



Overview of Mental Health Integration

2024/2025

mimtsstac.org



Acknowledgments

The content for this training day was developed based on the work of:

- Michigan Department of Education (MDE)
- PBIS
- CASEL
- Institute of Education Sciences

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Group Agreements

We are Responsible

- Return on time from breaks
- Take care of our needs

We are Engaged

- Share “air time”
- Plan to participate in multiple ways
 - Chat, breakout rooms, polls, reactions, unmute
 - Ask questions

Training Effectiveness

- At the end of the session, you will be asked to provide feedback on today's training
- Results will be used to make improvements to professional learning and for reporting to TA Center stakeholders
- One of the feedback questions you will see is related to promoting and positively portraying diversity among educators and learners (e.g., focus on asset-based language, positive representation of multiple identities)

Purpose

Integrating Social, Emotional, and Behavioral (SEB) support and mental health services can improve student outcomes. This training provides an overview of integration at the district, school, and classroom levels.

Intended Outcomes

- Describe the benefits of integrating Mental Health and SEB supports in districts, schools, and classrooms.
- Assess the integration efforts already in place and what additions, support, or learning might be needed.
- Explore readiness activities related to team development and staff professional learning.

Agenda

1.0 Why Mental Health Integration

2.0 What Is Mental Health Integration

3.0 How to Get Started

4.0 Planning and Next Steps

1.0 Why Mental Health Integration

Activity 1.1

- Consider the schools or districts that you support
- Reflect on your understanding of MTSS and on supporting students' mental health
- Respond to the following poll questions



Why Mental Health? Why in Schools?

- Students are struggling with an increasing number of mental health issues
- Anxiety, depression, and suicide rates are rising
 - The most recent YRBS data indicated that 42% of students felt persistently sad or hopeless and nearly 29% reported experiencing poor mental health
 - Thoughts of suicide, suicide attempts, and actual suicide among young people have risen since 2021, with African-American children nearly two times more likely than their white peers to die

CDC, 2024, EAB Report, 2020 and EducationWeek, 2023

Mental Health and Schools

- Only half of students with a treatable mental illness receive clinical care
- U.S. schools are the “de facto mental health system for many children and adolescents”
 - Youth are 6x more likely to complete mental health treatment in schools vs. community settings
- To support all students, a more culturally responsive, integrative, and positive approach should be used in schools

EAB Report, 2020 and Great Lakes Equity Center, 2014

What is MTSS?

“A Multi-Tiered System of Supports (MTSS) is a comprehensive framework comprised of a collection of research-based strategies designed to meet the individual needs and assets of the whole child at all achievement levels”.

MTSS is intended to support all students, including students with disabilities.

Five Essential Components of Implementing MTSS

There are five essential components districts and schools work to put in place when implementing MTSS:

1. Team-Based Leadership
2. Tiered Delivery System (Tiers 1-3)
3. Selection and Implementation of Instruction, Intervention, and Supports
4. Comprehensive Screening and Assessment System
5. Continuous Data-Based Decision Making

