



# An Integrative Approach to Addressing Students' Mental Health Needs





# Introductions

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In 2020, Hanover County Community Services Board (HCCSB) and Hanover County Public Schools (HCPS) joined together to better serve students and their families by increasing access to mental health services within the schools.

Hanover County's School-Based Mental Health Services offered an innovative solution for students struggling with mental health challenges. The goal of this partnership was to reduce the barriers preventing students from accessing support by providing behavioral health interventions within the school environment.

**WHERE DID WE  
START?**



# MENTAL HEALTH INITIATIVES TASK FORCE

## MEMBERS

- School Counseling, School Psychologist, School Nurses
- Parents and Students
- Community-Services Board
- Local Therapists
- Sheriff's Department

## SUBGROUPS

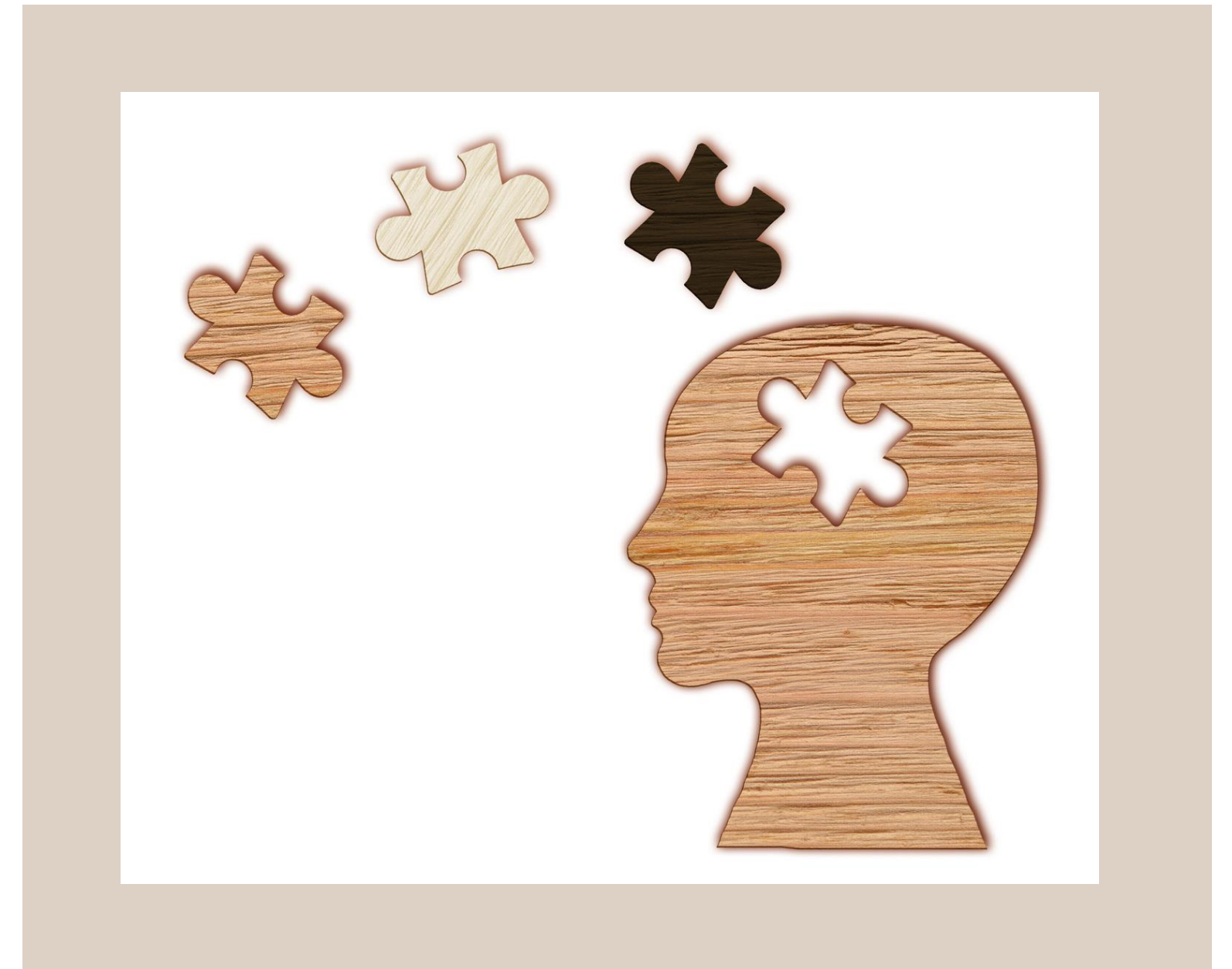
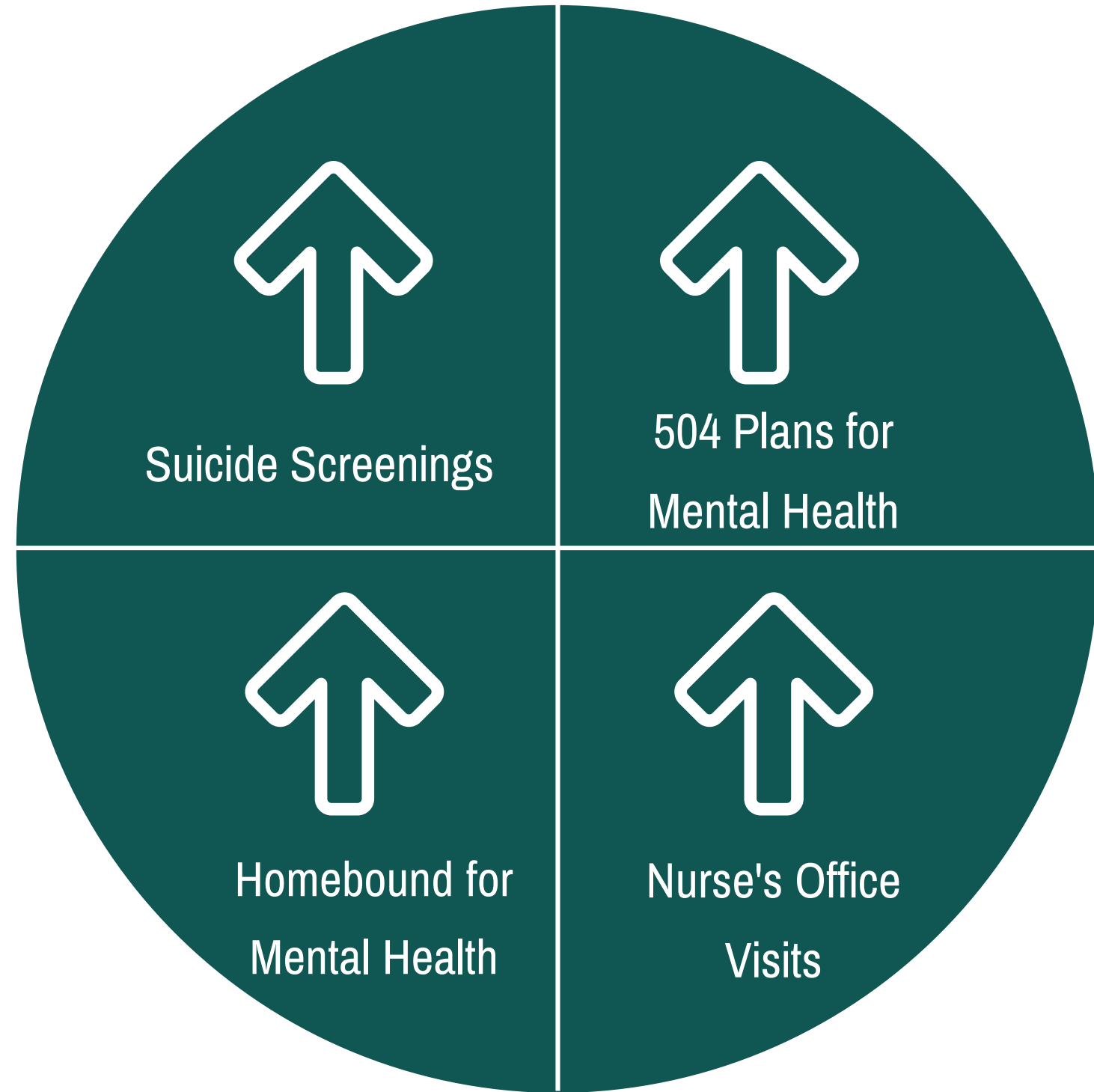
- Policy and Procedure
- Curriculum
- Family Engagement

