

HCPS Mental Health Supports

November 13, 2023



Healthy: A Learner Attribute

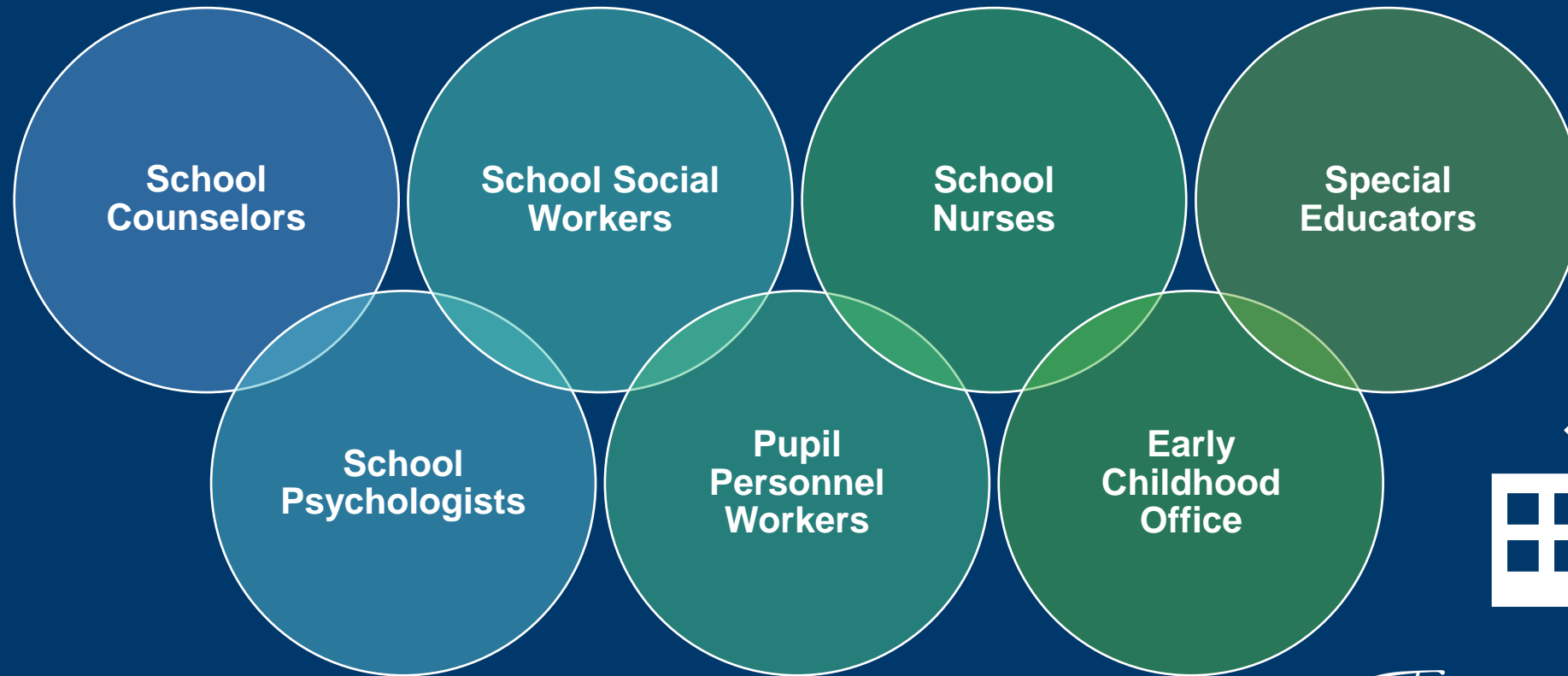


- Readers
- Writers
- Problem Solvers
- *Healthy*
- Employable

Collaborative Interventions



Mental Health Professionals



In our Schools

Staffing and Ratios

Social Workers = 16 (1:2,375)

SSWA recommended ratio = 1:250

School Counselors = 110 (1:345)

ASCA recommended ratio = 1:250

School Psychologists = 45 (1:955)

NASP recommended ratio = 1:500

Pupil Personnel Workers = 12 (1:3,166)

MSDE recommended ratio = 1:2,500

School Nurses = 70.8 (1:536)**

Ratios vary based on student acuity

What Do We Know?

