



Resources Supporting Behavioral Health in Schools

ADE/ AHCCCS

Advance

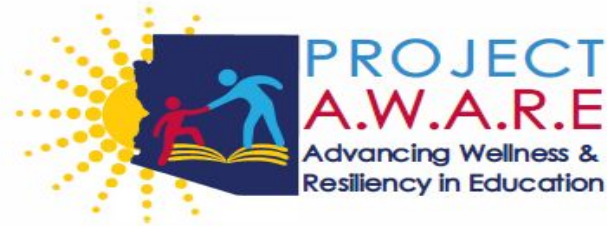
Wellness

And

Resilience

in

Education



3 Goals of the AWARE Grant



GOAL#1: Build and expand capacity at the state and local levels to improve access to mental health services and supports.



GOAL#2: Conduct outreach and training to increase mental health literacy and reduce stigma.



GOAL#3: Connect youth, families, and school staff to mental health services.

RESILIENT *Arizona*

CRISIS COUNSELING PROGRAM

Get Connected with
a **FREE** Crisis Counselor



CALL 2-1-1

100% FREE & CONFIDENTIAL · STATEWIDE

www.resilientarizona.org

Resilient
Arizona:
Available in

Spanish

and

English

Crisis Lines

Crisis Response Network

Central AZ: 602-222-9444 or 1-800-631-1314

Northern AZ: 1-877-756-4090

Southern AZ: If you live in Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties or on the San Carlos Apache Reservation, you call 1-866-495-6735

Tohono O'Odham Nation Crisis Line: 1-844-423-8759

National and Regional Crisis Hotlines

Crisis Text Line: Text CONNECT to 741741

Teen LifeLine: Phone or Text 602-248-TEEN (8336)
Monday-Friday 3 – 9 PM

National Suicide Prevention Lifeline: 1-800-273-TALK
(8255)

**National Substance Use and Disorder Issues Referral
and Treatment Hotline:** 1-800-662-HELP (4357)

LGBTQIA+ and Two Spirit Crisis Hotlines

The Trevor Project (LGBTQ+ Hotline): Phone: 1-866-488-7386 or Text: START to 678-678

Trans Lifeline: 1-877-565-8860

Strong Hearts Native Helpline: 1-844-7NATIVE (762-8483) StrongHearts Native Helpline advocates are knowledgeable in serving the unique needs of LGBTQ2S+ peoples. Help is available 24/7 by texting or calling or via online chat at strongheartshelpline.org

AZ Educator Peer Support Program

- Pairs teachers and administrators in Arizona with a trained peer coach
- Trained Educator Peers are teachers and administrators (in Arizona) just like you.
- Informal and confidential. In fact, you don't even have to submit your full name (first name and last initial only).

www.AZEDUCATOR.org

Educators Helping Educators



Don't tough it out alone.

If you are struggling and want to have an informal and confidential conversation with a peer, this is for you.

