

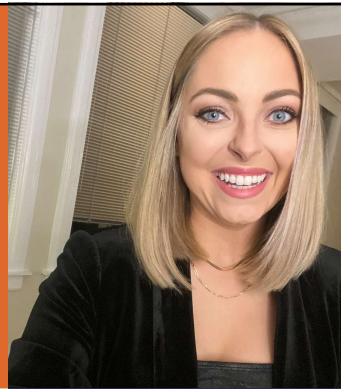
TN Department of
Mental Health &
Substance Abuse Services

School-Based Initiatives



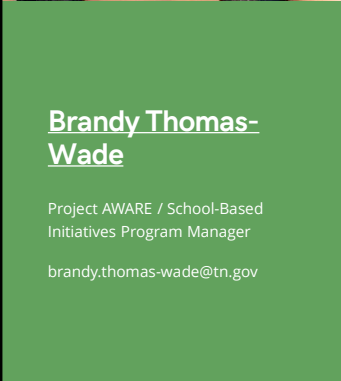
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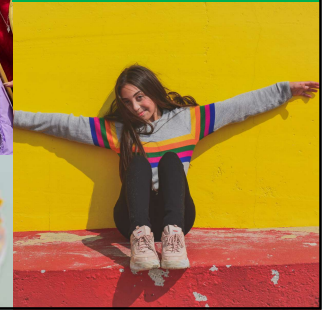
The School-Based Initiatives Team

[Meet our Team](#)



Programs:

- Project B.A.S.I.C.
- Erase The Stigma
- Violence & Bullying Prevention
- Youth Respite
- SBBHL
- Project AWARE



Project B.A.S.I.C

Better Attitudes and Skills In Children



1985

Project B.A.S.I.C. resulted from a planning meeting among the mental health agencies of rural West Tennessee during the first quarter of 1985.

September 1985

Five child development specialists were hired and full project implementation began in September 1985, in the West Tennessee area. Project B.A.S.I.C. has operated continuously since that time.

1985-2021

Project BASIC expanded to all three grand regions of Tennessee.

2022

Tennessee Resiliency Funding

Project B.A.S.I.C.

•Project B.A.S.I.C. is a school-based, mental health prevention and early intervention service that focuses on the promotion of mental health in children in the earliest school grades (K - 3rd grade).

•A child development specialist (CDS) is employed by a community mental health agency working full-time in the school to promote the Pyramid Model practices and implementation.

Mental Health Education

- BASIC Classroom Activities
- Parent Information/Education
- Teacher Information/Education

Teacher Consultation

- Resource Identification/Linkage
- Case Consultation
- Program Consultation
- Coaching in Social-Emotional Literacy



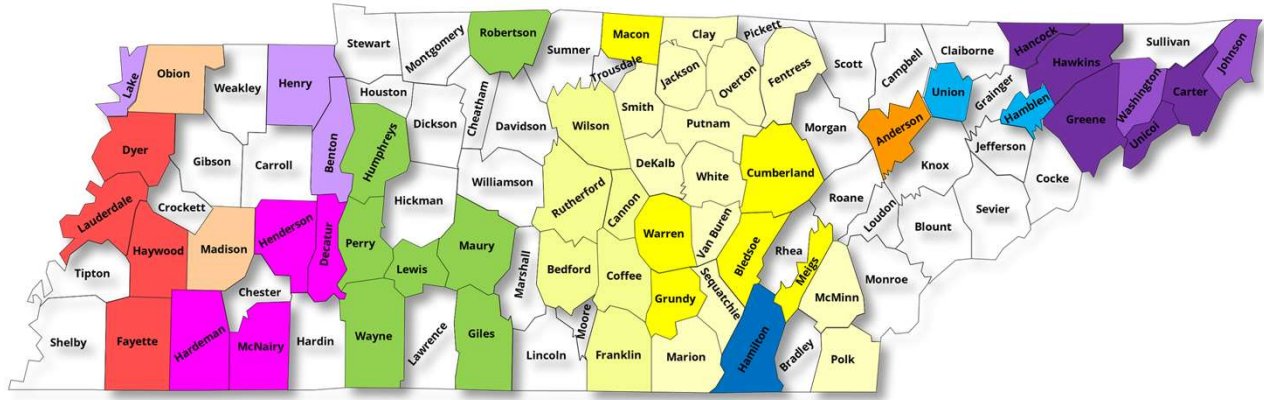
Prevention/Early Intervention

- Identification/Screening
- Referrals to Community Resources
- Coaching in Social-Emotional Literacy
- Structured Learning Groups

School Climate

- Activities that Enhance School Climate
- Focus on Mental Health
- Relationships/Community
- Safety/Service

Project BASIC 2022



ERASE THE STIGMA



Erase the Stigma is a free program that provides education about mental illness. By providing education, Erase the Stigma helps in the understanding of mental illness and reduces the stigma surrounding mental health issues.

