Improve the Health, Safety, and Wellness of All Learners

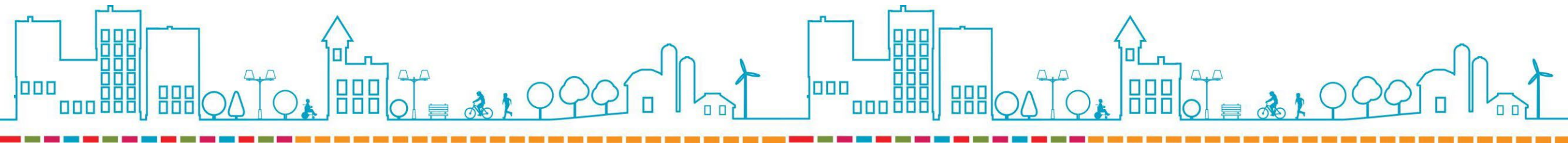*State Board of Education*
October 10, 2023

Goals

1. Expand early childhood learning opportunities

2. Improve early literacy achievement

3. **Improve the health, safety, and wellness of all learners**

4. Expand secondary learning opportunities for all students

5. Increase the percentage of all students who graduate from high school

6. Increase the percentage of adults with a post-secondary credential

7. Increase the numbers of certified teachers in areas of shortage

8. Provide adequate and equitable school funding

Metrics

| Goal	Metrics
Improve the health, safety, and wellness of all learners	• Average daily student participation in school breakfast programs • Percent of students who have on-track attendance • Percent of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days • Percent of students who used tobacco products and/or electronic vapor products during the past 30 days • Number of students who received school mental health and support services

Metrics

Goal	Metrics
Improve the health, safety, and wellness of all learners	• Percent of students who have been bullied on school property in the past 12 months • Percent of students who felt sad or hopeless almost every day for two weeks or more in a row during the past 12 months • Percent of students who seriously considered attempting suicide during the past 12 months • Percent of children ages 0-17 years who were ever told by a doctor that they had asthma and the percent who currently have asthma • Percent of children tested for lead and percent of children who had high lead levels • Michigan's national rank for overall child well-being

Data Updates
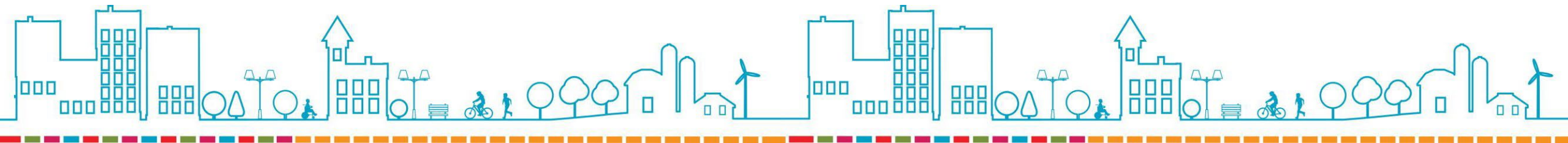
Michigan's National Rank for Overall Child Well-Being

	2015	2016	2017	2018	2019	2020	2021	2022	2023
Overall Child Well-Being National Rank	33	31	32	33	32	32	28	32	32

Source: Annie E. Casey Foundation: https://datacenter.kidscount.org/publications

New data

Average daily student participation in school breakfast programs

2015-2016	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022*	2022-2023**
384,535	383,949	380,551	383,884	398,464	363,181	443,043	379,110

Source: Michigan Department of Education (MDE) school breakfast claims for reimbursement
*Large increase due to all Michigan's students receiving free breakfast and lunch.
**Decrease associated with the end of the USDA waiver to continue universal meals last school year.
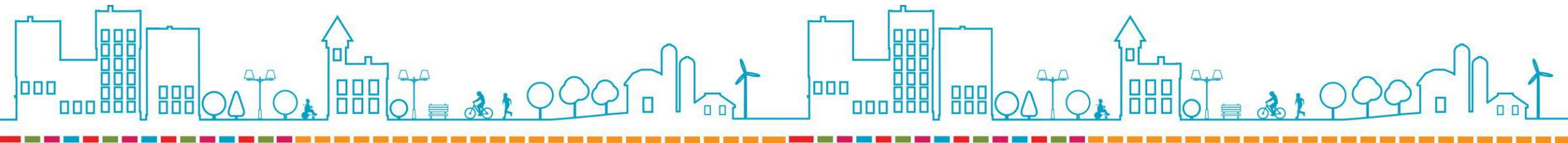
New data

