

**School-Based Mental Health Plan  
Lubbock Regional MHMR/SELCO Shared Initiative**

## **Plan Introduction**

Lubbock Regional MHMR Center (LRMHMRC) provides mental health, mental retardation, and substance abuse services within a five county area which includes Lubbock, Lynn, Hockley, Cochran and Crosby counties. These five counties, located in West Texas, are primarily rural, with a population base of approximately 285,000 (2001 census data) residents. Eighty-six percent of the people live within Lubbock County and the five county area has 23 independent school districts. The region represents an ethnically, and socio-economically diverse population. Our large area presents a number of challenges to include availability of resources throughout the lesser populated areas.

Lubbock Regional MHMR is involved in a broad spectrum of school based mental health projects that reach across multiple funding streams. Although each project is successful and serves a specific need, coordination of all school based initiatives is needed. A summary of those activities are listed below.

- MHMR representation on the Lubbock Independent School District's Student Support Team. The Director of Child and Adolescent Services attends weekly meetings to identify resources for students who have been identified by the school district as having issues that impede that students ability to obtain educational goals.
- Safe Schools Healthy Students grant application. Staff members from Lubbock Independent School District, Lubbock County Juvenile Justice, City of Lubbock, Early Childhood Intervention, Texas Tech University, and Lubbock Regional MHMR co-authored a Federal grant application which builds a system of care that includes the identification and treatment of students with mental health issues.
- TDMHMR sponsored School Based Mental Health Conference. On August 21, 2003, Mark Weist from the University of Maryland will present a conference in Lubbock training stakeholders from West Texas on mental health practices that have been integrated into school settings throughout Maryland.

- Day Treatment programming. Lubbock Independent School District and Lubbock Regional MHMR collaborate in delivering mental health rehabilitative services to identified youth referred to an Alternative Educational setting.
- TCADA funded prevention program. Lubbock Regional MHMR, in a 15 county area, provides substance abuse prevention services to elementary and middle school aged youth during the school year and camps during the summer months.
- 15 County Youth Risk Assessment. Texas Tech University, Covenant Health Systems, Lubbock Regional MHMR, Region XVII, United Way, Lubbock Independent School District-Safe and Drug Free Schools have all partnered together to assess the needs of a sample of school aged youth. This web-based tool identifies prevalence of high risk behaviors and the use of public and private service delivery systems. The needs assessment tool is scheduled to be implemented in the fall of 2004.

Although LRMHMRC has always had a relationship with the various counties and school districts in the region through services to youth, there have only been small pockets of formal linkages, agreements, or plans that have been formulated. County based Community Resource Coordination Groups and the Community Management Team are examples of formal collaborations that have been in place for some time. Historically, as mentioned earlier, an array of mental health services has always been more readily available to people within the city of Lubbock. Although mental health services are delivered outside of Lubbock, a crisis is usually the impetus for the start of those services. It is our desire to offer an array of mental health services that are available in the consumer's natural environment in hopes of delivering preventative services while minimizing the need for crisis interventions.

The school based mental health care initiative presents an opportunity to prioritize and plan with members from an under served area of our region with the intent of expanding to other rural areas in the future.

Through consultation with the local Community Management Team and Region XVII Education Service Center a plan was devised to target a smaller subsection of our region where decision makers are in place that are known for their willingness to explore new programs and services within a collaborative, integrated system. Members from SELCO, a special education co-op encompassing the school districts of Slaton, Roosevelt, Wilson, and Southland, were approached. An introductory meeting was held, which led to an ultimate commitment to this school based mental health initiative. SELCO, along with their independent school district members, present many advantages for this project. SELCO has identified and expressed complex and unique student needs within the districts; they have identified visions for shared services, presented a desire to integrate services, and are in close proximity to Lubbock thus making it feasible to deliver services in an efficient manner. An ongoing collaborative task force has been formed (see Appendix A) and has been meeting over the summer. A short term plan “to plan” follows:

## **I. Goal**

### **A. Develop a plan for the implementation of School Based Mental Health Services**

#### **Strategies**

1. Enhance Task Force Membership- to include additional family members, youth and other stakeholders.
2. Conduct:
  - a. Needs Assessment
  - b. Strengths and Resource Inventory
3. Conduct Gap Analysis
4. Set Priorities
5. Develop Student Screening Tool
6. Provide Teacher Training/ Identification of Mental Health Issues and use of Screening Tool
7. Enhance Campus Student Support Teams
8. Develop plan for Evidence Based Strategies
  - a. Identify existing barriers within plan
  - b. Identify existing and new resources to sponsor strategies/services