Erase the Stigma serves: children and youth in schools, professional groups, civic groups, churches, or any group in Tennessee upon request.

How Erase the Stigma works: through the use of educational presentations and public awareness campaigns, Erase the Stigma promotes understanding of mental illness.

Mental Health America (MHA) of the MidSouth


Erasing the Stigma Youth (ETSY) Program

THE ETSY EXPERIENCE

The goal of the **Erase the Stigma Program** is to educate children about their mental health and emotional well-being; as well as, teach children how to identify coping skills to manage their emotions in positive and safe ways. MHA introduces mental health education and resources with **I.C. Hope®**, the program's mascot.



The **bandage** serves as a reminder that mental illnesses are real and treatable.



The **life preserver** serves as a reminder that every life is valuable and worth saving. It is okay to ask for help.

THE ETSY PROGRAM

This program is provided **complimentary** to counties in Middle and West Tennessee.

THE ETSY PROGRAM TOPICS

Topics for grades K-5	Topics for grades 6-12
<ul style="list-style-type: none"> Anger Management Bullying Stress & Worry Identifying Feelings Handling a Bad Day Self-Esteem Issues Understanding Suicide Dealing with Grief 	<ul style="list-style-type: none"> Anxiety & Worrying Body Image & Eating Disorders Bullying Dual Diagnosis Healthy Relationships (Summer 2020) Mental Health Education & Stigmas Risky Decision & Substance Abuse Stress & Depression Speak Out: Suicide Awareness Test Anxiety


Violence & Bullying Prevention

- The violence prevention and resiliency program uses an evidenced-based curriculum (Second Step, Steps to Respect, Bully Prevention) to teach empathy, impulse control, decision-making skills, and anger management

Environmental Factors that Contribute to Bullying

Environmental Factors that Contribute to Bullying


In this lesson, we'll learn how the physical space and rules within an area can make bullying and harassment more likely to happen.



Respectful Communication

Respectful Communication

In this lesson, we'll learn ways to communicate during a conflict to keep it from escalating.



Violence & Bullying Prevention

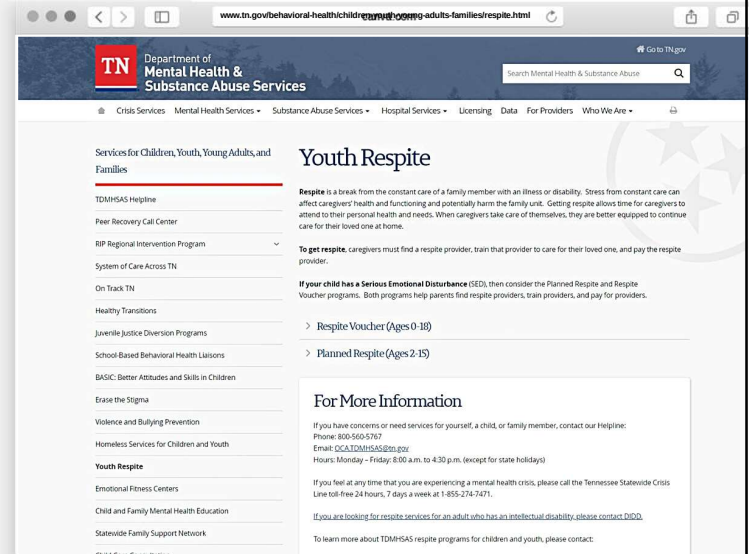
This service is a school-based violence prevention service designed to provide students with conflict resolution strategies and skills. It combines a classroom curriculum of social/cognitive problem solving with real-life skill-building opportunities such as peer mediation. Students learn to apply critical thinking skills and personal management strategies to personal health and well-being issues.

Available to classrooms of youth grades 4th to 8th in Middle Tennessee

What is Respite?

Respite is a break from the constant care of a family member with an illness or disability.

Stress from constant care can affect caregivers' health and functioning and potentially harm the family unit. Getting respite allows time for caregivers to attend to their personal health and needs. When caregivers take care of themselves, they are better equipped to continue care for their loved one at home.



Respite Voucher Program

What is it?

The Tennessee Respite Coalition serves caregivers across **the entire state of Tennessee**, for all ages and backgrounds.

TRC provides respite reimbursement for caregivers of children who are diagnosed with a SED and/or Autism Spectrum Disorder.

Caregivers are eligible for \$600 of respite per year for the entire household.