Number of Students who Received School Mental Health and Support Services

|	2019-2020	2020-2021	2021-2022	2022-2023
Unduplicated # of students that received direct services from a 31n(6) funded provider	8,885	10,017	22,265	29,858

New data

Comprehensive School Mental Health System

What Are We Doing to Strengthen Youth Mental Health?

Focus is on a Comprehensive School Mental Health System

- Providing health services in schools increases access by removing barriers to treatment.

- Schools can help normalize the process of seeking behavioral health care.

- Schools can implement school-wide interventions to ensure safe and welcoming environments.

- Schools that have strong relationships with their community can direct students and their families to services and resources not available within the school.

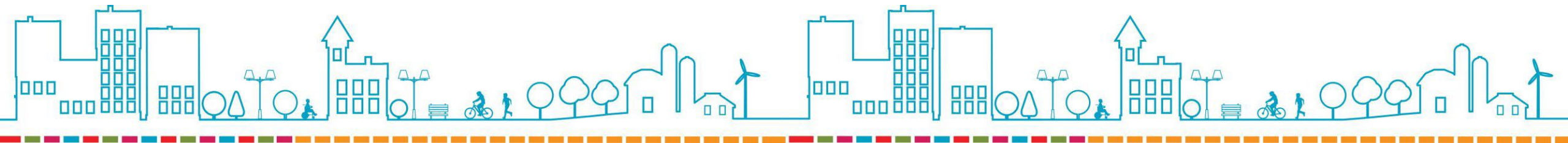Advancing CSMHS: Guidance from the Field, Sept 2019
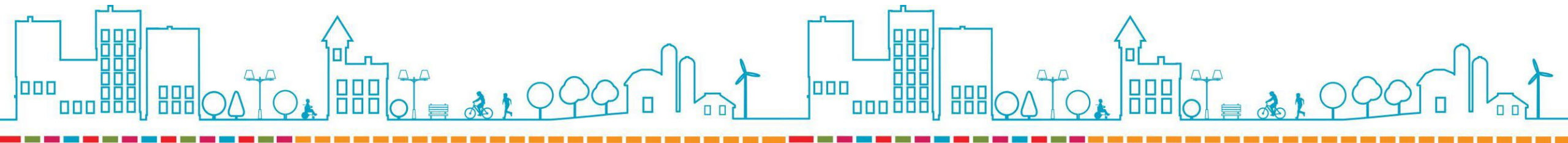
Sobering Statistics for Michigan Students

- According to the 2021 Youth Risk Behavior Survey (YRBS), 31.5% of Michigan high school students reported that their mental health was not good most of the time or always.[1]

- **Prior** to the COVID-19 pandemic, nearly 20% of Michigan youth had been diagnosed with depression, anxiety, and/or ADHD.[2]

Sources
1 Michigan Youth Risk Behavior Survey
2 US National and State-Level Prevalence of Mental Health Disorders and Disparities of Mental Health Care Use in Children

More Sobering Statistics for Michigan Students

- According to the 2021 Youth Risk Behavior Survey (YRBS), over 40% of Michigan youth reported feeling sad or hopeless every day for a two-week period in a way that impacted their usual activities.[1]

- The average suicide death rate among adolescents and young adults increased from 6.7 to 11.4 persons per 100,000 in Michigan from 2009 to 2018.[2]

