

Shrewsbury Public Schools Mental Health & Counseling

April 10, 2024



Agenda Items:

- District Data
- Professional Development Highlights
- Elementary Transitions Program (ETP)
- Social, Emotional, Behavioral Academy
- Recommendations





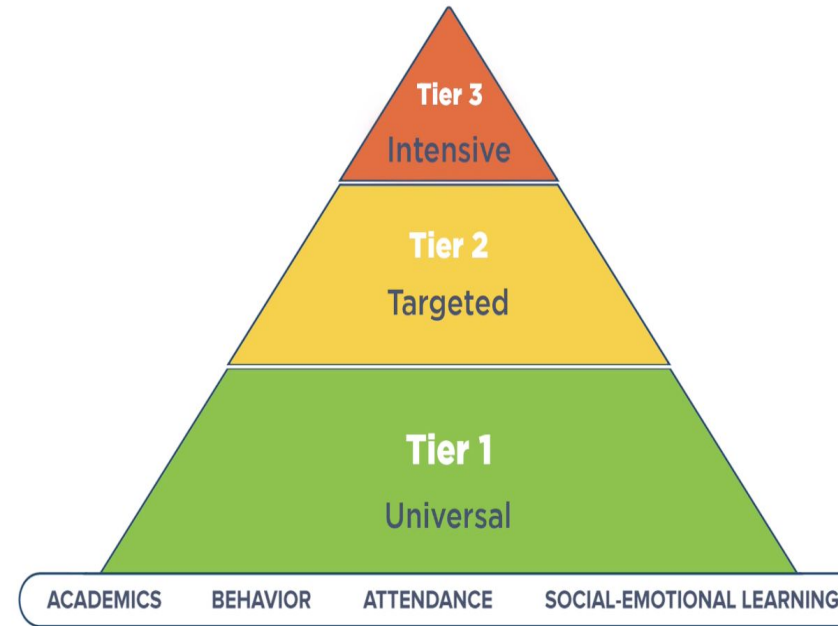
District Mental Health Data

Universal Mental Health Screeners



Purpose: Why do them?

- SEL vs. Mental Health Supports
- Identify AT RISK students for anxiety = TIER 1 (Universal).
- Provide resources to students
- Connect students to trusted adult(s) in the building
- Break stigma surrounding mental health
- Many organizations that endorse universal mental health screeners in public school settings: SAMHSA, ASCA, NCSMH, SSWAA, NASP



Generalized Anxiety Disorder-7 (GAD-7)

Grade Level	# of Students Screened	High Moderate to Severe Levels of Anxiety	Tier 2 CBT Group Intervention
7th Grade	405	26 students (6%)	10 students

Brief Adolescent Screen for Depression (BSAD)

Grade Level	# of Students Screened	Required Same Day Follow Up: Suicidal Ideation / Attempt	48 Hour Follow Up Elevated Score
6th	308	31 students (10%)	10 students (3%)
8th	388	15 students (4%)	24 students (6%)
9-11th	619	39 students (6%)	23 students (4%)

The image features a blue background with white decorative elements. At the top, there are three concentric white semi-circles. On the left and right sides, there are vertical white lines that curve inward at the top and bottom, creating a frame-like effect. In the center, a white rectangular box with a gold border contains the text "Regional Youth Health Survey" in a black serif font.

Regional Youth Health Survey

SHS & Oak

2023 Regional Youth Health Survey (RYHS) Data

During the past 12 months did you feel so sad or hopeless almost every day that you stopped doing some usual activities?

Oak: **16%** (24%)

SHS: **23%** (38%)

Have you ever seriously thought about killing yourself?

Oak: **9%** (15%)

In the past 12 months did you ever seriously consider attempting suicide?

SHS: **9%** (17%)

Have you ever tried to kill yourself?

Oak: **3%** (3%)

In the past 12 months did you make a plan about how you would attempt suicide?

SHS: **6%** (11%)

During the past 12 months did you hurt or injure yourself on purpose without wanting to die?