Respite Voucher Program

To qualify:

There must be a caregiver and a care recipient living in the home together. The caregiver is the person who is taking care of the care recipient full-time, 24/7.

In order to be fully enrolled, caregivers must complete a phone intake and provide the following:

- **Proof of whole household income.**
 - Amount of income has no bearing on enrollment in the program.
- **Proof of diagnosis dated within the last three years.**
 - This can be a medical form, a health care statement from a home health agency, a doctor's office printout or a healthcare provider letter.
 - The diagnosis itself can be more than three years old, but the document that shows the current diagnosis will need to be dated within the last three years and contains the name, date of birth, and diagnosis of the care recipient.

Respite Voucher Program

Who can provide respite?

- Can be an individual or facility
- Individual respite providers **cannot** live in the same household as the caregiver and care recipient.
- Must be over the age of 18
- Must pass TRC background check in order for the caregiver to receive reimbursement. Background checks come at no cost to the caregiver or respite provider.
- Facilities such as adult day cares, nursing homes, summer camps, etc. will not need a background check - just provide proof that they run their own background checks.
- The respite provider does not have to have any particular skills or specific certifications (First Aid, CPR, etc).

Respite Voucher Program

How does reimbursement work?

Caregivers pay for respite services up front and the TRC will reimburse those funds using a voucher system. **The TRC is able to send reimbursement checks at the end of the following month that we receive your reimbursement voucher.** That means vouchers postmarked in (for example) January are reimbursed at the end of February. There is, on average, a 6-8 week waiting period.

- The TRC can pay facilities (camps, day cares, etc) directly - provide an invoice from the facility.

Respite Voucher Program

Things to note:

TRC does not provide respite resources directly - they can only offer reimbursement for respite services. TRC also cannot endorse or recommend any particular facility or individual.

- Things funding can be used for: paying for sitters, physical therapy, mental health therapy, summer camps, tutoring, school extracurriculars, et cetera.
- Funding cannot go towards things like vacations, food, etc for the caregiver - funding is only for respite care.
- There are no barriers to enrollment such as income limits or insurance requirements.

Thoughts from our Respite Voucher Families

You Can't Pour from an Empty Cup

The TRC has probably been the single most effective, helpful program we have ever participated in, as far as meeting our needs with two autistic/ADHD kiddos. I'm a better parent, and the opportunities they've had to enjoy summer camps or just have fun with a respite provider have been wonderful for them!

-TRC Voucher Caregiver

Thank you so much for having a program like this!!! My husband and I actually had a dinner out and had a whole conversation without being interrupted!!

-TRC Voucher Caregiver

Because I'm now able to pay for respite care thanks to the TRC, I've been able to make time for therapy (for myself) for the first time.

-TRC Voucher Caregiver

Respite Voucher Program

to sign up for an intake, call the
Tennessee Respite Coalition office
at 615-269-8687



Planned Respite Program

What is it?

offers a weekly break (1-3 hours) for caregivers by providing the child with fun activities either in the home or the community—determined by what works best for the family. We also provide parents with behavioral management information, with the hopes of improving the child's challenging behavior(s) over time. We are easy to access—anyone can refer families to our program, and families can refer themselves.

Free to all participants!

Our Goal?

Provide short-term, immediate respite and assist families in finding long-range respite resources.

Planned Respite Program

Who qualifies?

We serve children in serviced counties who are 2-15 years of age (must be fully potty-trained) and who have a qualifying mental health diagnosis like ADHD, anxiety, etc.

Planned Respite Sites are Located in:

Anderson, Carter, Knox, Madison, Rutherford, Shelby, Sullivan, Washington, and Unicoi Counties

Planned Respite Program

How does Planned Respite work?

When a family has been referred to our planned respite program our first step is to contact the family and introduce ourselves and our program. If the parent wants to participate, we schedule a date for enrollment to complete the enrollment documentation. We develop an "Individual Family Respite Plan" to identify the unique needs of the family. The plan will have three basic goals, with action steps needed to complete each goal successfully. All of this is determined by the family's needs and what works best for the family. Working with the family's schedule, a weekly "outing" day and time is set up.

During the outing the children are offered a variety of activities. A full report of the child's behaviors during the outing activity is provided to the parent when the child is returned home. We are able to share with the parent what worked best to promote positive behavior from the child. We also encourage the use of a behavior chart if appropriate, and express the importance of incorporating the child's input when developing the chart. Parents are provided an Empowerment Packet to aid in identifying, training, and securing long-term or future respite after we have closed with the family.

Thoughts from our Planned Respite Families

This program has been a blessing for my little ones. They have had multiple life changes that affected their moods. Children sometime don't want to talk about certain problems and this program gave them this outlet! My babies often came home saying they were treated like family. I am extremely thankful for this program treating my babies like family.

