



# CCRESA Community Conversation

Mental Health and School Safety  
March 7, 2024



# Welcome

Introductions and Purpose



## Clinton County School Districts 2nd Annual Community Conversation *about* Mental Health & School Safety

### Location

CCRESA  
1013 US 27,  
St. Johns

### Date & Time

March 7, 2024  
6:00-7:00 PM

### Topics

Mental Health  
&  
School Safety

### Participants

All Clinton  
County  
Families

### Discussion Points

County and Behavioral  
Mental Health Resources

Guest Speaker: Terry  
Hessbrook

Updates on Survey Results

Protocol for Discussion



### Goals of the Discussion

#### Resources

Help families understand facts and resources related to mental health in Clinton County

#### Updates

Learn and discuss the findings from the mental health and school safety survey conducted by the county districts.



# Agenda

## **01** Welcome

Introductions & Purpose

## **02** County Resources

Behavioral Mental Health

## **03** Parent Support

Jennifer Goodman

## **04** Survey Results

District Updates

## **05** Community Dialogue

Four Corner Activity

# Purpose

Governor Whitmer and the Michigan Legislature has allocated funding for districts to carry out activities to improve student mental health (31aa).

This conversation is focused on sharing and discussing district and county results.

# County Resources



# Behavior Mental Health Services and Beyond

Kasey Olsen, LMSW

Haley Hastings, LMSW

# Current Behavior Mental Health Specialists



Kasey Olsen, LMSW



Michael Bunker, LMSW



Haley Hastings, LMSW



Lindsay Weismiller, LLMSW



Ryann Kaplan, LLMSW



Megan Conner, LLMSW



Brooke Rea, LLMSW





# Behavior Mental Health Specialist (31n6 grant created positions)

The purpose of funding under 31n (6) is to expand the availability of mental health services and supports to K-12 students with **mild to moderate mental health issues** and provide appropriate referrals for students in need of more intensive services through the Community Mental Health system or other outside agencies, as appropriate.





# How do students qualify for BMHS services?

## Mild-to-Moderate Mental Health Issues

- Student and Teacher Mental Health Survey, given 2-3x yearly
- Flagged Students are Identified
- School & BMHS Reviews Identified Students
- BMHS Receives List of Qualifying Students



# Overview of Services

- Initial parent contact and consent
- Intake assessment
- Plan of Care Development
- Social-Emotional-Behavioral Health Interventions
  - Up to 15 sessions available
  - 15-45 min sessions
  - 1-4x monthly
- Monitor progress
- Provide referrals to community resources as needed
- Crisis intervention, as needed



# Common Concerns Addressed

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- Anxiety Symptoms
- Depressive Symptoms
- Executive dysfunction
- Lack of social skills and/or connections
- Low self-esteem
- Poor sleep