## OUTCOMES

- Implementation of Signs of Suicide (SOS)
- SEL Program (Life Ready Skills)
- Universal Screener
- Community Partnerships and Collaboration with Stakeholders



# LOOKING AT THE NEEDS



# GOALS OF THE PROGRAM



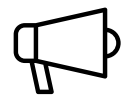
**ACCESS**



**COLLABORATION**



**CONNECTION**



**ADVOCACY**





# THE PILOT

A full-time Licensed Clinical Social Worker was fully imbedded in a comprehensive high school and worked alongside existing school counselors to address concerns related to the challenges impacting students' ability to function successfully.

The model created allowed for students to receive an assessment, care coordination, brief intervention, outreach, and linkage to additional resources, including an option for long-term outpatient therapy within the school itself.



# BRIEF INTERVENTION



Assessment and Treatment Planning  
6-8 Individual Sessions  
Small Therapeutic Groups

# TYPES OF INTERVENTION



Psycho-Education

Solution-Focused Brief Therapy

Cognitive Behavioral Therapy

Groups:  
Grief and Loss  
Emotion  
Regulation

# LINKAGE TO SUPPORT



Nearing the end of services, recommendations are made to the student and guardian about ongoing services.

Options for Ongoing Support:  
Outpatient Therapy  
Crisis Services  
Community-Based Services  
School-Based Mental Health Outpatient

# ADDITIONAL SUPPORTS



The availability of  
school-based services  
allows for additional  
opportunities  
to support and partner.

