



BSF Education Connections: MHAT Explained

Jared Taylor
&
Kerince Bowen

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Our 2022-23 Team!



MHAT Overview... What is it?

- Provides well-being **screening** and short-term **counseling**
- A mental health **service delivery framework** and team
- Built on **Implementation Science** & Technical Assistance Team research
- **Situated in MTSS** within Upper Tier 2 and Lower Tier 3
- **Interdisciplinary team** comprised of social workers, school psychologists, and school counselors
- **Data-driven**
- Direct services to students using **Evidence-Based Practices**
- **Consultation & Coaching** for school staff and parents

Why does MHAT Exist

- Mental health disorders affect **20% of all children** (NIMH, 2014)
- Mental health disorders affect **18.5% of all U.S. adults** (NIMH, 2013)
- **Schools struggle** to identify models of service delivery
- Only **20% receive adequate services** (Society for Research in Child Development, 2009)
- Evidence-Based Practices **not often used**



Three Guiding Principles for MHAT

1. Increase **Identification** of students with mental health needs.
2. Increase **Access** to mental health services
3. Increase positive **Outcomes** from mental health services by using Evidence-Based Practices



MHAT Goals

- Identify students with **suicide ideation & intervene**
- Employ more **school-based/employed** mental health providers
- Improve **service delivery**
- Increase **sustainability** through PD, consultation, coaching, and supervision
- Increase support for **students of color**
- **Increase pre-referral interventions**
- Achieve goals by a **systematic implementation** process.



BSD Results 2021-2022

Area	High School	Middle School	Total
Total Screened	4036	2675	6711
Conduct	236 (6%)	228 (9%)	464 (7%)
Negative Affect	1471 (36%)	866 (32%)	2337 (35%)
Cognitive Attention	1154 (29%)	805 (30%)	1959 (29%)
Social	743 (18%)	647 (24%)	1390 (21%)
Academic Functioning	348 (9%)	309 (12%)	657 (10%)
Self-Harm Ideation	771 (%)	578 (%)	1349 (20%)
Safety Plans	87 (%)	53 (%)	140 (2%)

Current Results (as of 11/7/22)

Area	High School	Middle School	Total
Total Screened	1880	1297	3177
Conduct	76 (4%)	116 (9%)	190 (6%)
Negative Affect	509 (27%)	403 (31%)	912 (29%)
Cognitive Attention	444 (24%)	396 (31%)	840 (26%)
Social	275 (15%)	340 (26%)	615 (19%)
Academic Functioning	101 (5%)	137 (11%)	238 (7%)
Self-Harm Ideation	256 (14%)	307 (24%)	563 (17%)
Safety Plans	38 (2%)	30 (2%)	68 (2%)

Advocacy Work

- Conference Presentations
 - Washington State Association of School Social Workers, November 2019, Olympia
 - Advancing School Mental Health Annual Conference, November 2020, Online
 - School Social Worker Association of America Annual Conference, April 2022 in Chicago
 - Washington State Association of School Psychologists, October 2022, Online
 - National Association of School Psychologists, February 2023
- Consultations:
 - Lake Washington School District
 - Richland School District
 - Seattle School District



Collaboration Efforts

- Worked with:
 - Children's Hospital
 - Overlake Hospital
 - Evidence-Based Treatment Center of Seattle (EBTCS)
- Established communication protocols to provide information about suicide risk referrals
- Helped refine our Suicide Intervention and Prevention protocols
- Developed and implemented parent support for school refusal (EBTCS)



MHAT & School Counselor Role Differences

School Counselor

- At-risk students (attendance, behavior, coursework)
- Classroom presentations
- Create & Implement 504 plans
- Course selection and scheduling
- High School and Beyond Plan
- Grad Requirements/On track to graduate
- College Counseling
- Running Start
- Graduation Pathways
- Support for emotionally at-risk students
- Social emotional literacy & emotional regulation
- Suicide prevention and intervention
- Substance abuse prevention and intervention

MHAT Counselor

- Provide SOS lessons support to teachers
- Implement BIMAS2 screening process at MS/HS Levels
- Suicide Prevention interventionists
- Provide individual/group counseling (CBT)
- Consultation for staff & families about mental health
- Participate in GT/MDT/MTSS meetings as needed
- Provide consultation for other mental health providers
- Collect and utilize data for intervention purposes
- School-wide and community presentations
- Mental health advocacy

Novelty of MHAT

- Unaware of any other programs that combine:
 - SOS curriculum
 - Screening
 - Direct school-employed service providers
 - Use Evidence-Based Practices
 - Track student progress



Elementary MHAT

- 2.5 FTE
- Two Functions:
 1. Crisis Response
 - Available to all schools
 2. Screening & Tier 2 Intervention Support
 - Schools can opt-in
 - Teacher BIMAS2
 - Small Group interventions using
 - Zones of Regulation
 - Transforming Research into Action to Improve the Lives of Students (Trails)
 - Reteaching Tier 1 curricula



Next Year

- Elementary and Secondary School Emergency Relief (ESSER) funding expires at the end of the 22-23 school year
- District enrollment is down significantly
- Currently employ 19.7 FTE
- Unclear what reduction will need to be
- Alternative funding sources sought
- Goal is to maintain current staffing



BSD Mental Health Resources

- District Website
- 988 Suicide and Crisis Lifeline
- Community Forms online
- See handouts

