

Sacramento County Student Mental Health & Wellness Collaborative Update

MHSA Steering Committee

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Introductions

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Glen Price Group

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Sacramento County Office of Education

Agenda

- ~~Welcome and Introductions~~
- Student MH & Wellness Collaborative History
- (The New) Multi Year Plan
 - Process
 - Discovery Findings
 - The Plan
- Q & A

The Student Mental Health & Wellness Collaborative

History of the Collaborative

In 2009 a small group of stakeholders came together to discuss a common vision and desired results for the role of schools in creating a comprehensive countywide system of prevention and early intervention to promote the mental health and academic success of children from birth to high school completion. Student Mental Health and Wellness. This ***Collaborative***, formed somewhat organically and grew over time, and also participated in the writing of the initial 10-year Student Mental Health and Wellness Plan.

History of the Collaborative

- The purpose of the collaborative is to bring together mental health professionals, educators, and other system partners to collaborate with the goal of developing, improving, and maintaining supports for student mental health and wellness. The collaborative was charged with developing a plan for a comprehensive approach to coordinating mental health services in educational settings.
- The SMHWC is funded by Sacramento County Behavioral Health Services (BHS) MHSAs Prevention and Early Intervention (PEI) component funds.

History of the Collaborative

Benchmarks

Fall 2009 - 10 Year Student Mental Health and Wellness Plan

January 2011 - Bullying Prevention Project: The first project implemented in response to the Countywide Student Mental Health and Wellness Plan.

Fall 2019 - Safe Zone Squad Grant: was awarded to BHS in partnership with SCOE and two school districts. Supporting the identification of students in need of mental health services and referral processes to address those needs.

Fall 2020 - Schools as Centers of Wellness: This bold partnership is dedicated to placing a licensed mental health clinician into every school in Sacramento County at no cost to the schools or districts through an innovative partnership with the Sacramento County Health Center.

Multi-Year Student MH & Wellness Plan



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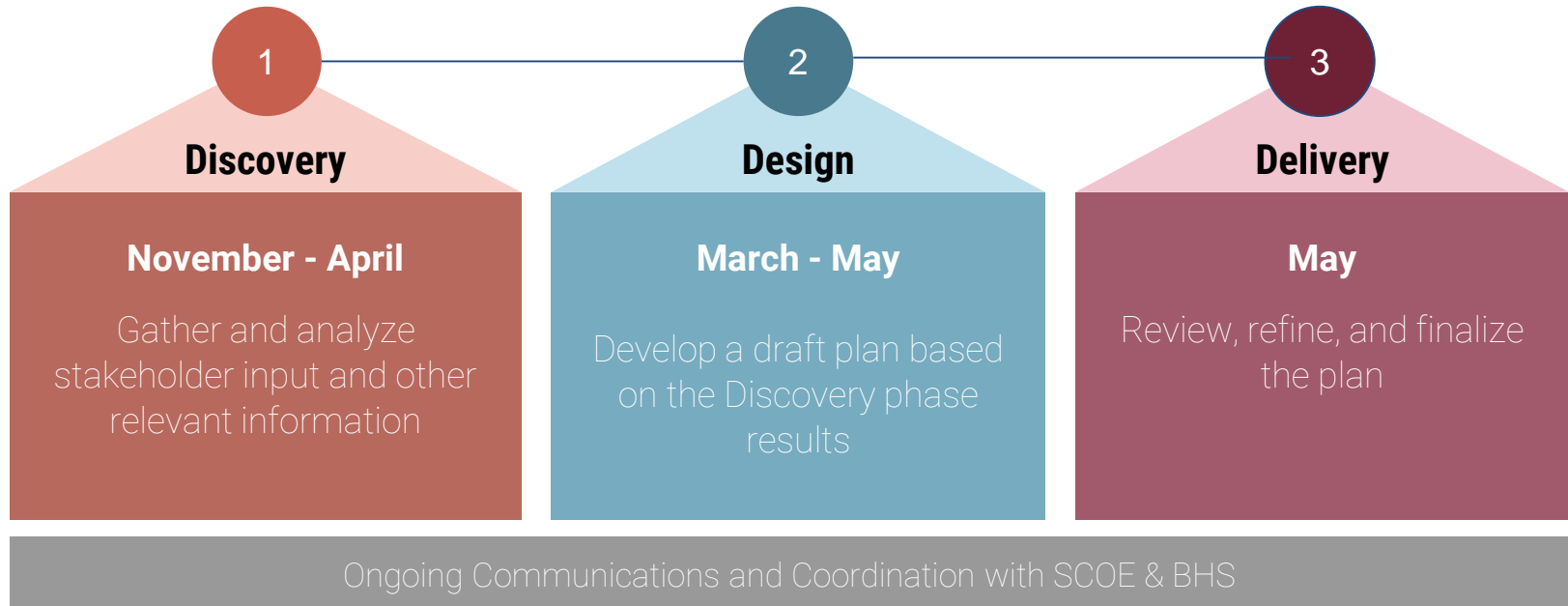


The Plan

A new multi-year plan for student mental health and wellness in Sacramento County, including:

- A shared vision for student mental health and wellness in Sacramento County
- A plan for how we will collectively move in the direction of this vision

Planning Phases



Key Discovery Activities

- Launch event (120 participants)
- Informational interviews (10 participants)
- Group discussions (4 existing groups)
- Listening sessions (200 participants)
- Community survey (260 participants)

Discovery Findings: Student Mental Health & Wellness in Sacramento County Today



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Strengths & Successes

- Increased awareness around mental health issues and services
- Schools are becoming centers for mental health and wellness
- Student-led mental health and wellness approaches are expanding
- Increased training and professional development around mental health issues
- Increased collaboration and coordination with community partners
- Family engagement

Challenges & Gaps Part I

- Access to mental health services
 - Navigating insurance policies and plans
 - Culturally competent care
 - Services for middle class students and students in rural areas
- Preparing and maintaining a diverse workforce of mental health professionals
- Parental/caregiver mental health education and supports

Challenges & Gaps Part II

- Communication
- Stigma
- Support and resources for teachers / staff
- Substance use
- Data

Plan



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Vision

Sacramento County has a seamless system of care that empowers all students to be healthy, resilient, and successful

Values

- Diversity, Equity, and Inclusion
- Student and Family Empowerment
- Prevention
- Collaboration

Pillars

1. Schools as Centers of Wellness
2. Whole Child and Whole Family Support
3. Communications
4. Responsive Workforce
5. Coordinated Systems

Questions?



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