



MTSS Mental Health Plan

October 12, 2021

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MTSS Timeline



November 2017

First MTSS
Subcommittee
Meeting



Fall 2018

PBIS PD & creation of
PBIS School Teams



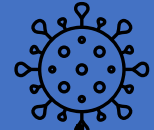
April 2019

Sites complete TFI: 19
sites earn Silver and
12 earn Bronze
recognition



March 2020

World Health
Organization declares
a global pandemic



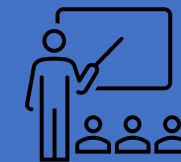
Spring 2018

Sanford Harmony PD
and agreement to
implement SEL for 15
minutes/day



November 2018

Hired MTSS Director



July 2019

Sites attend
differentiated PD &
begin implementing
Tier II

May 2020

Monthly school & family resources to guide SEL



February 2021

SEL Parent Series

- SEL at home
- Grief & loss
- Stress & anxiety



March 2021

Trauma PD for all teachers



April-May 2021

10 SEL professional learning opportunities



Fall 2020

Adapted Tier I supports to distance learning



February 2021

17 schools gain access to Inner Explorer through Kaiser grant



April 2021

Mental Health support for 2 days at all sites



Mental Health Plan: 2021-2022

SEL Supports: Personnel

- 28 Site Counselors/Social Workers
 - Top 10 unduplicated = full time counselor/social worker
 - Remaining schools = 2.5 days/week counselor/social worker
- 8 District Social Workers
- 1 MTSS Coordinator
- Cost: \$3.2 million



Site Counselors/ Social Workers

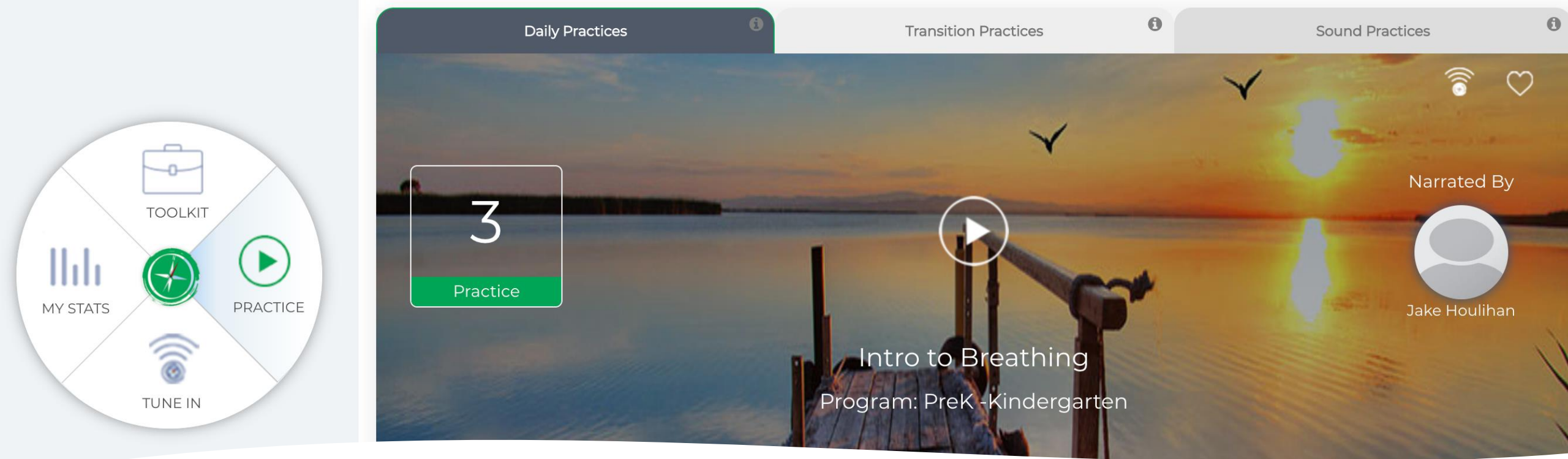
- Focus
 - Tier II- social skills groups, group counseling
 - Tier III- individual counseling
 - MTSS coach
- Support
 - Bi-weekly professional learning
 - Weekly office hours
 - Quarterly visits/consultation



District Social Workers

- Focus
 - Foster Youth
 - McKinney-Vento students
- Support
 - Weekly meetings
 - Weekly office hours



