



Expanding Mental Health Consultation in Schools

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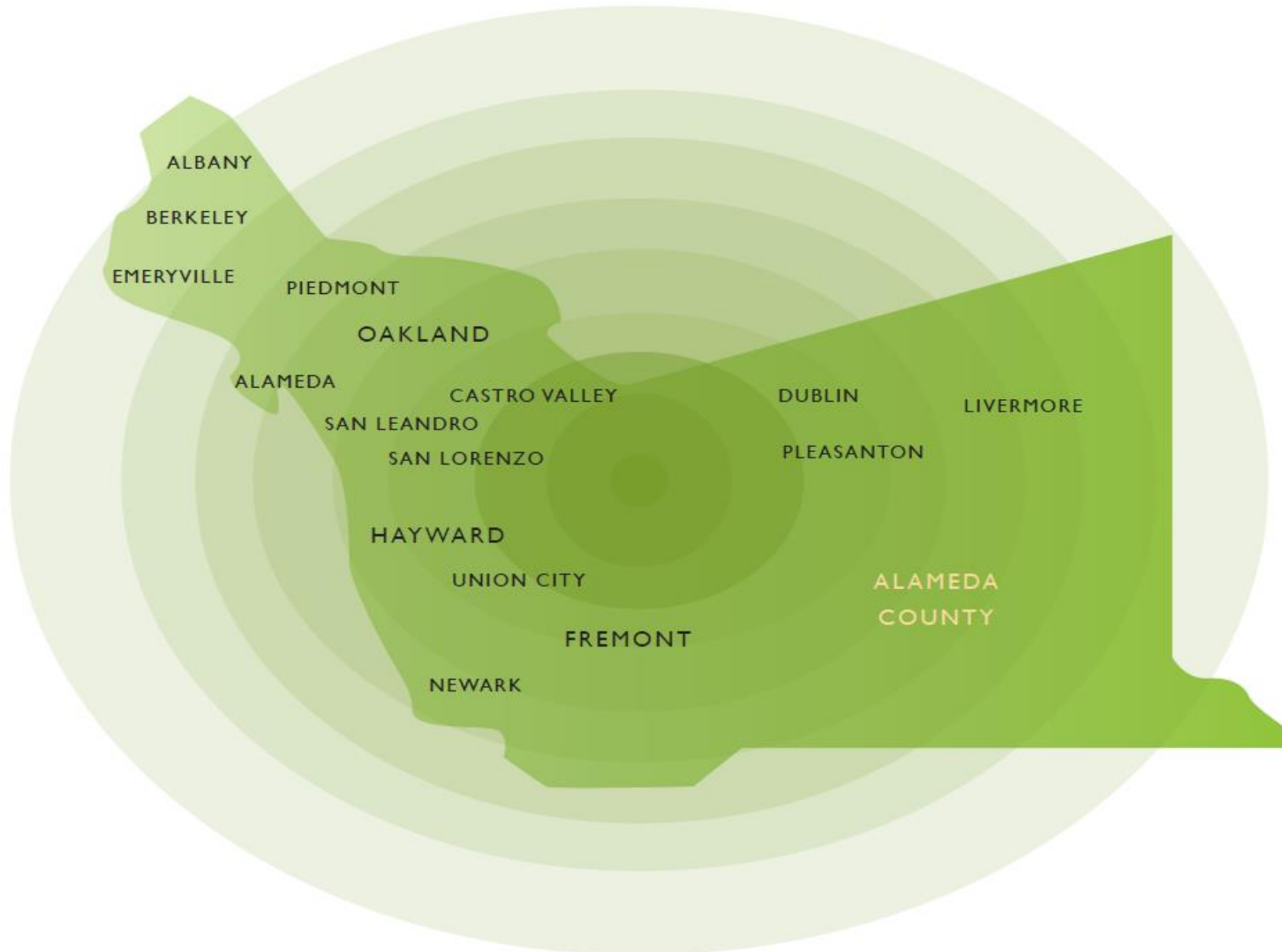


Alameda County Health Care Services Agency Center for Healthy Schools and Communities



"Linking health, education, and communities to change lives and achieve equity"

Alameda County, CA



Alameda County

- One of 5 Counties in the San Francisco Bay Area
- 737 square miles
- 1.5 Million Residents, 21% under 18
- 18 School Districts; 389 schools; 213,317 enrolled



Alameda County, Cont.