For the majority of students who are struggling with temporary mental health concerns, they are related to everyday life issues and not trauma or ACES (**Adverse Childhood Experiences**)


Mental health problems are common (Anxiety, Depression, ADHD)

Mental health problems often develop during adolescence

The sooner an individual gets help, the more likely they are to have a positive outcome



Response

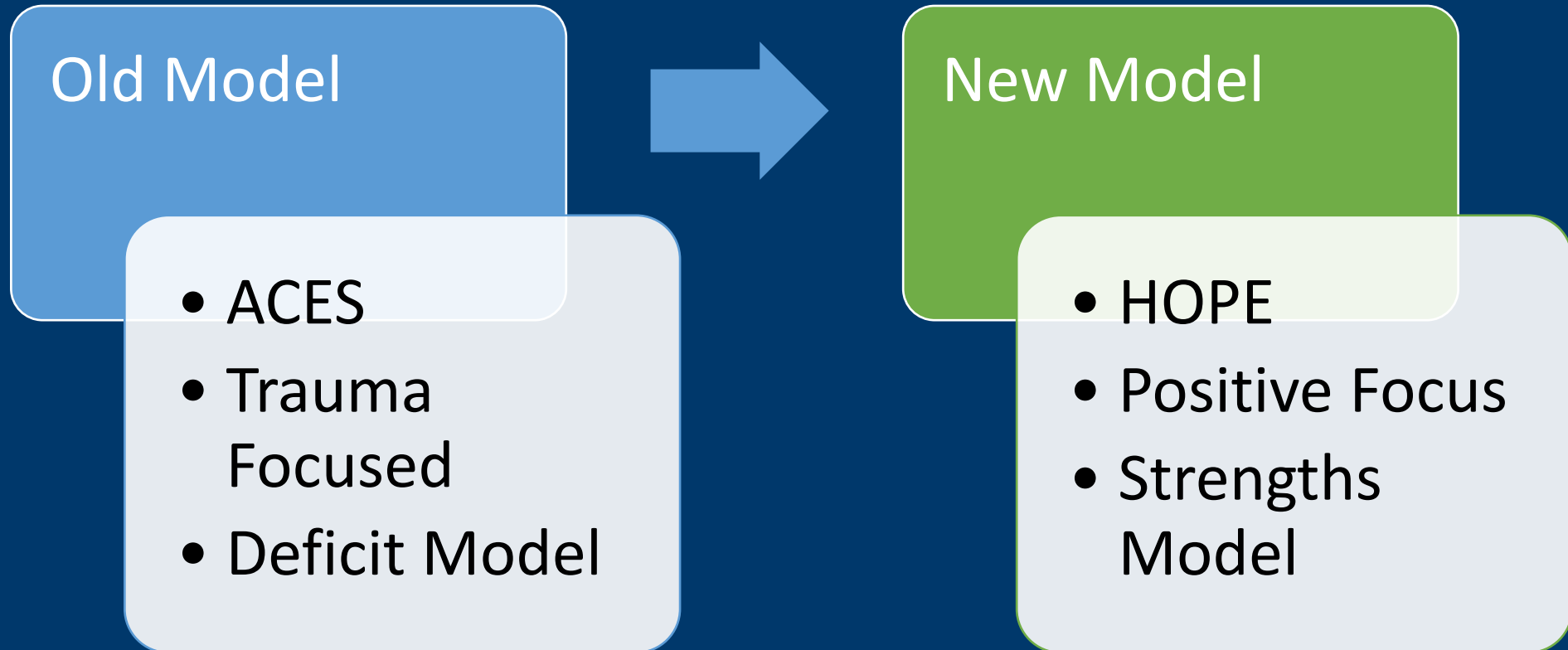


Need to identify the signs of these conditions early in life so children can get the care and support they need to thrive