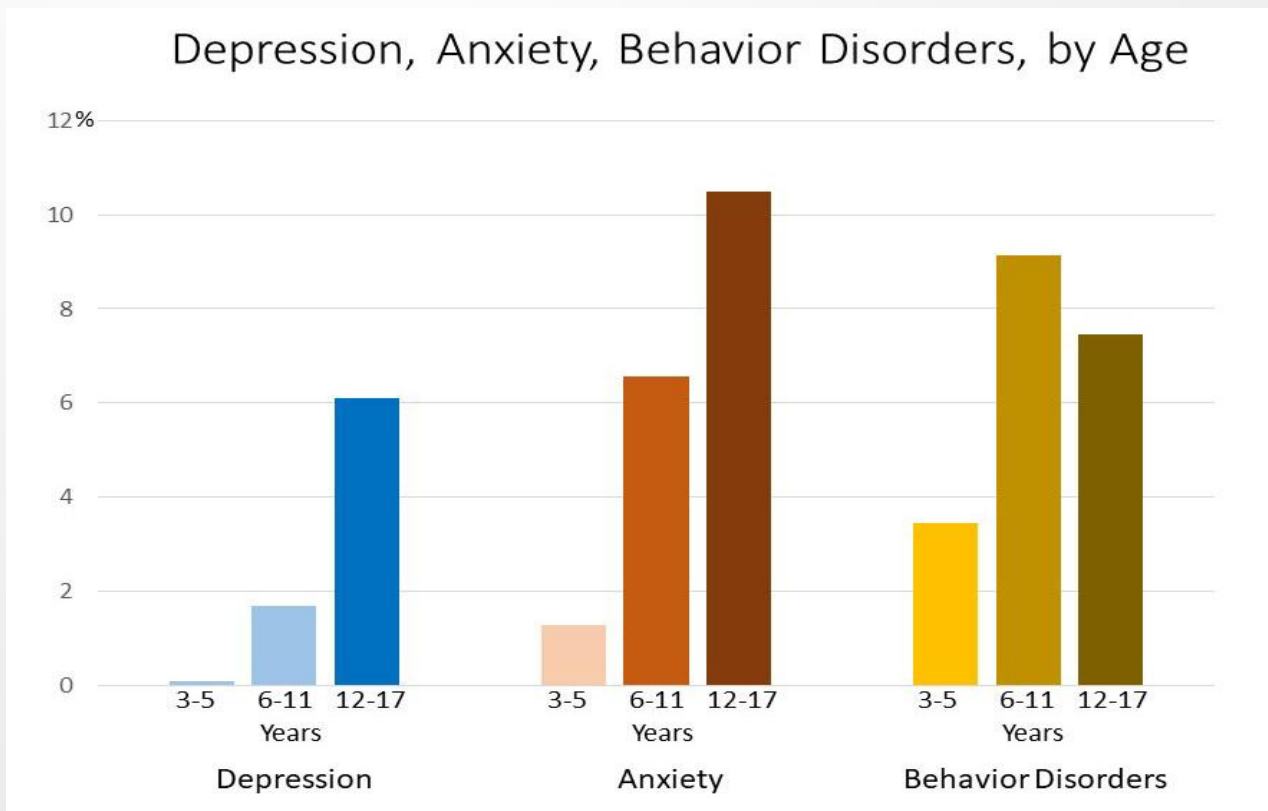
# Current District Support

*We've greatly expanded our reach this school year!*

- St. Johns (grades K-12)
- DeWitt (grades K-12)
- Bath (grades K-12)
- Ovid-Elsie (grades K-12)
- Fowler (grades 6-12)



# Let's Talk About Data!



Centers for Disease Control and Prevention. (2023, March 8). *Data and statistics on children's Mental Health*. Centers for Disease Control and Prevention. <https://www.cdc.gov/childrensmentalhealth/data.html>



# Michigan Youth Data

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- 16.39% of youth (age 12-17) reported suffering from at least one major depressive episode in the past year (Mental Health America, 2023)
- 59.8% of youth with major depression did not receive any mental health treatment

*Youth Ranking 2023.* Mental Health America. (n.d.).

<https://mhanational.org/issues/2023/mental-health-america-youth-data#two>



**What percentage of students (grades 3-12) do you think self-reported emotional concerns in Clinton County this fall?**

- A. 3 %
- B. 7 %
- C. 12 %
- D. 29 %



# What percentage of students (grades 3-12) do you think self reported emotional concerns in Clinton County this fall?

A. 3 %

B. 7 %

C. 12 %

D. 29 %

\* 785 students

# Fall County-Wide SEB Data

<b>2023-2024</b>	<b>Fall</b>
Total # of students screened (student self report survey)	6,317
Met Criteria referred #	536
Met Criteria % of Total Students Screened	8.5%
Met Criteria # of Students Receiving Community Therapy	56
Met Criteria % of Total Students Screened Receiving Community Therapy	10.4%
New Caseload #	165
New Caseload % (of those referred)	31%
New Caseload % of Total Students Screened	2.6%
Total % of Referred Students Receiving Therapy Support (New BMHS Caseload or Community)	41.2%
# of Students in TRAILS CBT & Mindfulness Tier 2 Group	30



# Service Expansion: Fall 2023 to Fall 2024

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- 1,057 more students screened (20% increase)
- 42 more students received BMHS services (3% increase)
- K-2 grade levels serviced
- 30 students participated in TRAILS CBT & Mindfulness Groups



