

## **Schools Advisory Council Work Plan, June 2, 2017**

### **YOUTH COPING SKILLS**

*ADVERSE CHILDHOOD EXPERIENCES (ACES)*

*SOCIAL SERVICES (MENTAL HEALTH)*

*PARTNERSHIPS*

*ACCESS TO MENTAL HEALTH RESOURCES IN SCHOOLS*

*MENTAL HEALTH SERVICES FOR CHILDREN AND FAMILIES*

### **Current activities being done:**

#### **Adverse Childhood Experiences (ACEs)**

- ESD112
- AWARE

#### **Community Foundation of SWWA funds the following:**

ACES Action Alliance– If you want to attend, please register here: <http://bit.ly/2sUtPot> The event is free, but seating is limited to 75 people.

Connect BG (Cyndie Meyer doing work with them), Battle Ground/North Clark County

Hough Foundation has done some work with Hough Elementary (Vancouver Public Schools) – not a resource for whole district

#### **Beacon Health Options, federal grant, MCOs fund and coordinate the following (DCS funds substance use disorder treatment in schools\*):**

- Social services (mental health) partnerships & access to mental health services in schools
  - o FY 17, Substance Abuse Block Grant (SABG) will support services by ESD112 to expand their service into La Center, Ridgefield, Hockinson and Evergreen school districts
    - § Provide early intervention and prevention services within a school based setting as well as early engagement services for youth in school based settings who are identified as being at risk of substance use disorders. Through a relationship based perspective, the program will build a continuum of prevention, intervention and treatment in schools for at risk youth.
  - o FY 17, SABG and Dedicated marijuana account (DMA) will support services provided by Community Services NW in Leiser, Flex and 49<sup>th</sup> St Academy
    - § Provide community based interventions in local high schools, specifically alternative schools, to youth at risk for substance use. Curriculum includes evidence based practices including the Matrix mode, Project Success, MRT, Seeking Safety, Living in Balance and DBT.
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Children's mental health providers – treatment that builds resiliency and decreases negative impact for those experiencing ACES. Providers in **bold** below also offer school-based services.

- Youth mobile crisis services starting in September 2017 by **Catholic Community Services**. They are expected to create MOU's with schools.
- In place now, DMA funds support **Children's Home Society's** Triple Point program- a weekly drop in support group that provides opportunities for LGBTQ youth to build leadership skills, access information and resources and build a natural network of support.
- Catholic Community Services: Don Koenig, 360.567.2211—Crisis mental health intensive services for youth
- **Children's Center**: Pat Becket, 360.699.2244--- provide on-site and off-site mental health services in Battleground, Vancouver and Evergreen SDs
- **Children's Home Society of Washington** provides mental health treatment in Gaiser, Discovery, Fort Vancouver, and occasionally a Battle Ground school or two (Maple Grove, River Home Link). (also does Family Support and ACES training): Andy Tucker, 360.334-5556
- **Columbia River Mental Health**: mental health treatment. Doug Chapman, 360.993.3000
- **Community Services Northwest\***: Bunk Moren, 360.397.8005 (**Substance Use Disorder (SUD)/chemical dependency (CD) services only in schools**)
- **Daybreak Youth Services**: Annette Kleinfelter, 360.750.9588--(**SUD/CD services residential, outpatient and in some schools**)
- **Family Solutions**: Lisa Carpenter: 360.695.1014---mental health treatment in Evergreen SD (26 schools), Vancouver SD and Ridgefield SD starting in Fall 2017
- **Institute for Family Development**: Daphne Morrison, intensive mental health treatment for youth 360.737.9792
- **NAMI**: Peggy McCarthy, 360.695.2823--I CAN training. Youth peer mentor training at Hela High (Evergreen SD)(pilot program)
- **Skamania County**: Tamara Cissell, 509.427.3850—school based treatment Washougal SD—Cape Horn Skye Elementary and Canyon Creek Middle School
- **SeaMar** provides services in Camas, Washougal and Evergreen SDs.
- **Lifeline Connections\***-providing SUD services in Hockinson SD starting in the fall

**DCS offers the following programs:**

- The TeenTalk Program offering peer to peer support. A big part of this effort is having important conversations with young people about mental health (Their own – family members etc.) but also healthy coping skills. TeenTalk can suggest supports in our community and we also send care packages to young people if they are struggling with a specific topic.
- Classroom presentations – I think it is powerful to have an unknown adult come into a classroom and share the myths and facts of mental illness, what to look for, what to say, what to do if you are worried, and to remind young people that they cannot hold themselves responsible for the mental health of other people. I have never said no to a classroom of middle school or high school students.
- Youth Mental Health First Aid – I realize districts have trained their staff, but I think my ongoing efforts could make classes possible for parents/ coaches/ school volunteers etc. Increased knowledge, I believe makes someone more likely to get invested in the mental health of young people they encounter.

- Challenge Day – if you can speak to the fact that any Clark County public high school can apply for the chance to host Challenge Day events, I absolutely think youth coping skills improve when they have a chance to experience communicating their struggles in a safe and healthy way. One of the barriers to Challenge Day is the time it takes to plan well. Even if it wasn't the days we fund each year, I would be happy to help with planning so those with mental health struggles could be integrated well into the events.
- Mentor programs – I have been part of two very different programs, but what they have in common is both have increased the confidence and the coping skills of high school students. I would be happy to partner with additional schools in this effort.
- Senior projects or student community service projects centered around mental health or mental illness. These have looked a myriad of ways, but increasing kindness and access to support is a powerful coping skill.