Need to reduce the stigma associated with mental health concerns (see physical and mental health through the same lens)

Need to get all community stakeholders and families involved in the helping process

Approach to Mental Health



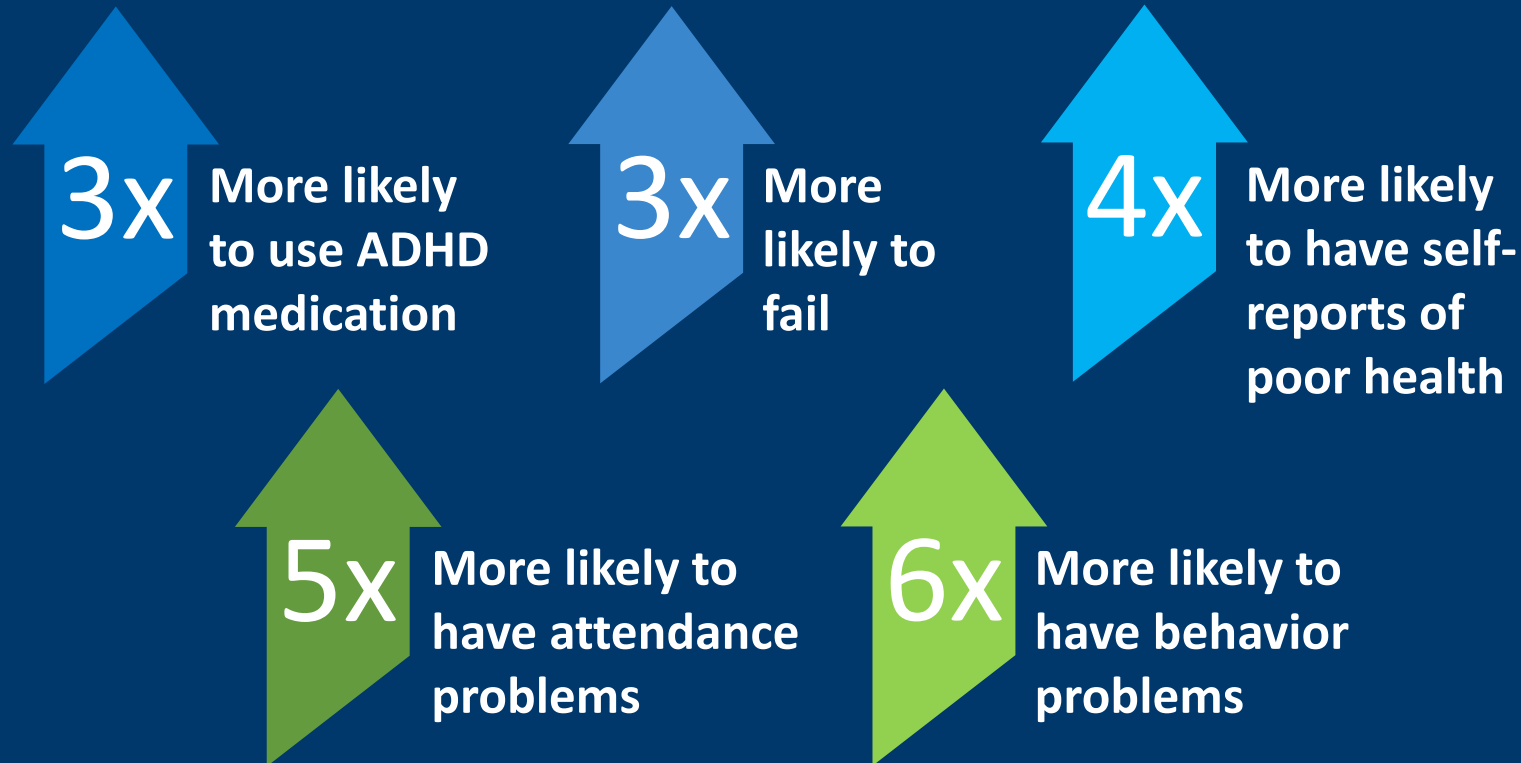
The 10 ACES

Adverse Childhood Experiences

1. Emotional Neglect
2. Emotional Abuse
3. Physical Neglect
4. Physical Abuse
5. Sexual Abuse
6. Parent Separation/Divorce
7. Household Substance Abuse
8. Household Mental Illness
9. Incarceration of Family Member
10. Household violence

Impact of ACEs

Children with 3 or more ACEs are:



... than a child with no ACEs.

