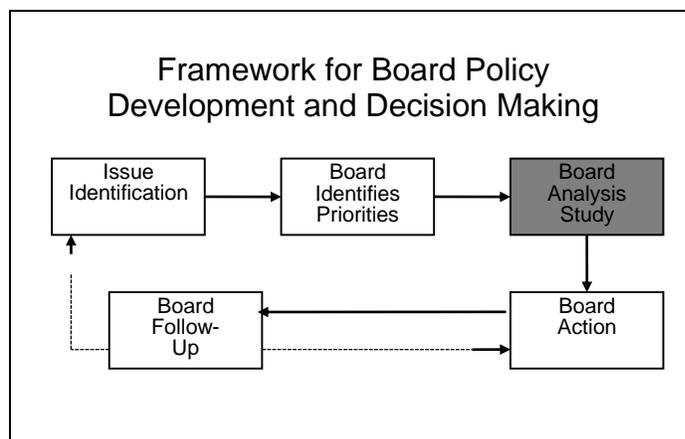


Iowa State Board of Education

Executive Summary

May 12, 2016



Agenda Item: Now is the Time Mental Health Grant

Iowa Goal: All PK-12 students will achieve at a high level.

State Board Role/Authority: The State Board has identified the following guiding principle: Safety and respect are essential to student learning. This work is aligned with that principle.

Presenter: Sarah Brown, Chief
Bureau of Learner Strategies and Supports

Barb Anderson, Consultant s
Bureau of Learner Strategies and Supports

Molly Hammer, Consultant
Bureau of Learner Strategies and Supports

Attachments: 3

Recommendation: It is recommended that the State Board hear and discuss this information.

Background: The Department of Education received a five-year federal grant in October 2014, to study and improve mental health services in schools. The intent of the Now is the Time: Project Aware Grant is to: (1) train school personnel, emergency first responders, and other adults who interact with school-aged youth to detect and respond to mental illness in youth, and (2) enhance coordination and integration of mental, emotional, and behavioral health services.

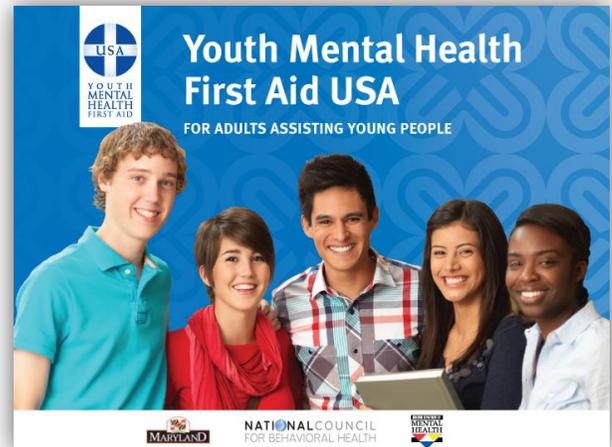
Youth Mental Health First Aid

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer to peer interaction. In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

WHO CREATED THE COURSE?

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

WHERE CAN I LEARN MORE?

To learn more about the Mental Health First Aid USA, or to find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org.



NITT-TA
NOW IS THE TIME
TECHNICAL ASSISTANCE CENTER

Project AWARE
Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Grant Overview

In October 2014, the Iowa Department of Education was awarded a five year, 9.6 million dollar federal grant, the State Education Agency (SEA) Now Is the Time Project Advancing Wellness and Resilience in Education (AWARE) federal grant through the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Administration (SAMHSA). At the same time, the Iowa Department of Education was awarded a complimentary federal grant, the SEA School Climate Transformation grant through the U.S. Department of Education. Both grants were a part of the *Now Is the Time* federal initiative to make schools safer and increase youth and children's access to mental health services and supports.

SEA Now Is the Time Project AWARE Iowa Grant

Five year grant awarded by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Administration (SAMHSA)

- **Goal 1:** Increase awareness of mental health issues
- **Goal 2:** Train school and agency staff to recognize potential risk factors and warning signs for a range of mental health problems through the Youth Mental Health First Aid Program
- **Goal 3:** Help target LEAs (Davenport, Sioux City, & Waterloo) effectively implement systems to: (1) identify students early, (2) refer students to appropriate behavioral health supports, and (3) monitor student progress to ensure the supports are effective

In addition to the SEA Project AWARE grant, Iowa was also awarded four Local Education Agency (LEA) Project AWARE grants in Des Moines, Fort Dodge, Marshalltown and West Sioux, and one Project AWARE Community grant in Mason City, Iowa.

