



July, 12 2023 Meeting

Kristy McCarron, Chairperson of the Commission



Welcome

Agenda

- Welcome and Introductions
- Recap of the Previous Commission Meeting
 - Approval of Minutes
- Discussion: School Mental and Behavioral Health
- Comments from Commissioners on Current Work
- Final Discussion, Closeout and Priorities for Next Meeting



Recap of the Previous Commission Meeting

Kristy McCarron, Chairperson, Healthy Youth and Schools Commission

Recap of the Previous Commission Meeting

- **May Quarterly Meeting**
 - Date: Wednesday, May 24, 2023
 - Main topic covered: School Meal Quality
 - Approval of minutes



School Mental and Behavioral Health



Child, Adolescent and Family Services



Child, Adolescent, and Family Services Division

The Department of Behavioral Health is building a system of care for children, youth, and their families that supports prevention and early identification of behavioral health needs and provides community based treatment and supports that are able to meet multiple and changing needs. We are guided by the principles that services must be easy to access, culturally and linguistically competent, and family-driven and youth-guided.

A range of treatment and support services for children, youth, and their families are available, including specialized evidence-based practices for youth and families recovering from trauma, emergency care, and ongoing treatment primarily through certified, community based mental health providers. Ongoing treatment includes individual, group and family counseling, diagnostic assessment, medication management, and family support. In addition, community based providers are certified to provide substance use disorder treatment. The Department also operates a children's clinic, provides services in public and public charter schools, and manages an alcohol, tobacco and drug prevention and awareness campaign called DrugFreeYouthDC.

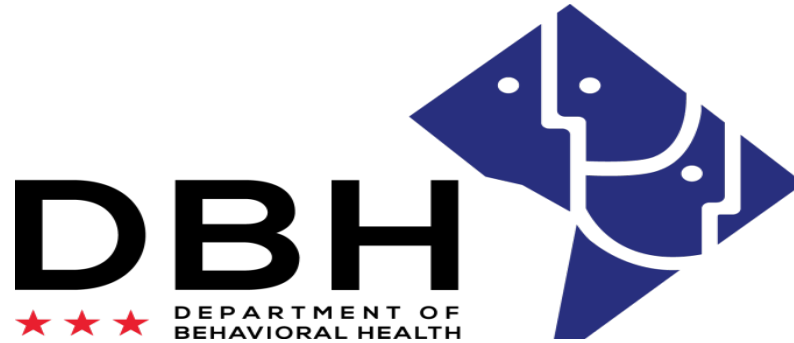




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Early Childhood Mental Health Consultation

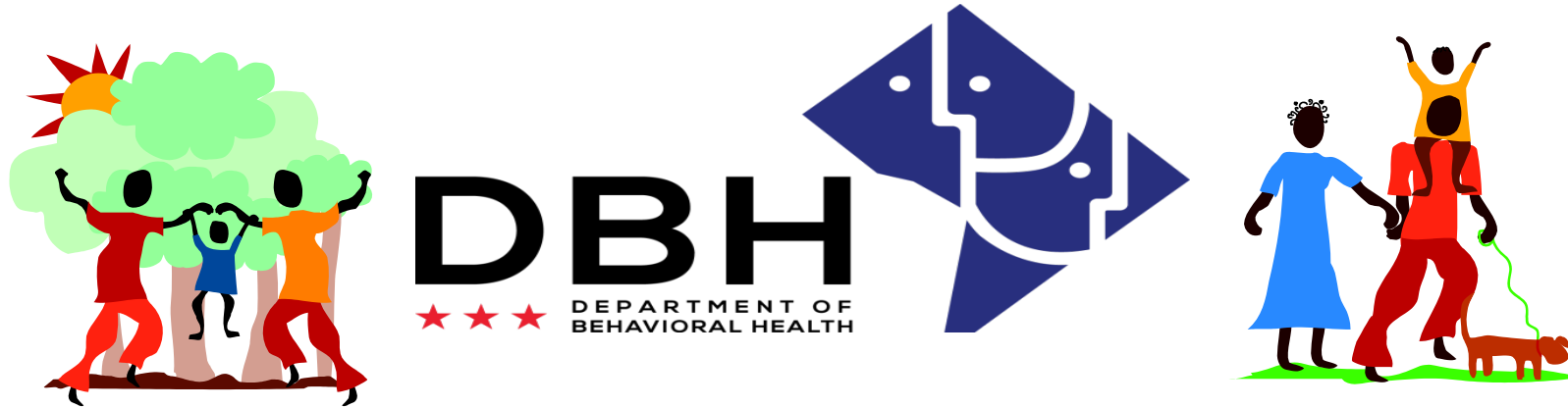
DC's Healthy Futures Program

Stephen O'Connor, LMFT

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Parent Infant Early Childhood Enhancement Program



Shermain M. Bowden, LICSW

Program Manager

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Physicians' Practice Group (Urgent Care Clinic)

We serve:

