

# Mental Health Services and the FCASD

School Board Information Sharing  
April 8, 2019



# Research

## **NIMH Study Shows Many Preteens Screen Positive for Suicide Risk During ER Visits**

- National Institute of Mental Health, March 11, 2019 Press Release
- Roughly one in five (17.7 percent) of the preteens, specifically those who visited the emergency department for a psychiatric concern, had previously attempted suicide.

## **Youth-Nominated Support-Teams**

- Journal of Consulting and Clinical Psychology, Vol 77(5), Oct 2009
- Identified a rapid decrease in suicidal ideation and functional impairments when there was consistent contact between the adolescent and identified adult(s).

# Research continued...

## **The stigma of mental illness in children and adolescents: A systematic review**

- Psychiatry Research, Volume 243, Sept 2016
- Forty-two studies were identified, confirming that stigmatization of MHD is a universal and disabling problem, present amongst both children and adults.

## **Stigma starts early: Gender differences in teen willingness to use mental health services**

- Journal of Adolescent Health, Volume 38(6), June 2006
- Gender differences in negative mental health attitudes and willingness to use mental health services are present early in adolescence. Enhanced mental health education and services in middle school may reduce gender disparities by incorporating stigma reduction efforts that actively involve parents and address differences in knowledge and exposure to mental health issues.

# Current Staff Supports

## **School Psychologist**

- 2 full-time and 1 contracted for services
- Evaluation and identification
- Part of our Crisis Response Team

## **Guidance Counselors**

- FCAHS: 6 counselors
- DMS: 3 counselors
- Elementary: 1 counselor/building
- HS *Program of Distinction* recognition through Middle States Association

# Current Staff Supports - Unique to FCASD

## **Transition Coordinator**

- Licensed Professional Counselor
- Facilitates group social skills instruction and meets individually with students 9-12
- Nationally recognized as an expert in the field of transition

## **Behavioral Specialists**

- 2 within the district
- Work primarily with K-5 but available 6-12
- Facilitates group and individual social skills instruction
- Comprehensive Crisis Management Team (CCM)

# Current Staff Supports - Unique to FCASD

## **MAPS (University of Pittsburgh)**

- Provides school-based and school-linked mental health, alcohol and tobacco and other drug related services
- Assigned to each building
- Student Assistance Program (SAP/ESAP)
- Screening
- Postvention
- Psychoeducational Services
- Social Skills

# Available Supports

## **Allegheny Intermediate Unit 3 (AIU3)**

- Psychological Services
- Interagency Coordination
- Behavioral Supports

## **Allegheny County Office of Behavioral Health (OBH)**

- Mental Health supports and coordination

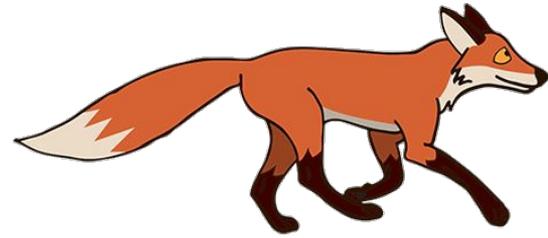
## **Family Behavioral Resources (FBR)**

- School Based Mental Health
- Additional Professional Development for Staff

## **The Watson Institute**

- Behavioral, social, emotional, and academic consultation

**Moving Forward**





#stand  
together

Stand Together is a student-to-student initiative that inspires and equips youth to take action against stigma associated with mental illness and substance use disorders.

Allegheny County's Office of Behavioral Health is engaging area middle and high school students throughout Allegheny County by providing anti-stigma training and service learning experiences.

Students work to 'stand together' to increase education and awareness, increase social inclusion, and encourage adolescents to talk to an adult if they are concerned about their own or another student's mental health.

<http://standtogether.againststigma.org/stand-together/>

# MAY 2019

Mental Health Month

May 6 - National Children's Mental Health Awareness Day

May 22 - Shape the Sky and Ryan Klingensmith to present to the FCASD community

FCAHS student activities

Additional events in planning phases

# Why Care?



[nami.org/whycare](http://nami.org/whycare)

Let others know that there is hope and understanding. You can change the way the world sees mental health.

# stigmafree

# Resources:

<https://www.education.pitt.edu/EducationalResources/CommunityAdvocates/MaximizingAdolescentPotentialsMAPS.aspx>

<https://www.nami.org/stigmafree>

<https://www.nami.org/Get-Involved/Awareness-Events>

<http://standtogether.againststigma.org/stand-together/>

<https://www.upmc.com/services/behavioral-health/resolve-crisis-services>

<https://www.upmc.com/Services/behavioral-health/resolve-crisis-services/contact>

<http://www.shapethesky.org/>