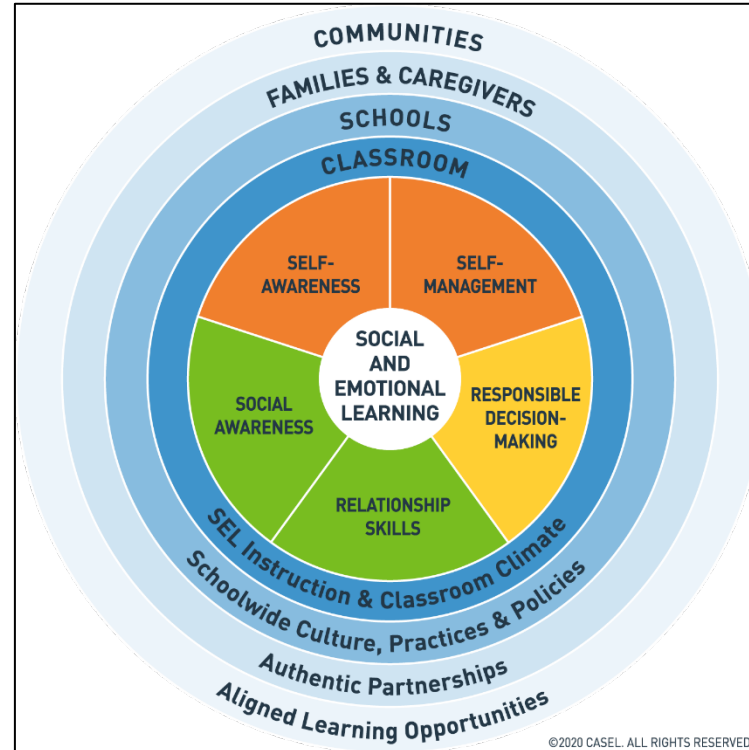
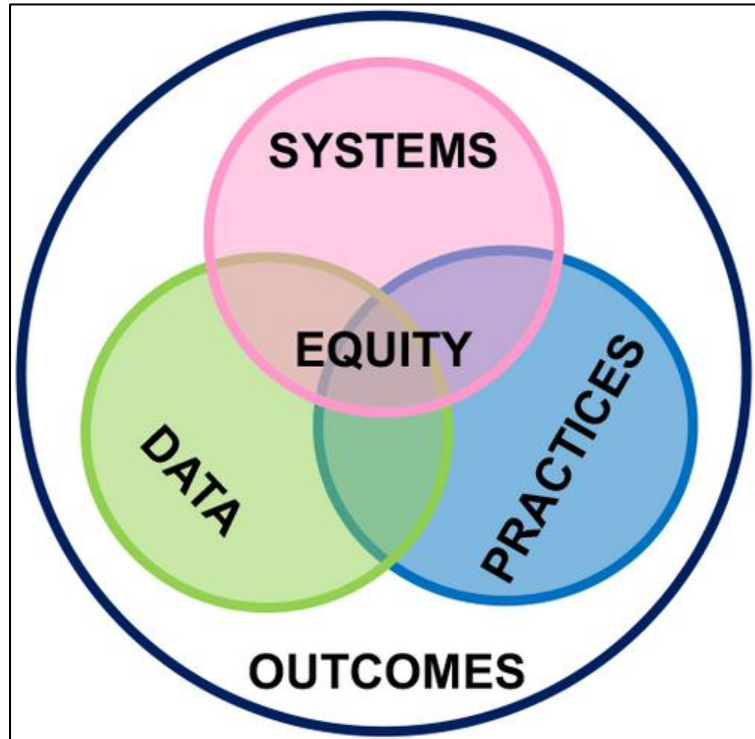
MDE MTS Practice Profile, 2020

Positive Outcomes of Integration

Research shows students attend more MH sessions and complete treatment at a higher rate when delivered in school and can lead to:

- Improved Social, Emotional and Behavioral Health
- Improved School Climate
- Reduction in response time to identify and provide mental health services
- Student and Family Satisfaction
- Student Achievement

Common and Consistent Language



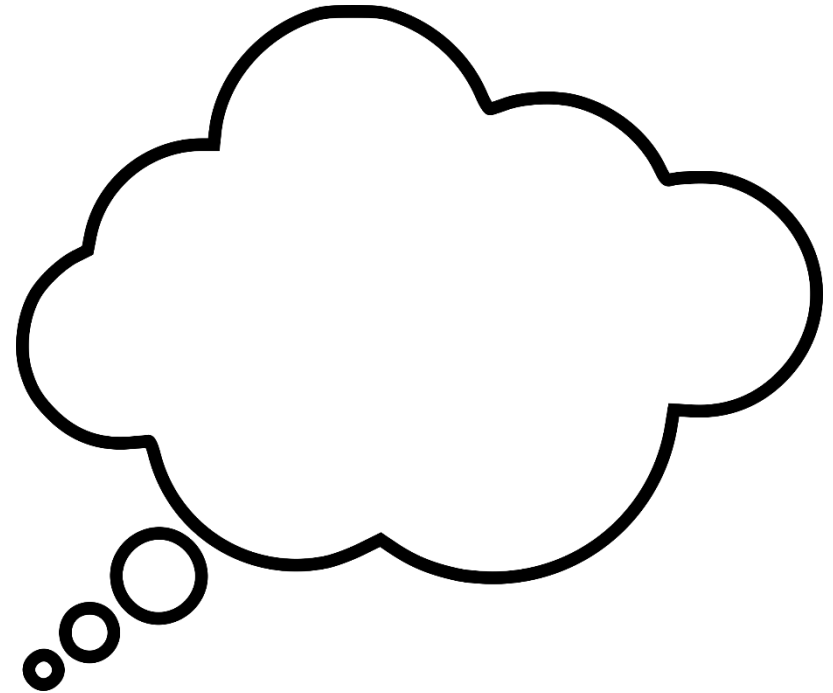
Social, Emotional,
Behavioral Health (SEBH)
Supports

