

region 4

JUNE 23-24, 2021

# Resiliency

CONFERENCE 2021

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Building a Multitiered System of Support for a Culture of Care  
Lisette Spraggins lisette.spraggins@esc4.net

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### Federal and State Initiatives Mental Health Care for Students

- Title 4 – Small and Rural Schools
- RYSE – Resilient Youth – Safer Environments
- TEA MTSS – Mental Health (ETA TBD)

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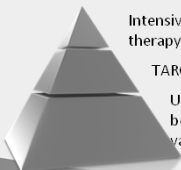
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### MTSS is like.....

**OR**




(Catherine Bradshaw, PBIS Leadership Forum 2017)



**Intensive:** Medicine, therapy, glasses

**TARGETED:** Surgery, daily medication regimen

**UNIVERSAL:** Diet and exercise, seat belts, car seats, vision screening, vaccinations



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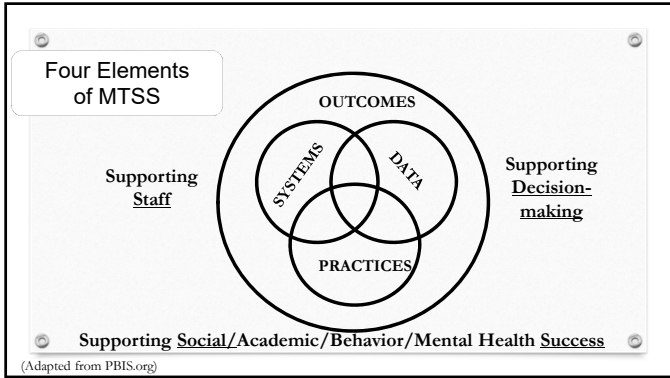
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**What is MTSS Mental Health**

- MTSS systems is an **integrated system** for mental health programs provide a wide range of prevention and intervention services that are based on need and that address the whole child’s behavioral, emotional, mental, and social functioning.
- MTSS is **not limited** to students only. Supports for staff and parent may also be created to support mental wellness

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**What is MTSS Mental Health**

- Multi-tiered systems of support **improve access** to needed services and resources.
- Multi-tiered systems of support **improved engagement** and collaboration among home, school, and community (community mental health, hospitals and universities)

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### System of Care

• System of care is a collaborative network of services and supports in schools that, develop **partnerships** with community agencies provide wellness supports for students, staff and empower parents to support their children. This system is to create a healthy environment that so that students may learn, teachers may teach and parents may parent

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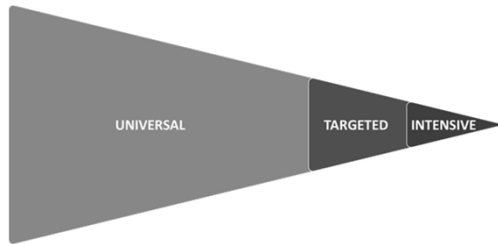
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### What is Multitiered Systems of Support Mental Health



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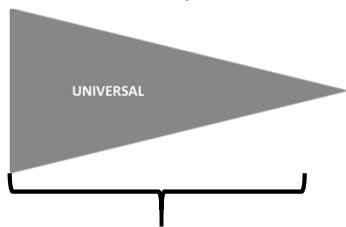
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### Universal System for Positive Development and Prevention