We would recommend this program to anyone. The consultant is great with our daughter and listens to our concerns, it gave our family relief we needed. Plus my daughter had fun while going. Would really like to do this program again in the future.

This respite program gave us a more peaceful environment with less chaos in our household. My daughter and son argue all the time, with her in respite it allowed no arguments to happen during this time.

Planned Respite SUCCESS

In Jackson, TN, Quinco is utilizing "Smart Brain Wise Heart," an evidence based curriculum based on research at HeartMath Institute that teaches resilience building and self-regulation in a fast-paced, complex world during the 9 weeks of Planned Respite.

Share Christian's Story

When I do the deep -breathing and it makes me feel better.
-Davis

Respite Voucher (0-18 Years Old)

Provides respite vouchers for families whose children are diagnosed with a SED or Autism Spectrum Disorder. Parents choose their own respite provider, negotiate rate of pay, and are **reimbursed** for the respite service.



Planned Respite (2-15 Years Old)

This program provides planned respite services to families of children with SED or dually-diagnosed with SED and Autism Spectrum Disorder. Respite consultants **provide** short-term respite, and work with the family to identify long-range respite resources.

Agencies:
Alliance Healthcare Services
Frontier Health
Quinco Community Mental Health Center
Ridgeview Psychiatric Hospital and Center
Volunteer Behavioral Health Care System



Youth Respite Programs

Planned Respite

- Serves Anderson, Carter, Knox, Madison, Rutherford, Shelby, Sullivan, Washington, and Unicoi county residents 2-15 with an SED and/or Autism and their family
- Gives caregivers immediately-needed respite
- Teaches caregivers how to find respite providers and how to train those providers
- Provides developmentally appropriate one on one and/or group activities

Respite Voucher

- Pays up to \$600 annually for caregivers seeking respite care.
- Serves TN residents 0-18 with an SED and/or Autism diagnosis
- Caregiver and care recipient must live in the same home
- No income or insurance limit
- Funding for individual providers, summer camps, and other facilities/programs

What is Respite?

Respite is a break from the constant care of a family member with an illness or disability. Getting respite allows time for caregivers to attend to their personal health and needs.

When caregivers take care of themselves, they are better equipped to continue care for their loved one at home.

YOU CAN'T POUR FROM AN EMPTY CUP!

Want to learn more?

Call: 800-560-5767 or
Email: OCA.TDMHSAS@tn.gov



Get in contact with a respite provider today!

Planned Respite Flyer

Available upon request

Pop Quiz

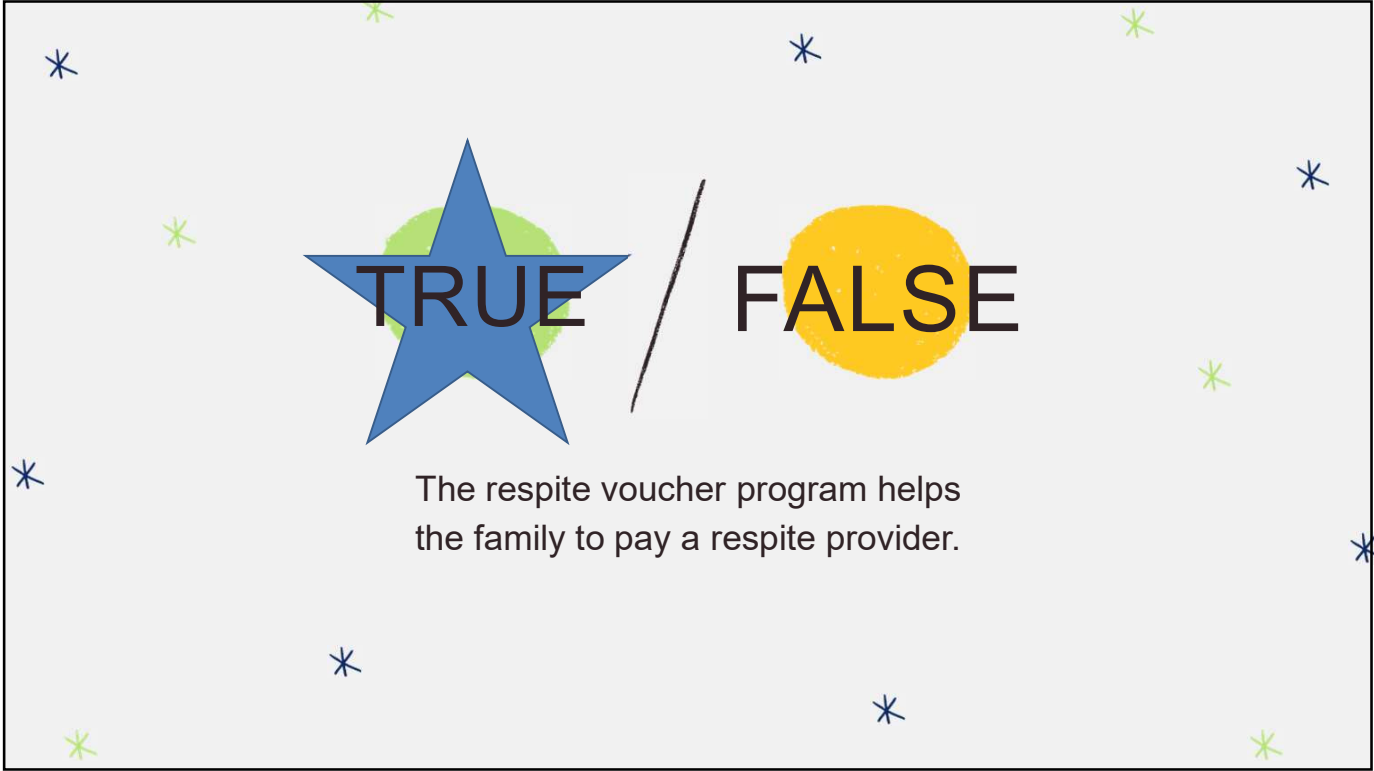
True/False questions covering respite!

