COMPREHENSIVE BEHAVIORAL HEALTH MODEL: PARTNERING TO BUILD SAFE AND SUPPORTIVE SCHOOLS

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Presentation to Boston School Committee
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Guest Presenters

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Director of Community Relations and Partnerships

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Director of School Psychology Program
MA Safe and Supportive Schools Commission member
Student Success on CCSS aligned CDT’s through CCSS Aligned Instructional Practices (Core Actions)

- Academics and Professional Learning
- Opportunity and Achievement Gaps
- English Language Learners
- Special Education
- Socio-Emotional Learning and Wellness

ACT + PLAN + STUDY + DO

CONTENT + STUDENT + TEACHER
CBHM Outcomes

STUDENT OUTCOMES

Social Skills
Academic Functioning
Reading
Math

Conduct Problems
Negative Affect
Suspensions

SOURCES: BIMAS; MCAS CPI; PARCC Translational CPI; Suspension Data
CBHM Outcomes

IMPROVED SCHOOL BUILDING CAPACITY

Teacher Knowledge of Behavior & Trauma
School Wide Systems to Support Students & Families
Time spent on Tier 1 and Tier 2

Inconsistent Approaches to Behavior & Trauma
Fragmented Supports & Services
Time spent on Tier 3

SOURCES: CBHM Workshop Evaluations; Tiered Fidelity Inventory; BHS Time Sampling
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CBHM Partnerships
Safe & Supportive Schools

BEHAVIORAL HEALTH
- Students who struggle with behavioral health experience less school success (Wagner, 2005)

TRAUMA
- 1 out of 5 children in Boston have experienced 2 or more adverse childhood experiences (ACE)

SCHOOL CLIMATE
- 75% of BPS stakeholders indicated that a lack social skills and self regulation had the greatest impact on student learning (Boston, 2010)

Capacity Building

BEHAVIORAL HEALTH SERVICES

STAFF
- 54 School Psychologists
- 6 Pupil Adjustment Counselors
- 3 Behavior Specialists
- 8 Network Social Workers

SCHOOL BASED BEHAVIORAL HEALTH COLLABORATIVE
- 20 school based behavioral health agencies serving 90 BPS schools
- 60% of these partnerships provide services only 1 or 2 days a week

Capacity Building
Comprehensive Behavioral Health Model (CBHM)

**KEY FEATURES**

- Voluntary participation from principals & school staff
- Building **integrated community partnerships** that promote alignment with district and school goals
- Focus on **building capacity** of school staff
- **Multi-tiered System of Supports** that make use of evidence-based tools
- Use of nationally normed **behavioral health screening** tools that allow for early identification and progress monitoring
BOSTON PUBLIC SCHOOLS

Behavioral Health Services

- Individual Counseling
- Case Management
- Crisis Response

Specialized Services

- Solution-Focused Groups
- Consultation
- Evidence-Based Interventions

Foundational Practices of Mental Health Service Directory

- Universal Positive Behavioral Supports
- Universal Behavioral Health Screening
- Professional Development

TIERS

TIER 1
- Universal Positive Behavioral Supports
- Universal Behavioral Health Screening
- Professional Development

TIER 2
- Solution-Focused Groups
- Consultation
- Evidence-Based Interventions

TIER 3
- Individual Counseling
- Case Management
- Crisis Response

Department of Children and Family Services
Department of Mental Health
Boston Public Health Commission
Mental Health Partners
BPS Comprehensive Behavioral Health Model

Mission: Ensuring that all students have a safe and supportive school where they can be successful

If we do this...

Students
- Universal screening and positive skill instruction
- Access to targeted supports and services

Schools
- Integrated academic and socio-emotional learning
- Professional development on evidence-based interventions

District
- Data management and accountability
- Partnerships with families and community agencies

We will see this...

- Improved academic performance
- Increased positive behaviors
- Improved school climate and student engagement
- Increased skills to address students' needs
- Increased capacity to provide services
- Improved access to and coordination of services

To achieve this...

- Academic and social competence
- Safe and supportive learning environments
- High-quality, equitable behavioral health services

Essential Components
- Collaboration with and support for families
- Aligned district initiatives and policies
- Data-based decision making
- Appreciation for diversity
- Consultation and collaboration
- School and district leadership
- Student-centered
- Differentiated instruction

Guided by Massachusetts Department of Elementary and Secondary Education's Behavioral Health Framework

Theory of Change: Integrating behavioral health services into schools will create safe and supportive learning environments that optimize academic outcomes for all students.
CBHM Recognition

- Influence Professional Practices in Schools
  - National Association of School Psychologist Featured and Documented Sessions
  - NASP Public Policy Institute

- Highlight in Book Chapter: *Preventive Mental Health at School: Evidence-Based Services for Students*

- Site visits: Toledo Public Schools, Cambridge Public Schools, Methuen Public Schools, Colorado Legacy Foundation, New Orleans Public Schools, Lynn Public Schools

- Embedded in Colorado Framework for School Behavioral Health

- Future Conferences and Presentations
  - Advancing School Based Mental Health
  - National Association of State Directors of Special Education (Invited)
  - National Association of School Psychologists (Invited)
  - South Shore Collaborative Training (Invited)
Mutually Beneficial Partnerships

- Key partners made long-term investment in evidence-based services
- Partners provided lots of resources to support this work
- Integrated services build positive outcomes for students and schools and supports training and research
Additional Information

www.cbhmboston.com

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