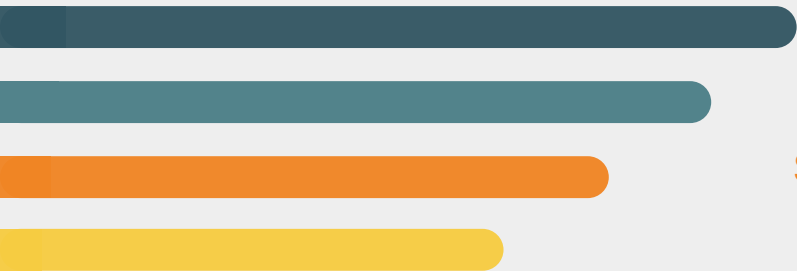




alameda
family
services

School-Based Services



SBS Services from August 2023 to June 2024

SBS Service Overview



History

- ★ Alameda Family Services has provided health and wellness services in the City of Alameda for over 50 years
- ★ Formalized relationship with AUSD dates back to 1993 when AFS opened the first School Based Health Center (SBHC) at Alameda High School
- ★ Followed by Encinal High in 1999 and Island High in 2007
- ★ The SBHCs provided the foundation for the work we now deliver as part of a larger mental health support system across the district
- ★ Summer of 2021, AFS was awarded AUSD's School Based Counseling Program contract.





SBS Program Commitment
With Equity and Justice in our
— hearts and minds, we are
— committed to taking an active
— anti-racist and anti-
— discriminatory stance as
individuals, as part of this team,
and in the communities we work.



SBS Reduces

Barriers!

- ★ MH at all 15 AUSD Campuses
- ★ During School Hours (8-4)
- ★ Year Round Services
- ★ No Cost
- ★ Available to all students K-12

mini lesson 1:

THE RELATIONSHIP SPECTRUM

Did you know?

About 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults.



@sbhc_afs

DID YOU KNOW?
1 IN 10
YOUNG PEOPLE HAVE EXPERIENCED A PERIOD OF MAJOR DEPRESSION

Depression is a serious mood disorder that affects your whole body, including your mood and thoughts. It touches every part of your life. It's important to know that depression is not a personal weakness or character flaw. Treatment is often needed. Some one can be diagnosed with depression by a medical professional if they are experiencing symptoms for at least 2 weeks.
Source: Johns Hopkins Medicine



School Based Services

- ★ Individual Therapy
- ★ Group Therapy
- ★ Collateral Family/Family Therapy
- ★ Collaboration with School and COST participation
- ★ Case Management
- ★ Youth + Family Screenings
- ★ Drop-In Support (SBHCs only)
- ★ Integrated Health Support
- ★ Crisis: Risk Assessment and Safety Planning
- ★ Milieu Tier 1 Classroom Supports
- ★ Community Response Events
- ★ Awareness Campaigns
- ★ Consultation and Advocacy
- ★ AUSD Staff Trainings
- ★ Youth Advisory Board
- ★ Culture and Climate Tier 1 Events and Campaigns



















Mental Health

Individual + Group
Collateral/Family
Case Management
And more!



FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1		2
4	5 	6 	7 	8 		9
11	12 	13 	14  Valentines' Day	15 		16
	17  Teachers' Day	20 	21 	22 		23
	24 	27 	28 	29 		



The 12 Tools for Learning



Breathing Tool
I calm myself and check-in.



Listening Tool
I listen with my ears, eyes, and heart.



Empathy Tool
I care for others. I care for myself.



Personal Space Tool
I have a right to my space and so do you.



Using Our Words Tool
I use the "right" words in the "right" way.



Garbage Can Tool
I let the little things go.



Taking Time Tool
I take time-in and time-away.

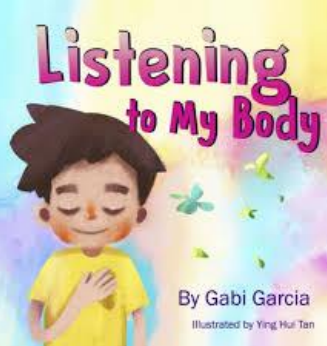


Please & Thank You Tool
I treat others with kindness and appreciation.

