Mental Health Student Services Act

A partnership between Behavioral Wellness and Santa Barbara County Education Office

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Grant Overview

- $4 million grant for four years
  - October 1, 2020 to September 30, 2025 – Extended one-year due to late implementation as a result of the pandemic
- All 20 school districts within the Santa Barbara County opted into the grant.
  - Approximately 70,000 students in county
- Grant oversight from the Mental Health Services Oversight and Accountability Commission (MHSOAC)
- Recently awarded an additional grant amount of $1,022,151
Community/School Partnerships

- Behavioral Wellness (BWell) and Santa Barbara County Education Office (SBCEO)
  - Children and Family Resource Services (CFRS) 501(c)(3) within SBCEO provides the staffing through Health Linkages (Navigators)
  - BWell provides clinicians and the program manager
- Mental Wellness Center
  - Provides training (Mental Health First Aid)
- YouthWell
  - Resource directory for ages 0 – 25. Connects youth to mental health supports countywide
- School Districts

Program Goals

- **Increase student and family awareness** of and access to prevention, early intervention, and crisis response mental health programs and services
- **Provide educational opportunities** to increase awareness and reduce stigma of youth mental health and wellness needs
- **Increase collaboration and communication** between Behavioral Wellness and SBCEO and between public and privately funded mental health providers
- **Support, expand, and sustain mental health programming in schools** (juvenile justice, child welfare services, private insurance, community-based organizations, etc.)
Planned Outcomes

- **Prevent mental illnesses** from becoming **severe** and **disabling**
- Improve **timely access to services** for underserved populations
- **Provide outreach** and psychoeducation to families, employers, primary care health care providers, and others to **recognize the early signs** of potentially severe and disabling **mental illnesses**
- **Reduce the stigma and discrimination** associated with the diagnosis of a mental illness or seeking mental health services
- **Prevent negative outcomes** in the targeted population, including, but not limited to:
  - Suicide and attempted suicide
  - LGBTQIA+
  - Incarceration
  - School failure or dropout
  - Unemployment
  - Homelessness
  - Removal of children from their homes
  - Involuntary mental health detentions

Districts Receiving Services

Santa Maria Bonita School District
- 4 Junior High Schools

Guadalupe Union School District
- 1 Elementary School
- 1 Junior High School

Peter B. FitzGerald Community School
- 1 Community School
Districts Starting in 2022-23

- Orcutt Union School District
- Santa Maria Joint Union School District
- Other Potential Districts Include
  - Carpentaria Unified School District
  - Cold Spring School District
  - Santa Ynez Valley School Districts

Program Data
Student Demographics

**Student Age**
- 5-7 years old: 33%
- 9-11 years old: 23%
- 12-14 years old: 8%
- 15-18 years old: 38%

**Student Ethnicity**
- Hispanic/Latino: 10%
- Non-Hispanic/Latino: 85%
- Unknown/Decline to answer: 5%

N=40

Types of Referrals

- Outpatient Mental Health Services - HMO/Managed Care Plan: 33%
- Outpatient Mental Health Services - County: 44%
- Outpatient Mental Health Services - CBO: 11%
- Other: 11%
Referral Outcomes

- Successful (connected to services)
- No response
- Other

Success Stories

- Story 1
  - Sofia, aged 14

- Story 2
  - Two sisters, aged 11 and 13
Training and Outreach

- Mental Health First Aid classes in collaboration w/Mental Wellness Center
- Suicide assessment and prevention training provided to navigators and district staff
  - Santa Maria-Bonita School District- Planning crisis systems of care
  - Guadalupe Union School District
- Trauma Informed Care training for schools
- 10 outreach events
  - Tabling at school events
  - Presentations

TK/K Parent Night Outreach Event
Outreach Events Supporting LGBTQIA+, Racially, and Ethnically Diverse Communities

Operational Next Steps

- Hire 0.5 FTE Clinician position for south county
- Hire 1.0 - 2.0 FTE Health Navigators
- Develop Agreements with districts
- Provide school staff trainings
  - Mental Health First Aid, Trauma Informed Care, and Signs for Suicide
- Obtain youth perspective regarding mental health
- Awarded for additional funding $1,022,151
  - 1.5 FTE clinicians (1.0 FTE for mid-county and 0.5 FTE for south county)
  - Support operational costs of Health Navigators
  - Provide additional trainings for schools
Future Student Group Topics

- Social Skills
  - Grades 4-7
  - Grades 8-12
- Communication
- Mindfulness
- Self-Care
- Coping Skills
- Drum Circle

Partnership Expansion Plans

- Meet with Community Based Organization partners to inventory services and wait lists
- Develop a YouthWell and 8Well collaboration for school education campaigns
- Connect with private sector providers and schools for services
- Establish interagency collaborations to provide school staff and parent trainings and workshops
www.youthwell.org

Online Resource Directory

CONNECT

families to services and support warm-handoffs

add to directory >
orgs can add and manage their listing.
e-mail directory@youthwell.org

Ways to reduce stigma attached to mental health

- Show compassion & love for those with mental illness
- Encourage equity between physical & mental illness
- Educate yourself & others about mental health
- Do not label or stereotype people with mental illness
- Be a positive mental health role model
- Choose empowerment over shame

Mental Health Includes Respect, Support, Uniform

STOP STIGMA

Recover
Mental Health Student Services Act (MHSSA) Grant Leadership Team

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