- Children and young adults ages 4 – 21 with complex emotional, behavioral and mental health challenges.
- Youth receiving services within the DBH provider network
- Youth linked to child-servicing agencies such as CFSA, DYRS, DCPS and court- involved youth.
- Parents of the children participating in the P.I.E.C.E. Program

Urgent Care Psychiatric Services:

- Psychiatric evaluations
- Medication Management
- Brief Case Management
- Referral/Linkage and Follow-up



Infant and Maternal Health Component

- This program focuses on at risk women of childbearing age who reside in Wards 5, 6, 7 and 8, with children between the ages of birth - 2 years old
- Its mission is to reduce infant mortality by improving the emotional, mental and physical health of pre and post-natal women/ parents (both mothers and fathers);
- To reduce child abuse and neglect; and to ensure that women who reside in these areas are receiving comprehensive mental health/psychiatric and medical services.
- This component is designed to improve the parent-child dyad through the strengthening of bonding and attachment.



New PIECE and Urgent Care Referrals

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Program

(202) 698-1834

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SCHOOL-BASED BEHAVIORAL HEALTH PROGRAM

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School-Based Behavioral Health Expansion
Project Manager

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WHAT DO WE DO?

- **Prevention Services:**

These services are aimed at preventing the development of serious mental health problems and promoting positive development among children and youth. SBBHP utilizes evidence based or evidence informed programming for most prevention programming.

- **Early Intervention Services:**

These services are targeted interventions for students in need of early mental health services. The aim is to provide interventions once a student is identified as “at risk”, before a more serious (i.e., diagnosable) mental health problem develops.

- **Treatment Services:**

In all schools treatment services are offered to students experiencing severe, chronic, diagnosable problems. Treatment services are offered through individual, group and family therapy or any combination of the three depending on the student’s need. Treatment services provided by SBBHP are not to fulfill IEP/504 related service requirement.



WHAT ELSE DO WE DO?

- Teacher and Parent Consultation
- Teacher and Parent Workshops
- Risk Assessments
- Fully Integrated Into the Schools- attend different committee meetings
- Crisis Response at schools after a death
- Provide workshops to other programs throughout the year



Who Makes Up the School-Based Behavioral Health Program?

- Department of Behavioral Health School-Based Behavioral Health Program Staff
- Community Based Organization Partners: AprilMay, Inc, Better Morning, Bradley & Associates, LLC (dba Restoration Community Alliance), Catholic Charities of the Archdiocese, Community of Hope, Hillcrest Children and Family Center, Howard University School Based Behavioral Health Program, Latin American Youth Center, Mary's Center, Maryland Family Resource, Inc., MBI Health Services, LLC, One Common Unity, Paving the Way Multiservice Institute, Smile Therapy Services, LLC, and TrueYou Center
- CoP – George Washington University
- Evaluation- Child Trends

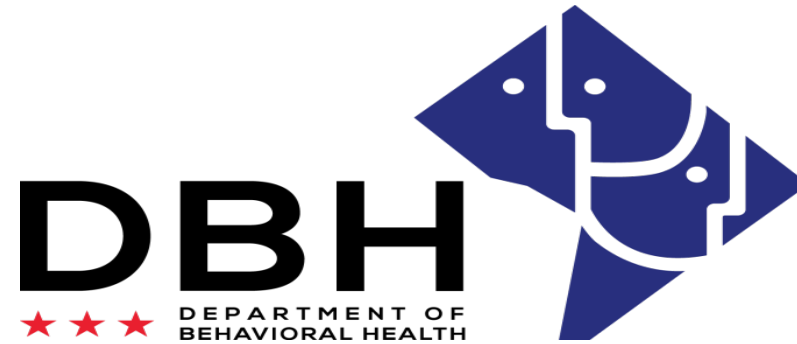


School-Based Behavioral Health Expansion Progress Status

- Currently in Cohort 4 *Extended* of the District's Expansion of School-based Behavioral Health. The SY2022-2023 total landscape of DC Public and DC Public Charter schools was 253. This included 116 DCPS, 135 DCPCS, and 2 DYRS.
- Cohorts were identified through the prioritization ranking of available population and student level data which served as proxy indicators of behavioral health needs.



Strengthening School Behavioral Health Evaluation Report for School Year 2021 - 2022



Conducted by Evaluation Contractor – Child Trends
(Brandon Stratford, PhD, MSW, Deputy Program Area Director)