Promote **well-being** and
mental health:

- Social-how we interact
- Emotional-how we feel
- Behavioral-how we act

Activity 1.2

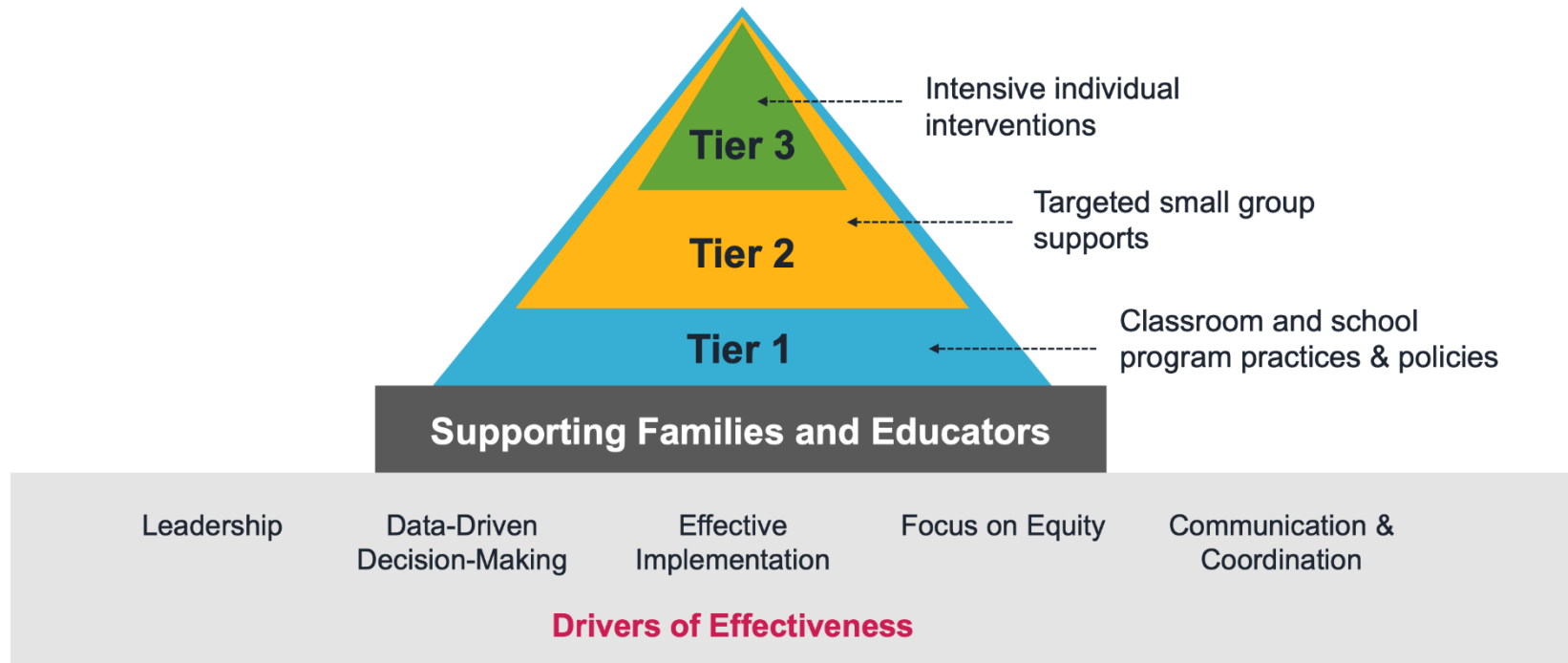
- Reflect on why integration for mental health is important
- Begin to think of how or why MH and SEBH integration is important for
 - Districts
 - Schools
 - Educators
- Identify some of your key takeaways in the chat?



