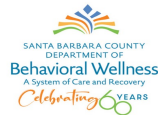


Mental Health Student Services Act

A partnership between
Behavioral Wellness and Santa Barbara
County Education Office

MaryEllen Rehse, Executive Director CFRS



1

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

2

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



3

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.)

4

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

5

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

6

Districts Starting in 2022-23

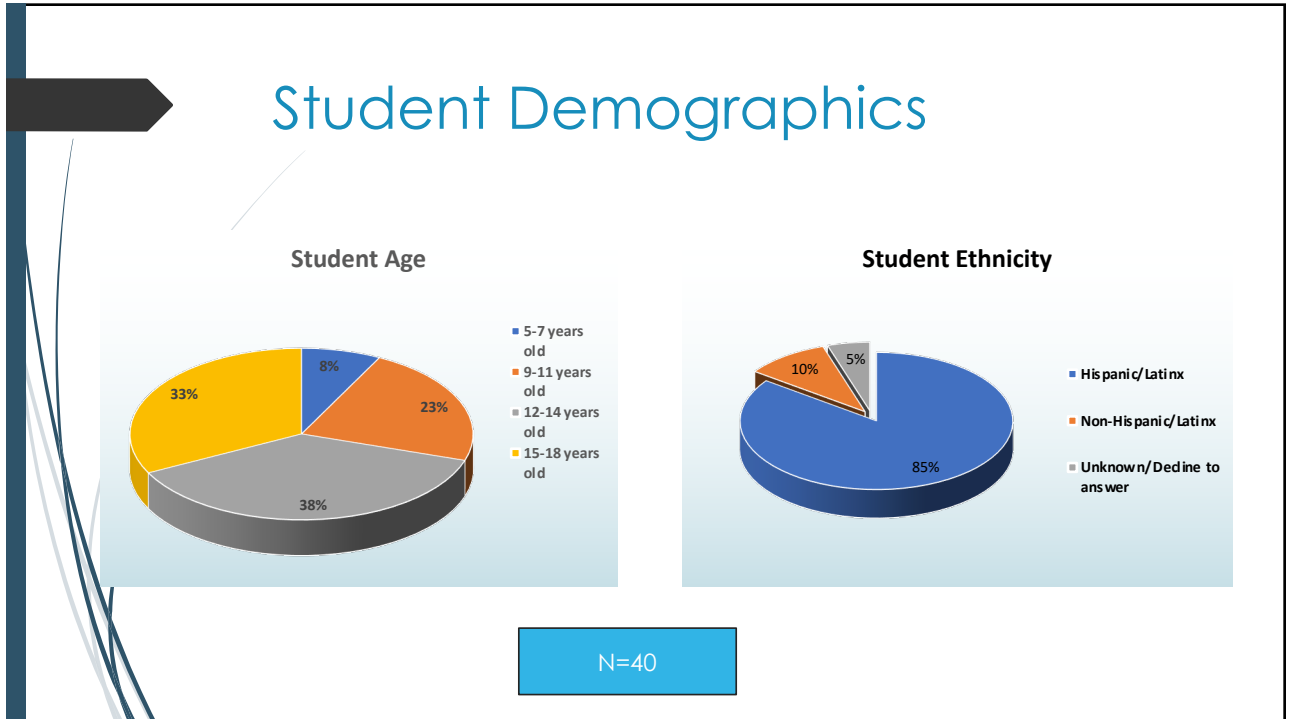
- Orcutt Union School District
- Santa Maria Joint Union School District
- Other Potential Districts Include
 - Carpentaria Unified School District
 - Cold Spring School District
 - Santa Ynez Valley School Districts