80% -100% students, staff and parents

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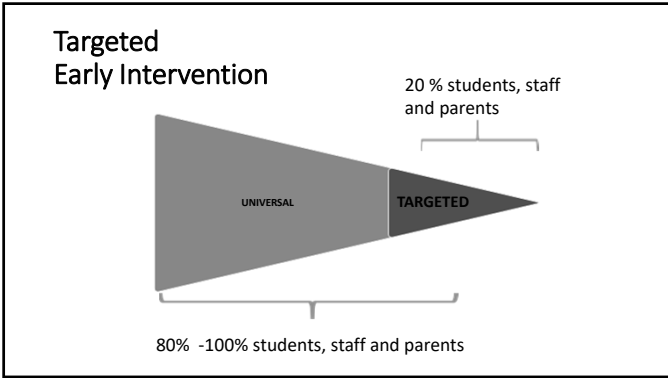
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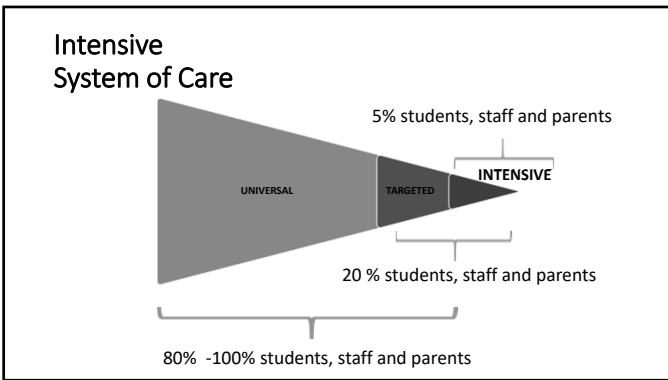
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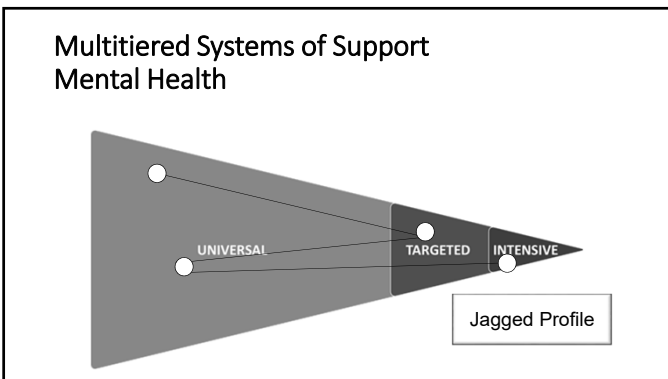
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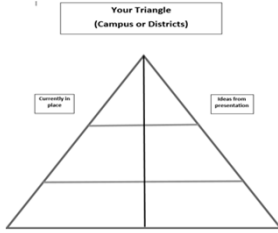
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Quick write (handout 1)  
Fill in your triangle with the mental health supports




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### Important Features of MTSS

- Team
- Resource mapping
- Data driven
- Evidence based practices
- Problem solving
- Community agency collaboration
- Family partnerships
- Funding

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### Team

- Complete a personnel and initiative resource mapping process.
  - Create a diverse group of individuals who are knowledgeable, and passionate about mental health supports.
- Ideal team members**
- Students
  - Parents
  - LSSP, LSW,
  - Community health providers
  - School admin
  - School counselors
  - School staff
  - our district or campus.

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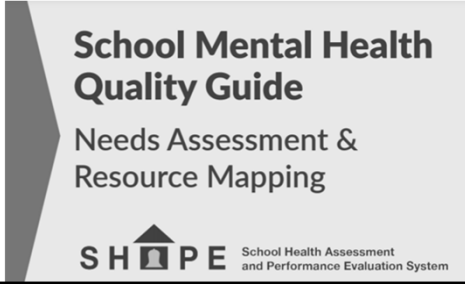
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### Needs Assessment and Resource Mapping




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### Resource Map

- Resource mapping is an active, ongoing process to identify, visually represent, and share information about internal and external supports and services; it is used to inform effective use of resources. In school mental health, resources in schools and the surrounding community can be mapped across a multi-tiered system of support.
- School Health Assessment and Performance Evaluation System (SHAPE) School Mental Health Quality Guide Needs Assessment & Resource Mapping

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### Data Driven

- Data collection
- Analysis
- Utilization
- Reporting

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### Community Agency Collaboration

- Region 4 Mental Health Liaison



Ashley Whitley MA, MS, LMFT-A  
 Non-Physician Mental Health Professional(NPMHP)/ Region 4 ESC  
 The Harris Center for Mental Health and I.D.D.

