Federal Efforts To Improve Behavioral Health in School Settings

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Objective

Discuss the integration of Mental Health and Social Emotional Climate in current CDC priorities and resources including:

• Current and upcoming work in Mental Health and Social Emotional Climate

• Whole School, Whole Community, Whole Child (WSCC) Framework

• School Health Index
Whole School, Whole Community, Whole Child (WSCC)
Modules - WSCC components

Module 1 – School Health and Safety Policies and Environment
Module 2 – Health Education
Module 3 – Physical Education and Other Physical Activity Programs
Module 4 – Nutrition Environment and Services
Module 5 – School Health Services
Module 6 – School Counseling, Psychological, and Social Services
Module 7 – Social and Emotional Climate
Module 8 – Physical Environment
Module 9 – Employee Wellness and Health Promotion
Module 10 – Family Engagement
Module 11 – Community Involvement
What is the Purpose of the SHI?

ACTION PLAN
SHI Format

- Completed by school health teams

- Two separate versions:
  - Elementary School
  - Middle School/High School

- **Self-Assessment:** 11 modules

- **Planning:** Planning for Improvement section
<table>
<thead>
<tr>
<th>SHI Process</th>
<th>- Form a team</th>
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<tbody>
<tr>
<td></td>
<td>- Hold a meeting</td>
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<tr>
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<td>- Complete modules and planning questions</td>
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<td>- Review results/Create action plan</td>
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<td>- Re-evaluate</td>
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National Center for Chronic Disease Prevention and Health Promotion
DIVISION OF POPULATION HEALTH, SCHOOL HEALTH BRANCH
# Sample SHI Questions

<table>
<thead>
<tr>
<th>CC.1</th>
<th>Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully in Place</td>
<td>3</td>
</tr>
<tr>
<td>CC.2</td>
<td>Health and safety promotion and treatment</td>
</tr>
<tr>
<td>CC.3</td>
<td>Collaborate with other school staff members</td>
</tr>
<tr>
<td>CC.4</td>
<td>Identify and track students with emotional, behavioral and mental health needs</td>
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<tr>
<td>CC.5</td>
<td>Establish referral system</td>
</tr>
<tr>
<td>CC.6</td>
<td>Aid students during transitions</td>
</tr>
<tr>
<td>S.1</td>
<td>Identify and refer students involved in violence</td>
</tr>
<tr>
<td>T.1</td>
<td>Identify and address tobacco use</td>
</tr>
</tbody>
</table>

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (24) by subtracting 3 for each question eliminated).

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

**MODULE SCORE =**

\[
\frac{(Total \ Points \ / \ 24)}{\times \ 100}
\]
Sample Module Planning Questions

• Planning Question 1: Look back at the scores you assigned to each question. According to these scores, what are the strengths and weaknesses of your school’s counseling, psychological, and social services related to students' health and safety?

• Planning Question 2: For each of the weaknesses identified above, list several recommended actions to improve the school’s scores (e.g., establish a system for referring students to appropriate community-based counseling, psychological, and social services).
Module Planning Questions

• **Planning Question 3:** List each of the proposed actions identified in Planning Question 2 in the table. Use the scales to rank each action on the five dimensions below:

  • Importance
  • Cost
  • Time
  • Commitment
  • Feasibility
School Health Index

• The full, comprehensive SHI, developed by CDC, is available in downloadable/hard copy pdf and online at:
  https://www.cdc.gov/healthyschools/shi/index.htm

• Alliance for a Healthier Generation’s adaption of SHI is available:
  https://schools.healthiergeneration.org/dashboard/about_assessment/

• Action for Healthy Kids’ adaption of SHI is available:
  https://afhkschoolportal.force.com/AFHK_Communities_Login
Training Tools for Healthy Schools eLearning Series: Promoting Health and Academic Success (TTHS)
Current and Upcoming Work

• Collaborate with members of Community Guide to review evidence to support recommendations for school-based depression and anxiety programs for students

• Partner with SHAPE task force to develop resources to incorporate SEL in health education and physical education

• Complete environmental scan and summarize existing resources (e.g., guidelines, toolkits) on SEL in schools

• Work with SAMHSA to connect our respective state grantees regarding Project Aware andWSCC

