

FAST TRAC School-Based Mental Health Participant Demographics

EVALUATION BRIEF

Fall 2014 Quarterly Report

In September 2009, the Clermont County Mental Health & Recovery Board was awarded a six year Cooperative Agreement from the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA) to enhance Clermont County's System of Care, named FAST TRAC. FAST TRAC funds were used to enhance School-Based Mental Health (SBMH) services funded by the Clermont County Mental Health & Recovery Board through local levy dollars and Medicaid billing. SBMH services are designed to promote positive mental health, reduce non-cognitive barriers to learning, reduce the risk factors associated with school failure, and help students experience successes. Prevention Services provide students with short-term support and interventions, while Community Psychiatric Supportive Treatment (CPST) services are more intensive, goal oriented and individualized services for each student served. SBMH services are provided by Child Focus, Inc. in every Clermont County school district. A total of 815 students were served during the 2013-2014 school year, 48% of whom were female and 52% male.

WITH SBMH SERVICES, STUDENTS ARE GETTING CONNECTED IN THEIR CLERMONT COUNTY SCHOOL

During the 2013-2014 academic year, a diverse group of students utilized SBMH services. Students were distributed across all grade levels K-12 in every public school building in Clermont County. There was a wide range of reasons why students were referred to SBMH services. All students have access to SBMH services, no matter if the need is prevention or treatment. The table below lists a few of the reasons why students may be referred.

REASONS FOR REFERRAL TO SBMH N=803*	
Behavioral Problems	21.7%
Other ¹	13.8%
Depression	13.6%
Anxiety	10.0%
Grief/ Loss	7.0%
Peer Relations	5.9%
Social Skills	5.9%
Divorce	5.4%
Anger	5.1%
Self-Esteem	3.5%

“The most helpful benefit of SBMH services is the resource I can provide for the parents and families who are affected by their loved ones’ needs and challenges. With the addition of SBMH services in our schools and their continued support and staffing, we are able to make tremendous gains toward positive attitudes and awareness for mental health challenges.”

*-Teacher,
Clermont County Schools*

¹Response of 'Other' may include boyfriend/girlfriend problems, adjustment issues, alcohol and/or substance use, and other family/peer problems.
* N=Number of Participants

ASHLEY’S STORY

Fifth grader Ashley was referred for SBMH services because of her struggles with anxiety, low self-esteem, and an inability to cope with these challenges. When SBMH staff first met her, she was often teary-eyed, upset, and barely able to communicate during sessions.

After building trust and rapport, Ashley **began to open up more every week**. Her **self-esteem improved** through creative activities that helped her **identify her positive qualities**. She began to regularly share her own ideas and applied methods she **learned from her SBMH specialist** to challenge her self doubts. Soon, a visible transformation took place as Ashley’s **increased confidence** found her talking and laughing with friends in the halls between classes.

From struggling to communicate her thoughts and feelings to being able to share her true self with others, Ashley and her family agree that **she has greatly improved and is now having a better overall life experience**.



Clermont FAST TRAC, a system of care initiative of the Clermont County Mental Health & Recovery Board, is funded by a grant from the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

FAST TRAC School-Based Mental Health Outcomes

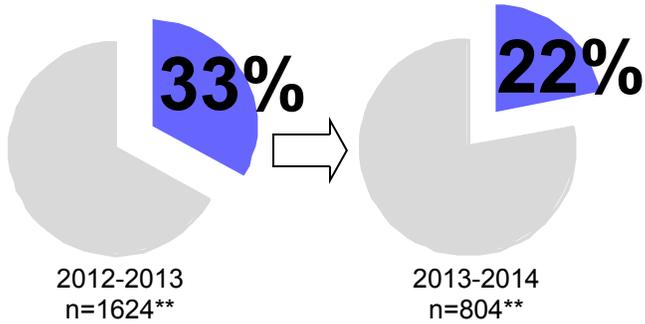
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An initiative beginning in 2001 has advocated for SBMH in every school. With the start of the 2014-2015 academic year, direct services have expanded to include every public school building in the Clermont County School Districts. FAST TRAC evaluation of SBMH services were launched in the 2012-2013 academic year within five area schools, providing a more sophisticated analysis of the services. Outcomes for students who participated in SBMH services and staff feedback from Clermont County schools are listed below.

