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# Effective Interventions to Promote Academic Success for Students with Mental Illness

Renee Smith, M.Ed. -  
Coordinator, Norfolk  
Public Schools

Natalie Elliott, MSW -  
Senior Director of  
Program  
Development

## Today's Discussion

- Barriers to Student Success
- Statistics
- Shared Goals
- Influencing Academic Achievement
- Mental Health Services - Provided by School Systems & Providers
- Therapeutic Day Treatment
- Promising Practices



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## Barriers to Student Success

- Culture
- Language
- Barriers/ESL
- Environmental
- Family Engagement
- Poverty
- Families in Transition
- Truancy
- Individual Disabilities
- Mental Illness

# Virginia Statistics

- Schools/Students
  - (FY 16)– 2,107 / 1,274,419
  - (FY 17)– 2,108 / 1,281,689
- Students with Disabilities (FY 16) – 168,943
  - Specific Learning Disability – 54,763
  - Other Health Impairment – 33,336
  - Autism (includes all Autism Spectrum Disorders) – 19,566
  - Emotional Disturbance – 9,500
- Free/Reduced Lunch (FY 16) – 534,761 (41.96%)
  - Free – 458,540 (35.98%) / Reduced – 76,221 (5.98%)

# Virginia Statistics

- Number of Truant Students (FY 16) - 51,001
- Disciplinary Incidents (FY 16) - 168,915

Type	2015 - 2016 Disciplinary Outcomes	
	Count	Percentage
SHORT - TERM SUSPENSION (OUT OF SCHOOL)	151,876	89.91
NONE	9,450	5.59
LONG - TERM SUSPENSION (OUT OF SCHOOL)	4,389	2.6
MODIFIED EXPULSION TO SUSPENSION	1,521	0.9
SPECIAL EDUCATION IN - SCHOOL SUSPENSION	1,269	0.75
EXPULSION	381	0.23
SPECIAL EDUCATION INTERIM PLACEMENT - LEA	29	0.02
SPECIAL ED INTERIM PLACEMENT – OFFICE	*	*

# Virginia Statistics - Children's Services Act (CSA)

- FY17 Expenditures
  - Count – 15,738
  - Expenditures – \$391 million
- Wrap Around Services for Students with Disabilities
  - Count- 443
  - Expenditures - \$2.6 million
- Private Day Placement
  - Count – 3,816
  - Expenditures - \$156 million
- Congregate Education Placement
  - Count - 487
  - Expenditures - \$18.2 million

## Shared Goals - Reductions

- Truancy
- Short-Term Suspension
- Long-Term Suspension
- Homebound as Transitional Service
- Special Education - Private Day Placement
- Special Education - Congregate Education Placement
- School Expulsion

# How Can You Influence Academic Achievement?

- Implementing Mental Health Support & Services
  - School
  - Home
  - Community



## Mental Health Support & Services Provided by School Systems

- Personnel

Behavioral Support Specialist	Special Education Case Manager
School Psychologist	Truancy Prevention Staff
School Social Worker	School Counselor

- Programming

- Grant Funded Initiatives

- PASS – Positive Alternative to School Suspension Program

- Public/Private Partnerships

- EVMS/United Way/Norfolk Public Schools
    - Carilion Clinic/Roanoke City Public Schools

# Mental Health Services Provided by Community Agencies

## **Therapeutic Day Treatment -**

Mental health counseling services rendered to students that are experiencing behavioral and/or emotional issues within the school setting.

- Providers (CSBs & Private Providers)
  - Contract/MOU with
  - One or more providers
- Funding:
  - Medicaid
  - CSA based on locality
- How Are Youth Identified by the School?



# Therapeutic Day Treatment

- Benefits
  - No Cost to Schools
  - A Prevention Service
  - Evidence Based Programming
    - Virginia Tiered System of Support
    - Trauma Informed Care
    - Cognitive Behavioral Therapy
  - Outcome Driven
    - Increase School Attendance
    - Reduce Disciplinary Referrals
    - Improve Academic Success

# Therapeutic Day Treatment

- Benefits
  - Providers Can Offer Additional Supports
    - Year round programming
    - After school therapeutic programs
    - Care coordination and transportation
  - New Medicaid Requirements
    - Plus 1 Services
      - Medication Management
      - Outpatient Counseling
      - Intensive In-Home Services
    - Requires “Counseling” Component
    - Increased Family Engagement
    - Innovative Services Offered In School
      - Tele-Psychiatry
      - Tele-Counseling

# Therapeutic Day Treatment

- Challenges
  - Medicaid ONLY Service
  - New Medicaid Requirements – Increase in Denials
    - Plus 1 Services Not Readily Accessible
      - Parent Refusals
        - “Too Much” or “Too Busy”
        - Cost – Transportation
        - Stigma
          - Mental Health
          - “Don’t believe in Medications”
        - Cultural
        - Distrust of Agencies / Service Providers
  - Requires “Counseling” Component

## Additional Services in the Home/Community (Access Point)

- Medication Management
- Crisis Stabilization/Intervention
- Outpatient Counseling
  - Individual/Family/Groups
  - Intensive Outpatient Programs
  - Partial Hospitalization Programs
- Substance Abuse Services
  - Individual/Family/Groups
  - Intensive Outpatient Programs
  - Partial Hospitalization Programs
- Intensive In-Home Services
- Home Based Services
- Mental Health Skill Building
- Mentoring
- Parenting Services
  - Individual/Family/Groups
- Congregate Settings (Level B & C)
- Partial & Acute Hospitalization
- Volunteer Opportunities
- Other Community Agencies, Organizations & Supports

## Promising Practices

- Tele-Psychiatric Services
- Tele-Counseling Services
- Crisis Stabilization Services

Direct mental health care to individuals (of all ages) experiencing an acute crisis of a psychiatric nature that may jeopardize their current community living situation. Staff provide brief therapeutic interventions to stabilize individuals.

- Center based crisis services now utilized at a school suspension alternative
  - Students must meet criteria for crisis stabilization
- How did a community based service find it's way in to the school?



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## Outcomes

- Preliminary Results
  - Total number referred to program - 115
  - Total number served - 94
  - Avg number of days - 12 days





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## Scenario

- Brandon
  - 16 yo African American Male
  - Urban area
  - General Education Population
  - Currently Receives TDT for Anxiety, Depression
    - Goals (Impulsivity, Mood Regulation)
  - Suspected Early Childhood Trauma
  - Plus One Services is Medication Management through Pediatrician



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Questions?



# Contact Information

Renee Smith, M.Ed.  
Coordinator, Norfolk Public Schools

Norfolk Public Schools  
Department of Interagency Collaboration &  
Wraparound Services  
800 East City Hall Ave.  
Norfolk, VA 23510  
Office: 757-628-3930  
Email: [rsmith2@nps.k12.va.us](mailto:rsmith2@nps.k12.va.us)

Natalie Elliott, MSW  
Senior Director of Program Development

Intercept Youth Services  
5673 Airport Road  
Roanoke, VA 24012

Cell: 540-819-4514  
Email: [nelliott@interceptyouth.com](mailto:nelliott@interceptyouth.com)