7

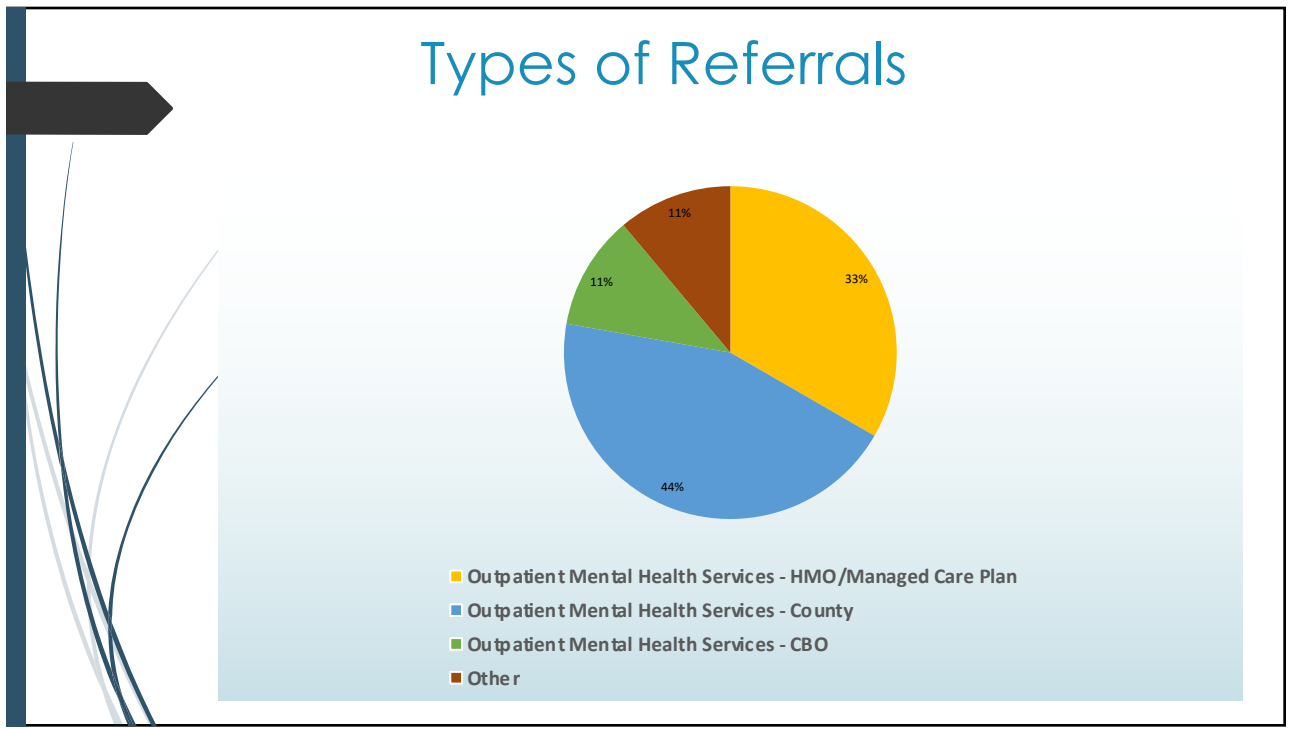
Program Data



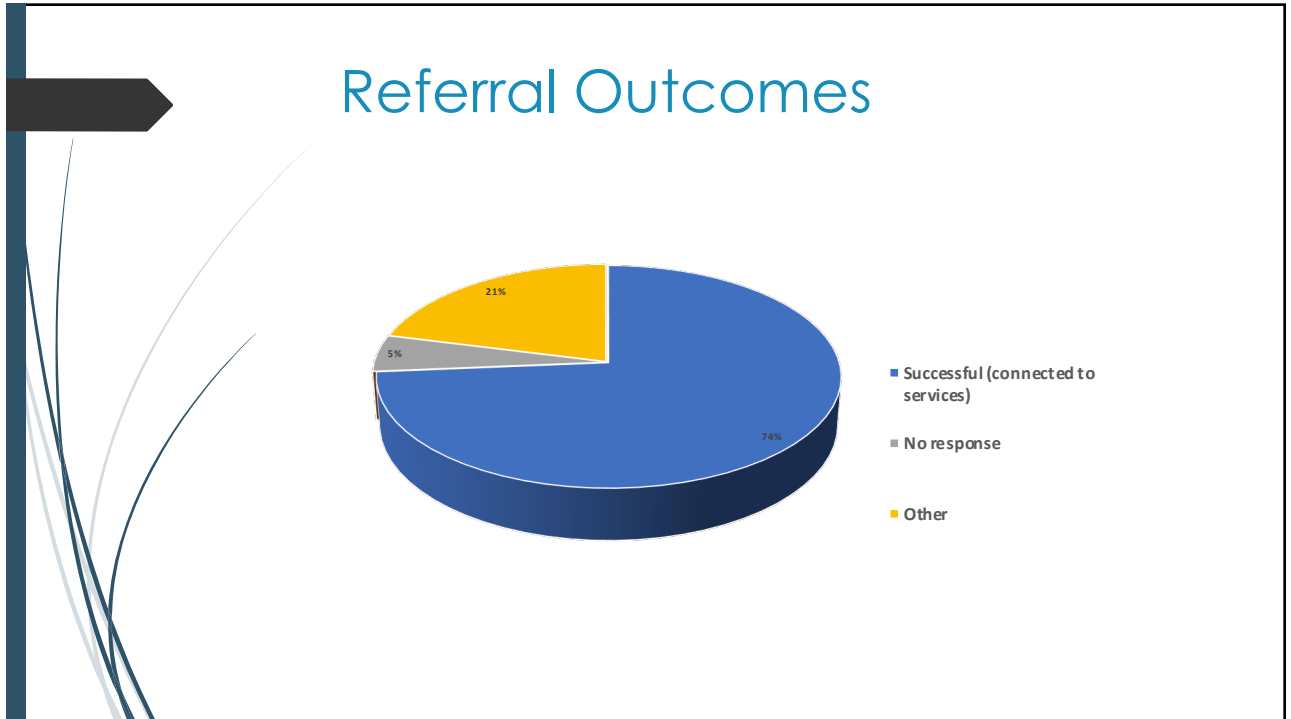
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10



11

- ## Success Stories
- Story 1
 - Sofia, aged 14

 - Story 2
 - Two sisters, aged 11 and 13

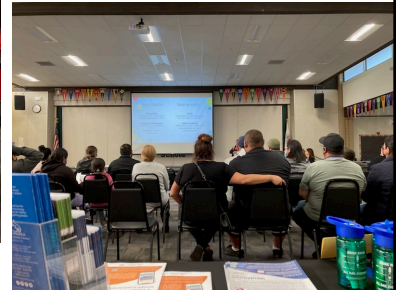
12

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

13

TK/K Parent Night Outreach Event



14

Outreach Events Supporting LGBTQIA+, Racially, and Ethnically Diverse Communities



15

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



16



Future Student Group Topics

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

17



Partnership Expansion Plans

- Meet with Community Based Organization partners to inventory services and wait lists
- Develop a YouthWell and BWell 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

18

www.youthwell.org

Online Resource Directory

CONNECT

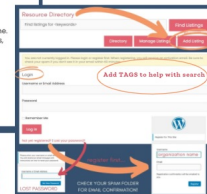
families to services and support warm-handoffs



online resource directory