Spreading HOPE



HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACES.



PCE Scale Questions

As a child,
how often
did you...

Feel able to talk to
your family about
feelings

Feel your family
stood by you
during difficult
times

Enjoy participating
in community
traditions

Feel a sense of
belonging in high
school

Feel supported by
friends

Have at least two
non-parent adults
who took genuine
interest in you

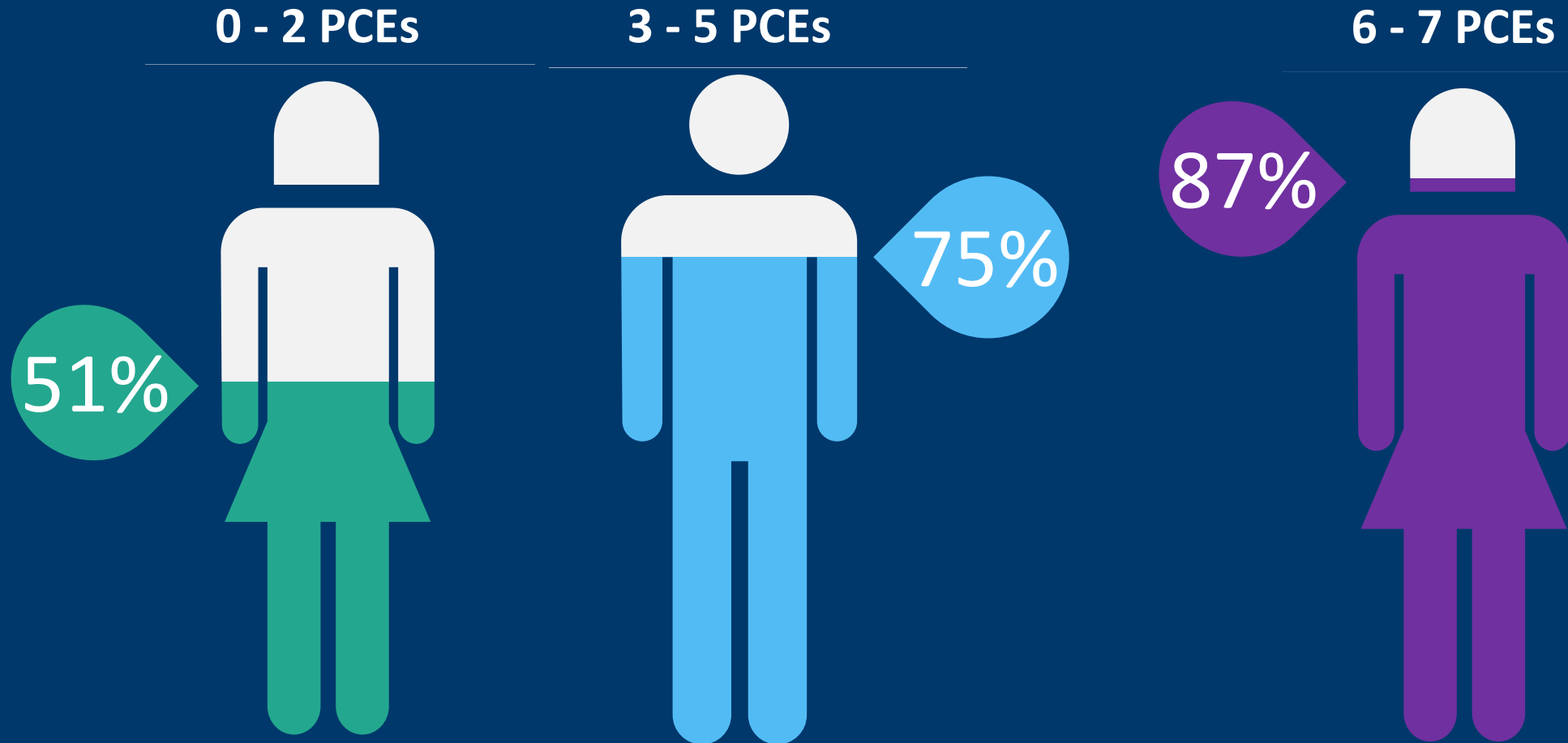


Feel safe and
protected by an
adult in your home



PCEs Protect Adult Mental Health

Percentage of adults reporting good mental health (those not reporting depression or poor mental health):



Bethell C, Jones J, Gombojav N, LinkenbachJ, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9; e193007

The Four Building Blocks of HOPE



RELACIONES
RELATIONSHIPS



AMBIENTE
ENVIRONMENT



PARTICIPACIÓN
ENGAGEMENT



CRECIMIENTO
EMOCIONAL

Reintegration Meetings

Used for students returning from mental health hospitalizations (launched in 2018)

Helps get student prepared for return to school

Team develops plan to implement upon return

Alleviates stress of missed work and reduces stigma



Handle With Care

The "Handle with Care" Model:

If a law enforcement officer encounters a child during a call, that child's name and three words, **HANDLE WITH CARE**, are forwarded to the school/child care agency before the school bell rings the next day. The school implements individual, class and whole school trauma-sensitive curricula so that traumatized children are "Handled With Care". If a child needs more intervention, on-site trauma-focused mental healthcare is available at the school.



