



# Strengthening Student Wellness

## SHLT-003 School Mental Health Improvement Plan

Dr. Stacey Wilson-Norman, Chief Academic Advancement Officer

Michele Woodson, Assistant Superintendent of Student Support Services

Michael Pesce, Director of Social Work

Dr. Corliss Thompson-Drew, Director for School Psychology

BOE Work Session  
October 1, 2024

# Desired Outcomes



## Strengthening Student Wellness

### SHLT-003 School Mental Health Improvement Plan

**Communicate** how the **School Mental Health Improvement Plan** aligns with **Policy SHLT-003**, supporting student mental health through training, protocols, and targeted interventions to improve well-being and attendance.

**Highlight the district's collaborative approach to mental health services**, showcasing the role of partnerships with community agencies and the expansion of the School-Based Mental Health Program to meet the diverse needs of students.

**Explain the district-wide implementation of mental health training and suicide risk protocols**, ensuring staff are prepared to address student mental health concerns and improve safety.



## PRIORITY 2

### STUDENT DISPOSITIONS AND WELL-BEING

#### Behavioral Health

Students and staff are **empowered individually and collectively to develop and apply the knowledge, skills, and dispositions for overall well-being and resilience.**

#### **GOAL 4: ATTENDANCE**

By **2028**, WCPSS will ensure **95%** of all students are in attendance at least **95%** of their days in membership and will eliminate disparities by race, ethnicity, gender, and socio-economic status.

#### **GOAL 5: STUDENT WELL-BEING**

By **2028**, **90%** of WCPSS students will demonstrate the social-emotional competencies of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making and eliminate any disparities by race, ethnicity, gender, and socio-economic status.

# Strategic Plan **Alignment**



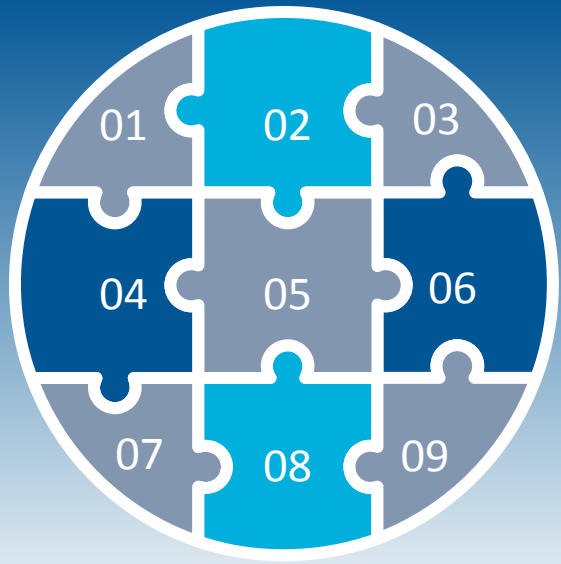
# School Mental Health Improvement Plan

---

NC SBE Policy  
SHLT-003

Each K-12 public school unit shall **adopt and implement a plan** for **promoting student mental health and well-being** and for **assessing and improving** upon the **effectiveness of supports** for the **mental and social-emotional health** and **substance use needs** of its students and staff.





# 9

## Required Components of School Mental Health Improvement Plan



**01** | Universal Prevention



**02** | MOU with Local Management Entity/Managed Care Organization



**03** | Liability



**04** | Reporting to NCDPI



**05** | Early Intervention for Mental/Social Emotional Health and Wellness



**06** | Suicide Risk Referral Protocol



**07** | Timeline



**08** | Referral, Treatment, and Re-entry



**09** | Stakeholder Engagement



# Key Components of Our School Mental Health Improvement Plan



## COMPONENT

### Early Intervention for Mental/Social Emotional Health & Wellness



#### Second Step

Social-Emotional Learning Curriculum for all students across grade levels.



#### teen Mental Health First Aid (tMFHA)

Teaches teens to recognize signs of mental health and substance use in friends and peers.



#### Summer Behavioral Health Retreat

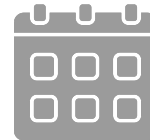
Supports school teams to learn and work together around managing behavioral health issues.

# WCPSS School Mental Health Plan

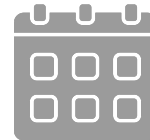


## COMPONENT

### Reporting to NCDPI



**Annual Report:** Due by **September 15** as part of the Healthy Active Children Progress Report/School Mental Health Policy



**Plan Revision:** Every five years, next revision due **September 2026** (initial submission: September 15, 2021).



## COMPONENT Stakeholder Engagement



### Community Partnerships

Alliance Health, agency providers, professional organizations.



### Parents

Serve on collaboratives and committees.



### Students

Serve with the Mental Health Services Collaborative and have their own Youth Mental Health Advisory Group since 23-24 school year.

# WCPSS School Mental Health Plan



## COMPONENT Suicide Risk Referral Protocol

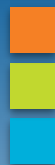
- **Aligned with best practices and current research** to ensure effective implementation.
- **Utilizes evidence-based tools** for screening and assessing risk.
- **New training for school-based CaSS personnel** emphasizes skill application and practice.



## COMPONENT

### Referral, Treatment, and Re-entry

# WCPSS School Mental Health Plan



#### Alliance School-Based Team Care Coordinators

Referrals to Alliance Care Coordinators to help link students to needed services.



#### Daily Crisis Updates

Daily briefing of students entering facilities for mental health services (parent permission required to share details)



#### Re-Entry Monitoring and Planning

Discharge planning to bridge students back to school.



### School-Based Mental Health (SBMH) Year 4: Poised for Largest Expansion

**Initial Launch** (Mid 2021-22 SY)  
4 providers | 28 schools

**Growth in 2022-23**  
Expanded to 40 schools as in-person instruction resumed

#### Key Development in 2023-24

- New Coordinator hired
- **Teletherapy services introduced**
- Vendor serving up to **100 schools** with potential for more

#### Future Expansion

- Application submitted for US Dept of Education School-Based Mental Health grant.
- If awarded, expansion to all schools by 2024-25



# Questions?