Sources
1 Michigan Youth Risk Behavior Survey
2 Centers for Disease Control and Prevention (CDC) State Suicide Rates Among Adolescents and Young Adults Aged 10-24
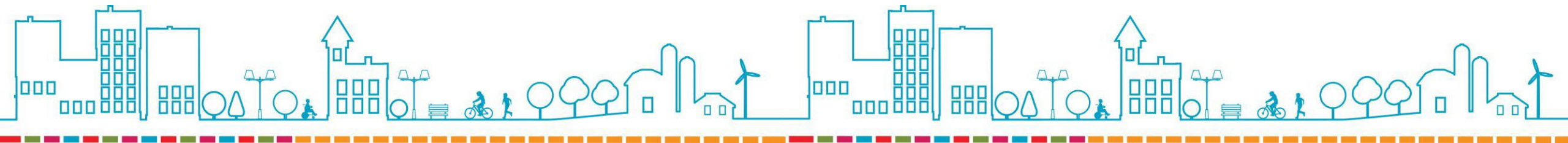
Core Features of a Comprehensive School Mental Health System *National Center for School Mental Health (NCSMH)

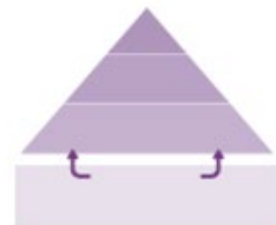Infographic from Advancing CSMHS: Guidance from the Field, Sept 2019

Well-Trained Educators and Specialized Instructional Support Personnel

Family-School-Community Collaboration and Teaming

Needs Assessment and Resource Mapping

Multi-Tiered System of Support

Mental Health Screening

Evidence-Based and Emerging Best Practices

Data

Funding

A Comprehensive View of Resources and Services

- What's already in place?
- What's missing?
- New School Behavioral Health Unit in the Office of Health and Nutrition Services

Well-Trained Educators and Specialized Instructional Support Personnel

Equipping School Staff to Support Behavioral Health Needs of Students

- MDE led virtual trainings for direct service providers and behavioral health coordinators
- Technical assistance and support from MDE/MDHHS consultants
- Statewide Behavioral Threat Assessment and Management (BTAM) training
- Youth Mental Health First Aid
- Handle With Care
- MichiganCares – **free** online mental health and wellness courses
- LivingWorks Start – **free** online suicide prevention course
- QPR Question, Persuade, Refer – online suicide prevention training (~$30)
- SEL/Children's Mental Health Network
- SEL Community of Practice
- TRAILS

Coordinating Resources and Strategies

- MDE and MDHHS interdepartmental collaboration
- Michigan Health Information Network (MiHIN) Project
- Region 8 Comprehensive Center Feasibility Study
- Education Commission of the States (ECS)
- Student and staff well-being Community of Practice facilitated by the Council of Chief State School Officers (CCSSO)
- Collaborative partnerships to increase number of behavioral health providers
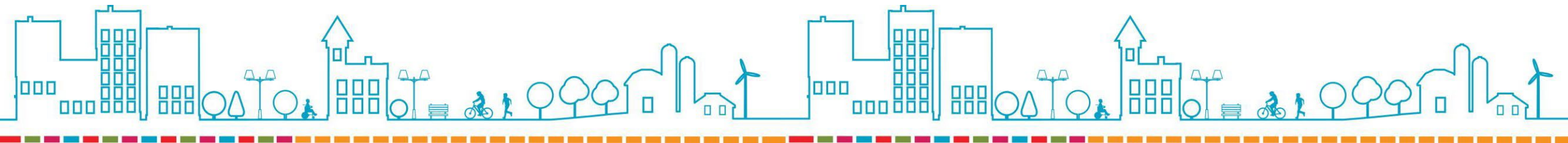
Workforce Development Projects to Increase Behavioral Health Providers