HANDLE WITH CARE MARYLAND

PROTECT • HEAL • THRIVE

Growing rapidly in Maryland

Began in HCPS as a pilot in 2018 (one of the first school systems to adopt)

HCPS - over 400 reports in 18 months in pilot program

Countywide during the 2019-20 school year

Expanding to Fire and EMS/ Working with DSS

Dashboard and QR Code

Suicidal Ideation Report (SIR)

Online
reporting
platform

- SIR platform developed in 2019
- Information leading to SIRs come from a variety of sources
- The Supervisor of School Counseling reviews each report
- Parents are notified about **every** report made
- Many students who make self-harm statements have an outside counselor either in the community or school based
- Student Services staff will provide information on resources if they are needed and not already in place.

Wellness Needs Assessment

Created in the
Summer of 2021

Implemented
districtwide in Fall of
2021

Revised in 2023 to
incorporate physical
wellness and HOPE
related questions

I would like
help with the
following
factors...



I frequently
have a
difficult time
managing
my...

Wellness Needs Assessment

I need help learning to...



I feel worried...

Voluntary for students

Differentiated for elementary and secondary

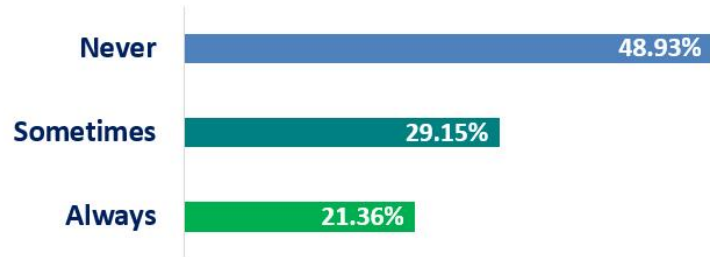
Provides valuable data to Emotional Wellness Teams to develop appropriate interventions based on student needs.

Wellness Needs Assessment

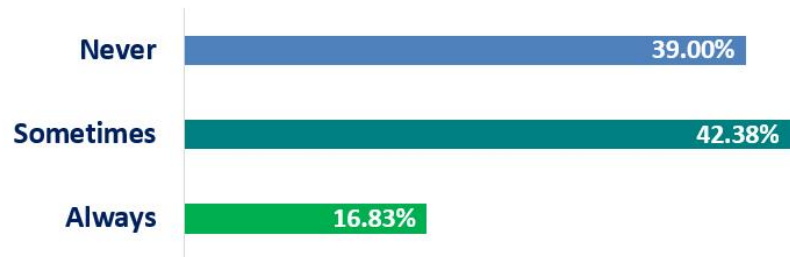


Conflict Resolution

I need help with handling teasing and bullying.