Small Gift for winners!

TRUE

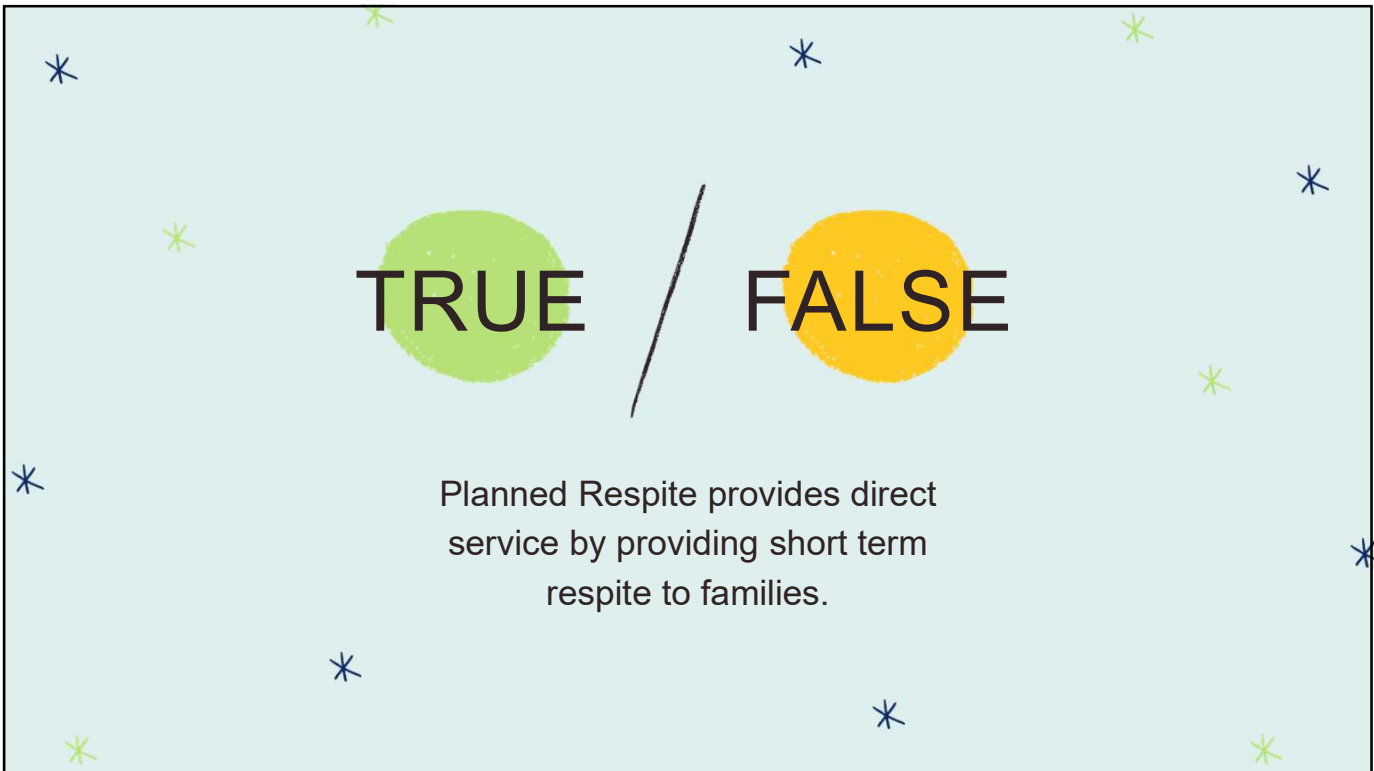
FALSE

The respite voucher program helps the family to pay a respite provider.



