

DOE Contract for School Based Mental Health Services:

- The New York City Department of Education (NYCDOE), on behalf of the Office of School Health, seeks to expand school-based mental health services, crisis intervention services and additional supplemental services to school age children (ages 5-18).
- This program allows schools to contract with existing/established Mental Health treatment and support centers in order to provide unmet needs in the school setting.

How Schools Obtain Services

- Schools seeking treatment services will contract with a Mental Health Services Provider by providing an annual percentage estimate of children eligible through Medicaid and/or third party insurance reimbursements based on prior year of student population.
- Principals are responsible for providing a safe and secure space where students can receive clinical services
- The New York State Office of Mental Health licenses any program operating on school site.
- Principals may also purchase **supportive supplementary services** to fit the needs of their schools in coordination with the implementation of clinical services such as:
 - **Clinical Treatment Services:** These include diagnostic, evaluative and therapeutic services. Individual and family therapy, psychiatric evaluations and crisis interventions are a few examples.
 - **Supportive Supplementary Services:** These services focus on the whole school through an assessment of the school environment.

School Based Mental Health Programs: Schools with on-site interventions and services

STARS:

- Nurses Screening The At-Risk Student program at select schools

MRT:

- Select Middle Schools have Mobile Response Team program

SBHC:

- School-based health centers with mental health services

For a complete list of schools with School Based Mental Health Programs:

<http://schools.nyc.gov/Offices/Health>



For more information on these programs or on other Mental Health and Behavioral Services for schools please contact:

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Health

Department of
Education

New York City
Department of Health and Mental Hygiene
Department of Education

Office of School Health
School Mental Health

NYC School-Based Mental Health Service Programs



Health

Department of
Education

Why Mental Health Services in Schools?

Outcomes for schools and students:

Studies report the following outcomes from School Mental Health Services

- A significant decline in disciplinary referrals and police/court contacts
- Increased classroom attentiveness and decreased distractive behaviors
- Significantly less rebellious behavior, less victimization, increased positive peer associations
- Improved grades and fewer special education referrals

NYC Youth:

- It is estimated that 9% of 6-12 year olds in New York City have at least one of these conditions: Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder/Conduct Disorder, Anxiety, Depression or Bipolar Disorder.
- It is estimated that 14% of 6-12 year olds in New York City may not have a current mental health diagnosis but were reported by parents to have difficulties with emotions, concentration, behavior or getting along with others.
- According to the NYC Youth Risk Behavior Survey conducted in NYC high schools in 2011, 8.4% of high school students have attempted suicide 1+ times in the 12 months prior to the survey

Nation-wide Youth:

- 96% of individuals who were referred for school-based counseling followed through, compared only to 13% of individuals referred for community based treated
- Only 16 percent of all children receive any mental health services. Of those receiving care, 70—80 percent receive that care in a school setting.

Citations available by request

Effective Program Model:

School Based Mental Health Programs

School-Based Mental Health Clinics (SBMHCs) provide on-site mental health services – including preventive and crisis interventions – to students throughout New York City. The SBMHC provide children experiencing, or at risk of developing, social/emotional difficulties with the mental health services they need and enables teachers to focus on teaching rather than behavior management. To receive mental health services through a SBMHC, students must have a signed consent form by their parents/guardians.

*Individual student records are **confidential**, and information is not shared with school staff without parent review and consent.*

School Based Mental Health Programs also...

- Provide additional services, including family therapy, case management, school consultations and parent workshops.
- Provide scheduled and walk-in services when school is in session and 24-hour telephone coverage to assist with out-of-school problems. Many are open during holiday periods and over the summer.
- Are operated by independent institutions, and the staff is not employed by the Department of Education. The New York State Office of Mental Health monitors the performance to assure that they are providing high quality care.
- Do **not** bill students or parents for care. Though Agencies may bill an private insurance, Medicaid, and Medicaid Managed Care for the care provided.

Mental Health Interventions:



STARS Screening the At-Risk Student.

STARS aims at identifying and ensuring appropriate treatment for middle school students with depression who are at risk for suicide or other harmful behaviors.



When a middle-school student presents at the medical room with emotional issues or behavioral difficulties, a trained nurse screens for suicide, depression and sadness. After the student is assessed for risk, an appropriate referral is made – either to a school physician, school support services, and/or community resources. The nurse follows up to ensure that the student is under care.

MOBILE RESPONSE TEAM

The Mobile Response Team (MRT) serves a cluster of 5 schools, with the goal of helping them to better meet the mental health needs of their students. In response to school staff referrals, the MRT conducts assessments and links students to mental health and other social services. It provides outreach, training and consultation to build the capacity of school staff and families to recognize and respond to mental health problems; responds to crises and provides supports and interventions to students and school staff.