2.0 What is Mental Health Integration

Supporting Mental Health for All

THE MULTI-TIERED SYSTEMS OF SUPPORT APPROACH



Critical Features

- Drivers of Effectiveness at all levels of the cascade: ISD, District, School and Classroom
 - Leadership
 - Team Structure
 - Data-Driven Decision Making
 - Effective Implementation
 - Focus on Equity
 - Communication and Coordination

Components of Critical Features

- Leadership (district and school)
 - Commitment
 - Alignment
 - Capacity
- Teaming Structures
 - Roles and responsibilities
 - Purpose, norms
- Data-Driven Decision Making (district, school, and classroom)
 - Expanded data set
 - Continuous Improvement Cycles

Components of Critical Features (cont.)

- Effective Implementation
 - Capacity Measures, Fidelity, Classroom Management Observation Tool (CMOT)
 - Coaching
 - Professional Learning
- Focus on Equity
 - Centering equity
- Communication and Coordination
 - Communication protocols and implementation challenge processes

Resources to Support Mental Health Integration

- Memorandum of Understanding (MOU)
 - District/Mental Health
- Team Operating Procedures (district and school)
- Changing Roles of Staff (District and School Companion Guide)
- Communication Protocols
- Coaching System
- Example Behavior Matrix with MH components
- Intervention Platform Example
- District Evaluation Plan



Activity 2.1

Mentimeter Activity (log in using the URL code)

- What critical features or components are you familiar with or have implemented?
- What critical feature are you most excited to learn more about if you attend additional PD for Mental Health Integration across the cascade?
- What questions do you have about the critical features and MH integration?

3.0 How to Get Started

Leadership

- Obtain commitment from leaders that will be supporting the implementation of MH integration in your district, school, or classroom
- Consider alignment to other educational practices in your district, school, or classroom, such as programs or curriculums
- Determine capacity to engage in the work at your district, school, or classroom, such as personnel, time, resources
- Consider needs and priorities utilizing data to determine fit, feasibility, and capacity

Roles and Responsibilities

- Identify roles and responsibilities for the district, school, or classroom
 - Administrative Buy-In, Teaching, Coaching, Leadership Teams
- Ensure MH Providers are integrated into the appropriate teams to ensure integration across the cascade
- Review current contracts, agreements or MOU's with MH providers or partners to engage in the work, particularly the district MH integration series

Trainings to Access

- Mental Health and SEB Integration for Districts
- Mental Health and Integration for Schools
- Mental Health Awareness for Educators

MH and SEB Integration for Districts

- 5 part professional learning series
- 2.5 hours each
- Sessions focused on developing district/community infrastructure to support implementation of SEB and mental health at the school and classroom level
- Recommended to attend with a district team and community partner if collaboration in place, but individual participants may attend too
- Team lead session with coaches and or leaders is scheduled prior to the beginning of the series

MH and SEB Integration for Schools

- 3-hour professional learning session
- The session supports schools integrating Mental Health services with Social, Emotional, and Behavioral Health Systems
- Components and examples for aligning data, systems, and practices across the tiers of support will be shared
- The intended audience includes School Leadership Teams, Behavior Coaches, Behavior Interventionists, SEL Coordinators, Administrators, Community MH Providers, and District/ISD Coordinators

MH Awareness for Educators

- 5 part professional learning series
- 1 hour each
- Each session focuses on a various topic related to Mental Health
- Sessions focus on providing non-clinical and introductory training to increase educators' exposure to and knowledge of various aspects of MH and well-being that can impact students and manifest in the school setting
- The intended audience includes Teachers/Educators, Administrators, and Coaches