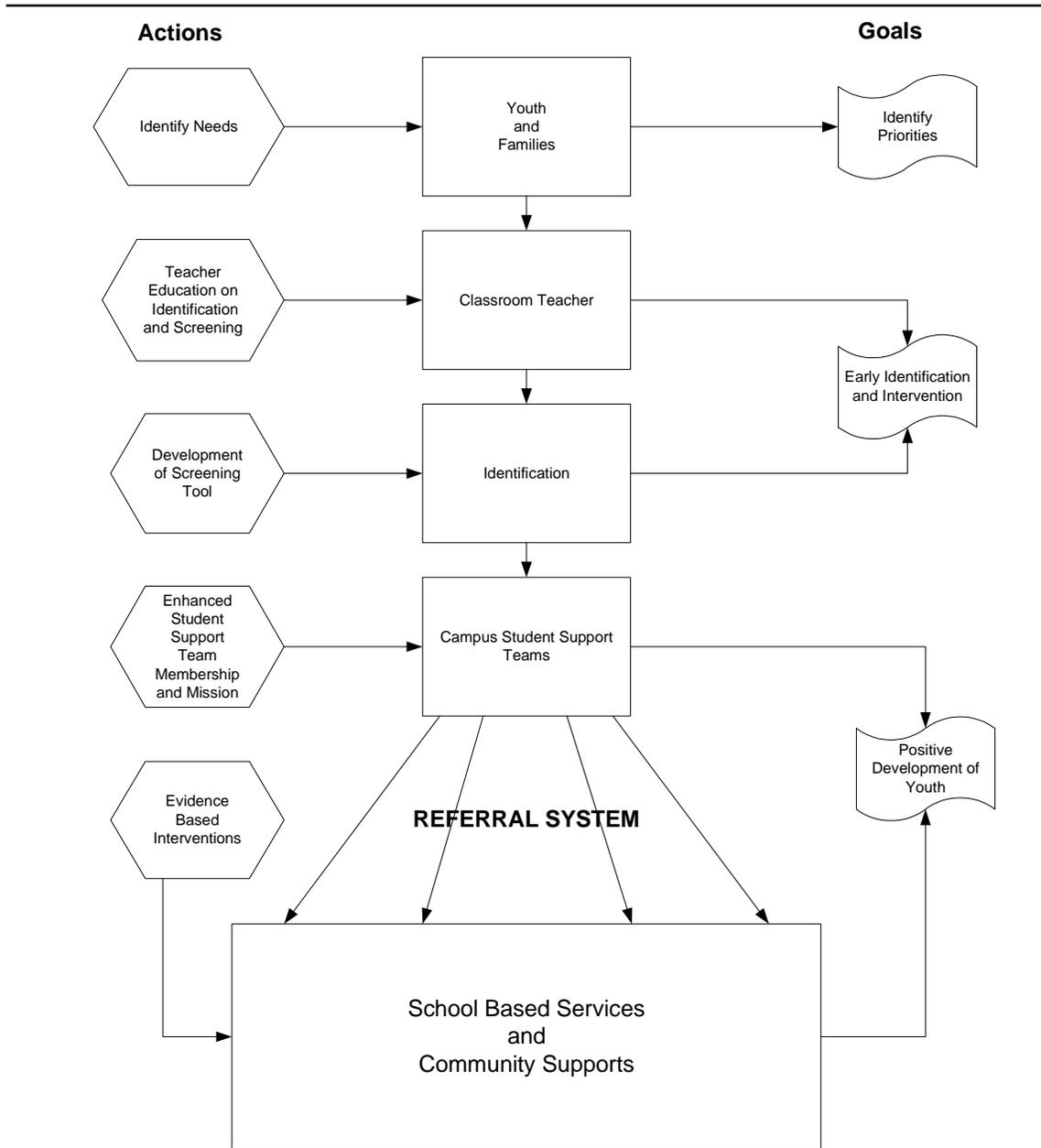
#### **Outcomes**

- Identified target community will have a shared education and mental health vision and agenda.

- Identified target community will serve as a model which other regional communities may replicate.
- Identified target community will be prepared to implement an effective, evidence-based school mental health plan.

A process for student identification and referral has been developed utilizing enhanced campus student support teams as its mechanism.

## School Based Mental Health Plan Identification and Referral



## Appendix A

### TASK FORCE FOR THE DEVELOPMENT OF A SCHOOL BASED MENTAL HEALTH CARE PLAN

<u>Task Force Member</u>	<u>Stakeholder Group</u>
Mike Harris, Slaton ISD, Superintendent	School
Clara Harris, Slaton, Nurse	Provider
Sam Miller, LRMHMR	Provider
Gloria Moore, Slaton ISD, Special Ed. Director	School
Kim Clemmons, Roosevelt ISD	School
David Allen, LRMHMR	Provider
David Allison, LPC/LCDC	Provider
Val Meixner, Region XVII ESC	School System
Eugene Wang Ph.D., United Way	Community
Mike Jones, Wilson ISD	School
Derella Payne, Slaton ISD	Parent
Rosalinda Erevia, LRMHMR	Family Educator
Peggy Klenclo, Region XVII ESC	School System
Mark Swoboda, Catholic Family Service	Faith-based Provider
Laurie Truelove, TRC	Community
Rod Knott, TJPC	Community
Carol Marchbanks, TDH	Community
Aaron Sanborn, LRMHMR	Provider
Laura Kinder, ECI	Provider
Sondra Dawn, TRC	Community
Maralyn Billings Ph.D., Region XVII ESC	School System
Kathy McGee, Buckner Children's Home	Provider
Camille Gilliam, TDPRS	Community
Terry Tennison, LISD	School
Teneta Tyler, TDPRS	Community
Michael Sullivan, Community Health Centers, Lubbock	Provider
Liz Lopez, Community Health Centers, Lubbock	Provider
Tonya Hettler, Federation for Families	Family
Ida Fletcher, Buckner's Children's Home	Provider
Charlotte Burt, ECI	Provider