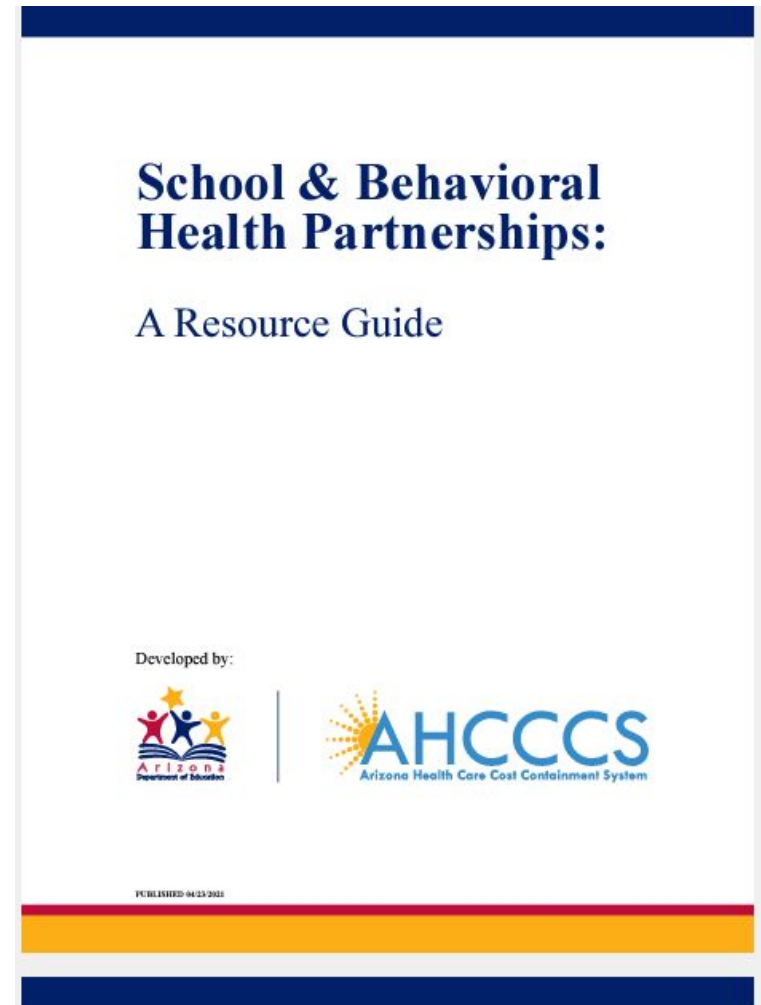
Resources Available for AZ Schools



Guidance for:

- Collaborative partnerships
- Model referral, suicide prevention and postvention policies
- Development of comprehensive school mental health teams
- Template for MOUs

<https://www.azed.gov/wellness/mental-health>



Paying for Behavioral Health Services



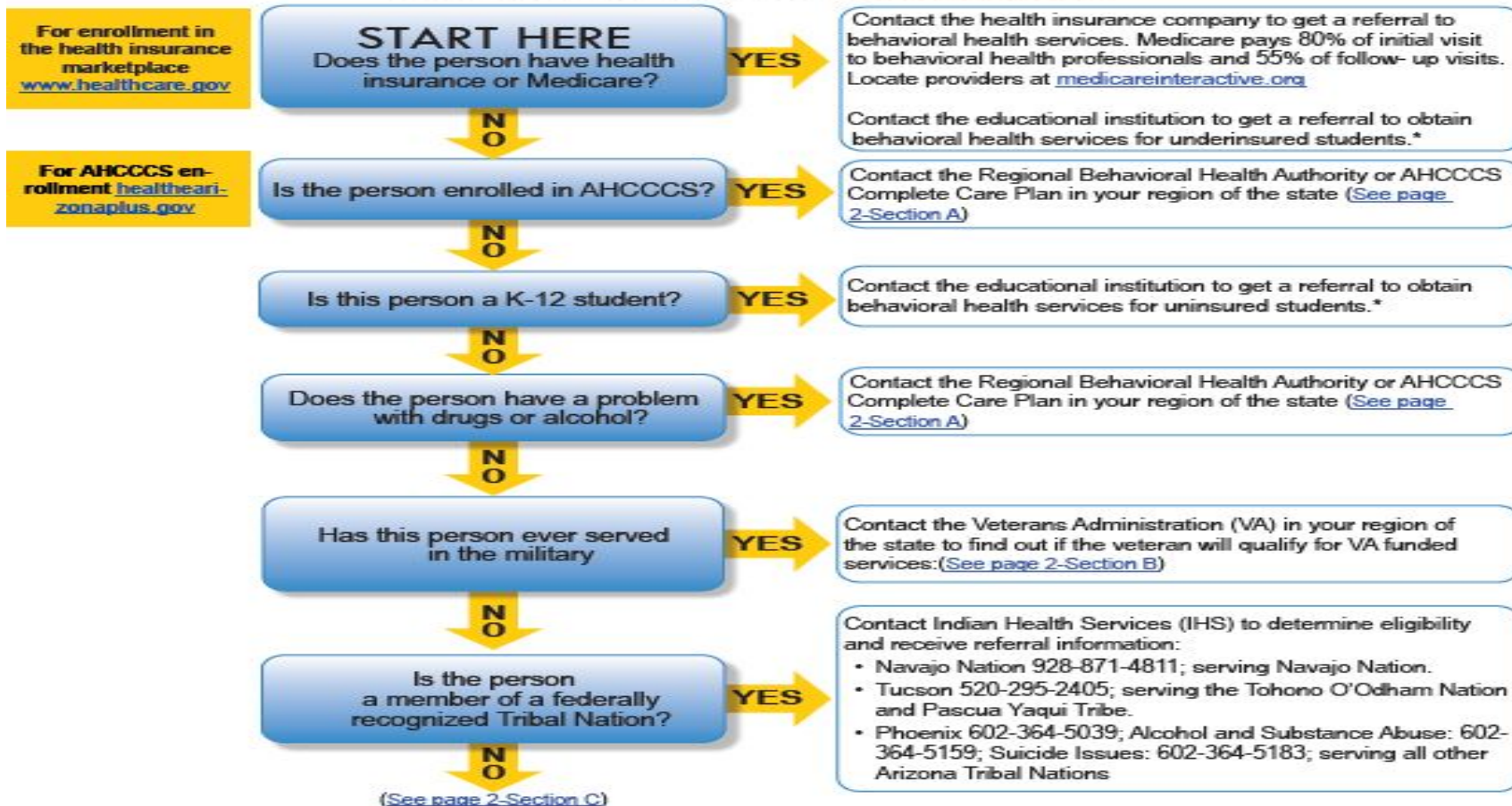
DOES THE INDIVIDUAL APPEAR TO BE AN IMMEDIATE DANGER
TO HIS/HER OWN SAFETY OR TO THE SAFETY OF OTHERS?