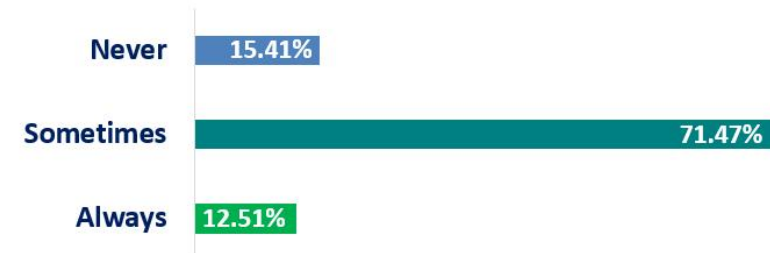


I need help with getting along with others.

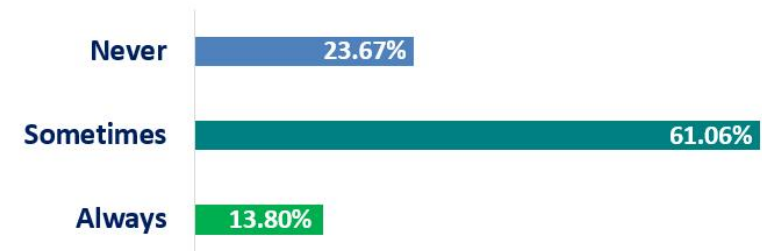


Feelings

I feel sad.



I feel worried.



Targeted Trainings

Youth Mental Health First Aid

- Designed to teach stakeholders how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. (6 hours)

Mental Health First Aid

- A skills-based training course that teaches participants about identifying mental health and substance-use issues in adults. (6 hours)

Question, Persuade/Refer (QPR)

- The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. (60-90 minutes)

HOPE

- A strength-based approach highlighting the significant impact positive childhood experiences can have on one's physical and mental health.

The Brain Architecture Game

- A tabletop game experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, with what consequences for society.

School Based Mental Health



Parents must be involved in the process

One or more providers in every building

Provide therapeutic services during the school day

Removes barriers for students who would otherwise not access services

Provides additional support beyond our school-based staff



In our Schools

Therapy Dogs



Attend ACRT Trainings

Meet with HCPS staff at PD

Working across several schools to assist students

Collaboration of Services



Students only spend approximately 20% of their week (during the school year) and 13% of a given year in a school building.



As a result, parents and the entire community must work together to address the needs of our children.



Care Solace

The screenshot shows the Care Solace website interface. At the top, there is a navigation bar with the Care Solace logo, a language selection dropdown, and contact options: (888) 515-0595, Text, Video Chat, and Call Now. Below the navigation bar, there are three icons representing service features: Anonymous, Confidential, and Free Care Connection. The main heading reads "24/7/365 Mental Health Care Coordination Service for Harford County Public Schools Students, Staff, and their Families". A sub-heading states, "Getting help can be a daunting process. Let our Care Companions™ find the help you need for depression, anxiety, stress, and more." Below this, there are two buttons: "Call Now" and "Search On Your Own". A note at the bottom of this section says "In partnership with Harford County Public Schools." The lower section is titled "We Are on Your Side Every Step of the Way" and contains four numbered steps: 01 Brief Screening, 02 Get Matched, 03 Book Appointment, and 04 Check-In. Each step includes a brief description and a corresponding feature icon.

care solace Select Language (888) 515-0595 Text Video Chat Call Now

Anonymous Confidential Free Care Connection

24/7/365 Mental Health Care Coordination Service for Harford County Public Schools Students, Staff, and their Families

Getting help can be a daunting process. Let our Care Companions™ find the help you need for depression, anxiety, stress, and more.