STRENGTHENING SCHOOL BEHAVIORAL HEALTH

SCHOOL YEAR 2021 - 2022



students



4,899

caregivers



1,654

staff



2,076

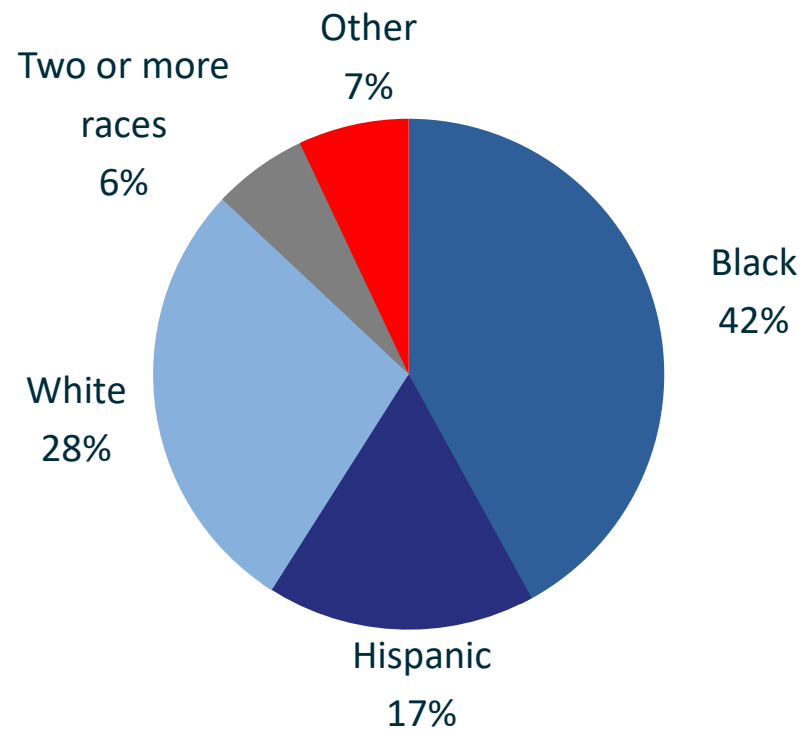
SBHCs



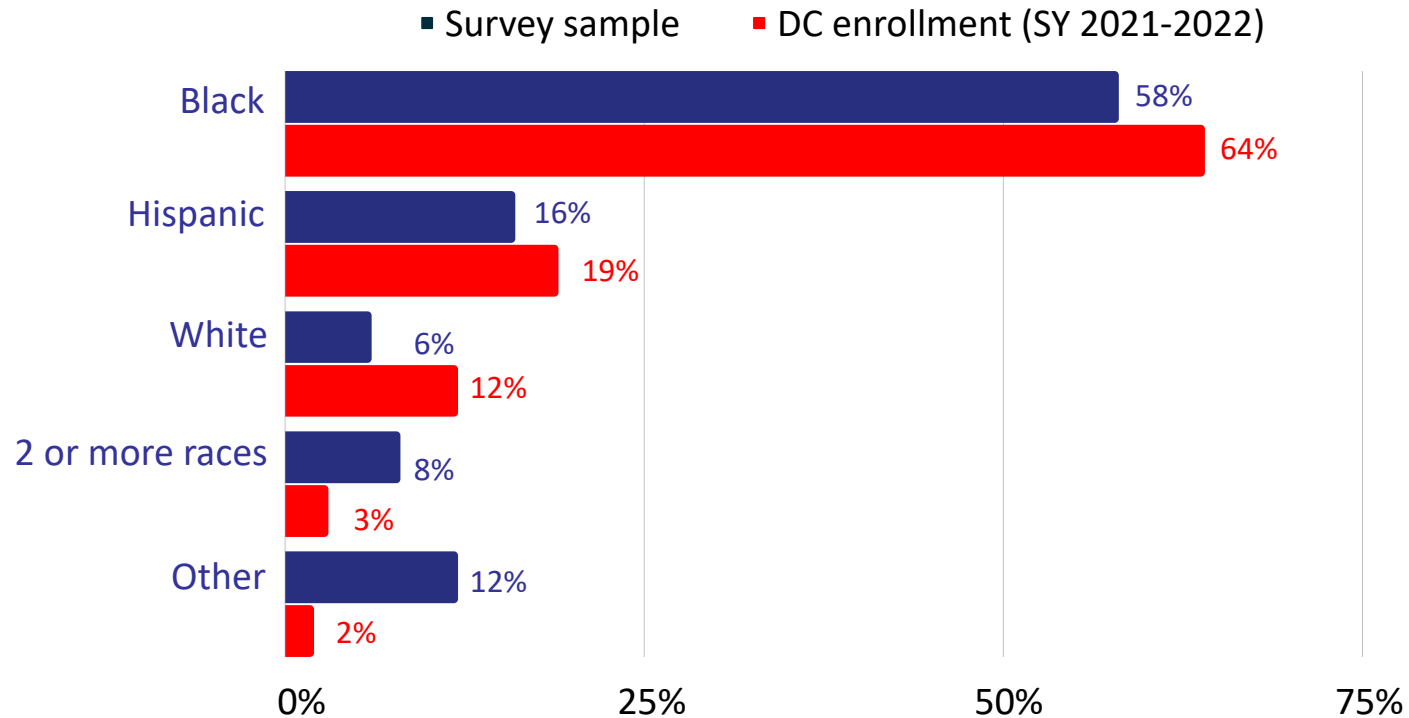
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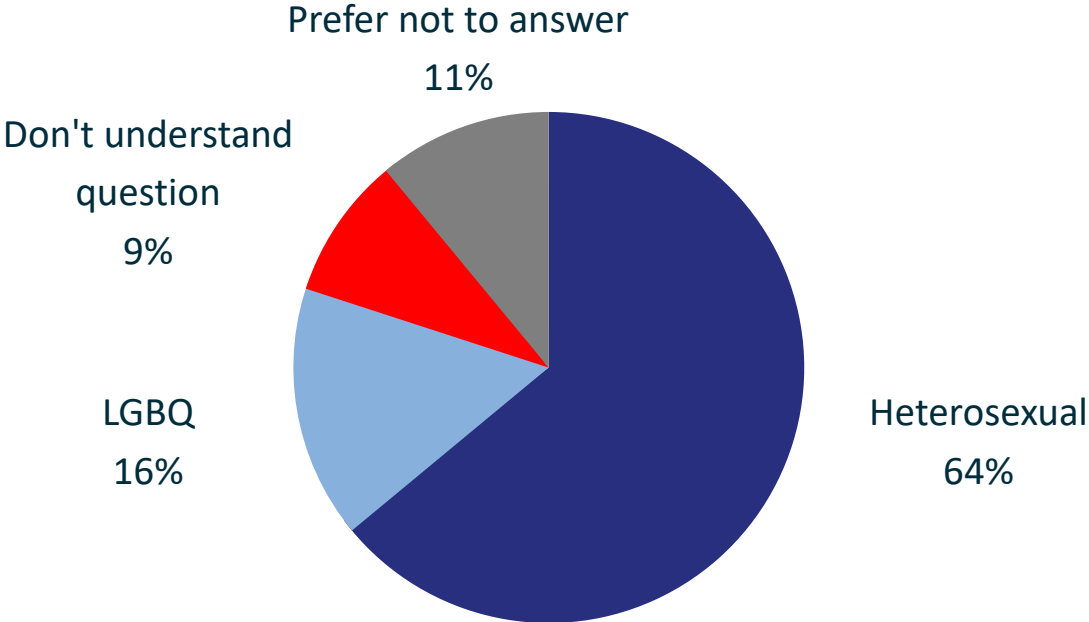
Most caregiver survey respondents are Black, followed by White.