Oak: **9%** (13%)

SHS: **10%** (15%)

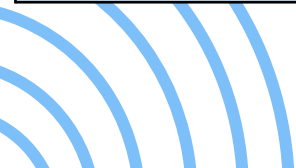
**Parenthetical percentages from 2021*

Clinical Department Data



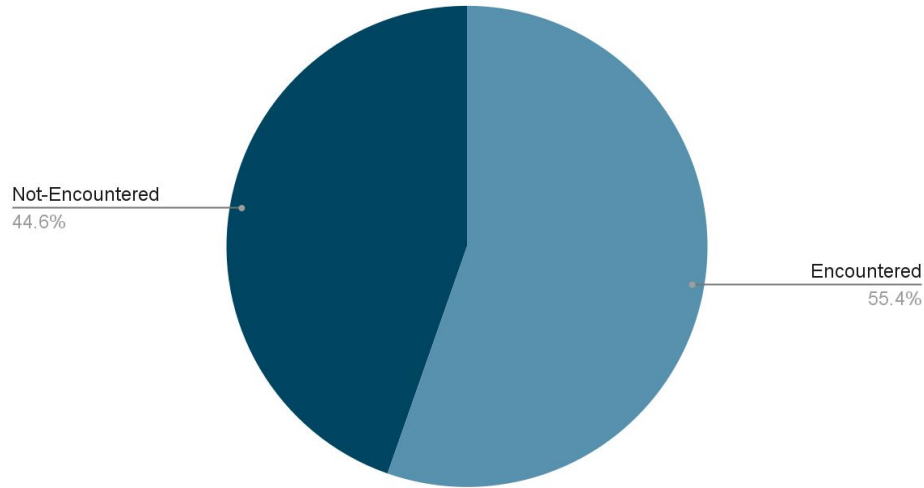


	Paton	Spring Street	Coolidge	Floral	Beal	SMS	Oak	SHS
Enrollment	266	281	291	549	662	922	946	1857
Clinical Staffing	<u>2 FTE</u> 1 SAC 1 Psych	<u>2 FTE</u> 1 SAC 1 Psych	<u>2 FTE</u> 1 SAC 1 Psych	<u>2 FTE*</u> 1 SAC 1 Psych	<u>3 FTE</u> 1 SAC 2 Psych	<u>3 FTE**</u> 3 SAC .5 BRYT SAC	<u>5 FTE</u> 4 SAC 1 Psych .5 BRYT SAC	<u>6 FTE</u> 4 SAC 2 Psych 1 BRYT SAC