- Highly diverse: 21% Asian, 31% Latino, 15% African American, 23% White
- 55% Free and Reduced Lunch; 71% minority, 23% English Language Learners
- Largest District is Oakland Unified: 47,000 enrolled, 71%, FRL, 89% minority



Center for Healthy Schools and Communities

School Health Centers

- Service coordination
- Medical services
- Mental health services
- Health education
- Youth development

26 School Health Centers
17 high schools
7 middle school
1 elementary school
1 community college
3 new sites in planning
8 school districts

School-Based Behavioral Health Initiative

- Promotion of positive social-emotional development
- Behavioral health services
- Family supports
- Service coordination & capacity building
- Crisis Response

160+ School-based behavioral health sites
9 School district consultation and capacity building programs
26 School health centers

Local Systems Building

- Align shared vision & framework
- Maximize & expand services
- Leverage resources
- Integrate health and learning supports
- Develop tailored strategies

11 Initiatives

Berkeley 2020 Vision
Emeryville School Health Initiative
Fremont School Health Initiative
Hayward Full Service Community School
New Haven School Health Initiative
Newark School Health Initiative
Oakland Community Schools Initiative
San Leandro School Health Services
San Lorenzo School Health Initiative
Tri-City FSCSN Initiative
Tri-Valley School Health Initiative



\$16,030,962 CHSC Annual Investments

\$4,900,480 for Youth and Family Opportunity Hubs

\$4,776,248 for School Health Centers

\$6,354,234 for School-Based Behavioral Health Initiative



\$51,632,420 CHSC Annual LEVERAGED Investments

\$6,125,600 for Youth and Family Opportunity Hubs

\$21,156,248 for School Health Centers

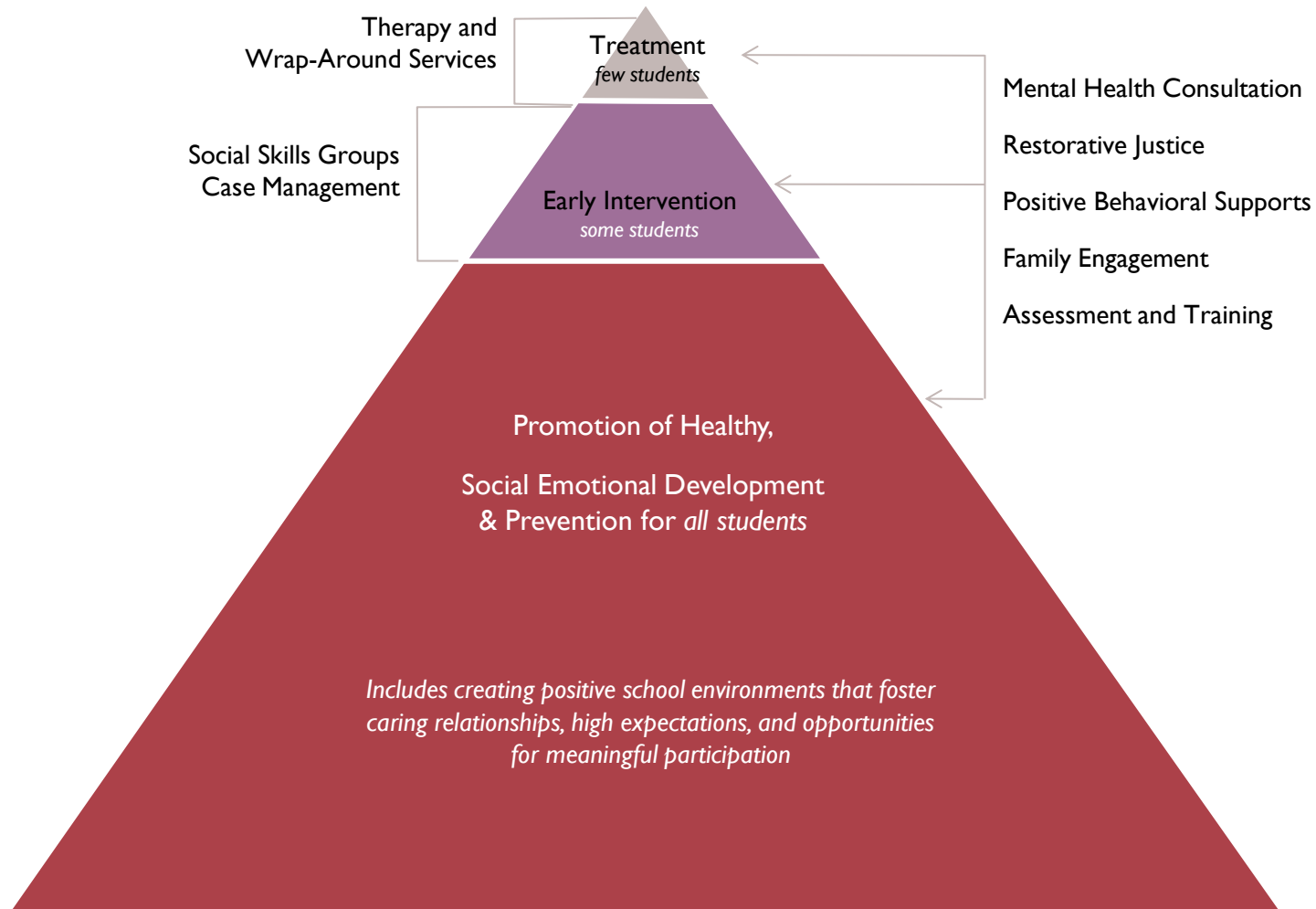
\$24,54,572 for School-Based Behavioral Health Initiative