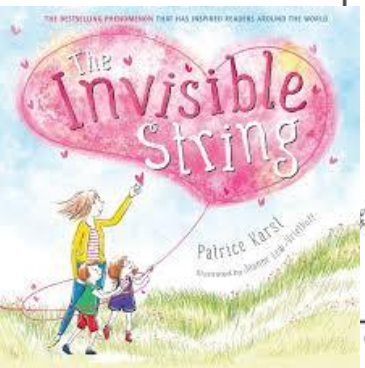
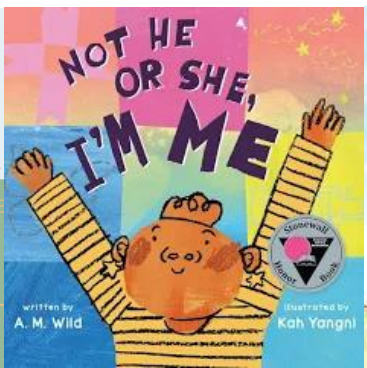
Apology & Forgiveness Tool
I admit my mistakes and work to forgive yours.

Patience Tool
I am strong enough to wait.

Courage Tool
I have the courage to do the "right" thing.



Milieu and School Support



Medical + Health Education Services



SCHOOL-BASED HEALTH CENTER IS **OPEN**

Please read below for more information

MEDICAL SERVICES

WHEN: TUESDAYS from 9AM-4PM (excluding AUSD holidays)
WHERE: Encinal School-Based Health Center
 210 Central Avenue Alameda, CA 94501
 Our portable is located off Central Ave & Lincoln Ave
WHO: Youth ages 12+

IN-PERSON AND TELEHEALTH APPOINTMENTS FOR:

- Preventative Health (must be Medi-Cal eligible):
 - Physicals and immunizations
- Confidential Sensitive Health (no insurance info required)

For more info



FOR NON-URGENT MEDICAL APPOINTMENTS:

*Messages received Mon-Fri, 9am-4pm



*DM us on Instagram:
@sbhc_afs



*Email us:
schoolbasedinfo@alamedafs.org



Call us:
Mon-Fri: 8:30AM-4:30PM
(510) 748-4085

PLEASE NOTE: Our in-person clinic is for medical appointments only.

COVID-19 safety measures will be followed.

MENTAL HEALTH SERVICES

The following services are offered via TeleHealth:

- Individual Counseling
- Group Counseling
- Referrals

**Mental health service options vary based on health insurance coverage (including full-scope Medi-Cal).*

For non-urgent questions about our mental health services:

- Email us: schoolbasedinfo@alamedafs.org
- Visit us:
 - Encinal SBHC - Portable Health Center
 - Alameda High SBHC - E Building



DISCLAIMER: Our in-person services are for medical appointments only. For emergency services, please call 911.

WE NOW OFFER TWO CLINIC DAYS PER WEEK!

MON.	AHS CLINIC DAY
TUES.	ENCINAL CLINIC DAY
WED.	AHS CLINIC DAY
THURS.	ENCINAL CLINIC DAY

GIVE US A CALL OR STOP BY THE SBHC TO SCHEDULE AN APPOINTMENT!

Sports Physicals, Immunizations, Sexual Health, & Wellness Exams

#YOUARELOVED2023



MYTHS vs. **FACTS**

Suicide Awareness Prevention Month Common Misconceptions



HEALTH FAIR <3 @SBHC_AFS



#YOUARELOVED2023



Join the School-Based Health Center for

CUMBIA AND CHALK

Let's come together for Suicide Prevention Awareness while celebrating Latinx & Hispanic Heritage Month!

ENCINAL
Monday, Oct 2nd
Lunch at Front Quad

AHS
Tuesday, Oct 3rd
Lunch at Front Quad

alameda family services

SCHOOL-BASED HEALTH CENTERS

MENTAL HEALTH AWARENESS FAIR

GAMES! RAFFLE! RESOURCES!

PRIZES! SNACKS! FUN!