• Manuscript on the relationship between physical activity, dietary habits, and indicators of anxiety and depression (using YRBS data)
THANK YOU!
An Overview of DASH’s Approach to Safe and Supportive Environments

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Health Scientist, CDC’s Division of Adolescent and School Health
Healthy Students, Promising Futures Learning Collaborative
December 5, 2018
The Division of Adolescent and School Health (DASH) works to promote environments where youth can gain the health knowledge, skills, and healthy behaviors, connect to health services, and avoid becoming pregnant or infected with HIV or STDs.
DASH’s Current Funded Program

Sexual Health Education

Sexual Health Services

Safe & Supportive Environments
Common Domains

- Strengthen Staff Capacity
- Increase Student Access to Programs and Services
- Engage Parent and Community Partners

Sexual Health Education
Sexual Health Services
Safe and Supportive Environments
# SSE Required Activities

<table>
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<tr>
<th>Domains</th>
<th>Activities</th>
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| **Strengthen staff capacity**             | • Provide professional development to teachers on classroom management annually  
• Provide professional development to all school staff on supporting lesbian, gay, bisexual, and transgender (LGBT) youth annually |
| **Increase student access to programs and services** | • Implement mentoring, service learning, and/or other positive youth development programs for students and/or connect students to such community-based programs  
• Establish or enhance student-led clubs that support LGBT youth (often known as Gay-Straight Alliances or Genders and Sexualities Alliances) |
| **Engage parent and/or community partners** | • Disseminate resources to parents/caregivers on parental monitoring and parent-adolescent communication (generally and specifically about sex) |
SSE Intermediate Outcomes

School connectedness
Parental monitoring
Parent-adolescent communication general
Parent-adolescent communication about sex

Sexual risk behaviors
Substance use
Violence
Mental health problems
Professional Development: Classroom Management

- For teachers
- Annually
- Knowledge and skills related to best practices
- Emphasis on consequences vs. punishment
- Specific considerations for sexual health education

Classroom Management Best Practices

- Establish rules, routines and expectations
- Reinforce positive behavior through praise
- Enforce consequences for misbehavior consistently
- Maximize structure
- Foster student engagement by including opportunities for active student participation
Professional Development: Supporting LGBT Youth

- For all school staff
- Annually
- Knowledge about:
  - Concepts of sexual orientation and gender identity, including language
  - Health risks faced by LGBT youth
  - Effects of the school environment on the health of LGBT youth
  - Supportive school policies and practices (e.g., gay-straight alliances, safe spaces, inclusive curricula, LGBT-friendly health services)
  - Unique needs of transgender and gender diverse students
- Key skills (e.g., bystander intervention)

Student Programs: Establish or Strengthen GSAs

• GSA programming
  • Provide opportunities for socialization and group support
  • Deliver information/resources
  • Facilitate student advocacy
• GSA inclusivity
• GSA faculty advisors

Building Your GSA

If you want to create an amazing GSA, you’ve come to the right place! Behold the winning formula for starting and running a successful Genders & Sexualities Alliance club: BUILD: Begin, Unite, Inspire, Lead, Don’t give up!

This section contains everything you need to know to organize a kick-ass GSA. Just follow these steps to BUILD your GSA.

Begin

Learn about GSAs and find out how you can start one! Check out:
• What is a GSA?
• 16 Steps for Starting a GSA

https://www.gsanetwork.org/resources/building-your-gsa
Positive Youth Development

- An intentional, prosocial approach
- Engages youth
- Recognizes, utilizes, and enhances young people’s strengths
- Provides opportunities, fosters positive relationships, and furnishes the support needed to build on their leadership strengths

Program types
- Mentorship programs
- Service learning programs
- Traditional curriculum-based programs

Program settings
- Schools (school-based)
- Community-based organizations (linkage and referral)
- Clinics (linkage and referral)
Engage Parents: Disseminate Information on Positive Parenting Practices

- Parenting practices
  - Parental monitoring
  - Parent-adolescent communication generally
  - Parent-adolescent communication about sex

- Content
  - Key definitions and explanations
  - Brief summary of benefits
  - Challenges and potential solutions
  - Key action steps

- Semi-annually

https://www.cdc.gov/healthyyouth/protective/positiveparenting.htm
Thank you!

Questions?

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