CALL 911

DOES THE INDIVIDUAL APPEAR TO BE IN NEED OF MENTAL HEALTH ASSISTANCE RIGHT AWAY?

SEE CRISIS SERVICES

Accessing/Paying for Behavioral Health



Children's Behavioral Health Services Fund

(Jake's Law)

- Funds behavioral health services for uninsured and underinsured children who are referred through an educational institution.
- Funding is authorized for services through June 2022.
- Schools that meet the requirements of the law are able to refer students for behavioral health services, regardless of a student's Medicaid eligibility:
 - mental health referral policy in place
 - formal consent process for parents



Jake's Law Providers by Region

Southern Arizona	Central Arizona	Northern Arizona
<u>Arizona Complete Health- Complete Care Plan</u>	<u>Mercy Care</u>	<u>Health Choice Arizona</u>
<p>Arizona's Children's Association Casa de los Niños Child and Family Services COPE Community Services Horizon Health & Wellness Pathways La Frontera Intermountain</p>	<p>Arizona Youth & Family Services Community Bridges Inc.* Devereux Family Involvement Center* Horizon Health and Wellness Jewish Family & Children's Service LaFrontera-EMPACT-SPC New Hope of Arizona, Inc.* Open Hearts Pathways of AZ Resilient Health Southwest Behavioral & Health Services Southwest Network Terros Health The Resolution Group Inc.* Touchstone Health Services Valle Del Sol</p>	<p>ChangePoint Integrated Health Child and Family Support Services Encompass Health Services Horizon Health & Wellness Little Colorado Behavioral Health Centers Mohave Mental Health Clinic Southwest Behavioral & Health Services Spectrum Healthcare The Guidance Center West Yavapai Guidance Clinic</p>

Mental Health Referral Policy

Things to consider:

- Who will initiate the referral process
- How will referrals be processed
 - **Internally**
 - **Externally**
- How is this data tracked?



Universal Screening VS Mental Health Screening

Universal

- All student's screened
- Behavioral and social emotional wellbeing
- Multi Tiered Systems of Support

Mental Health

- Select students screened
- Targets mental health concerns
- Parental Consent Required
A.R.S. 15-104



Mental Health Considerations & Guidance to Referral Process for Schools in Arizona

What does this document provide?

This document provides step-by-step instructions for educators that have *already identified* a student that needs mental health support from a community-based provider. This document will discuss how an educator will connect students and their caregivers to services, how those services might be funded, and how to proceed with the referral. In the past, educators might have been nervous to connect with outside providers because of their lack of knowledge of rules and regulations, challenges in obtaining services for students, and concerns about payment. Some examples of common mental health services include:

- Psychological evaluations
- Individual or family therapy/counseling
- Behavioral therapy
- Group therapy (anger management, social skills, grief)
- Psychiatric services

We hope this document will provide guidance and insight to educators trying to navigate care

<https://nttacmentalhealth.org/wp-content/uploads/2021/08/Behavioral-Health-Considerations-Guidance-to-Referral-Process-for-Schools-in-AZ.pdf>

What is **SHAPE**?

