Promoting Mental Health in Schools

Ashley Mulkern

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Promoting Mental Health in Schools

Ashley Mulkern, Special Education Teacher and Parent
Leadership Partner: Maine Center for Disease Control
NH-ME LEND, University of Maine Center for Community Inclusion and Disability Studies

Project Background
• Maine CDC’s Pediatric Mental Health Care Access Grant
• Provide Behavioral Health Consultation

Details of Project
• Pediatric Mental Health Provider database.
• ECHO Scope Sessions- Mental Health Promotion in the School Setting in Maine
• Partnership with MA School Mental Health Consortium (John Crocker)
• Comprehensive school mental health systems

Universal Design / Tier 1 Approach
School Health Assessment and Performance Evaluation (SHAPE) System
• Developed by National Center for School Mental Health (NCSMH)
• Strengthen policies and programs in school mental health
• Improve learning outcomes

SHAPE System Domains

<table>
<thead>
<tr>
<th>SHAPE System Domains</th>
<th>Descriptions</th>
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<tbody>
<tr>
<td>Teaming</td>
<td>Multidisciplinary staff; students, families, staff, and community partners.</td>
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<tr>
<td>Screening</td>
<td>Universal assessment. Systematic tool/process.</td>
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<tr>
<td>Tier 1- Promotion of Service + Supports</td>
<td>Meets needs of ALL students. Includes: staff well-being, school climate, promotion of positive behavior.</td>
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<tr>
<td>Tier 2 + 3 Early Intervention</td>
<td>Tier 2: Students identified or at risk. Tier 3: Students experiencing significant distress and functional impairment.</td>
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<td>Funding / Sustainability</td>
<td>Optimizing financial and non-financial assets. Maintain/improve mental health systems over time.</td>
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<tr>
<td>Impact</td>
<td>Long-term effects/change.</td>
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Results and Coaching
• Review and reflect
• Identify priorities
• Document Action Steps

Next Steps
• Action steps
• Continued team reflection and coaching
• Universal screening
• Ongoing database management

References and Resources
Maine Pediatric & Behavioral Health Partnership Program (MPBHP)
www.Masmhc.org
www.theshapessystem.com
https://www.cdc.gov/childrensmentalhealth/features/rural-health.html

NH-ME LEND is a collaboration between the University of New Hampshire Institute on Disability, the University of Maine Center for Community Inclusion and Disability Studies, and the Dartmouth Geisel School of Medicine. It is supported by a grant (H73MC33246) from the Maternal and Child Health Bureau, Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services and administered by the Association of University Centers on Disabilities (AUCD). https://iod.unh.edu/nh-me-lend