Areas of Opportunity:  
Support School-Wide Mental Health Initiatives  
Ongoing Consultation  
Mental Health Training to Staff  
Advocacy  
Trauma-Informed Culture



# TRENDS

## REASONS FOR REFERRAL

Students were referred for grief/loss, low mood/depression, anxiety, school avoidance, emotional dysregulation, low self-esteem/self-worth.

## ENGAGEMENT

Over 90% of students who start school-based mental health services discharge successfully.

## OUTCOMES

Approximately 50% of students continue ongoing mental health services after discharge.

# **BENEFITS OF SCHOOL-BASED MENTAL HEALTH**

## **CSB PERSPECTIVE**

Services increase availability of mental health supports and strengthen the systems of care serving youth.

## **SCHOOL PERSPECTIVE**

Services reduce barriers to accessing support and allow for collaboration to better serve students.

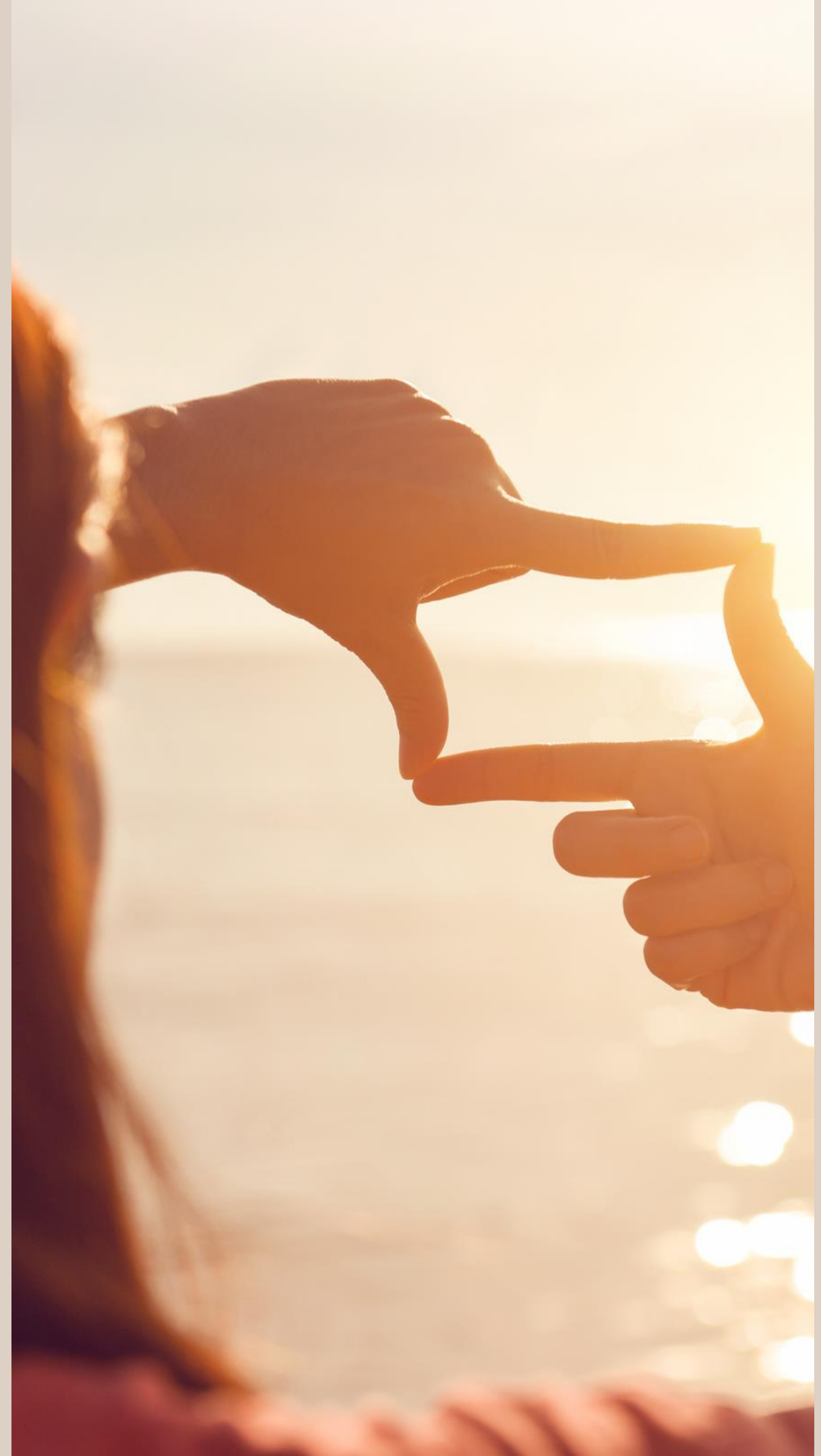
## **STUDENT PERSPECTIVE**

Services provide a sense of familiarity and ease to access support.

**WHERE ARE WE  
NOW?**



**WHAT'S NEXT?**







# Thank You

Questions?