A **free**, interactive tool designed to improve accountability, excellence, and sustainability in school mental health in schools, districts, and states/territories.

[Learn More](#)



Welcome to SHAPE

From our school mental health quality assessment and resource library, to custom reports and a library of free and low-cost screening and assessment measures, SHAPE has the tools teams need to improve school mental health programming and sustainability in schools, districts, and states/territories. [Take the tour to learn more.](#)

SHAPE System

- Free account
- Screening Tools
- Teaming Guide
- Quality Assessment
- Trauma Responsiveness Assessment
- Resource Library

www.theshapesystem.com



Mitch Warnock Act

In 2019, the Arizona State legislature passed Senate Bill 1468, named after a Tempe teen who died by suicide, mandating all school staff who interact with students in grades 6 through 12 must be trained in an evidence-based, best practice suicide prevention training at least once every three years beginning in 2020-2021.

The Arizona Health Care Cost Containment System (AHCCCS), in coordination with the Arizona Department of Education (ADE), have identified evidence-based prevention training options from which school administrators can choose:

- **Question, Persuade, Refer (QPR)**
- **Applied Suicide Intervention Skills Training (ASIST)**
- **At-Risk for High School Educators (available in Spanish)**
- **Youth Mental Health First Aid**
- **Suicide Alertness for Everyone (safeTALK).**
- **ACT on FACTS**
- **More than Sad**
- **Be a Link! Suicide Prevention Gatekeeper Training**

KOGNITO

A suite of virtual role-play trainings to teach educators about mental health and suicide prevention which supports improved student wellness and school safety.

Available free of charge from ADE:

<https://www.azed.gov/wellness/projectaware>

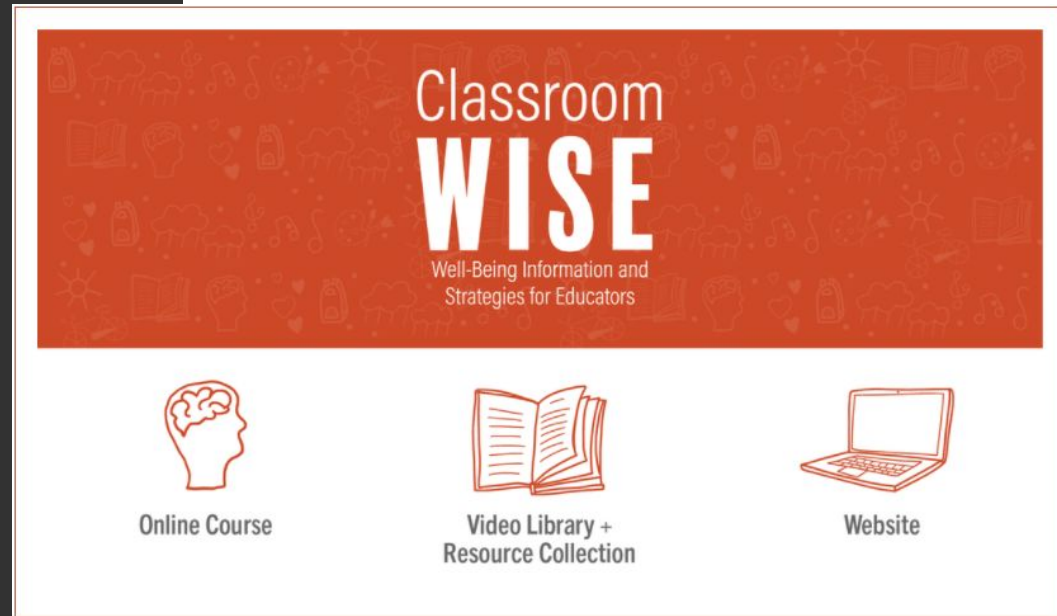


Classroom WISE

From MHTTC

3-part training package that includes a FREE self-paced online course, video library featuring practicing teachers and students, comprehensive resource collection and website for K-12 educators on mental health literacy.

classroomwise.org



Thank you

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A dark, textured background resembling a chalkboard. The words "Any Questions" are written in a large, white, cursive script. The word "Any" is positioned above "Questions", and a period is placed between them. The chalk strokes are visible, giving it a hand-drawn appearance.