

March 27, 2025

Introduction to *The Missouri Framework for School-Based Mental Health*



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Today's Objectives



- Learn about the creation of *The Missouri Framework for School-Based Mental Health*
- Be introduced to best practices in school-based mental health, including collaborative teaming
- Reflect on how to utilize the framework within your role and your school



History of the SBMH section

- Prior to 2022, everything related to SBMH at the Department of Elementary and Secondary Education (DESE) ran through the School Counseling section
- In 2022 HB2 created a “Mental Health Coordinator” position
 - ❑ Lisa Dierking was hired at the “Coordinator of School-Based Mental Health” in October of 2022
 - ❑ The Director of Project AWARE position began in December of 2022 (currently Crystal Burgan)
 - ❑ The Director of School-Based Mental Health position began in January of 2024 (currently Katie Epema)

How do we support SBMH efforts?



- Grant funding (including Project AWARE)
- Statewide SBMH infrastructure
- Access to training and supports
 - ❑ Youth Mental Health First Aid/teen Mental Health First Aid
 - ❑ Comprehensive SBMH training
 - ❑ SchoolLink
- Collaboration with other sections, state agencies, and organizations
- Youth suicide awareness and prevention
- Trauma-Informed Schools initiative
- Support all school staff including SBMH professionals, with a focus on school social workers and school psychologists
- And more!

What is SBMH?



School-Based Mental Health (SBMH) is a comprehensive continuum of support facilitated in schools to promote well-being of the school community and mitigate the impact of behavioral health challenges.

SBMH systems align best practices and streamline resources as school professionals collaborate with families and community partners to provide safe and healthy learning environments for students.



In Crisis · Struggling · Surviving · Thriving · Excelling

Missouri Framework for SBMH



- The first comprehensive school mental health framework, specific to Missouri, built upon national best practices
- Developed in collaboration with the SBMH Professionals Collaborative (leaders from the SBMH professional organizations: SSWAM, MSCA, MASP, MASN)
- Input provided by the Departments of Elementary and Secondary Education, Health and Senior Services, and Mental Health



Missouri Framework for SBMH



What we did in December...



Alignment across disciplines in:

Multi-tiered supports

Distinct & Supporting Roles

Engaging
in Best
Practices



What we learned in January...



Role

SCHOOL PSYCHOLOGISTS

Support students' ability to succeed
"Academic success through"

THEY ARE EXPERTS IN

- Learning
- Assessment
- Intervention
- Behavior
- Social skills
- Student development
- Student self-advocacy
- Student self-regulation
- Student self-monitoring
- Student self-reflection
- Student self-evaluation
- Student self-advocacy
- Student self-regulation
- Student self-monitoring
- Student self-reflection
- Student self-evaluation

THEY PROVIDE

- Individualized assessment and intervention
- Data-based decision-making
- Collaboration with teachers, parents, and other professionals
- Consultation with teachers, parents, and other professionals
- Crisis intervention
- Student self-advocacy
- Student self-regulation
- Student self-monitoring
- Student self-reflection
- Student self-evaluation

THEY SUPPORT

- Student self-advocacy
- Student self-regulation
- Student self-monitoring
- Student self-reflection
- Student self-evaluation

Lowering barriers to learning is critical to
children's success in school.

1 school psychologist per 500 students

Recommended Ratio

1 school psychologist per 500 students

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Recommended Ratio

1 school psychologist per 500 students

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Recommended Ratio

1 school psychologist per 500 students

THEY SERVE IN

- Public and private schools
- Community mental health centers
- State and federal agencies
- Higher education
- Non-profit organizations
- Research institutions
- State and federal government
- Higher education
- Non-profit organizations
- Research institutions

RECOMMENDED RATIO

1 school psychologist per 500 students

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RECOMMENDED RATIO

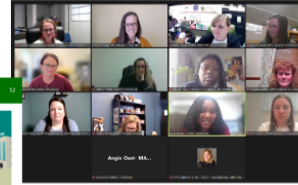
1 school psychologist per 500 students

RECOMMENDED RATIO

1 school psychologist per 500 students

RECOMMENDED RATIO

1 school psychologist per 500 students



Professional Organization

- SSWAM was established in 1980.
- Most School Social Workers hold a Masters
 - no regulation / certification in Missouri
- Missouri Professional Registration Division offers licensure
 - LCSW (Licensed Clinical Social Worker- Masters and supervision of 3000+ hours)
 - Licensed Advanced Macro Social Worker
 - LBSW (Baccalaureate Social Worker)
 - LMSW (Licensed Master Social Worker)
- Associations
 - Midwest Council School Social Workers (11 midwest states)
 - School Social Work Association of America (National organization)

Missouri Association of School Nurses

- MASN provides leadership and promotes professional growth to advance school nursing practice.
- Additional details:
 - MASN, formerly known as Missouri School Nurse Organization, was established in 1951
 - MASN consists of 400 school nurses throughout MO
 - Role confusion of a school nurse- more than bandaids & ice packs
- MASN is a unified affiliate of the National Association of School Nurses (NASN)

Professional Organization

- Professional membership association for Missouri school counselors - total membership is approximately 1,500.
- MSCA is an affiliate of the American School Counselor Association (ASCA) and maintains a strong relationship.
 - Fun Fact: The ASCA 2024 Conference will be held in Kansas City in July!
- MSCA has 11 regional affiliates.