To strengthen and expand school-based behavioral health practice, finance, evaluation, and policy by:

- Developing, adopting, and implementing a best practice framework.
- Establishing learning communities of school-based behavioral health providers and school district staff.
- Integrating funding streams.
- Linking behavioral and educational health outcomes.

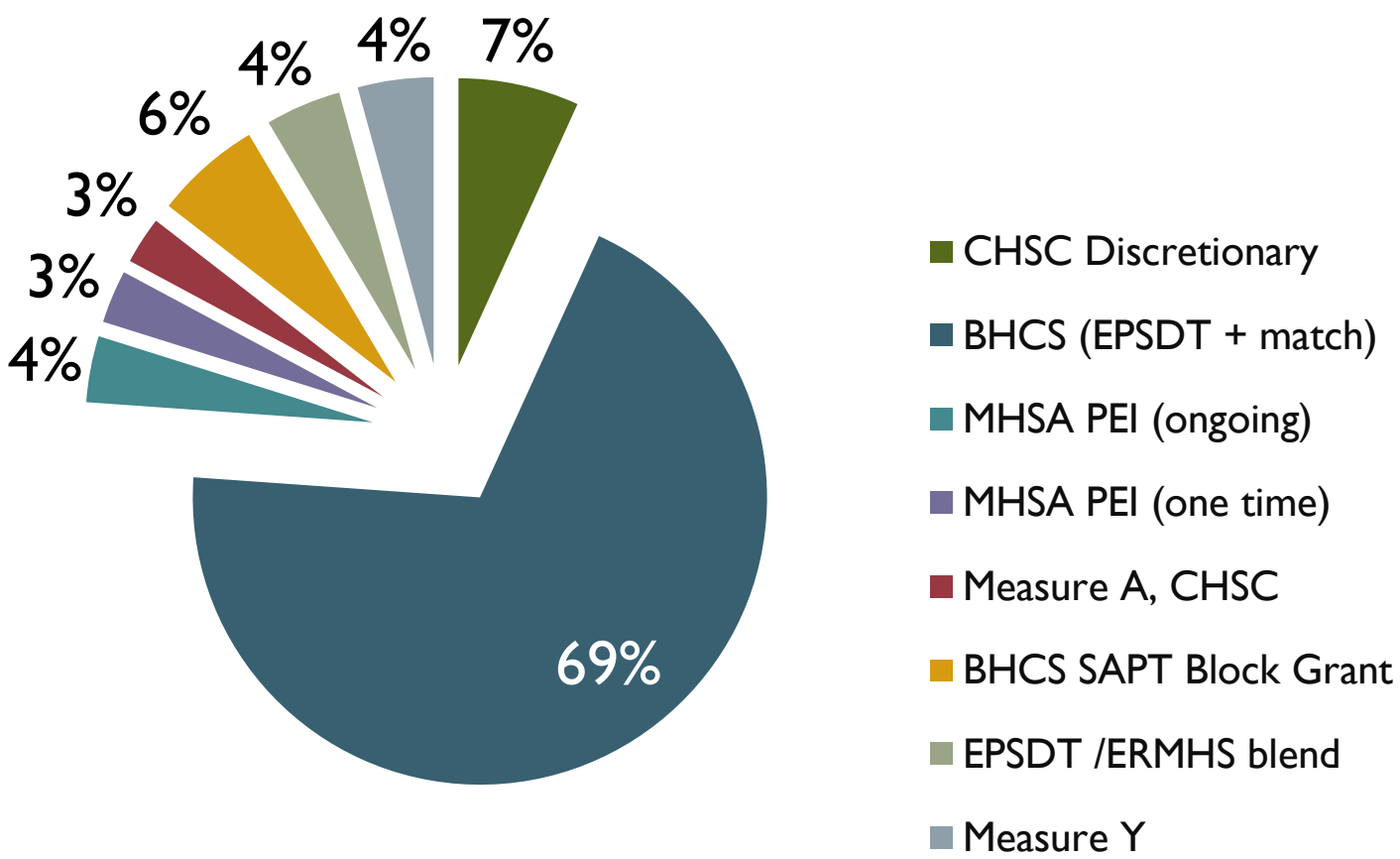
Alameda County School-Based Behavioral Health Framework



