

**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:**  
216 Schools with on-site interventions

**STARS:**

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

**MRT:**

- Select Middle Schools have Mobile Response Team program

**SBHC:**

- 239 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 there are 106,915 children age 9 to 17 with serious emotional disturbance in New York City.
- A total of 16,811 children under the age of 18 were served by a public mental health program.
- 200,000 NYC youth, ages 9-17 years old, are living with mental health or substance abuse disorders
- 61,762 children under the age of 18 were served in the public mental health care system in 2011.

### 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

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 insurance company, such as Medicaid, 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.

identify

assess

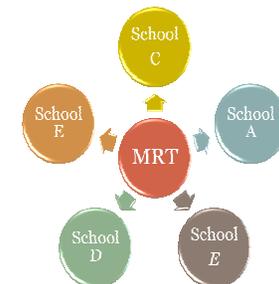
refer

follow-up

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.



care, 70–80 percent receive that care in a school setting.