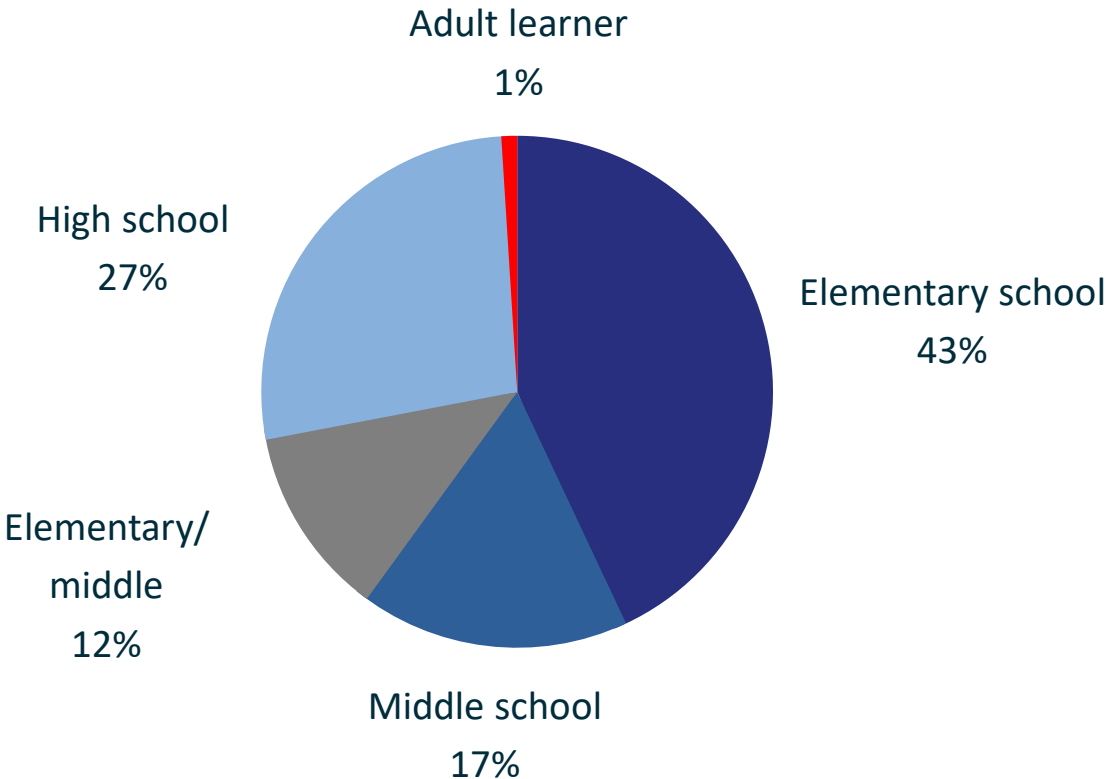
Most student survey respondents are Black, followed by Hispanic. This is a similar pattern to DC enrollment.