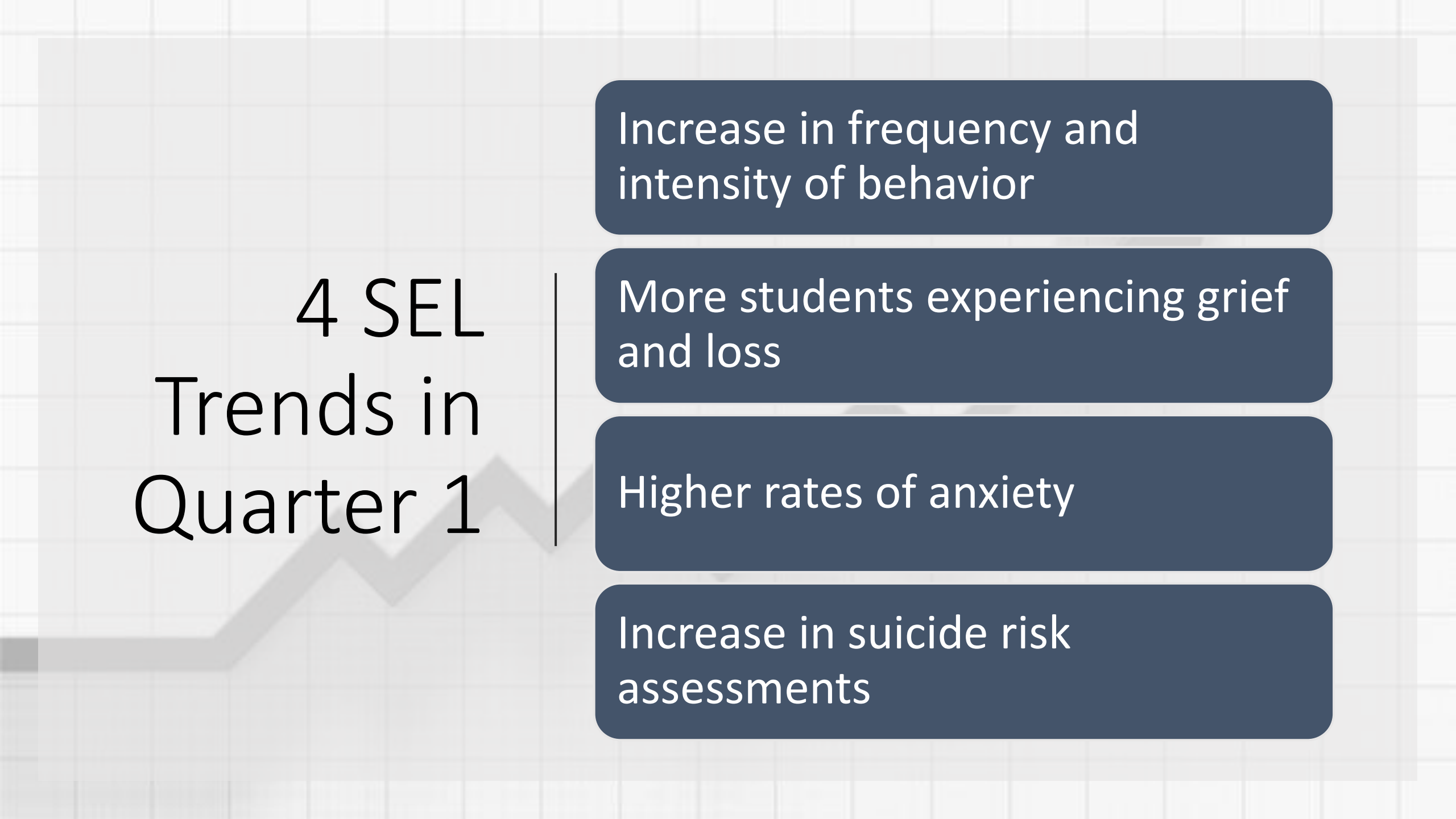


Inner Explorer

- Press and play daily mindfulness program
- Available in English and Spanish
- Family component
- \$135,700 for a 3-year license

The background features a dark, blurred image of financial data. It includes a line graph with white circular markers connected by a thin white line. There are also several vertical bars in shades of orange and yellow, resembling a bar chart. Some numerical values are visible, such as '183.102' and '154.178', next to small teal arrows. The overall aesthetic is modern and tech-oriented.

