

End of Year Mental Health Report: Surveys, Services, and Support



Kirsten Zazo, Chief Student Support Officer
Jodi McCarthy, Coordinator, Student Support Services
May 25, 2021

Topics

- Data:
 - May Wellness Survey Data
 - Risk Assessments and Hospitalizations
 - Care Solace Usage Report
- Implications of the data
- Review current clinical support/structure/budget
- Plans for following school year(s)
 - Care Solace (continue)
 - Girls Inc. - GEMS (continue)
 - Youth Mental Health First Aid (YMHFA) & Teen Mental Health First Aid (tMHFA)
 - Clinical Services Contract (2021-2024)



Elementary Survey Snapshot: May 2021*

If your student came back to campus, what made them most excited?	Help with work	Meeting teacher	Seeing friends
	30	112	175

Next school year: Does your student anticipate needing help MORE THAN MOST with...	At least a few times/week	1-2 times/week	Rarely
Anxiety/Stress	61	116	274
Depression	8	55	385
Grief/Loss	7	31	410
Social skills (school connectedness)	75	109	267

*458 responses

Secondary Survey Snapshot: May 2021*

If you are struggling, what types of resources would you access?	Virtual	In-Person	Increase classroom connectedness	Unsure	Do not want
	40	47	38	85	1938

Next school year: Do you anticipate needing help MORE THAN MOST with...	At least a few times/week	1-2 times/week	Rarely
Anxiety/Stress	605	680	796
Depression	124	314	1646
Grief/Loss	37	133	1910
Social skills (school connectedness)	368	377	1332

*2,182 responses

Secondary Survey Snapshot: May 2021*, *cont...*

If you came back to campus, what made you most excited?	Academic help	Meeting teachers	Seeing friends
	146	302	807

I am most proud I was able to...	Learn I am strong	Help family/friends	Practice Self-care	Learn new skill	New hobby
	446	343	553	315	503

Overall, I did OK this school year.	Strongly Agree	Agree	Disagree	Strongly Disagree
	510	1367	252	48

*2,182 responses

Risk Assessments and Hospitalizations (Aug - May 14)

School	Risk Assessments	Mental Health Hospitalizations
Island HS	4	3
Alameda HS	41	15
Encinal Jr./Sr. HS	7	0
ASTI	4	0

School	Risk Assessments	Mental Health Hospitalizations
Wood MS	4	3
Lincoln MS	15	12
Bay Farm MS	10	1
Elementary	15	1

Care Solace Report - as of May 14, 2021

Term	Definition	20/21 TOTAL
Inquiries Received	All inbound phone calls, emails, video-chats, and text messages.	961
Communication Saved	All outbound calls, emails, and texts by the Care Concierge (majority are calls to providers verifying their availability).	5319
New Cases & Warm Hand Off	All warm hand offs by staff, as well as any community member who contacted Care Solace directly and requested full concierge assistance into care (new case).	95
Total Appointments into Care	Confirmed appointments by community members after they went to the appointment. <i>Note: Number often low due to no call back by member.</i>	31
Anonymous Searches	Searches by community members through AUSD proprietary link.	94

Summary of AUSD Data - Elementary

Of the students that returned to campus, the main reason was social connection:

- 38% of students returned to campus to see their friends
- 24% of students returned to campus to meet their teacher
- Only 6% of students returned for academic help

When students return to campus next year, parents report the percentage of students needing support at least 1-2 times per week:

- 38% with Anxiety/Stress
- 14% with Depression
- 8% with Grief/Loss
- 40% with reconnecting with peers/teachers (social skills)

Summary of AUSD Data - Secondary

Of the students that returned to campus, the main reason was social connection:

- 37% of students returned to campus to see their friends
- 14% of students returned to campus to meet their teacher
- Only 7% of students returned for academic help

Percentage of secondary students self-reporting expectations to need help with:

- 58% will return needing support with Anxiety/Stress
- 20% will return needing support with Depression
- 8% will return needing support with Grief/Loss
- 34% will return needing support with reconnecting with peers/teachers (social skills)

Implications of Data

Even before the COVID-19 pandemic began, concerning mental health trends in youth were noted, as documented in the 17-18 Needs Assessment.

- Additionally, prior to COVID, the Centers for Disease Control's 2019 Youth Risk Behavior Survey Data Summary and Trends Report noted the increasing rates of US high school students experiencing mental health distress rose from 2009 to 2019. Specifically:
 - persistent sadness or hopelessness rose from 26% in 2009 to 37% in 2019
 - serious contemplation of suicide rose from 14% to 19%
 - suicide planning rose from 11% to 16%
 - suicide attempts rose from 6% to 9%

All of the data we just reviewed over the course of the 20-21 school year points to an alarming increase of trauma and mental health concerns that ALL our youth have experienced this year alone. We need to prepare and plan how to support our students (and teachers) when they return to full-time instruction in the coming years.

