- Children's Mental Health Initiatives (CMHI)
- Children's Mental Health Initiatives (CMHI)
- National Child Trauma Stress Initiative (NCTSI)

Substance Abuse Block Grant Categories

Information Dissemination
- Clearinghouse/information resource centers
- Media campaigns/public service announcements
- Brochures
- Speakers' bureaus/radio/TV appearances
- Information lines

Education
- Classroom and small group sessions
- Peer leader/helper programs (peer conflict mediation programs)
- Bullying programs
- Education support groups for children of substance abusers, other high-risk youth, suicide, violence, etc.
- Parenting and family management classes

Alternatives
- Drug-free zones and initiatives (Operation Program/Graduation)
- Domestic violence prevention
- Domestic violence intervention
- Community education and drop-in centers (Drug-Free Walls)

Problem Identification & Referral
- Student Assistance Programs (Mental and Problemsolving)
- Employee Assistance Programs
- Intervention programs associated with disciplinary offenses, juvenile court complaints, or DWS violations

Community Capacity Building
- School-community team training
- Physical environment planning
- McPherson, community collaboration

Community Norms and Policies
- Establishing and periodically reviewing school policies
- Alcohol, tobacco, and other drug policy
- Policies used by school, law enforcement, and juvenile court
- Marketing alcohol and tobacco advertising practices
- Alcohol and tobacco awareness, training, and education

Prevention often serves as the front door to behavioral health services.
New Alcohol and Drug Users in One Year

Past Year Initiates of Substances: Among People Aged 12 or Older: 2020

National Survey on Drug Use and Health
Annual Average Percentage of 12- to 20-Year-Olds with DSM-5 Alcohol Use Disorder

- In 2020, 4.9% of adolescents ages 12 to 20 had an alcohol use disorder and 7.3% had a substance use disorder involving illicit drugs
- Data show a rapid escalation of drug use associated with increase in age, particularly among youth ages 12-19

Behavioral Health Treatment Landscape
Annual Average Percentage of 12- to 20-Year-Olds Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use in the Past Year

Current substance use intervention and treatment programs are not addressing the needs of most adolescents

- 96.6% of adolescents who needed treatment for alcohol use in a specialized facility did not receive this treatment
- Significant age disparities in access to opioid use disorder (OUD)-related treatment exist—significantly lower rates of adolescents entered OUD treatment than adults with OUD
Behavioral Health Treatment Landscape

Over a ten-year period (2011 - 2020) for clients under 18 years of age:

- There was a 52.4 percent decrease in receipt of any substance abuse treatment (82,532 in 2011 to 39,271 in 2020).
- Outpatient Treatment declined by 50 percent. Most clients under 18 (between 87 and 91 percent) were in outpatient treatment.
- Residential Treatment declined by 67.2 percent.
- The proportion of clients under the age of 18 years in treatment facilities with special programs or groups for adolescents decreased from 80 percent in 2011 to 71 percent in 2020.

Adolescents entering treatment are likely to have multiple co-morbid conditions—these factors impact the course of treatment at all levels. (2021 Report to Congress)

Research shows that prevention interventions can have positive long-term effects in reducing substance use. If we intervene before 15, we can cut decades off the substance use career. (Olivas et al 2014)

Even though adolescents with substance use disorders (SUD) are more likely to drop out of school, over 90 percent of them are still in school. (2021 Report to Congress)

What is Student Assistance?

Student Assistance Programs have their humble beginnings rooted in Employee Assistance Programs that started in the middle of 1970.

Most programs deployed a counselor to provide assessment, do classroom presentations/curriculum or run support groups.

Source: Substance Abuse and Mental Health Services Administration. Student Assistance: A Guide for School Administrators, Rockville, MD.
Components of School-based Student Assistance

For student-assistance services to be as effective as possible, researchers have identified several program components that are critical to providing necessary services and reducing barriers to learning:

- School board policy
- Staff development
- Program awareness
- Internal referral process
- Problem-solving team and case management
- Direct services to students
- Cooperation and collaboration
- Integration with other school-based programs
- Program evaluation and improvement


Priority Populations

Students experiencing academic, substance use, and mental health issues are priority populations for student assistance services.

- Potential barriers to learning include school adjustment difficulties, attendance issues, anxiety, depression, thoughts of self-harm and self-injury, stress, abuse or neglect, substance use disorders, family difficulties, negative peer relationships, and exposure to community violence and crime.
Screening as a Prevention Strategy

- Early and periodic screening is widely recognized as one of the best ways to prevent the progression of more severe disease states in general and substance use specifically.
- Screening often focuses on one disease at a time. However, this can create a high burden when trying to screen a larger population, which leads to multidimensional screening for multiple things at a time.
- The results may identify strengths and areas to build on, early misuse that may only require brief intervention, and/or the need to refer for (hopefully early) intervention in one or more areas.
Further down is info about domains of screener, why screening is important, and how to find help.

Prevention tools for to get informed

“Talk. They Hear You.” Campaign Mobile App:
https://www.samhsa.gov/talk-they-hear-you/mobile-application

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True North at Capital Region ESD 113

Comprehensive Student Assistance Programs
WHAT WE KNOW

• Student behavioral health needs are not being met
• Early intervention is key
• Behavioral health services benefit academic performance & achievement

WHAT WE KNOW

• School-based behavioral health services are accessible and effective
• Nationally, most children and adolescents who receive behavioral health services do so at school

WHAT WE KNOW

Student Assistance programs increase behavioral health access and outcomes
STUDENT ASSISTANCE PROGRAM: MTSS

- **Tier 1**: School-Wide Practices (Universal)
- **Tier 2**: Targeted Interventions (Selective/Indicated)
- **Tier 3**: Enhanced Health Service (Treatment)

SAP Spotlight – Capital Region ESD 113
Multi-Tiered System of Support (MTSS) Framework

ALL
SOME
FEW

CR-ESD 113 True North Enhancement

Traditional Student Assistance

TRUE NORTH AT CAPITAL REGION ESD 113
**Multi-Tiered System of Support (MTSS) Framework**

**Integrating SAP in a School Setting**

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<tr>
<th>Traditional Behavioral Health</th>
<th>ESD Integrated SAP Framework</th>
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<td>Behavioral health promotion and awareness</td>
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**Role of the SAP**
- Prevention education
- Behavioral health promotion and awareness
- Participation on school multi-disciplinary team
- Screen students for behavioral health concerns
- Early intervention support services
- Behavioral health treatment
- Referral and resources

**Role of the School**
- Policy development and enforcement
- Provide confidential office space for SAP
- Refer students to the SAP
- Convene and participate in the school multi-disciplinary team
- Promote SAP services within the school community

**Role of the Coalition**
- Establish community norms that foster healthy behaviors
- Community-based behavioral health promotion, awareness, and education

**Collaboration is Key**

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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