- **Michigan Career Opportunity Academies for Community Health (MiCOACH)** – Federal Health Resources and Services Administration (HRSA) grant
- **Michigan Earn, Learn and Serve in Schools (MiELSiS)** – U.S. Department of Education Mental Health Service Professional Demonstration Grant (MHSP)
- **MDHHS MiKidsNow Loan Repayment Program**
- **MDHHS MiKidsNow Paid Internship Program**
- **PA 180 of 2022/31ff** – Establishes a Student Mental health Apprenticeship Retention and Training (SMART) internship program by creating paid internships in school settings
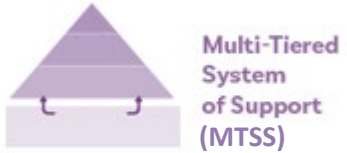
Ensuring Each Student Can Access Fully Array of Services

- Michigan's MTSS Technical Assistance Center (MiMTSS)
- Tier 1 – Universal activities
- Tier 2 – Early intervention services and supports
- Tier 3 – Targeted/individualized treatment services and supports

Disparities in the ways in which students access services can exacerbate challenges and increase the prevalence of mental health issues.

Current School Mental Health System Resources

1 Universal Programs

- Social Emotional Learning (SEL) and in-classroom mental health lessons
- Staff education on mental health
- Identification of student needs (e.g. – surveys/screeners; OK2SAY; Handle with Care)
- Mental health awareness programs (e.g. - Peer-to-Peer)
- Child and Adolescent Health Center and E3 Program
- Staff well-being initiatives
- School culture initiatives
- Whole child initiatives

2 Targeted Programs

- Mental health and functional behavior assessments
- Group mental health education (e.g. – WhyTry)
- Mental health supports for special populations (e.g- chronically absent; homeless; immigrant; foster care)
- MDHHS Pathways to Potential service connections and success coaching

3 Intensive Programs

- Mental health services provided through special education plans (e.g. – IEP; IFSP)
- Individual & group therapy through a plan of care
- Mental health navigator programs
- Community Mental Health (CMH) Services
- Mental health services provided through behavior intervention plans

4 Crisis Programs

- Critical incident response
- Safety and threat assessment
- Safety planning
- 988/Michigan Crisis and Access Line
- Intensive Crisis Stabilization Services & Mobile Crisis Response

Early Identification and Intervention Lead to Better Outcomes

- Universal screening is a starting point to identify students that may need extra support
- [MiMTSS TA Center Guidance Document](#) on universal screening
- Region 8 Comprehensive Center workgroup guidance document will be available late fall of 2023

Resources Based on Strengths and Needs

- Region 8 Comprehensive Center Feasibility Study
- bhworks
- Linking school safety and student well-being within the umbrella of comprehensive school mental health
- [What Works Clearinghouse (WWC)](#)
- Considerations before implementation:
  - current workforce
  - capacity
  - cost
  - organizational infrastructure

Evidence-Based and Emerging Best Practices

Assessing the Impact of Service and Supports

- Michigan Profile for Healthy Youth (MiPHY)
- Youth Risk Behavior Survey (YRBS)
- 31n Legislative Reports (FY 19, FY 20, FY 21, FY 22)
- School mental health systems routinely face barriers to systematically tracking individual student data, including:
  - Lack of staffing capacity
  - Lack of technological options/infrastructure
  - Lack of knowledge, training and time to create a data collection system
  - Limited data sharing across systems