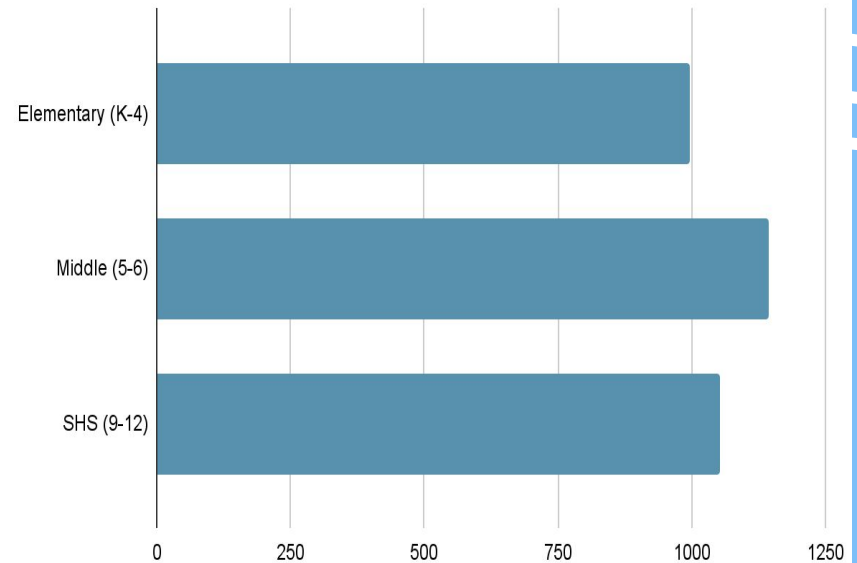


Students Encounters 1x with Clinical Staff August Schools

Districtwide: Encountered vs. Not-Encountered



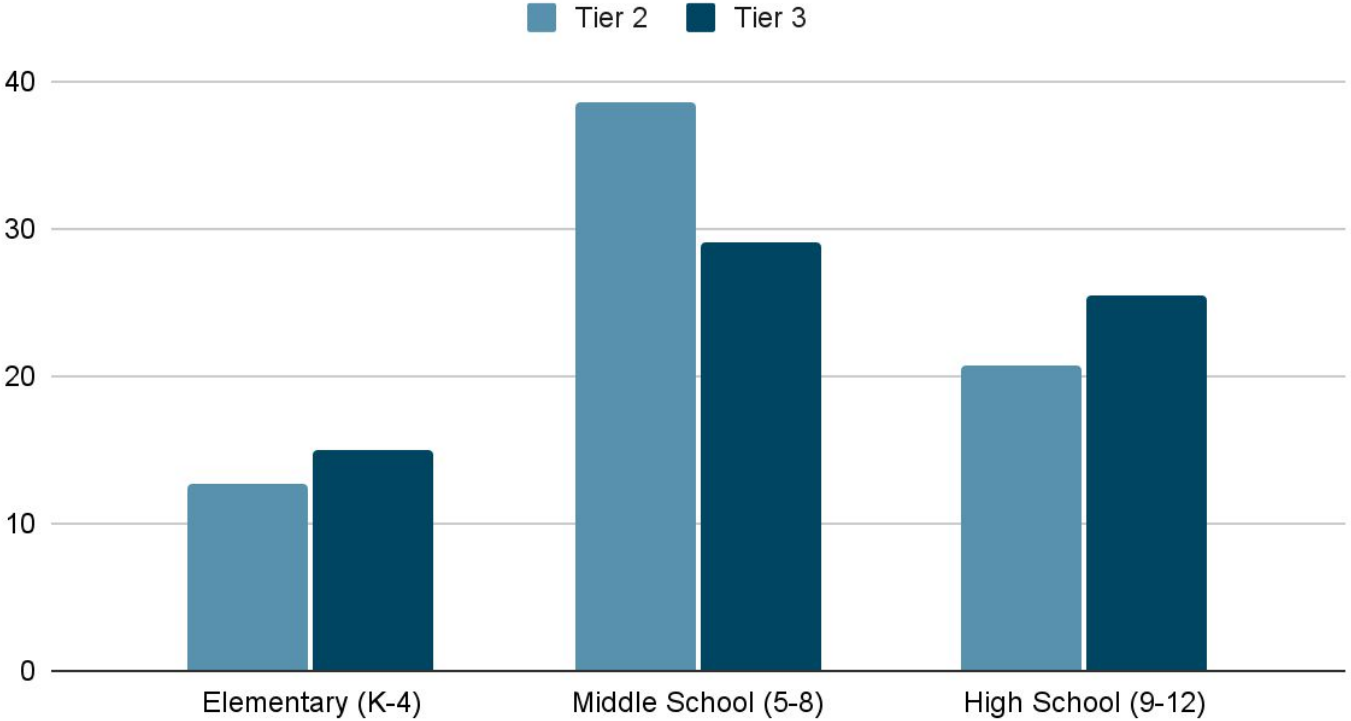
Students Encountered 2023-24 SY



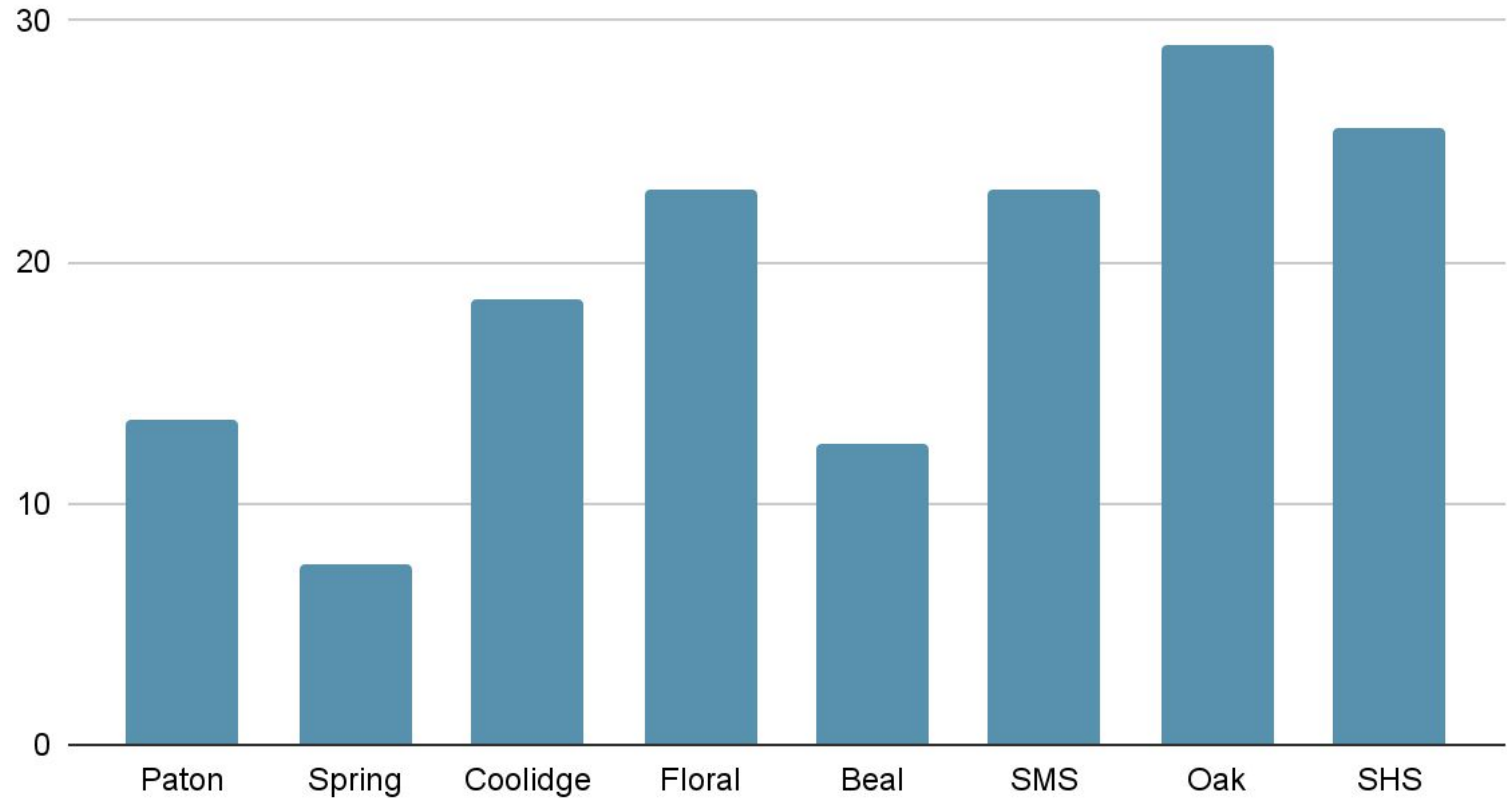
Students Encountered Multiple Times by Level

Grade Level:	8x +	20x +
Elementary School (K-4)	264 individual students 13%	88 individual students 9%
Middle School (5-8)	294 individual students 16%	122 individual students 7%
High School (9-12)	209 individual students 11%	59 individual students 3%