SBBHI Initiative Programs

- Our Kids Our Families (Universal Access)
- EPSDT-Funded School-Based Programs
- School Health Center Model
- District-Level Behavioral Health Coordination and Support
- School Climate
- School-Based Alcohol and Other Drug Prevention
- Mental Health Consultation Training Institute

SBBHI Service Investments by Funding Stream



Mental Health Consultation Training Institute




Funded by the Mental Health Services Act, Prevention and Early Intervention Program

The Institute is a two-year project designed to expand the availability of quality mental health consultation in schools in Alameda County.




Why Mental Health Consultation?

If we strengthen the capacity of teachers and staff to engage with students and their parents in positive, meaningful, and culturally responsive ways.



Teachers and staff will become better at promoting social emotional learning and development, and addressing behavioral challenges with individuals and groups of students.



Students and parents will become more supported, connected, and engaged in school.



Students will be successful in school and resilient in life.

Institute Objectives

- Teach school-based behavioral health providers and school staff with mental health backgrounds how to incorporate quality mental health consultation into their current practices in schools.
- Build support for the practice of mental health consultation among school district leaders, principals, teachers, and staff as an approach to improving social emotional and educational outcomes for students.
- Train school-based behavioral health providers and school staff with strong consultation skills to train other providers and relevant school staff in conducting quality mental health consultation.

Partner Agencies and Regions

- Children's Hospital and Research Center, Oakland North County B & Mid-County
- Jewish Family and Children's Services of the East Bay North County A
- Portia Bell Hume Behavioral Health and Training Center Tri-Cities, Tri-Valley

Initiating the Work

- Facilitated Planning Meetings
- Guiding Principles
- Process Model
- Implementation Support

School-Based Mental Health Consultation Process*



*Developed by Institute Partners

Engagement

- Cultural and social context
- Identifying entry point
- Humility, patience, respect, flexibility, authenticity
- Assessing readiness of system, site, and individual
- Systemic assessment including stakeholders
- Consistent clarification

Inquiry

- Observer's stance
- Resist the “pull”
- Relationships
- Data generating
- Reflection
- Multiple realities

Co-Creating Meaning

- Co-reflection
- Identifying patterns and exceptions to patterns
- Edges
- Strengths-Based
- Assessing relationships
- Modeling, reflective/parallel process
- seeding

Fostering Agency

- Exploring possibilities
- Reflecting on possibilities
- Revisit/ clarify
- Fostering agency/ self reflection
- Validation
- Sustainability

Stories from the Field

- The Hume Center has been providing mental health consultation services in the Tri-Valley (3 school districts), since Spring 2010
- The Hume Center is a major partner in delivering the Institute in Tri-Valley and Tri-Cities

Contact Information

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