WITH SBMH SERVICES, STUDENTS ARE FINDING THE RIGHT LEVEL OF SERVICE FOR THEIR NEEDS

% of students who returned to SBMH services from the previous school year



**This decrease suggests that SBMH services continue to improve in connecting students to the appropriate level of services after initial contact.

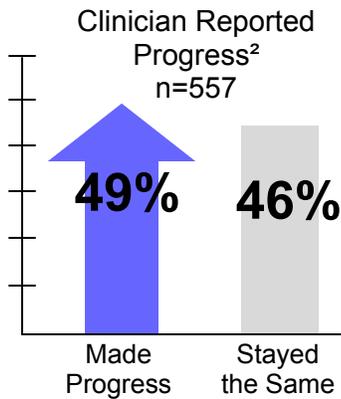
During the 2012-2013 academic year, a total of 1,624** students in Clermont County school districts utilized School-Based Mental Health services. SBMH staff employed effective means to **make services accessible for both students and staff, building a relationship of trust.** This relationship facilitated efforts to **sustain services long term and to help students receive the level of services they need.**

Emphasis has been placed on engaging students in two primary services:

1. SBMH prevention services in cases where mental health symptoms are effectively being prevented; and
2. Community Psychiatric Supportive Treatment (CPST) and therapy when needed.

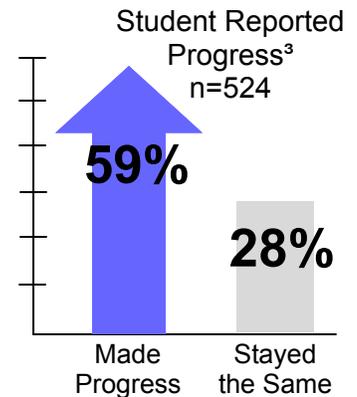
As a result, 804** students were served in SBMH prevention services and over 600 students received more treatment.

CLINICIANS AND STUDENTS ARE REPORTING SUCCESS WITH SBMH SERVICES IN THEIR SCHOOLS



²Clinicians reported 5% of students regressed

"The students are able to receive help that they need that no one else is capable of providing."
-Teacher, Clermont County Schools



³13% of students reported they regressed

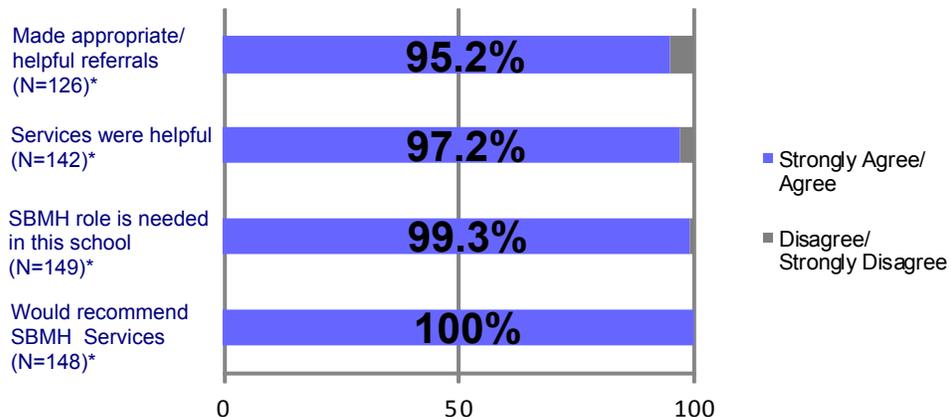
TEACHERS AGREE ON THE VALUE OF SBMH SERVICES

"It is so great to have someone that is **available to take time** to really focus on students' **social & emotional needs**. As a teacher, we sometimes can't do it all!!"

"SBMH staff was able to provide much **needed support to several of my students** this year. They really needed to have **someone to listen to them and talk to them** about the things that were/are bothering them. They always came back with a smile on their face."

"It provided my students with **skills they could use** in the classroom, and that **made them more successful!**"

Staff and Faculty Reported Satisfaction with SBMH Services In Their Schools



* N=Number of Participants