Reasons Students Were Referred to a 31n-Funded Provider

*Data from Michigan Schools Using bhworks 8/1/2022-6/16/2023
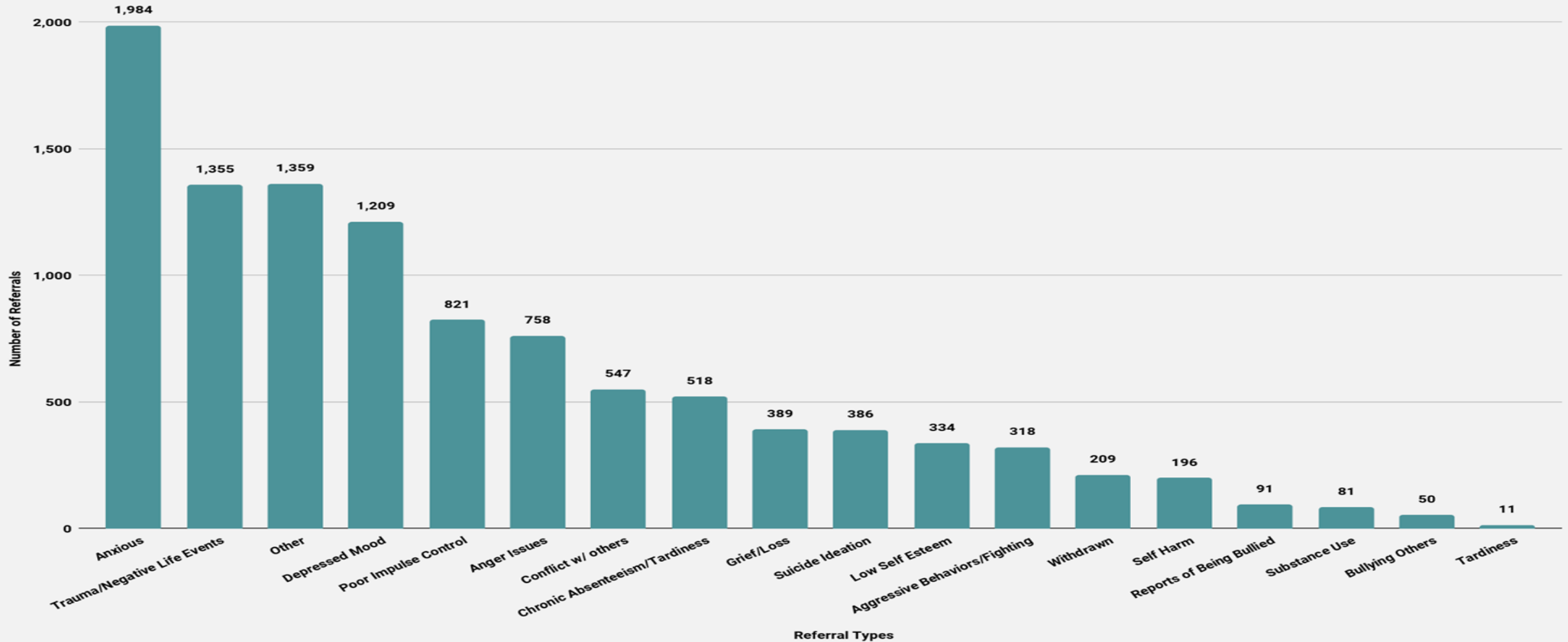
Referrals across Michigan from bhworks Users in 22-23