More than one of every ten students identified as LGBTQ



Nearly half of students attended elementary school; one in four attended high school.

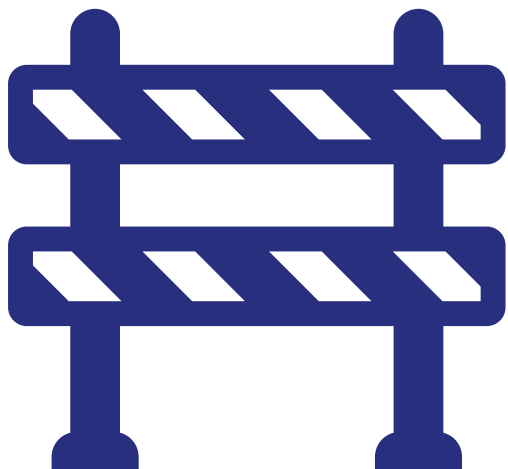


Bright spots

- **Most students reported positive experiences** within the school environment, including a sense of belonging, having a trusted adult, and perceived support from teachers and principals.
- **Most students and families reported comfort seeking help** from a therapist or counselor at school.
- **School staff reported feeling knowledgeable about warning signs** of behavioral health challenges and familiarity with the referral process.
- Many school staff who reported referring students for behavioral health services **believed the students benefited from treatment services** in several ways such as decreased behavior incidents and improved symptoms.



Challenges and opportunities



- About **half of students are not confident that they know where to go for help** and more than one third would not want to see a therapist or counselor at school.
- **Twice as many LGBTQ students reported unmet need compared to their heterosexual peers**; they also perceived lower levels of support from teachers and principals.
- Though staff report feeling relatively hopeful and engaged, **many staff report high levels of stress and exhaustion**.
- SBHCs report **limited or no involvement of students and families** in the development and monitoring of school behavioral health plans.



STUDENT SURVEY 2022

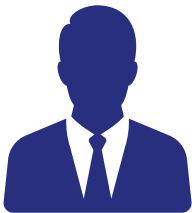
“Most of the teachers and staff member[s] try their best to help the student who needs all the help.”
-Student



“I like how [Provider Name redacted] listens to me. i don't talk to any other adult about my feelings.”
-Student



Most students think school staff do a good job supporting student behavioral health...



teachers

75%



administrators

69%



61%

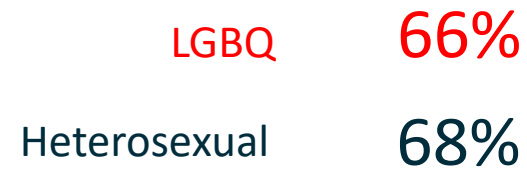
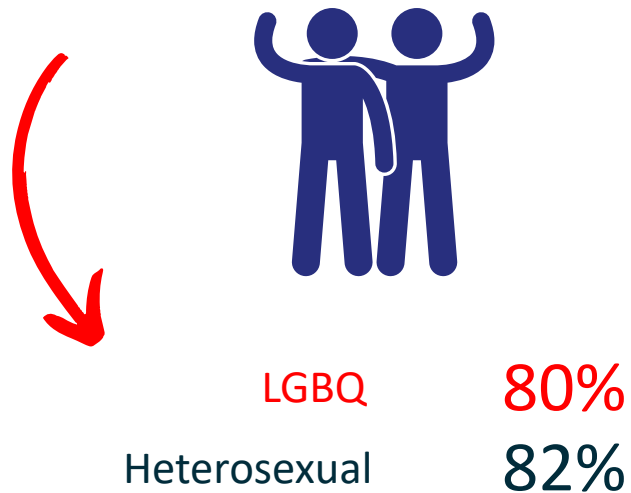
...and many students would feel comfortable talking to a therapist or counselor at school.



More LGBTQ youth reported negative experiences with behavioral health in schools than their heterosexual peers.