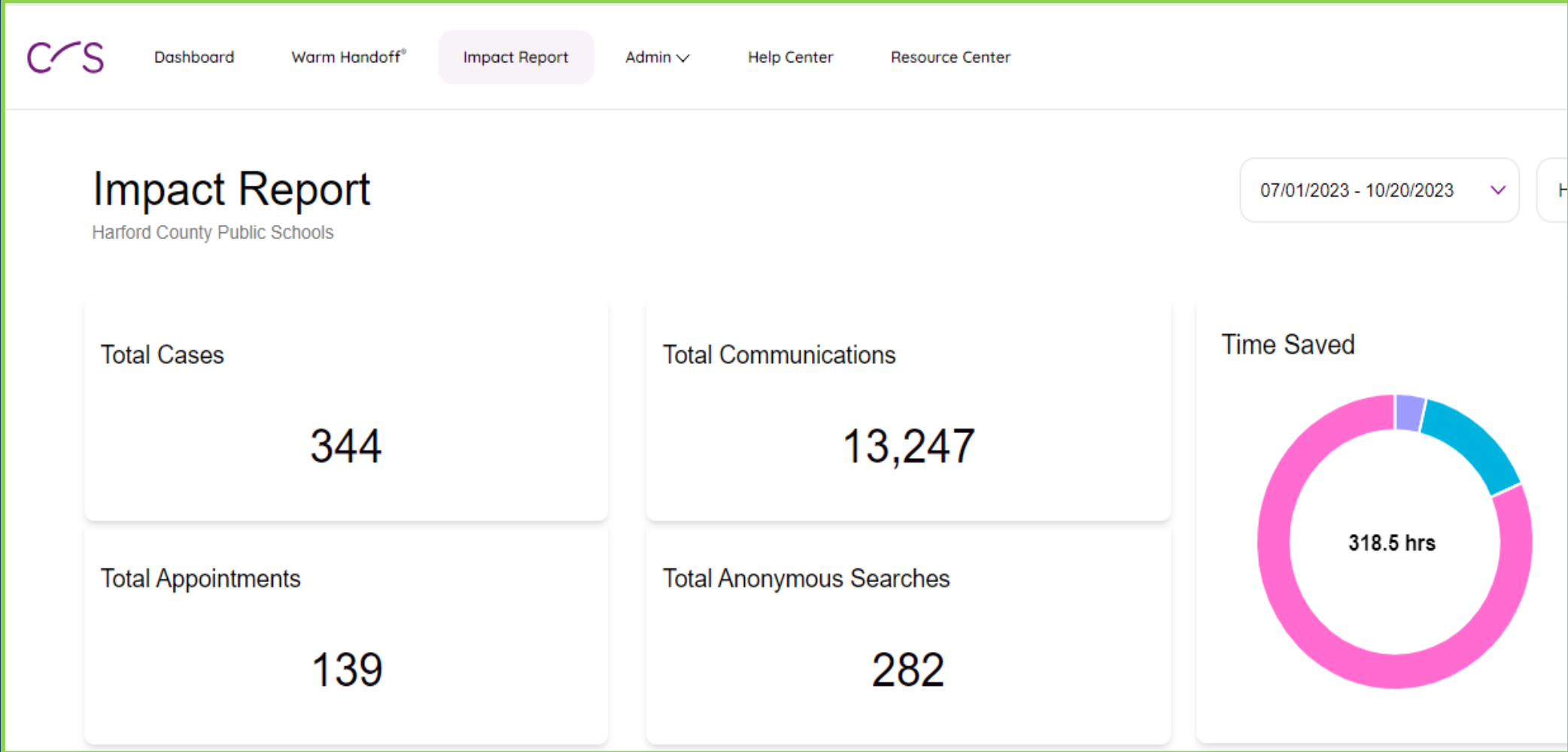
Call Now Search On Your Own

In partnership with Harford County Public Schools.