Average Caseload by Level



Avg. Tier 3 Caseload by Building



bryt: Students Supported This School Year

Sherwood & Oak Middle School: **26** students

- 24 new referrals
- 7 alumni status
- 75% mental health referrals

Shrewsbury High School: **59** students

- 22 active students
- 90% mental health referrals



Clinical Coordinator Data

Students receiving support from Clinical Coordinator/BCBA

Grades PK-4	37
Grades 5-8	29
Grades 9-12	14
Total	80

Clinical Rounds

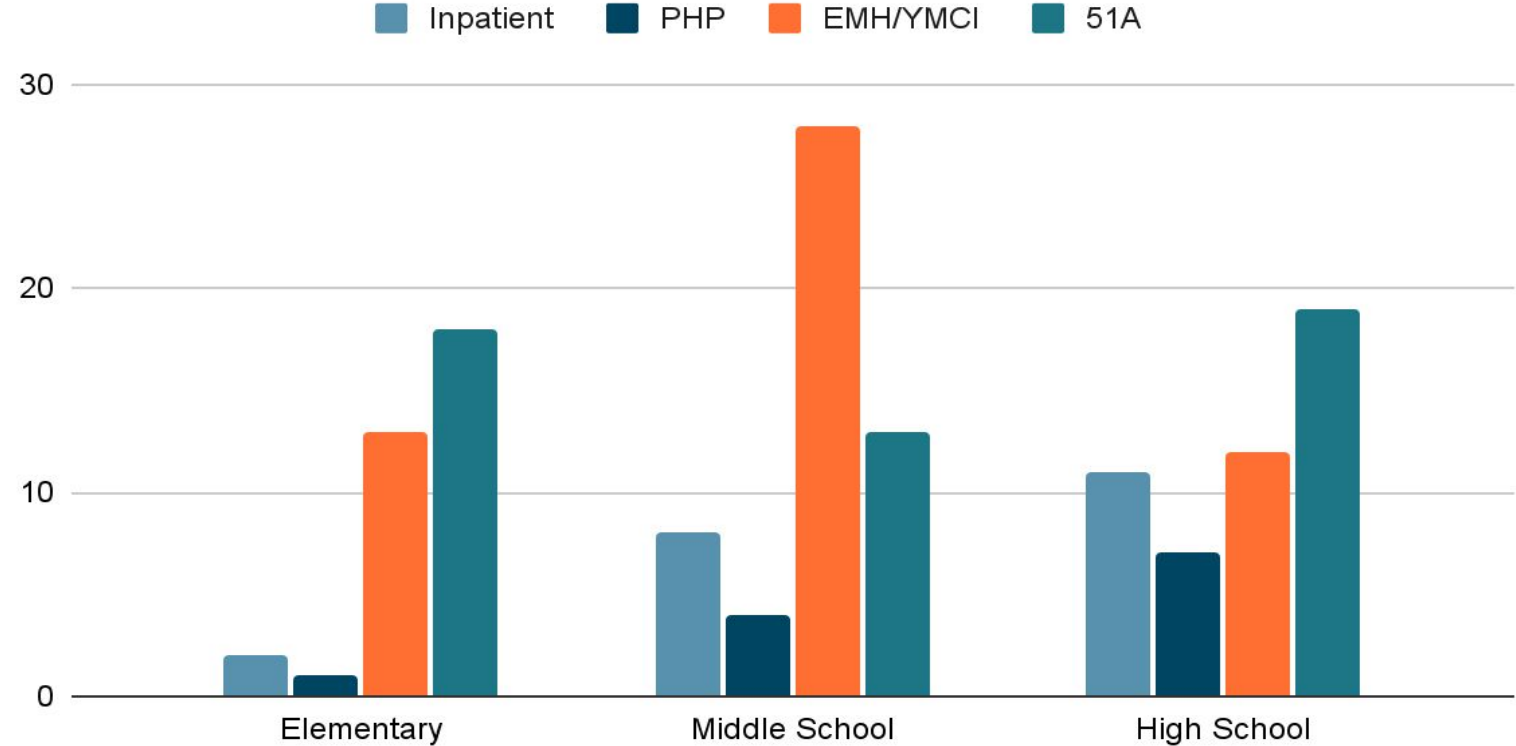
Clinical consultation 1-2x monthly with
Dr. Kim Kusiak and UMass Fellow.

18 Total Referrals



Emergency Response Services

Emergency Response Data



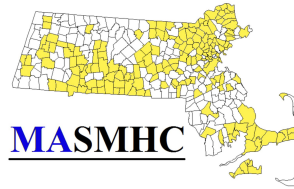
PHP: Partial Hospitalization. **EMH/YMCI:** Emergency Mental Health/Youth Mobile Crisis Intervention
51A: Mandated report to DCF due to suspected abuse and/or neglect.