Current Clinical Support Budget: AUSD Funded Services

Current Clinical Support Services are provided by Alameda Family Services

District wide	1 Clinical Supervisor
AHS/EHS	Clinician (.2) and 3 Trainees
WMS/LMS	Clinician (.6)
Ruby/Paden	Clinician (.6) and 1 Trainee
Otis/Love	Clinician (.6) and 1 Trainee
Bay Farm/Maya Lin	Clinician (.4) and 1 Trainee
ASTI/Island	*AFS serves these schools through a different funding source
Total	\$340,000

Current Structure of AUSD Clinical Funded Services

AFS currently receives \$340,000 from AUSD, which funds:

- 2.4 Staff Therapists
- 6 Trainees (enrolled in graduate programs)
- 1 Clinical Supervisor

Eight (8) Schools are served under this contract:

- Elementary: Bay Farm, Love, Maya Lin, Otis, Paden, Ruby Bridges
- Middle: Lincoln and Wood
- High: Alameda and Encinal (trainees only)

Services include:

- Individual and Group Therapy
- Crisis intervention/support
- Attend and participate in COST meetings (details on next slide)

AFS - Current Partners with Referrals, COST, and Collaboration

COST - Coordination of Services Team:

- COST takes into account the child's whole self as services are discussed.
 - The Intervention Lead (IL) follows through on the team recommendations by coordinating services with one of the AUSD facilitated programs or outside partners.
- As active participants in COST, AFS staff provide a clinical, trauma-informed lens and consultation in the determination of services and recommendations.
- In addition to participating in COST and receiving referrals, mental health staff have the ability to collaborate with AUSD staff to respond to and support students when the school community as a whole is impacted.

Plans for Following Year(s)

- Alameda Education Foundation has generously committed to funding Care Solace for the 2021-22 school year.
 - Care Solace connects families with mental health services through the family's health insurance plan (including those without insurance)
- Girls Inc. will continue to provide G.E.M.S. groups to girls in all our elementary schools.
- Youth Mental Health First Aid (YMHFA) & Teen Mental Health First Aid (tMHFA) will be implemented in the 2021-22 school year.
- Clinical Services Contract RFP with increased funding for clinical services for school years 2021-2024 will be put out to bid this week.

Plans for Following Year(s), cont...

- Alameda Education Foundation, Alameda Family Services, middle and high school PTA's and AUSD have come together and pledged a combined \$100,000 for Alameda Family Services to fund a clinician for the School Based Health Centers (SBHC) that serve Alameda High and Encinal Jr/Sr High School.
- AUSD district staff and members of AUSD Board of Education are advocating for \$125,000 from the City of Alameda to fund a clinician for Alameda Family Services to help support AUSD middle and high schools.
 - It is the position of AUSD that it is a community responsibility to serve our youth's mental health needs.
 - AUSD has helped support this position by including St. Joseph Notre Dame, NEA/ACLC, and other community organizations in Youth Mental Health First Aid instructor training.

Clinical Services Support Funding Increase

3 years (2021-24): \$790,000 per year from AUSD, which will fund:

- RFP is being released this week, and overall services expected are:
 - Individual and group counseling, Case Management, consultation to school staff, attend and participate on COST team, education and outreach to families, etc.

All 15 AUSD schools would be served under this contract:

- Elementary: Bay Farm, Earhart, Edison, Franklin, Love, Maya Lin, Otis, Paden, and Ruby Bridges
- Middle: Lincoln Middle and Wood Middle
- High: Alameda High, Encinal Jr/Sr High, ASTI and Island High

Mental Health/Clinical Support Across the Tiers

What the additional clinical services will look like with a 3 Tiered Behavioral Health Approach

Tier I	<ul style="list-style-type: none">● Campaigns● Parent Workshops● Consultation and training - with school staff● Response planning and support for community events
Tier II	<ul style="list-style-type: none">● Group Therapy● Affinity Groups● COST
Tier III	<ul style="list-style-type: none">● Individual Therapy● Crisis Intervention● Case Management● Family Engagement● Collateral - communication and collaboration with other service providers

Mental Health Support Across the Tier, *cont...*

What this actually looks like (concrete examples):

- Reinforcing restorative justice principles - collaboration in the continued work towards restorative circles & community building.
- Facilitating formal restorative conferences.
- Reinforcing school-wide Trauma Informed Culture through a clinical lens.
- Staff PD on a Trauma Informed Cultural lens that schools are already working to hold.
 - For example: A student's actions/behavior/responses are a result of the trauma that has happened to them. How should staff respond in a culturally sensitive way?
- Consultation for students receiving Tier 2 or 3 support that can be applied to the whole classroom or school
 - For example: Supporting in the implementation of trauma informed practices, such as a calming corner in the classroom

Mental Health Update: Surveys, Services, and Support

Board Discussion