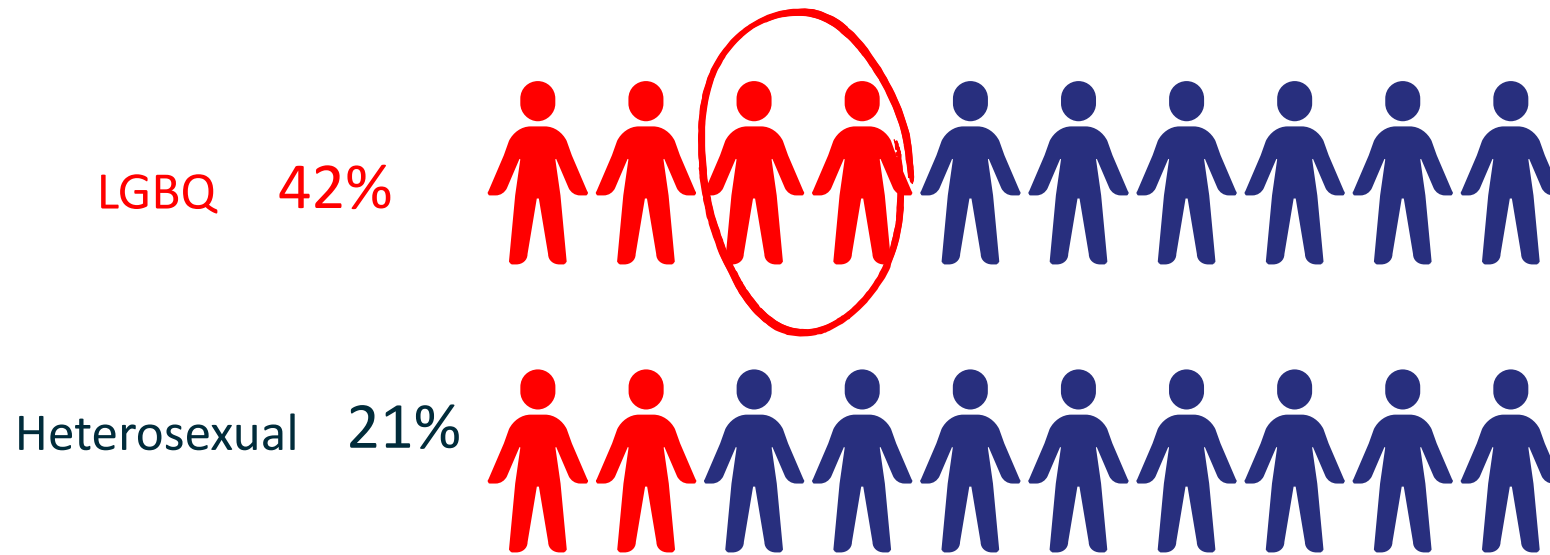
LGBQ youth and their heterosexual peers were similar in their reports of having a trusted adult at school...



...and in their comfort with seeking help from a therapist at school when needed.



But the percentage of LGBTQ youth who reported having unmet behavioral health needs was double that of heterosexual students.



CAREGIVER SURVEY 2022

It would be nice to see this [information about behavioral health] offered. I had to find it out myself when my son had issues. I've never seen a principal's email or any school announcement saying "we have counselors you can talk to if you or your child need [them]."

-Parent



Most caregivers would feel comfortable talking to someone at school about their child's behavior...



92%

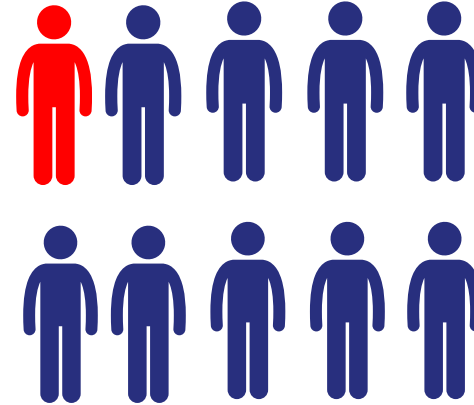
...and would want their child to see a therapist for help if needed...



91%



...but, only half were aware that their child's school had a therapist or counselor.



In fact, 12% of caregivers reported their child had behavioral health needs in the past year but did not get the help they needed.



The most common reasons for not getting help included...

#1

I could not get an appointment for my child.

#2

Logistical challenges like insurance or transportation.

#3

I did not know where to get help.



STAFF SURVEY 2022

Expectations are unreasonable, unrealistic, unattainable, and unsustainable. It's a highly stressful and unhealthy work environment. I can work all day every day, including nights and weekends and still be overwhelmed with work!
-Staff member



While most school staff indicated that they know how to identify behavioral health warning signs in students...

65%



88%

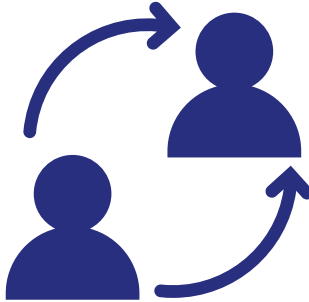
...only two-thirds think professional development opportunities related to behavioral health are adequate.



Most school staff said they know how to refer a student for behavioral health supports...



85%

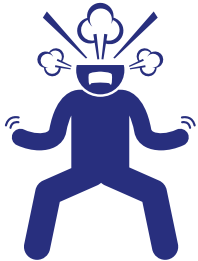


66%

...and two-thirds said they had made at least one referral in the past year.



Among staff who made referrals, many felt students were benefitting...



fewer behavior incidents

50%



reduced symptoms

49%



using coping skills

56%



connected to school

57%



A large majority of school staff frequently or almost always felt engaged ...



