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## Promoting Mental Health in Schools

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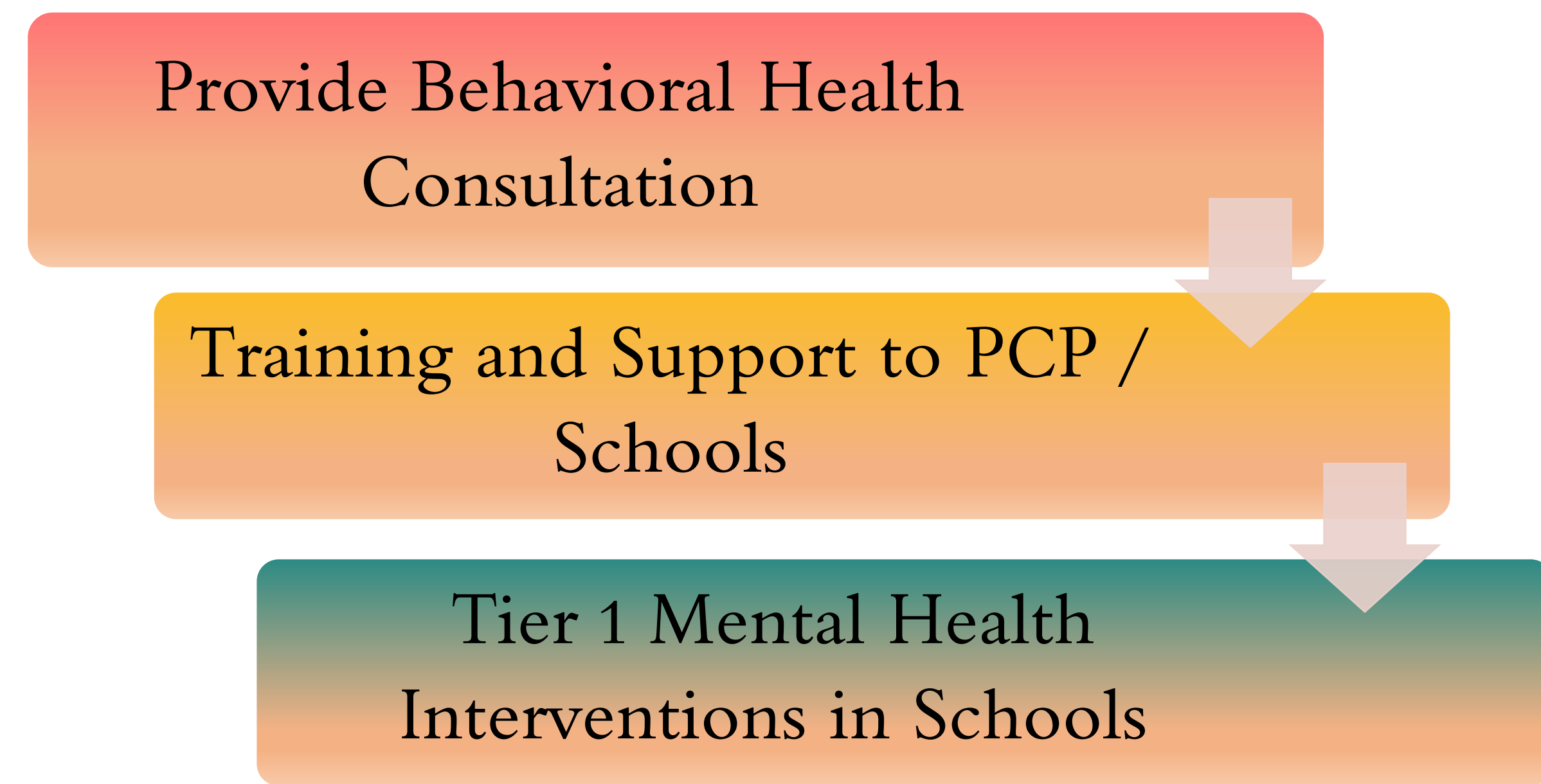
# Promoting Mental Health in Schools

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NH-ME LEND, University of Maine Center for Community Inclusion and Disability Studies



## Project Background

- Maine CDC's Pediatric Mental Health Care Access Grant



## 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



About 1 in 7

U.S. children aged 2-8 have a mental, behavioral, and/or developmental disorder reported by parent Per CDC data