MUST RSVP

@SBHC_AFS X SWC

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ALAMEDA HIGH SBHC

Fishbowl Forum

Healthy Relationships

LET'S TALK & SHARE ABOUT BOUNDARIES & COMMUNICATION

Outreach + Youth Development

Update on SBS Services

★ Therapy Services

- **AUSD Funded 6 FTE Staff Therapists and 4.6 FTE Trainees (increase)**
- ACBH Funded 2.8 FTE Staff Therapists (increase)
- City of Alameda .4 FTE Staff Therapists (increase)

★ Case Management

- 1 DPN Case Manager
- 2 ECM Case Managers (new)
- 1 ICC Case Manager (new)

★ Special Education; ERMHS

- **AUSD Funded 3 FTE Staff Therapists (new)**

★ School-Based Health Center

Site Coverage Determination

- ★ Previous Year Referral Numbers
- ★ Collaboration, Feedback, and Follow up with Admin and District
- ★ Clinical Needs (i.e. High Suicidal Ideation/Risk)
- ★ Equity and Access (i.e. Tier 1 sites)
- ★ Therapy Space Available
- ★ Therapist and Trainee Schedule
- ★ AUSD Schedule and COST



Intern Training Program

- ★ Established in 2020 we now contract with 9 different top graduate school programs across the United States
 - Combination of MFT and MSW programs
- ★ Trainees differ from staff in that:
 - They are currently enrolled in a graduate school program
 - Have specified days and hours allotted for internship
 - Receive a higher ratio of supervision to clinical hours - 5:1
 - Receive 2 hours of didactic training per week



Case Management Expansion

- ★ Coverage for every student in AUSD regardless of insurance and need
- ★ Have supported connection and collaboration to resources, including but not limited to: Native Health Services, youth shelters, Family Justice Center, Victims of Crime program, housing resources, disability needs, eating disorder care, crisis lines and ORCA program, TAY services, psychiatry services, substance use, specialized mental health, Oakland LGBTQ Community Center, Alameda Food Bank, etc.
- ★ Attend and coordinate care for students/families in the SARB process at the district level, and connecting with families, providers, COST teams to support connection to care
- ★ Helped establish school pantry locations at new sites



Educationally Related Mental Health Services (ERMHS)

- ★ 2023 Began partnership with AUSD to provide mental health services for youth with IEPs indicating emotional/behavioral needs.
- ★ Hold bi-weekly meetings with AUSD SpEd department and join other meetings to consistently understand and meet program needs
- ★ ERMHS specialized training includes ongoing training related to special education services, IEP documentation, progress monitoring, specialty mental health, and more.
- ★ 44 Youth seen this school year with 7 incoming for ESY/fall



SBS Process: Referral + Screening



Referral Process

- ★ AUSD Coordination Of Services Teams (COST)
 - COST is active at each of the schools
 - COST acts as the centralized referral process for mental health services
 - AFS attends all AUSD COST meetings
- ★ Elementary and Middle
 - All referrals come through COST
- ★ High School
 - Combination of COST and student self-referral
 - Referrals can also be made through Native Health and Guardians



Screening Process

- ★ Elementary and Middle School students
 - Screening is completed with the parent/guardian(s)

- ★ High School Students
 - Screening is completed with the parent/guardian(s)
 - Screening is completed with the student
 - Student completes a self-report health screener with validated measures to screen for depression, anxiety, suicidal ideation, and more



Determination of Services

- ★ All screenings are reviewed by a Clinical Supervisor
 - Determination is made for the most appropriate service based on referral type, clinical need, insurance, and past/current services.