Total Referrals

15,702
Referrals

Total Students Referred

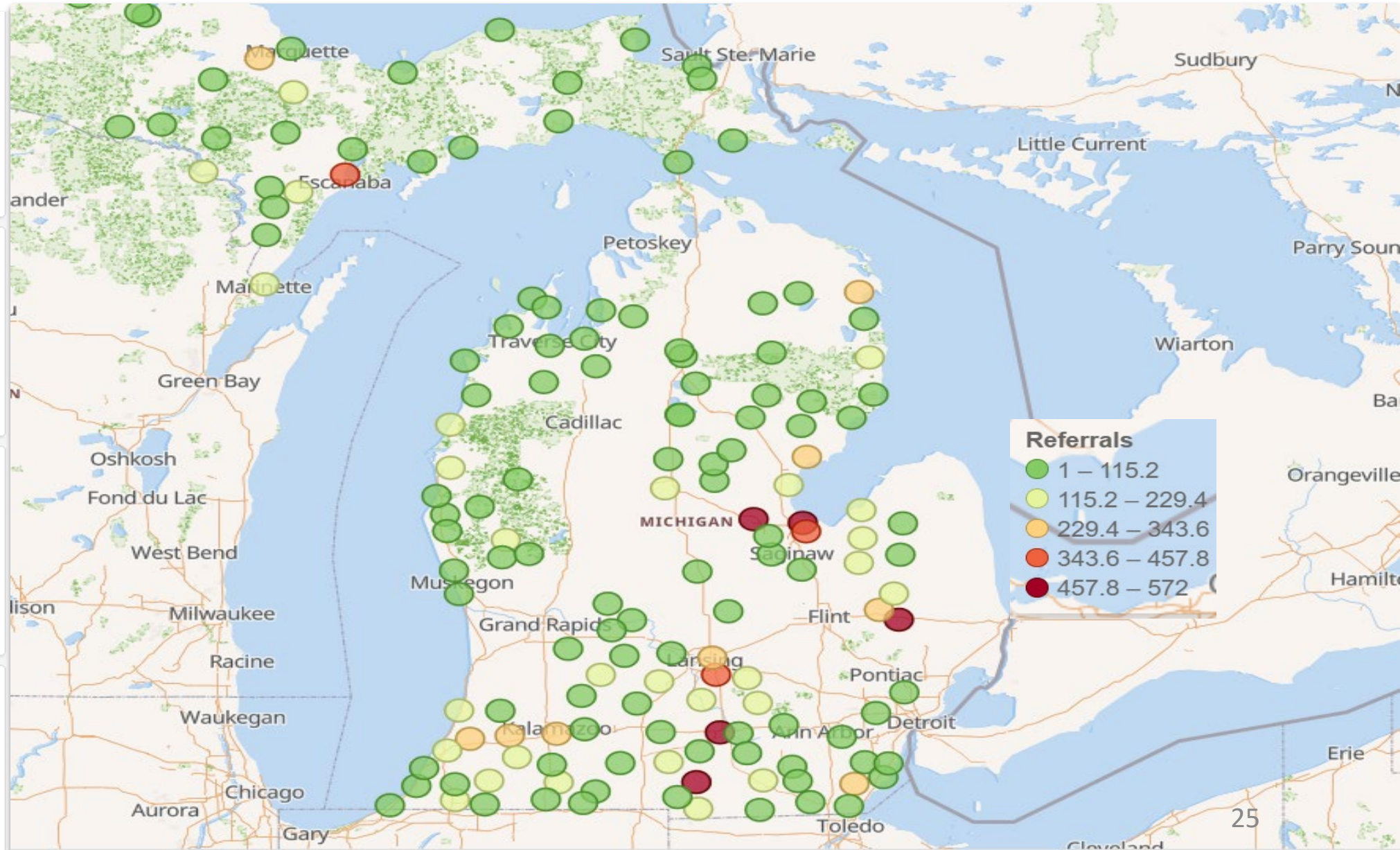**14,711**
Students

Total Schools Using bhworks

793
Schools

Total Districts

276
Districts

Referrals
- 1 – 115.2
- 115.2 – 229.4
- 229.4 – 343.6
- 343.6 – 457.8
- 457.8 – 572

Mental Health Funding in State School Aid

- Recurring = 31n(5), 31n(6), 31n(10)

- Non-Recurring = 31o, 31p, 31aa, 31ff, 97e, and 97f

- 31ff funds provide stipends to helping professionals and their supervisors during an internship

Fiscal Year	Recurring	Non-Recurring
FY18	$0	$0
FY19	$31.8m	$0
FY20	$31.8m	$0
FY21	$46.3m	$0
FY22	$54.4m	$125.4m
FY23	$79.4m	$282.5m
FY24	$112.8m	$343m

Increased Number of Providers in Schools

Provider Type*	2019-2020	2020-2021	2021-2022	2022-2023
Counselor	863	982	1,069	1,195
Nurse	61	63	106	110
Social Work	2,421	2,559	2,817	3,004
Psychologist	1,033	1,051	1,052	1,059
Other (BCBA, etc.)	0	11	21	33
Total	4,378	4,666	5,065	5,401

*REP data

Positive Student Outcomes When Schools Implement All 8 Core Features

- Better academic outcomes
- Access to care
- Early identification and intervention
- Positive school climate and safety
- Youth, family, educator and peer engagement
- A continuum of services
- Better psychosocial outcomes

Thank You!

Dr. Diane Golzynski, deputy superintendent, Division of Finance and Operations
Scott Hutchins, supervisor, School Behavioral Health Unit

What Questions Do You Have?