Enhancing School-based Mental Health Through Systems Integration

Krista Kutash, Ph.D.
Albert J. Duchnowski, Ph.D.
Deputy Directors, Research and Training Center for Children’s Mental Health
Louis de la Parte Florida Mental Health Institute
University of South Florida

What Works In School? Sustaining A National Community of Practice on Collaborative School Behavioral Health Conference
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Presentation Goals

- Role of Families
- Strategies or Tools for Change
- Building Sustainable Systems
What is a “System of Care?”

A system of care is a comprehensive spectrum of mental health and other necessary services which are organized into a coordinated network to meet the multiple and changing needs of children and adolescents with severe emotional disturbances and their families.

System of Care

…to meet the multiple and changing needs of children…
SOC Research Update

And while service integration has shown promise at the system level with

- increased continuity of care, that is, retention in care and
- diversity of service use,

There is a paucity of research in the area with only a handful of empirical investigation and limited evidence of subsequent functional changes in youth (Durbin, Goering, Steiner, & Pink, 2006).
Role of Education in Systems of Care

Historically, difficult to establish effective partnerships

For many reasons….

Contrasting Perspectives

Overarching Influence

<table>
<thead>
<tr>
<th>Education System</th>
<th>Mental Health System</th>
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<tbody>
<tr>
<td>Individuals with Disabilities Education Act (IDEA)</td>
<td>Diagnostic &amp; Statistical Manual (DSM)</td>
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Contrasting Perspectives

Conceptual Framework Language

<table>
<thead>
<tr>
<th>Education System</th>
<th>Mental Health System</th>
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<tbody>
<tr>
<td>Behavior Disorders,</td>
<td>Psychopathology,</td>
</tr>
<tr>
<td>Challenging Behavior,</td>
<td>Abnormal Behavior,</td>
</tr>
<tr>
<td>Academic Deficits</td>
<td>Impaired functioning</td>
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Contrasting Perspectives

Important Theoretical Influences

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<tr>
<th>Education System</th>
<th>Mental Health System</th>
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<tbody>
<tr>
<td>Behaviorism,</td>
<td>Behavior Theory,</td>
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<tr>
<td>Social Learning Theory</td>
<td>Cognitive Theory,</td>
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<td></td>
<td>Developmental Psychology,</td>
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<td></td>
<td>Biological/Genetic Perspective,</td>
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<td>Psychopharmacology</td>
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</table>
Contrasting Perspectives

Focus of Intervention

Education System
- Behavior Management,
- Skill Development,
- Academic Improvement

Mental Health System
- Insight,
- Awareness,
- Improved Emotional Functioning

Contrasting Perspectives

Common Focus

Education / Mental Health System

Improving Social and Adaptive Functioning.

Importance of and Need to Increase Availability, Access, and Range of Services
But Wait…

Some people say that *Families* are the barriers to good collaboration

If “those parents” would just…….

Families as “Cause”
Families as “Patient”

Families as Credible Informants
Families as Equal decision making partners

Families as Evaluator and Research Partner
Families as Policy Makers

Transformation to Family Driven Care

Family-driven means families have a primary decision-making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory, and nation. This includes:

- Choosing support, services, and providers;
- Setting goals;
- Designing and implementing programs;
- Monitoring outcomes;
- Participating in funding decisions; and
- Determining the effectiveness of all efforts to promote the mental health and well being of children and youth.
Family Driven Care

A road map for system transformation for family members, educators, and mental health professionals

What is the Common Vision?

Three partners:

- Schools
- Mental Health
- Families
Common Vision

- In school, at home, and out of trouble
- Sense of belonging and connectedness
- Feeling valued in the community
- Hopeful about the future
- Quality of Life

Tools for building a Common Vision

What tools do we have?
Positive Behavior Supports

- Youth with Chronic/Intense Problem Behavior (1 – 7%)
- Youth At-Risk for Problem Behavior (5 – 15%)
- Youth without serious Problem Behavior (80 – 90%)

Response to Intervention (RtI)

- Emerging approach in the diagnosis of learning and behavior problems
- Uses a structured, problem solving process
- Use data to make decisions
Evidence-based practices

Interventions and practices for which there is consistent scientific evidence showing they improve client outcomes

- Clinical trials; experimental model
- Quasi-experimental
- Program/System evaluations
- Observations of “successful” interventions
- Interviews with participants
- Combination of the above

Common Vision

How do we operationalize this common vision between Schools, Mental Health and Families?
Common Vision
Families (FAM)  Mental Health (MH)  Education (ED)

Universal
All Students
ED – PBS
MH - Screening
FAM ED MH
EBP’s (PATHS)

Selective
At-Risk Students
ED – FBA / PBS
MH – Assessment
FAM ED MH
MH Group Interventions
ED MH FAM
Team Monitors Progress

Intensive
Students in Special Ed due to Emotional Disturbances
ED – FBA / PBS
MH – Assessment
FAM Cognitive Behavior
ED MH Therapy and other
MH Group Interventions
ED MH FAM
Team Monitors Progress

Implemented in organizations that support and facilitate collaborative, integrated systems of services.

Integrated Partnership

From Model to Practice
Next steps…

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Alice said to the Cheshire Cat: “Would you tell me please, which way I ought to go from here?”

“That depends a good deal on where you want to get to,” said the Cat.

“I don’t much care where,” said Alice.

“Then it doesn’t matter which way you go,” said the Cat.

We need to …

Engage in building a Performance Measurement Strategy
“The earmark of a quality program or organization is that it has the capacity to get and use information for continuous improvement and accountability. No program, no matter what it does, is a good program unless it is getting and using data of a variety of sorts, from a variety of places, and in an ongoing way to see if there are ways it can do better.”

– Weiss, 2002

We must …

Develop Competency in Implementation Science
Model of Implementation Complexity

FIT
- Does the innovation fit within your organization?
- Complement or Compete?

CLIMATE
- Willing to remove obstacles?
- Are there rewards?
- Leadership support?
- Clarity of Goals?

IMPLEMENTATION EFFECTIVENESS
- Can you implement the innovation with accuracy and fidelity?

INNOVATION EFFECTIVENESS
- Impact of innovation, commitment, and satisfaction

VOLITION
- Is there capacity and willingness to implement?

FIDELITY BELIEFS
- Favorable attitudes toward practice
- Complexity of innovation

Panzano, Fixsen, Naoom (2007)

We must ….

Consider the Public Health Model as a guiding framework for community collaboration
Summary

Before we change what we DO, we need to change how we THINK.

Before we can change how we think, we have to change what we BELIEVE.
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http://rtckids.fmhi.usf.edu/rtcpubs/study04/