Homeless Students

- **78** students known to be homeless
- **58** live in Shrewsbury's emergency shelter
- **18** are considered to be "doubled up"

Grade Level	# of Students
PK-4	40
5-8	17
9-12	14

Clinical Department Professional Development



Elementary Transitions Program (ETP)

Program Overview

ETP is a short-term program designed to support students in adjusting to the school environment and developing linguistic survival skills and foundational social, emotional, and behavioral learning skills.

Students who enter this program access assessment, intensive skill-based treatment, and programming developed by a multidisciplinary team.

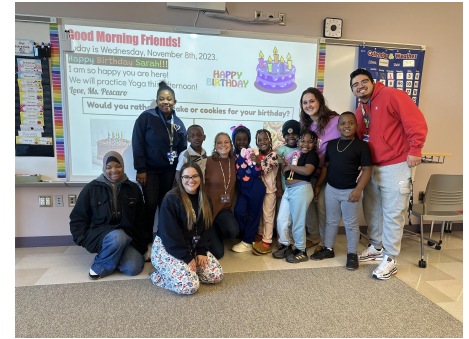


Criteria For Entry

1. Externalizing behaviors (including safety concerns to themselves or others).
2. Emerging behavioral health needs
3. Trauma (known or assumed)
4. Other contributing factors (i.e., unhoused, ELL)

Staffing

1. Academic Coordinator
2. Full time Clinician contracted from Shrewsbury Youth and Family Services
3. Clinical Coordinator/BCBA support
4. Paraprofessional support



Environmental Interventions

- Create a learning environment that *promotes regulation* by meeting basic needs and building therapeutic rapport with teachers
- *Decrease motivation to elope* by creating an enriched learning environment
- *Systematic shaping of learning environment* that ended with the classroom physically appearing and functioning as the inclusion classroom

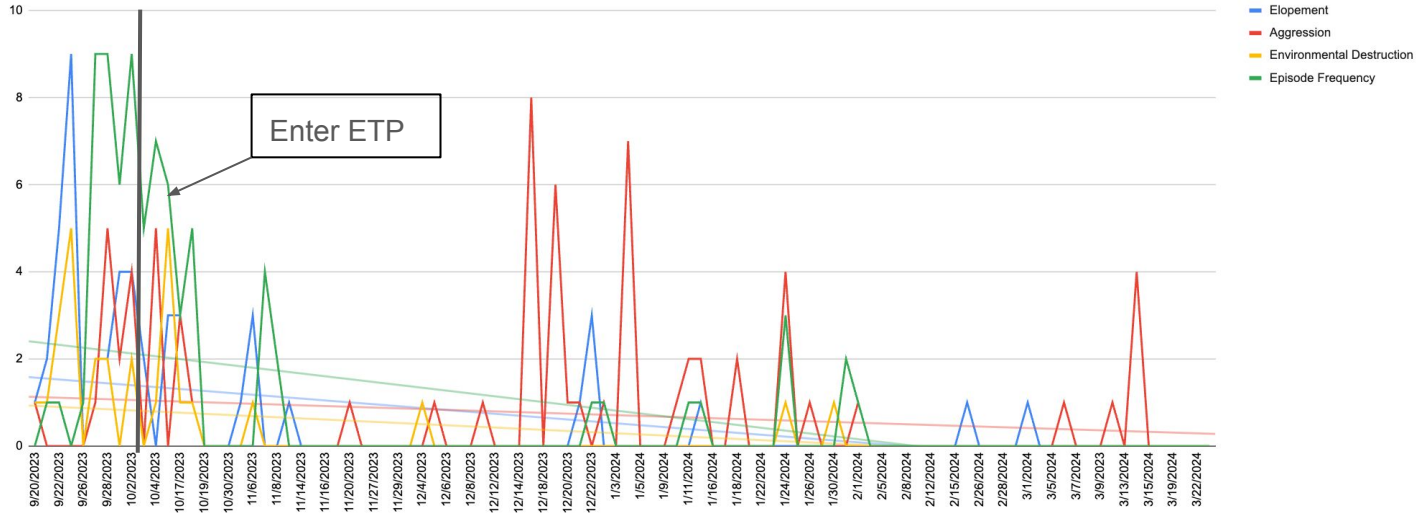


Skill Building

- Intake skills assessment completed to identify foundational lagging skills to target
- Functional communication skills to access their wants and needs
- Basic emotional literacy and tools for regulation
- Foundational academic readiness and linguistic skills