Activity 3.1

Self Reflection:

- Consider your next steps in getting started with MH Integration in your school or district
 - Is your leadership team committed to this integration?
 - Are your roles and responsibilities clearly defined?
 - Which trainings will be important to access over this next school year to support your school or district's integration?
 - Who needs to be made aware of the various trainings and what is your plan to communicate that to them?
 - Identify any of your lingering questions in the chat
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4.0 Planning and Next Steps

The MiMTSS TA Center Website

- Go to www.mimtsstac.org
- Click on “Professional Learning Opportunities”
- Select “Upcoming and Current”
- Filter the “Search Category” to search for Social, Emotional, Behavioral (SEB)



Technical Assistance Center

Welcome to the MiMTSS TA Center Online Registration System!

If you have never registered for an event in our new system, you must create a user account (upon registering). **Note: this is a new registration system as of June 2024, so you must create a new account if you haven't done so already.** If you already have an account in our new system, please do not create another one. Each registrant must have their own account.

Check out this brief video to learn about this training and event registration system, including how to view events, log in to the system, and access event communications: [MiMTSS Training and Event Registration System Tutorial](#)

Statewide Event Policies

Registration priority: Registration priority is given to Michigan educators. Those outside of Michigan are welcome to register for sessions but may be asked to unenroll from sessions that become full.

Registration confirmation: Please ensure you have received a confirmation email upon registering for an event. You may not be properly registered to attend the event if you did not receive an email confirmation. Please direct questions regarding registering for an event to info@mimts.org.

Registration Policy: Once the registration window has closed, we are unable to add participants to the training events.

All Categories

*All Events

Advanced Tiers

Continuous Improvement

District Infrastructure

Early Childhood PBIS/Pyramid Model

Family Partnerships

Integrated Model (Academics and Behavior)

Literacy: Elementary

Literacy: Intermediate

Literacy: Secondary

Measures and Data Systems

MTSS Neutral

Social, Emotional, Behavioral (SEB)

View/Search Events

Clear All

nd that you can no

ble. To be eligible

Event is canceled
al training

Activity 4.1

Scavenger Hunt

- Access the MiMTSS TAC Website at www.mimtsstac.org
- Try to respond to the prompts below:
 1. What is some information you can find in the “About” section of the website?
 2. In the “Professional Learning” section, what types of “On Demand” PL opportunities are offered?
 3. In the “Professional Learning” section, can you access the “Upcoming and Current” PL opportunities?
 4. Did you know that you can access copies of our session materials from the MiMTSS TAC Website?

Closing Review

- Integrating Social, Emotional, and Behavioral (SEB) support and mental health services can improve student outcomes.
- There are many benefits of integrating Mental Health and SEB supports in districts, schools, and classrooms.
- Utilizing readiness activities related to team development and staff professional learning is a first step to getting started with mental health integration across the cascade.

Next Steps

- Consider what your goals are for the next school year
- Identify what tract(s) of additional professional learning you want to access this year
 - MH and SEB Integration for Districts
 - MH and SEB Integration for Schools
 - MH Awareness for Educators
- Visit the SEB Supports Landing Page on the MiMTSS website
- Invite anyone supporting the mental health of students within your schools/districts to join the MiMTSS TAC listserv:

www.tinyurl.com/MiMTSSListserv

References

- Fuxman, S. and Bailey, J. *Using Multi-Tiered Systems of Support to Address Students' Mental Health: An Evidence-Based Approach*. Institute of Education Sciences. Retrieved from https://ies.ed.gov/ncee/rel/regions/northeast/pdf/REL-NEI_Webinar_Using_MTSS-to_Address_Students_Mental_Health.pdf
- Michigan Department of Education, (2020). Michigan Department of Education Multi-Tiered System of Supports Practice Profile vs 5.0, Lansing, Michigan
- Prothero, A. (2020, February 13). *Schools Are The Main Source of Student Mental Health Care. Are They Ready?* EducationWeek. Retrieved from <https://www.edweek.org/leadership/schools-are-the-main-source-of-student-mental-health-care-are-they-ready/2020/02>