- services for **ages 0-25** and caregivers
- 70+ orgs listed for SB County
- translated in English & Spanish
- tools for navigating mental health, book list, helpful handouts
- website analytics [March 2021-avg 3,000 page views]

add to directory >
orgs can add and manage their listing
email directory@youthwell.org



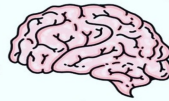
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Ways to reduce stigma attached to mental health

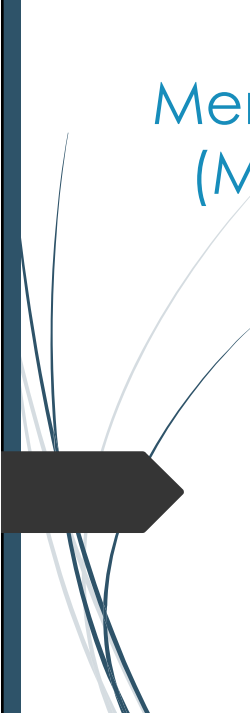
@what.is.mental.illness

- Show compassion & love for those with mental illness
- Encourage equality between physical & mental illness
- Educate yourself & others about mental health
- Talk openly about mental health
- Do not label or stereotype people with mental illness
- Be a positive mental health role model
- Don't use disrespectful terms when you talk about people or mental health
- Choose empowerment over shame



20

Mental Health Student Services Act (MHSSA) Grant Leadership Team



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