## Other In-School Offerings

- TRAILS- CBT and Mindfulness Skills Groups
  - TIPs Program Flyer- English / Spanish
  - Ele's Place Groups for Grief / Loss
  - Multi-Tiered System of Supports
    - Positive Behavior Interventions and Supports (PBIS, Tier 1)
    - Small Group Instruction (Tier 2)
    - Individual Support (Tier 3)
  - Individualized Education Plan (IEP) or 504 plans, as needed
- (\*resources for in school supports will vary by district, building, and grade level)



# General Community Resources

- CCRESA Instructional Services Website: Behavior Mental Health Section
- CCRESA Agency Website (ccresa.org)
- Tri-County Community Providers List
- Tri-County General Community Resources
- Resource Guide for Individuals and Families Impacted by Substance Use Disorders



# Mental Health Resources for Students

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- Association for Children's Mental Health (ACMH)
  - Mental health information and resources
- Headspace Michigan
  - Online platform for kids and parents around self care and mindfulness
- Insight Timer
  - # 1 free app for sleep, anxiety, and stress



# Community Resources for Students

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- Clinton County Mental Health / Therapy Resources
- Salus Center (SalusCenter.org)
  - LGBTQ+ groups and supports
- Teen Virtual Therapy Group Flyer
- CMH Stress Buster Group
  - St. Johns Library, Fridays: from 10am-11am, for 3-6yo children





# Community Resources for Parents

- Clinton County Connect
- Caring and Sharing Family Life Services- Facebook Events Page
- Triple P Parenting Groups
  - Triple P Teen Flyer
  - Free for community members
  - First session: March 12th at 5:30pm
  - @ Clinton County Courthouse Garden Level Conference Room
- MSU Online Parenting Programs
- The Growing Season: Parent Coaching and Family Support
  - Individual Coaching
  - Group Coaching
  - Bringing Baby Home
  - Workshops & Book Clubs



# QR Code for BMHS Link Tree

- Includes:
  - BMHS Program Flyer
  - Current CCRESA Instructional Services Website
  - Clinton County Mental Health Resources
  - Tri-County Community Providers List
  - TIPS (Mental Health Support Program) Flyer
  - 20 Tips for Parenting Children with Depression & Anxiety
  - Break the Stigma Around Youth Mental Health- Video



# Questions??

Kasey Olsen, LMSW  
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Michael Bunker, LMSW  
Behavior Mental Health Specialist  
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# How can Parents Support their Child?

*Feeling Helpless*

A photograph of a sunset over a dark horizon, with the text 'Feeling Helpless' overlaid in a white, italicized serif font. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. A small, dark silhouette is visible on the horizon line.

# How can Parents Support their Child?

Takeaways:

Big Problems vs Child Problems

Do not dismiss

Find a professional

Do not use guilt

Love them

# Lessons for Parents

Do not blame yourself

Do not lose hope

Find your network-friends/online groups/therapist

Keep searching for answers

Lean on professionals

Communicate with the school

Mental Health is more important than grades


# Survey Results







# March of 2023

- Staff Positions (mental health and security)
  - De-escalation Spaces for Students
  - Education about Mental Health (community and parents)
  - Tools (Safety Procedures)
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# Top Survey Results

- **Hiring/contracting or funding current staff for student mental health needs**, including, but not limited to, school psychologists, social workers, counselors, and school nurses. (B, C, D, F, P, S)
- **Safety infrastructure**, including, but not limited to, cameras, door blocks, hardened vestibules, window screening, and technology necessary to operate buzzer systems.. (B, C, D, F, P, S)
- Providing school-based mental health personnel **access to consultation with behavioral health clinicians** to respond to complex student mental health needs (C, D, F, P, S)
- **Student Safety Management System**, the information technology platform and related services to improve student safety by mitigating cyberbullying, school violence, human trafficking, and self-harm that supports students from grades K to 12. (B, D)

# Community Conversation

Mental Health and School Safety



# Community Discussions



**Mental  
Health**

**School  
Safety**

Take top four areas and assess  
needs, barriers, solutions, and wonderings

Four Corner Activity

# Four Corner Activity

Needs	Barriers
Solutions	Wonderings



**Brainstorm,**  
**Conversation**  
**Information**





**Thank You**