TRUE / FALSE

The respite voucher program helps the family to pay a respite provider.



TRUE / FALSE

Planned Respite provides direct service by providing short term respite to families.

TRUE / FALSE

Planned Respite provides direct service by providing short term respite to families.

School-Based Behavioral Health Liaisons

- School Based Behavioral Health Liaison program (SBBHL) uses the Multi-Tiered System of Supports approach to provide school-based services.
- Our SBBHLs provide face-to-face consultation with classroom teachers to enhance learning environments for children and youth who have or are at-risk for SED, behavior problems, or substance use disorders.
- Liaisons provide training and education for the classroom teachers regarding mental health and substance abuse topics, as well behavioral interventions.

Tennessee MTSS Model

TIER I All 80-85%

ALL students receive research-based, high-quality, instruction using Tennessee State Standards in a positive behavior environment that incorporates ongoing universal screening and ongoing assessment to inform instruction. In general, 80-85 percent of students will have their needs met by Tier I supports.

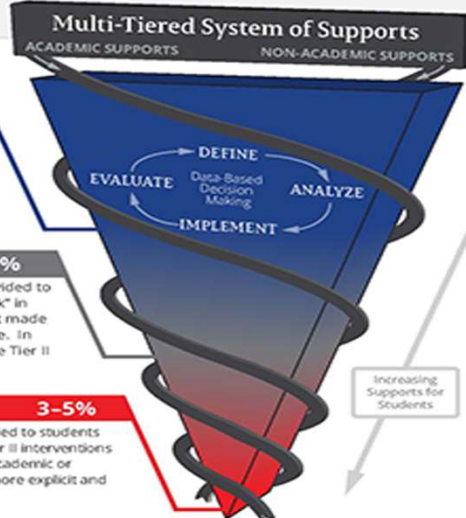
TIER II Some 10-15%

In ADDITION to Tier I, extra support is provided to students who have been identified as "at risk" in academic or non-academic skills or have not made adequate progress with Tier I supports alone. In general, 10-15 percent of student will receive Tier II interventions.

TIER III Few 3-5%

In ADDITION to Tier I, extra support is provided to students who have not made significant progress in Tier II interventions or who are significantly below grade level in academic or nonacademic skills. Tier III interventions are more explicit and more intensive than Tier II interventions.

Guiding Principles
Leadership • Culture of Collaboration • Prevention & Early Intervention

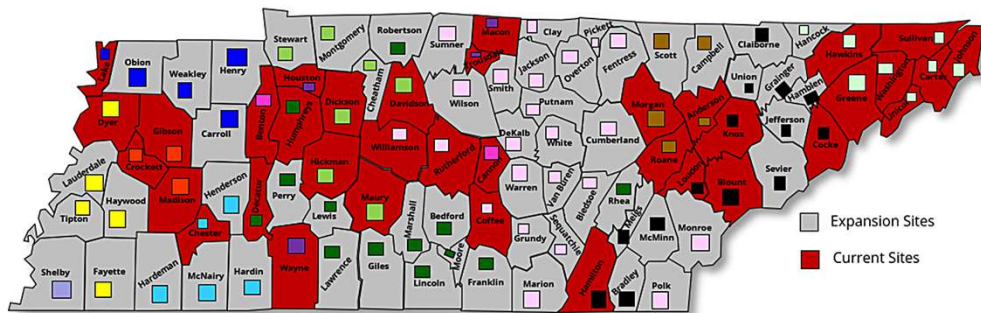















Multi-Tiered System of Supports

- A Multi-Tiered System of Supports (MTSS) is a service delivery framework focused on prevention and problem solving for all students.
- An integrated MTSS connects all of the academic and non-academic interventions, supports, and services available in schools and communities to support instruction and eliminate barriers to learning and teaching.
- Within an MTSS framework, multiple levels of instruction, assessment, and intervention are designed to meet the academic and non-academic needs of ALL students.

School-Based Behavioral Health Liaisons

- School Based Behavioral Health Liaisons expanded across the state this year.
- We are now serving all 95 counties in the state of TN. Typically there is 1 to 3 schools in each county to receive liaison services.
- The agency works with the school system/district to identify the school(s) that is highest need for services.