- ★ External referrals are made when:
 - Youth with chronic and severe presenting concerns
 - Youth in need of specialty services
 - Therapist caseload is full

- ★ Exceptions are sometimes made when barriers exist to accessing outside services and/or to address acute needs



Data: Collection & Reporting



Secondary



	Total Referrals	Received ongoing SBS Services*	Min. 1 meaningful direct service*	Referred to AFS Clinic, AUSD, or Outside Agency	Declined or Already in Services	No response	In Process
Alameda	114	66	46	8	42	6	5
Encinal	104	56	41	18	26	8	4
Island	25	19	5	0	5	2	1
ASTI	5	3	1	1	1	0	0
Lincoln	29	21	9	2	7	0	0
Wood	50	22	21	9	15	5	1
Total	327	162 opened	123	38	96	21	11

187 Total Youth Seen

90% youth/families were connected to at least 1 meaningful service or on-going SBS services



Elementary



	Total Referrals	Received on-going SBS Services*	At least 1 meaningful service	Referred to AFS Clinic, AUSD, Outside Agency	Declined or Already in Services	No response	In Process
Bay Farm	51	36	13	3	10	2	0
Earhart	34	24	6	1	6	1	2
Edison	22	15	7	0	7	0	0
Franklin	12	5	7	1	6	0	0
Love	41	29	10	3	7	2	3
Maya Lin	60	39	20	10	10	3	0
Otis	39	27	12	2	10	1	0
Paden	38	22	14	4	12	0	3
Ruby Bridges	40	35	10	3	7	3	1
Total	337	217 Opened	100	27	75	12	9

232 Total Youth seen

97% youth/families were connected to at least 1 meaningful service or on-going SBS services

23-24 Data Points



Referral Data 21-22	Referral Data 22-23	Referral Data 23-24
593 students referred	634 students referred	663 students referred
High School: COST 160 & Self Referral 107	High School: COST 136 & Self Referral 113	High School: School/COST 110 & Self Referral 111
Successfully engaged 497 students/families	Successfully engaged 576 students/families	Successfully engaged 641 students/families

23-24 Data Points

AFS Successfully Engaged 641 Students and Their Families

222 Students/families met with a therapist where they were provided a drop-in, crisis support/safety planning, screening, and additional follow up

65 students were connected to another provider or type of service that best fit their needs

379 Students Began AFS Services

419 Total Students Were Seen in Services

High School Referral Data

Race

1.5% Native American/Alaska Native
 24% Asian
 15% Black/African American
 12% Latinx
 15% More than One
 4% Other
 24% White
 4.5% Not Reported

Gender Identity

65% Female
 30% Male
 5% Non-Binary

Sexual Identity

31% LGBTQIA+
 61% Heterosexual/Straight
 8% Questioning



Elem. + Middle School Referral Data



Middle School Race

3% Native American
15% Asian
18% Black
7% Latinx
24% More than one
5% Other
28% White

Middle School Gender Identity

52% Female
43% Male
5% Non-Binary

Elementary School Race

1.4% Native American/Alaskan Native
13.6% Asian
11% Black
7% Latinx
22% More than one
4% Other
41% White

Elementary School Gender Identity

39% Female
60% Male
1% Non-Binary

Therapy Themes and Outcomes



High School Top 3 Presenting Concerns

1. Anxiety/Stress
2. Depression/SI
3. Family Issues

Middle/Elementary Top 3 Presenting Concerns

1. Peer Issues/Social Skills
2. Anxiety/Stress
3. Family Issues

Treatment Goal Outcomes

- ★ 73% Mutual Agreement/Treatment Goals Reached
- ★ 23% Mutual Agreement/Treatment Goals Partially Reached
- ★ 4% Other (Client Withdrew/Partially Completed Services)

24-25 Outlook



24-25 School Year

★ Maintain level of services

- Continue to serve all AUSD schools and participate in all COST meetings with 6 Therapists, 8 Trainees, and the Clinical Supervision to support their work
- Continue to provide ERMHS services with 3 therapists

★ Fee Schedule participation

- Partner with AUSD to participate in ACOE's Fee Schedule Model to support reimbursement and serve more students



24-25 School Year

★ Tier 1 Socioemotional Learning Lessons across district

- Facilitate 3 lessons for each class in 3 different grade levels in each Elementary School Site
- Kindness and Inclusivity (K-1), Being a Good Friend (2nd-3rd), Social Skills and Being an Upstander (4th-5th).

★ Model Collaboration and Partnership

- Selected to present at the 2024 California Child and Family Services Conference on “Creating Sustainable Systems for School-Based Mental Health Supports”



THANK YOU!