## Universal Design / Tier 1 Approach

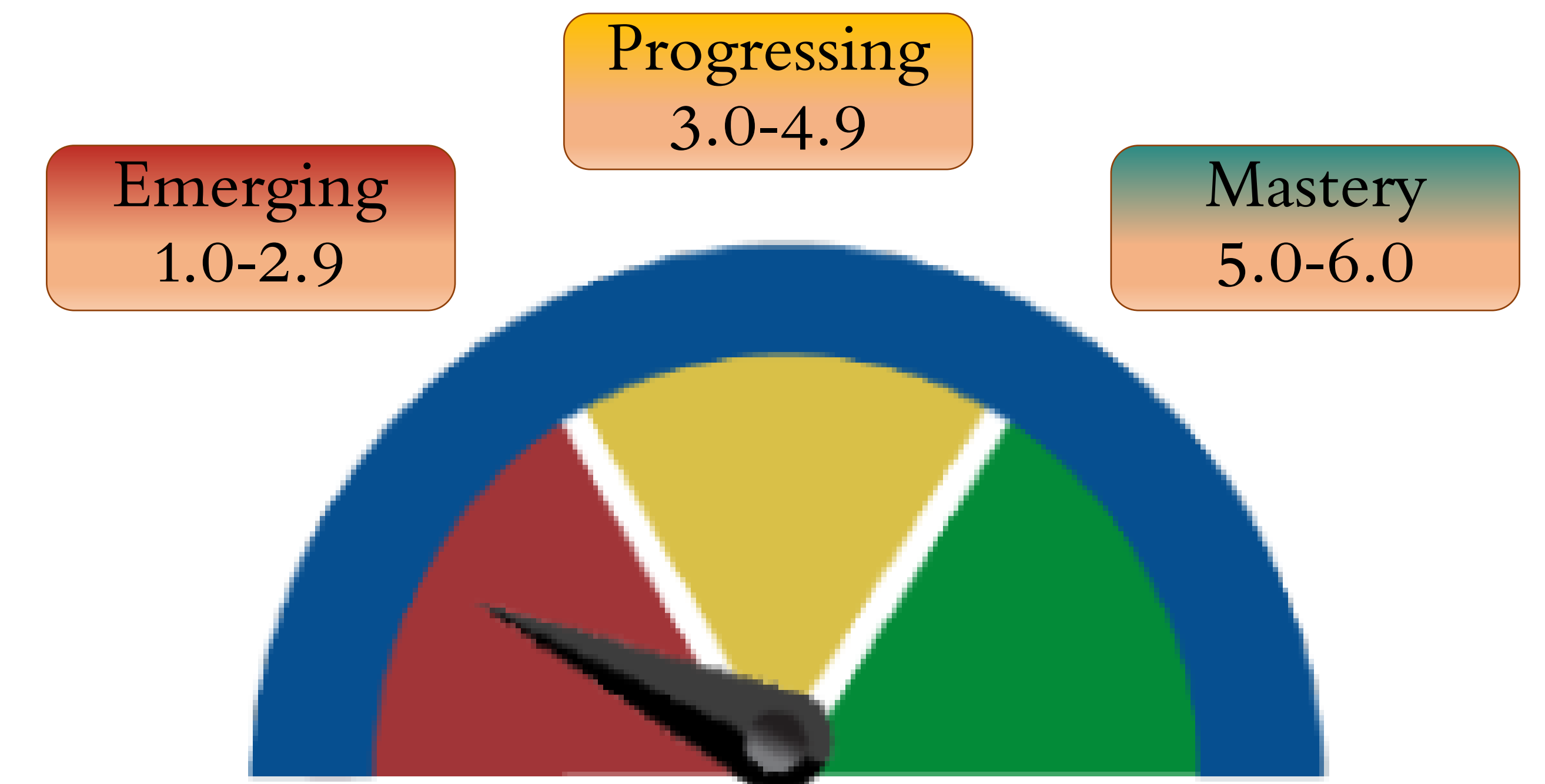
### School Health Assessment and Performance Evaluation (SHAPE) System

- Developed by National Center for School Mental Health (NCSMH)
- Strengthen policies and programs in school mental health
- Improve learning outcomes

SHAPE System Domains	Descriptions
Teaming	* <b>Multidisciplinary</b> staff; students, families, staff, and community partners.
Need Assessment / Resource Mapping	<ul style="list-style-type: none"> <li>Identify gaps and <b>strengths</b>.</li> <li>Visual representation of information.</li> <li>Share information about services + supports.</li> </ul>
Screening	<ul style="list-style-type: none"> <li>Universal assessment.</li> <li><b>Systematic</b> tool/process.</li> </ul>
Tier 1- Promotion of Service + Supports	<ul style="list-style-type: none"> <li>Meets needs of <b>ALL</b> students.</li> <li>Includes: <b>staff well-being</b>, school climate, promotion of <b>positive behavior</b>.</li> </ul>
Tier 2 + 3 Early Intervention	<p>Tier 2:</p> <ul style="list-style-type: none"> <li>Students identified or at <b>risk</b>.</li> </ul> <p>Tier 3:</p> <ul style="list-style-type: none"> <li>* Students experiencing <b>significant</b> distress and functional impairment.</li> </ul>
Funding / Sustainability	<ul style="list-style-type: none"> <li><b>Optimizing</b> financial and non-financial assets.</li> <li><b>Maintain/improve</b> mental health systems over time.</li> </ul>
Impact	<ul style="list-style-type: none"> <li>Long-term effects/<b>change</b>.</li> </ul>

## 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



Maine Department of Health and Human Services  
**Maine CDC**  
Maine Center for Disease Control and Prevention

## References and Resources

[Maine Pediatric & Behavioral Health Partnership Program \(MPBHP\)](#)

[www.Masmhc.org](http://www.Masmhc.org)

[www.theshapesystem.com](http://www.theshapesystem.com)

<https://www.cdc.gov/childrensmentalhealth/features/ural-health.html>