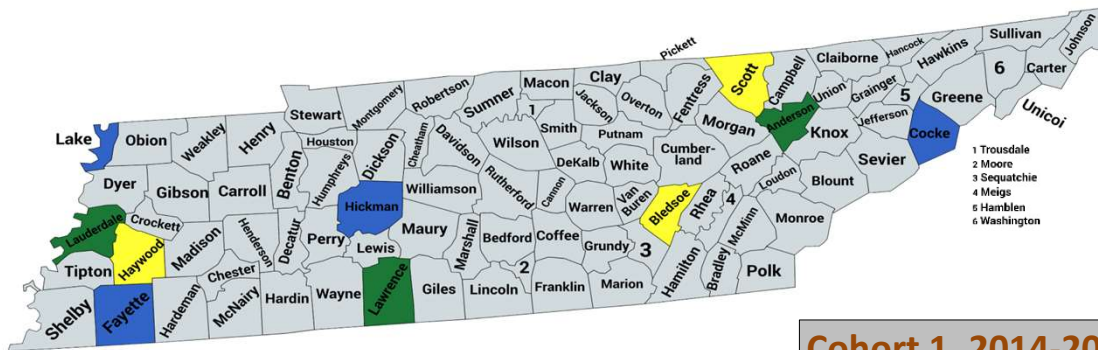
	Quinco Mental Health Center		Volunteer Behavioral Health Care System
	Ridgeview		Health Connect America
	Helen Ross McNabb		Carey Counseling
	Mental Health Cooperative		Centerstone
	Professional Care Services		Alliance
	Pathways		Frontier Health
	Tennessee Voices		

Project AWARE

The intent of the AWARE grant initiative is to increase youth access to mental health services and resources in schools by raising awareness about mental health issues, increasing early identification and screening of youth to detect unmet behavioral health needs, and expanding the continuum of services and supports available to youth in their schools and communities.



Tennessee Project AWARE school districts



Cohort 1, 2014-2019

Anderson, Lauderdale, Lawrence

Cohort 2, 2019-2024

Cocke, Fayette, Hickman, Lake

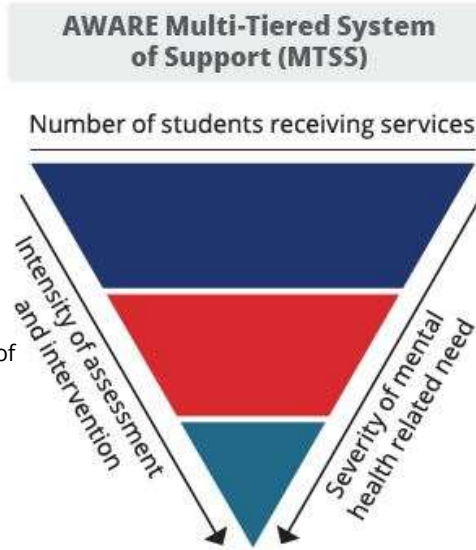
Cohort 3, 2021-2026

Bledsoe, Haywood, Scott



Project Overview

The intent of the AWARE grant initiative is to increase youth access to mental health services and resources in schools by raising awareness about mental health issues, increasing early identification and screening of youth to detect unmet behavioral health needs, and expanding the continuum of services and supports available to youth in their schools and communities.



MTSS Framework

The MTSS framework includes strategies to promote the wellness of *all* students (Tier I), strategies to support *some* students at risk (Tier II), and strategies to support the *few* students who need more individualized and intensive supports (Tier III).



TN AWARE History

Sustainability among three pilot districts (2014-2019):

- All three AWARE LEAs sustained their school social workers positions with local funding once the AWARE grant ended. The functions of the LEA AWARE Director were merged with the Coordinated School Health Director position in two AWARE LEAs. In one AWARE LEA, the LEA AWARE Director position was funded by the school board.
- All three AWARE LEAs continued their relationships with their community mental health organizations to provide school-based therapists after the AWARE grant ended.
- During the entire period of the AWARE grant, 3,463 students were referred to school-based therapists in the three AWARE school districts.
- Youth Councils were sponsored by district AWARE Directors and joined our State Management team meetings to share accomplishments and challenges faced by the youth .



Current AWARE :

2019-2024- 4 districts

2021-2026- 3 districts



Evidence Based Practices

The comprehensive project plan guides local implementation of an array of school and community mental health services that are structured through a MTSS framework. The plan includes service components chosen for their demonstrated evidence of effectiveness, and their appropriateness for school settings and populations served by the grant.