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### Community Agency Collaboration

**Build connections**

- Memorandum of Understanding
- Collaborate on projects, and professional development




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### Family Partnerships

- Community Resource Fairs – Mental Health focus
- Parent information mental health education sessions

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**Funding Resources**

Small and Rural presentation from Meadow Center Dr. Linda Rodriguez

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**Federal Formula Funding**

The following formula or non-discretionary grant funding opportunities can be used for mental and behavioral health supports (*details on page 94+ of the Toolkit*).

- **Title I, Part A:** Improving Basic Programs Operated by Local Education Agencies (LEAs)
- **Title I, Part C:** Education of Migratory Children
- **Title I, Part D:** Prevention and Intervention Programs for Children and Youth who are Neglected, Delinquent, or At-Risk
- **Title II, Part A:** Supporting Effective Instruction

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**Federal Formula Funding**

Formula grant funding opportunities (cont'd.):

- **Title IV, Part A:** Student Support and Academic Enrichment Grant Program
- **Title IV, Part B:** 21st Century Learning Centers
- **Title V, Part B, Subpart 2:** Rural and Low-Income Schools Program
- **Title VII:** Impact Aid Program
- **McKinney-Vento Homeless Education Assistance Improvements Act**
- **Individuals with Disabilities Act (IDEA)**

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**Department of Education Discretionary Grants**

USD0E releases funds through a competitive grant process.

These discretionary funds are subject to federal budget appropriations and changes based on budget availability or priorities of the current administration:

- Promoting Student Resilience Program
- School Climate Transformation Grant
- Full-Service Community Schools Program
- Special Education Technical Assistance Dissemination Program
- Education Innovation and Research
- Carol M. White Physical Education Program

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**Region 4 Mental Health Leadership Network**

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**Prime the Brain**

- What are we doing now? (fit into your handout for your tiers)
- What new information did you learn ?
- How will that information fit with what we are doing now



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## Resources

TEA Tiered Interventions Using Evidence-Based Research

<https://tier.tea.texas.gov/>

TEA Mental Health and

Positive Behavioral Interventions & Supports (PBIS) (2017). Technical Guide for Alignment of Initiatives, Programs and Practices in School Districts. Retrieved from <https://www.pbis.org/training/technical-guide>

TEA Mental Health and Behavioral Health

<https://tea.texas.gov/about-tea/other-services/mental-health/mental-health-and-behavioral-health>

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## Resources

- National Center for School Mental Health (2018). Resource map of school-based providers. Retrieved from: <https://theshapesystem.com/resource-materials/3745/Resource+Mapping+Resource+Guide.pdf?1437404418>
- National Center for School Mental Health (2018). School mental health initiative alignment map. Retrieved from <http://bit.ly/2TuHIQS>
- New Song Learning Center Mental Health Team (2017). Roles of School Based Mental Health Professionals. Retrieved from: <http://bit.ly/2ESDCnX>

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## Resources

American Institutes for Research and the National Center for School Mental Health. (2018). *Planning checklist for monitoring fidelity of evidence-based practices (EBPs)*. Retrieved from <http://bit.ly/2HqRBWk>

Barrett, S., Eber, L., & Weist, M. (2013). Advancing education effectiveness: Interconnecting school mental health and school-wide positive behavior support. *Center for School Mental Health*. Blueprints for healthy youth development. (n.d.) *Blueprints for healthy youth development*. Retrieved from <https://www.blueprintsprograms.org/about>

Center for Disease Control and Prevention. (2018). *Health-related quality of life (HRQOL)*. Retrieved from <https://www.cdc.gov/hrqol/index.htm>

The Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). *CASEL*. Retrieved from [www.casel.org](http://www.casel.org)

The Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). *CASEL Program Guides*. Retrieved from <https://casel.org/guide/>

The Collaborative for Academic, Social, and Emotional Learning (CASEL). (n.d.). *District resource center*. Retrieved from <https://drc.casel.org>

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TIERS  
rather than  
TEARS!  
AND  
Don't get stuck!!!



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Thank you!!!  
Enjoy your summer



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