We Are on Your Side Every Step of the Way

- 01 Brief Screening**
Once you connect with us, we'll ask you a few quick questions so we can better understand what you're looking for.
Free Care Connection
- 02 Get Matched**
Your dedicated Care Companion will work to find a provider matched to your needs and keep you updated.
Confidential
- 03 Book Appointment**
Your Care Companion will reach out to you to book an appointment with your provider of choice.
Anonymous
- 04 Check-In**
After your appointment, your Care Companion will follow up to ensure you're happy with your provider.
Best care

Care Solace



What do children need?



Exercise 60 minutes/day



Sleep 9-10 hrs./night

Healthy nutrition & eating habits



Predictability



As little negative stress as possible



Resources For Help

The screenshot shows the website hcps.org/students/MentalHealthZone.aspx. At the top left is a "REGISTER FOR SCHOOL" banner with a "CLICK HERE TO REGISTER NOW!" button. The Harford County Public Schools logo is in the center, with the tagline "Inspire • Prepare • Achieve". To the right are icons for various services: Calendars, Home Access Center, School/Bus Locator, Technology Resources, Menus, Payment Options, Community Portal, Office 365, and Employment Opportunities. A navigation bar below contains links for About Us, Budget, Parents, Students, Staff, Community, Board of Education, and Superintendent. The main content area is titled "Mental Health Zone" and includes a description of the zone's purpose, social media links, and a list of "Mental Health Resources" such as Absence Resource, Care Solace, and Harford Crisis Center. At the bottom, four colored boxes provide specific help for physical/sexual/emotional abuse, anxiety/depression, safety threats, and suicide.

REGISTER FOR SCHOOL
CLICK HERE TO REGISTER NOW!

HARFORD COUNTY PUBLIC SCHOOLS
Inspire • Prepare • Achieve

CALENDARS HOME ACCESS CENTER SCHOOL/BUS LOCATOR TECHNOLOGY RESOURCES MENUS PAYMENT OPTIONS COMMUNITY PORTAL OFFICE 365 EMPLOYMENT OPPORTUNITIES

ABOUT US BUDGET PARENTS STUDENTS STAFF COMMUNITY BOARD OF EDUCATION SUPERINTENDENT

Students

- Academic Information
- Academic Tutoring
- HCRASC
- Learning Resources and Tools
- Mental Health Zone
- Safety and Security
- Student Education Planning Guide
Dual Enrollment
- Summer Programs

Mental Health Zone

The Harford County Public Schools Mental Health Zone is dedicated to providing news, information, and resources relating to all things mental health.

Like us on Facebook, Twitter or Instagram @HCPSMHZone

Mental Health Resources

- [Absence Resource](#)
- [Care Solace](#)
- [Care Solace Consent Form](#)
- [Harford Crisis Center](#)
- [Mental Health Supports](#)
- [National Suicide Prevention Lifeline](#)
- [Parent Academy](#)
- [Virtual Calming Room](#)

HELP FOR PHYSICAL, SEXUAL, EMOTIONAL ABUSE OR NEGLECT

Child protective services (CPS)*
(410)836-4700, press 1

*After hours, contact the Sheriff's Department (410)838-6600

HELP WHEN YOU FEEL ANXIOUS OR DEPRESSED AND NEED SOMEONE TO TALK WITH TO STAY SAFE

Crisis Services:
Dial 2-1-1 or Harford Crisis Center
1-800-NEXT-STEP
1-800-639-8763

TO REPORT THREATS OR SITUATIONS THAT PUT YOUR SAFETY, OR OTHERS' SAFETY, AT RISK

Safe Schools Maryland anonymous tip line:
1-833-MD-B-SAFE
1-833-632-7233

[Safe Schools Maryland Tip Line](#)

HELP IF YOU ARE THINKING ABOUT SUICIDE

Maryland Crisis Hotline
1-800-422-0009 or 9-1-1*

National Suicide Prevention Lifeline
Dial 9-8-8

*If in need of emergency life saving care

HARFORD COUNTY PUBLIC SCHOOLS

Questions?