Data and Trends



4 SEL Trends in Quarter 1

Increase in frequency and intensity of behavior

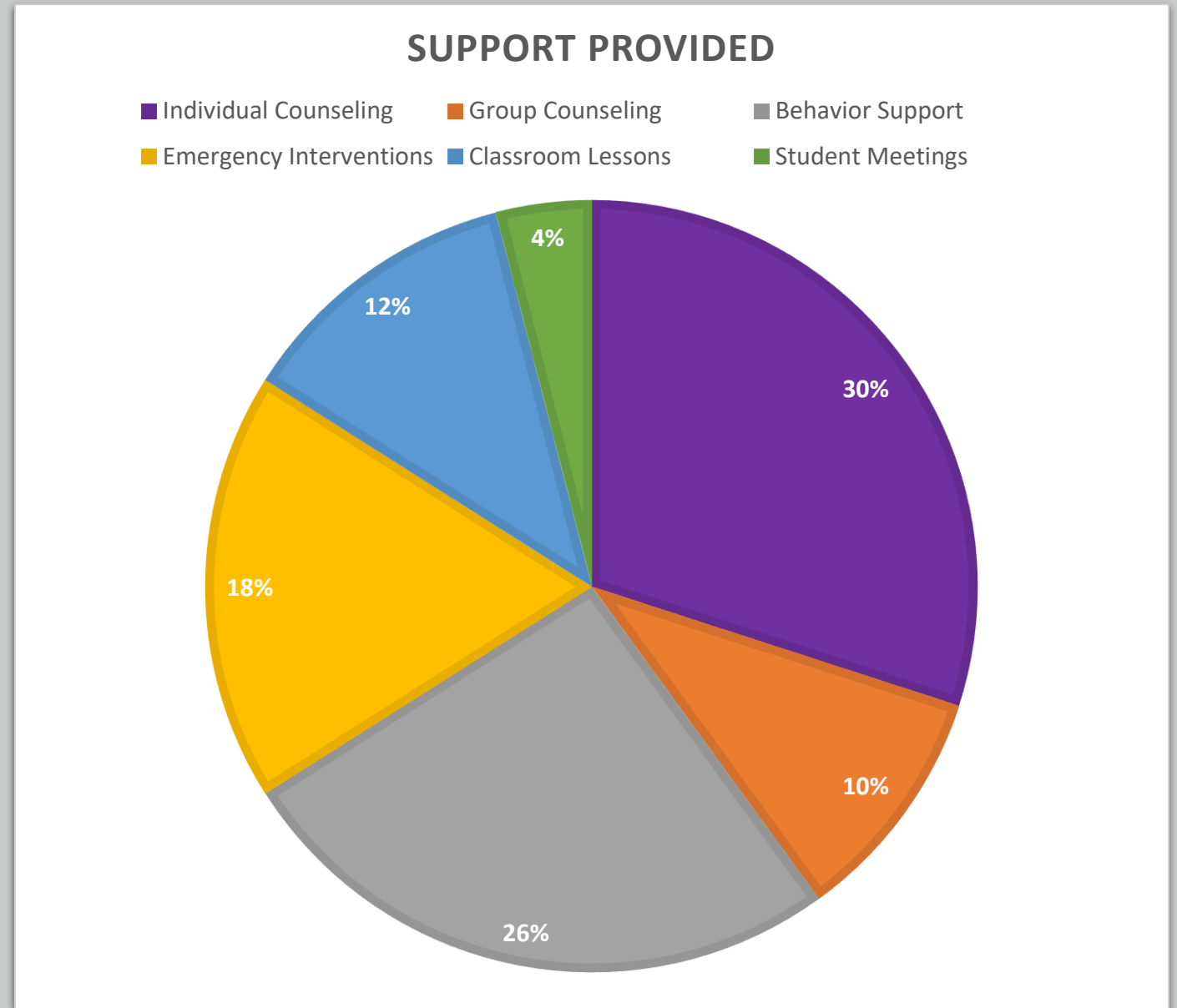
More students experiencing grief and loss

Higher rates of anxiety

Increase in suicide risk assessments

Quarter 1 Impact and Support

- 627 students served in group or individual counseling
- 531 emergency interventions provided