SEA School Climate Transformation (SCT) Grant

Five year grant awarded by the US Department of Education

Goal 1: Build SEA capacity to support the implementation of PBIS

- Identification of a statewide behavior screening tool
- Development of statewide Social/Emotional Learning Standards
- Development of a statewide PBIS coaching cadre
- Alignment of Student Information Systems with School-Wide Information Systems (SWIS)

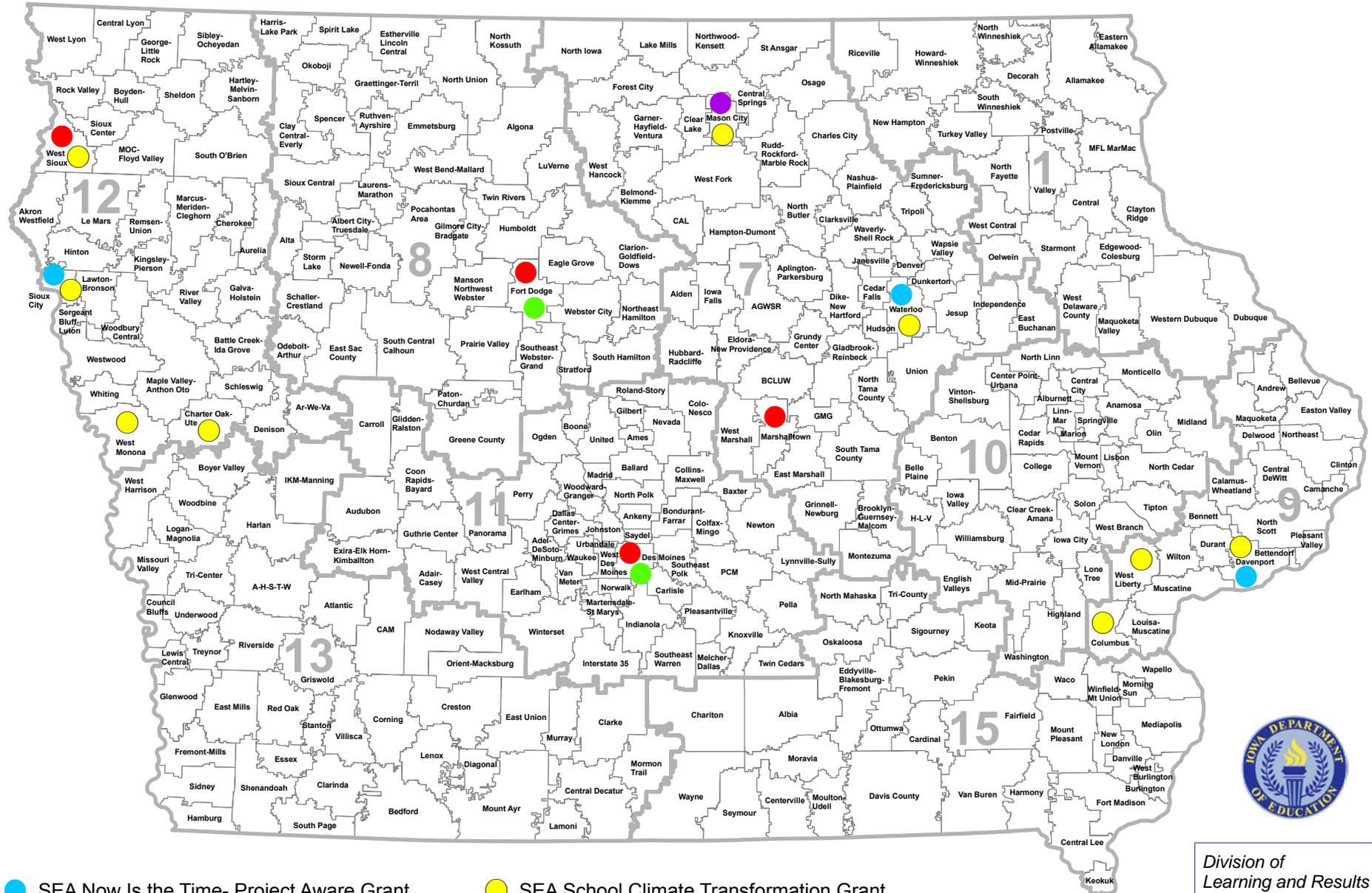
Goal 2: Build LEA capacity to support implementation of PBIS

- Development of a District PBIS Implementation Model
- Implementation of PBIS districtwide with fidelity in 3 urban districts (Davenport, Sioux City, Waterloo) and 6 additional districts (Charter Oak-Ute, Columbus, Mason City, West Liberty, West Monona, and West Sioux)

In addition to the SEA SCT grant, Iowa was also awarded two LEA SCT Grants in Des Moines CSD and Fort Dodge CSD.

A map identifying the additional grant communities is included in this packet.

SAMHSA and School Climate Transformation Grants



- SEA Now Is the Time- Project Aware Grant
- SEA School Climate Transformation Grant
- LEA Now Is the Time- Project Aware Grant
- LEA School Climate Transformation Grant
- Community Grant



Division of Learning and Results
 Map #4061
 April 19, 2016