75%

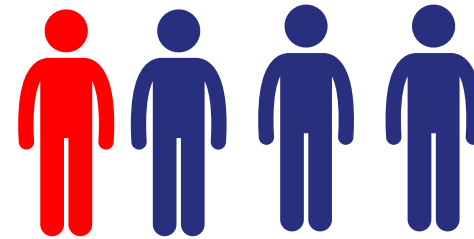
52%



...and many frequently or almost always felt hopeful.



But, most also frequently or almost always felt exhausted and stressed...



stressed
54%



exhausted
62%

...and nearly one in four reported that their workplace was "not at all" or "only slightly" positive.



The most commonly reported wellness supports staff experienced were self- or peer-driven rather than organizational in nature.

#1



self-care strategies are taught, facilitated, or otherwise promoted at my school

#2



peers/colleagues check-in with one another at my school

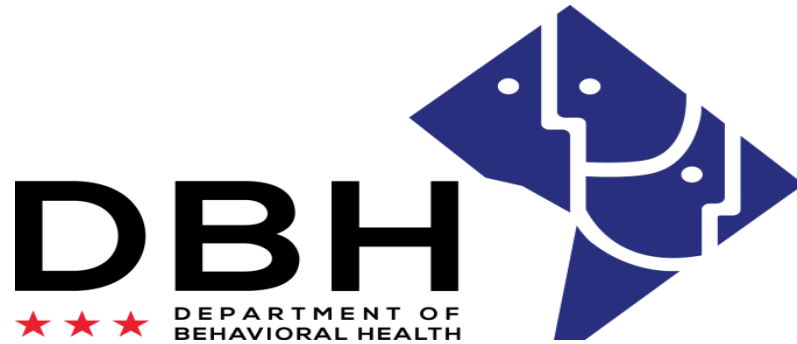


SBHC SURVEY 2022

If there were protected time to complete SBHC duties that was respected by everyone then it would make the job better and easier. I enjoy being the SBHC but it is tricky finding time.

-SBHC





**DBH Family Support
& Wellness Program And DBH Educator Wellness Program**

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DBH Family Support and Wellness Program



Background information

The Family Wellness and Support Program is an enhancement of the current DBH Parent Support Program launched on September 2, 2020, in response to the multiple stressors and challenges parents were facing from the COVID-19 pandemic

The DC Department of Behavioral Health (DBH) was subsequently awarded funds to expand wellness supports to parents and caregivers across The City.



Wellness Wednesday

- 5:30 PM on the 4th Wednesday of each month
- Virtual platform
- Meeting Information
 - Link: [https:// bit.ly/2Kr4PDk](https://bit.ly/2Kr4PDk)
 - WW20

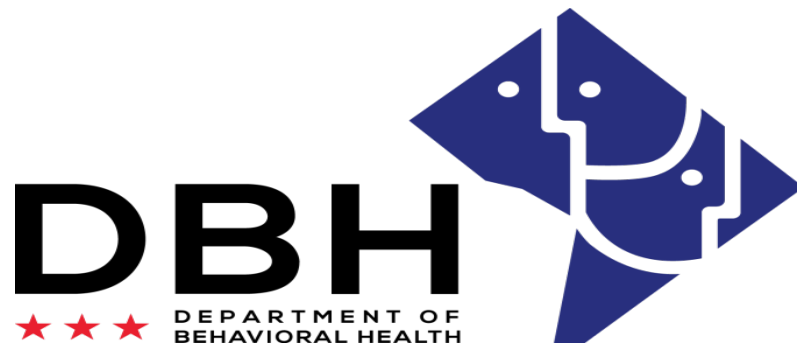


Other Supports

- Individual support for parents and caregivers
- Community-wide experiential wellness events and activities
- Partnering with other agencies to deliver wellness services to parents across the city
- Parent workshops
- Parent Support Groups
- Attachment Biobehavioral Catch-up (ABC) Intervention

One Agency. One Mission. One Voice.





DBH Educator Wellness Program



Background

- The Educator Wellness Program provides support to enhance the resilience of District teachers by providing both support groups and consultation services to help educators manage the stressors they are currently experiencing. Services are offered face-to-face and/or virtually to any educator within the District of Columbia.



Services

- Programmatic Consultation
 - System-wide educator wellness policies and consultation to enhance and implement culture at individual schools or child development centers.
- One-to-One Consultation
 - Limited individual wellness support and Linkage to wellness resources across the city.
- Wellness Activities
 - Experiential wellness activities and workshops for teachers and staff.
 - City-Wide
 - Individual centers or schools



HEALTHY TEACHERS DC

- Virtual platform aimed at supporting educator wellness across the District of Columbia.
- Workshops Held Every 1st Wednesday of the Month
 - 1:00 PM to 1:45 PM
 - 4:00 PM to 4:45 PM
- Information to join
- <https://bit.ly/htdc1>
 - Password: HTDC





Substance Use Programs

Eric Chapman, Program Manager

Eric.Chapman@dc.gov



Substance Use Services

- Prevention Services
- Youth Treatment Services
- Youth Recovery Services
- Community Engagement



DC Prevention Centers (DCPCs)