Youth Mental Health First Aid	Restorative Practices
<p>Since 2014, YMHFA instructors have trained almost 7,000 adults as First Aiders because of Project AWARE.</p>	<p>Restorative practices is a strength based, solution focused framework that focuses on relationship building to develop community and to manage conflict by repairing harm.</p>
Building Strong Brains Trauma Training	Comprehensive School Based Supports
<p>TN AWARE leads the trauma-informed schools project in which 176 schools are currently trained in our Building Strong Brains training as well as AWARE sites to empower leaders and teachers to address chronic childhood trauma.</p>	<p>This is a statewide training for all TN districts to increase the understanding of the importance of providing mental health supports as well as analyzing current district needs and analyze next steps. This training along with a guidance book is based on replication of AWARE projects.</p>



AWARE Youth Councils

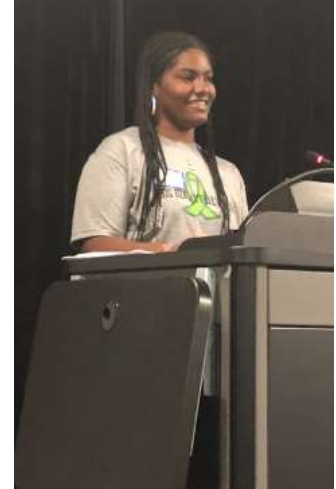
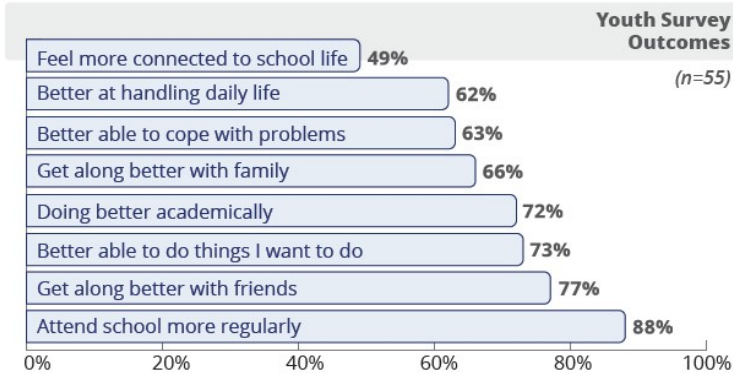
The most important aspect of AWARE services was...“Being able to have someone there for me, and not being judged about the opinions and thoughts I had.” *Project AWARE student*



Youth Voice Matters



Youth who accessed AWARE services perceived improvements in well-being and daily functioning. Surveys completed by youth participants captured their perceptions about the quality of their service experiences and the benefits to them. The exhibit below presents the percentage of youth who 'agreed' or 'strongly agreed' with statements regarding the impact of AWARE services.



TN AWARE Youth Councils

- Active since January 2000.
- The AWARE Student Support Specialist is the youth council advisor for each county.
- Currently, 70+ members in middle and high schools.
- New councils in Bledsoe, Haywood, & Scott counties (2022-2023)



Youth Council Goals

- To create safe spaces for the youth voice.
- To nurture a sense of community.
- To have the opportunity to advocate and implement change.





Youth Council Highlights

Youth councils focus on strengthening youth mental health which includes activities surrounding suicide prevention, bullying, teen dating violence, character building, and community service.

In February, AWARE Youth Councils collaborated with One Love for Teen Dating Violence Awareness.

Our partnership with Tennessee Suicide Prevention Network is an integral part of the Youth Councils

- Hosted an art contest in Cocke, Fayette, & Lake Counties
- The winners received their artwork on stickers and magnets and are promoted by partners statewide
- Helped sponsor 1st annual AWARE Youth Conference

Youth townhall

AWARE Youth Townhalls are a place for students to safely discuss the topic of students' mental health. In 2020 and 2021, dealing with the COVID-19 pandemic guided most of the discussion. The next townhall is scheduled for November 2022.



AWARE Youth Conference, 2021

- Nashville, TN
- 100+ youth participants
- AWARE Youth Panelist
- STARS Nashville and Tennessee Suicide Prevention facilitated youth engagement activities
- Statewide Booths-TN Promise, Young Adult Leadership Councils, Centerstone, TSPN
- Mindfulness activities: Planting, calming rocks, music therapy workshop, and photo booth
- Fayette County presented Hickman County with donated items of need.



School-Based Panelists

Neta Gross, MA, LPC/MHSP
Regional Coordinator, Project B.A.S.I.C., Frontier Health

Zakeria Clark
Program Supervisor, Erase The Stigma, Mental Health America of the MidSouth

Tabatha Floyd
Prevention Services Coordinator, Violence & Bullying Prevention, Centerstone

Twyla King
Director, AWARE-Advancing Wellness and Resilience in Education, Haywood County Schools, Sparta, TN

Becca Dorobiala Henegar, MA
School Based Behavioral Health Liaison, Volunteer Behavioral Health Care System, Franklin, TN



Have questions?

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