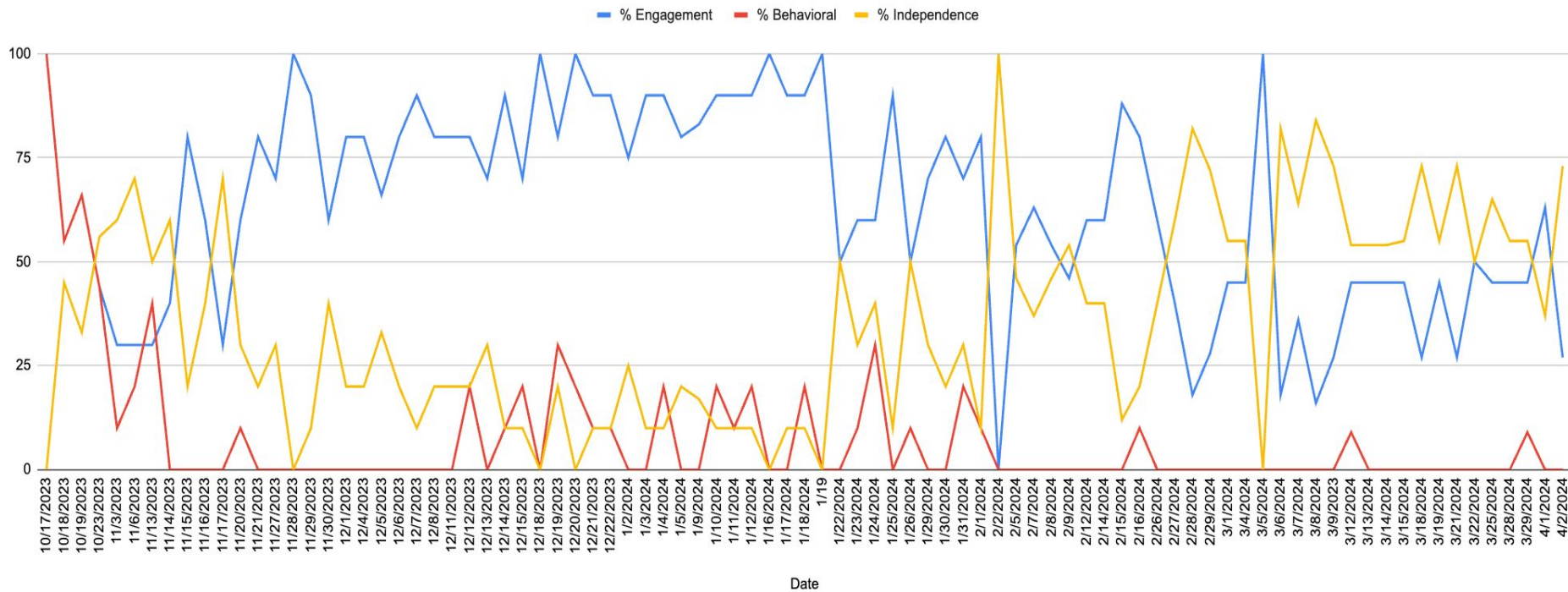
Case Study

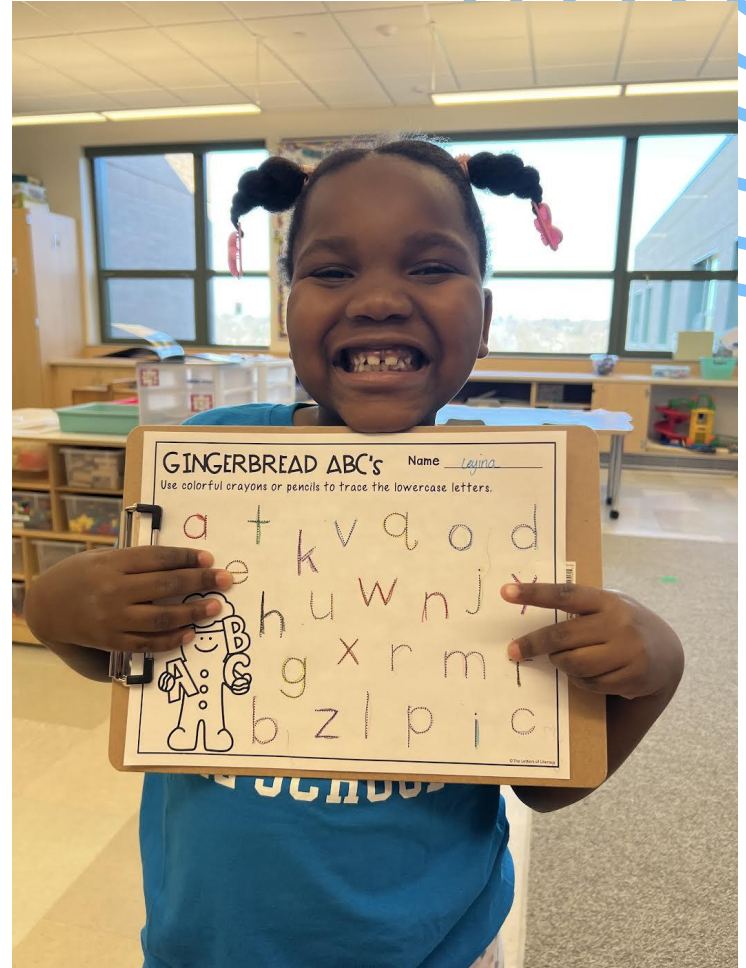


	Elopement	Aggression	Environmenta I Destruction	Episode Frequency
Baseline (Pre-ETP)	2.8	1.5	1.8	4.5
ETP	.1	.5	.06	.2

Case Study

Support Data





Social Emotional Behavioral (SEB) Academy



SOCIAL, EMOTIONAL,
& BEHAVIOR ACADEMY

SEB: SEL/MH Track

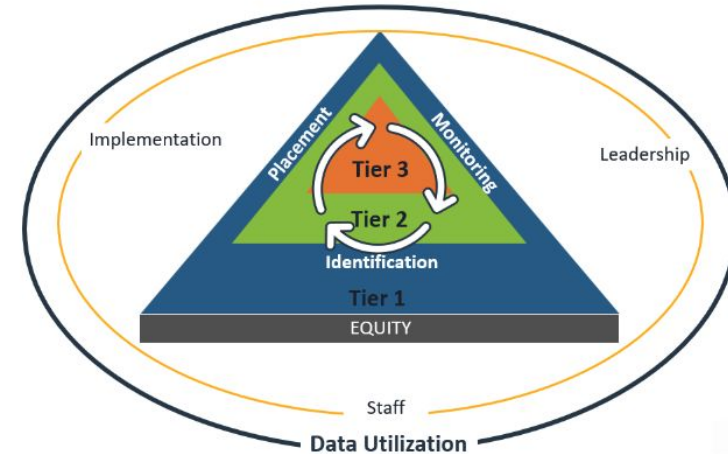
Year 2 of 3 year commitment

Priority Areas:

1. Strengthen Tier 2 Interventions.
2. Universalize data systems & SWT (student wellbeing team) process K-12.
3. Redesigning discipline.
4. Chronic Absenteeism.



SOCIAL, EMOTIONAL,
& BEHAVIOR ACADEMY



Recommendations:

- Continue Universal Mental Health & SEL Screeners K-12
- Continue to strengthen social, emotional, and behavioral health MTSS
- Continue to provide professional development for all clinical staff to implement evidence based practice (i.e. CBT, Collaborative Problem Solving, Restorative Practices)
- Continue SEB Academy work including implementation of SWT Teams, alternatives to discipline, and chronic absenteeism
- Plan, develop and implement an elementary therapeutic program for 2024-25 school year