WARDS 1 + 2

1419 Columbia Road NW
Washington, DC 20009
(202) 660-1636

WARDS 3 + 4

5335 Wisconsin Avenue NW
Suite 440
Washington, DC 20015
(202) 686-4856

WARDS 5 + 6

1022 Maryland Avenue NE
Washington, DC 20002
(202) 543-5796

WARDS 7 + 8

3939 Benning Road NE
Washington, DC 20019
(202) 388-3001



SUD Youth Treatment and Recovery



SUD Youth Treatment Services

DC CITY/TREE Grant

- **Target Population:**
 - Youth ages 12–25 and their family/caregivers with SUD and/or co-occurring mental disorders (COD)
- **Goals:**
 - Enhance and expand youth SUD treatment services.
 - Provide tobacco/vaping use counseling and interventions.
 - Increase access for youth/TAY and their families to COD/ SUD/mental health services and supports.
 - Develop social marketing strategies to promote SUD treatment.
- **Outcomes:**
 - Adolescent Substance Abuse Treatment Expansion Program (ASTEP) providers are using the EBP, the Adolescent Community Reinforcement Approach (A-CRA) as this is focused on increasing protective factors for youth.



Adolescent Substance use Treatment Expansion Program (ASTEP) Providers

Latin American Youth Center
(LAYC)

1419 Columbia Road, NW,
Washington, DC 20001
(202) 319-2225

Hillcrest Children and
Family Center

915 Rhode Island Avenue, NW,
Washington, DC 20001
(202) 232-6100



Community Engagement



Social Marketing Strategies

Quantitative data from surveys and qualitative data from Community Conversations are used to create content and to shape each strategy...

Drug Free Youth DC Website



Synthetic Prevention for Adults



Synar Merchant Education



Synthetic Prevention for Youth



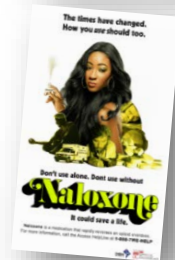
Marijuana "The Blunt Truth"



Underage Drinking "There's a Reason"






Opioid Awareness (Adults)



Opioid Awareness (Youth)



Stay in Touch

- **Drug Free Youth DC website** (<https://drugfreeyouthdc.com/>)
- **Requests for materials, trainings, or presentations**
(email: suds.prevention@dc.gov)
-  @drugfreedc
-  @drugfreedc
-  Drug Free Youth DC @drugfreedc





Linkage and Assessment Division

Patrina Anderson, Division Director

patrina.anderson@dc.gov



D.C. Department of Behavioral Health Ombudsman Program

HAVE ISSUES WITH THE SERVICES OFFERED BY A DBH PROVIDER?

CONTACT THE OMBUDSMAN

(844) 698-2924

DBH.Help@DC.gov

WHAT TO EXPECT WHEN YOU CALL?

To receive information about your options to address challenges
with a DBH provider.

Prompt help in resolving the challenge so you can receive services.

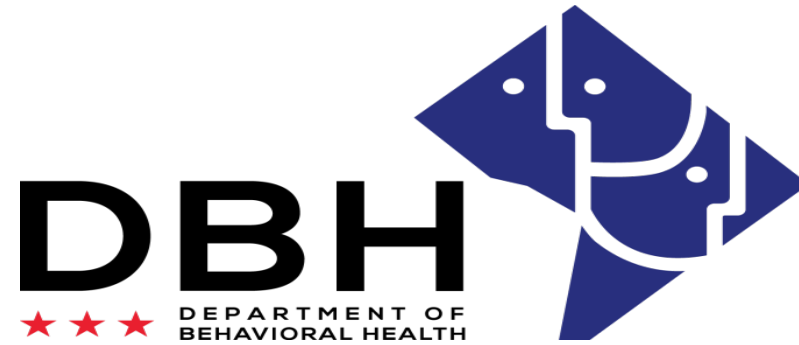
To be heard with compassion and respect.

WHAT IS THE DBH OMBUDSMAN PROGRAM?

It is a resource for District residents seeking or currently receiving
mental health or substance use services and supports. We assist
consumers who may have challenges with DBH and/or its
providers



Thank YOU!



Discussion

- What information is missing? What else do we need to know to make a recommendation to the DC Council about improving school mental health services? Who else do we need to hear from to learn more?
- What are your recommendations to the DC Council to enhance school mental health services?



Commissioners' Current Work

Commissioners



Final Discussion, Closeout and Priorities for Next Meeting

Commissioners

Upcoming Meeting Calendar

- Wednesday, July 26, 3-4:30 p.m.

Upcoming Topics and Speakers for Meetings on Mental Health

- What are questions you have for students about how they perceive mental health, violence and affiliated resources?
 - What are students' options when they experience or witness violence?
 - What supports would be most helpful to you and contribute most to you being able to engage in the learning environment?
 - What kind of mental health supports do you think are needed at your school? What is working well? What is missing? What are you most concerned about for your school community?