Partnerships

Elizabeth Hospice

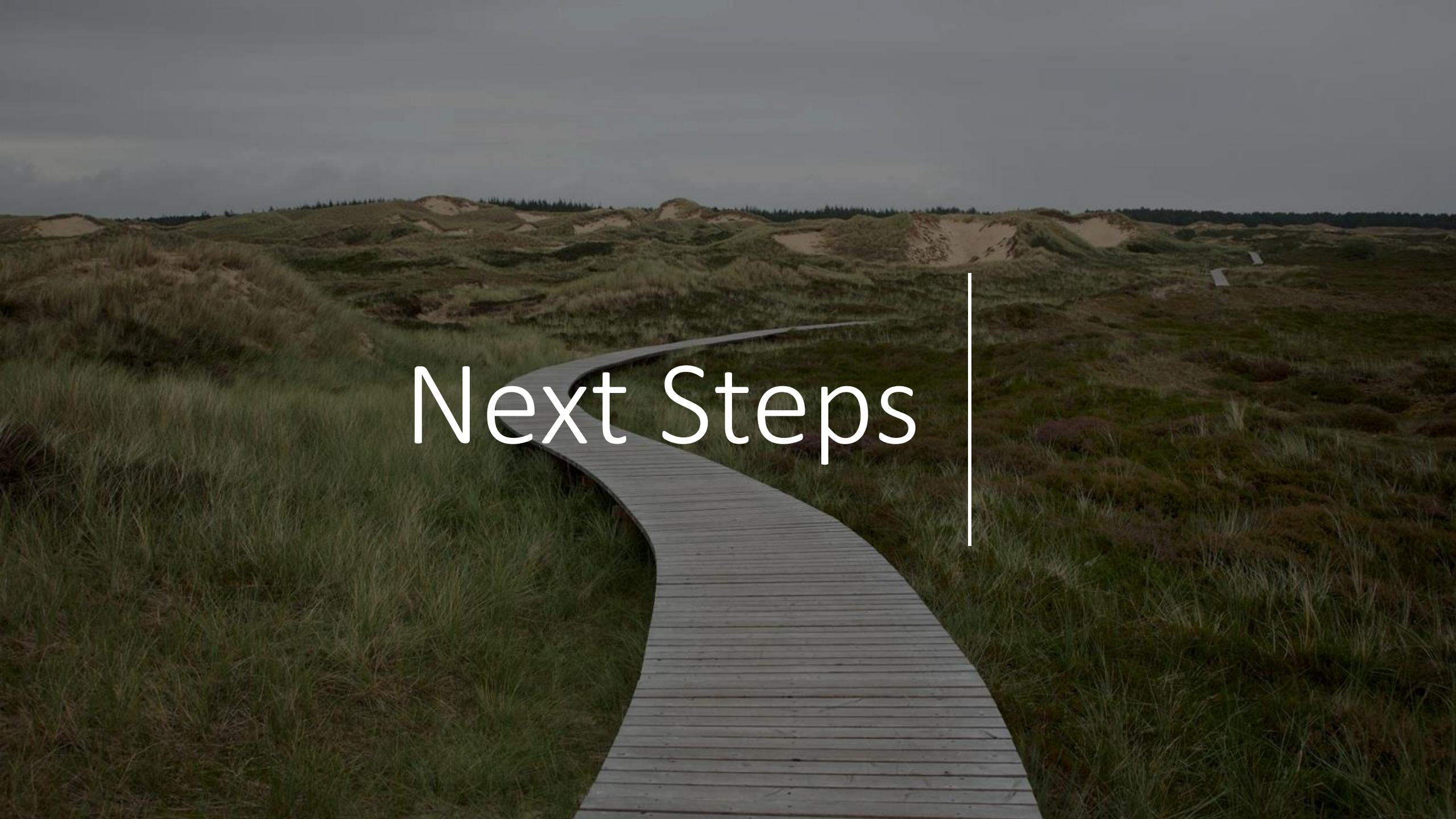
- Nonprofit group that provides medical and emotional support to children and adults faced with the challenges associated with life-limiting illness
- On campus grief support groups



School Link

- SBCS
- 9 schools
- Individual and family therapy
- Psychiatric services



A wide-angle photograph of a coastal dune landscape. A wooden boardwalk, made of light-colored planks, curves from the bottom center towards the middle ground, leading the viewer's eye into the scene. The dunes are covered in dense, green and brownish grasses. In the background, more dunes are visible, some with patches of sand exposed. The sky is overcast with grey clouds. The overall mood is quiet and contemplative.

Next Steps