Missouri Framework for SBMH



What we did in February...



Missouri Coordinated School Health Coalition (MCSHC)

Whole School, Community, Child (WSCC)

Conference

Resources

Products

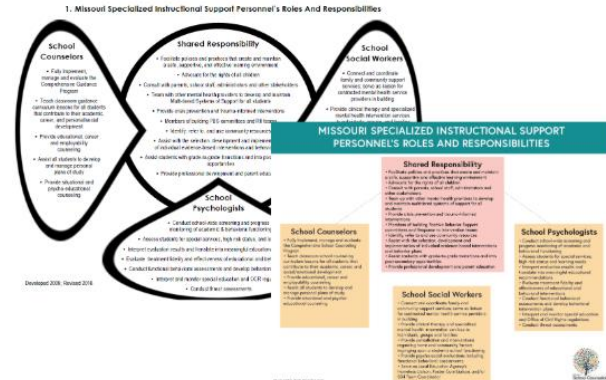
About Us

31ST ANNUAL COORDINATED SCHOOL HEALTH CONFERENCE

BUILDING BRIDGES FOR HEALTHY SCHOOLS AND COMMUNITIES



What we did in March...



Missouri Framework for SBMH



What we did in April...



SBMH Professionals Collaborative Meeting April 29, 2024 (Virtual)

Attendance: Lisa Denking, Katie Eperna, Chrissy Bashore, Marge Cole, Rio Carbin, Rachele Teson, Debbie Griffith-Fujimi, Ebony Durcan, Tammy Oltman, Becky Anwar, Jazelle Thomas, Stacey Whitney, Natalie Botkin, Angie Midnight Oest, Travis Plumbo, Melissa Maras, Carvelle Bennett

Past Work

- Review of where we started (kicked off in December 2023, with an in-person meeting), January 2024 was a virtual meeting, February 2024 was an in-person meeting, March 2024, was a conference
- This group is School-Based Mental Health Professionals Collaborative, and the focus is the Framework of Missouri School-based Mental Health.

Notes from March Meeting

- Quick review of the ratios presented in March.
- Next steps: tasks and responsibilities for each organization. Each organization needs to complete a one-page paper that includes roles/responsibilities, ratios, and three things about each organization. The deadline for this submission was April 27, 2024.

Updates from Professional Organizations

- **MAHN** discussed current ratios. The one-page is only the background, or baseline, of what nurses do daily. Nurses handle so much more and are expected to address all types of issues, including mental health.
- **MSCA** currently working on assigned tasks.
- **SSWAM** changed from Department of Elementary and Secondary Education ratio to SSWAA ratio which is 1:250. Their focus is Mental Health Intervention.
- **MAAP** their ratios that are used are different from Department of Elementary and Secondary Education. Does each organization collect their own data or use Department of Elementary and Secondary Education? School Psychologists collect data through a survey which was every other year. They are now switching it to an annual survey.

Next steps

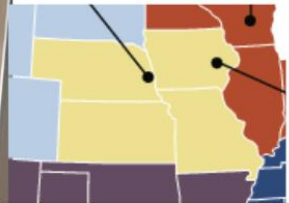
- Decision needs to be made about what to do if your term ends with your organization. Do you stay on as the person who started with this group, or do you add the newly elected person?
- Lisa will send out a survey about this.
- May 8, 2024, dates need to be done so it can be used in Nebraska.
- Planning for MASHMC: Melissa will add a column to group information document for phone numbers for group communication and to set up a time to get together for a meeting.
- June meeting is virtual, June 13 at 12:00pm.
- July meeting will be in person with date TBD.



What we did in May



Middle America SBMH Conference May 29





WHAT WE DID IN SEPTEMBER



4

GOALS



3

- Review Framework overview, SBMH one-pager, of contents, and acknowledgements
- Learn more about each component
- Provide feedback, perspective, concrete examples and resources for the components
- Strategic Planning for sustaining the SBMH Professionals Collaborative
- Have fun :)



WHAT WE DID IN JANUARY



4

Workshop for SBMH Professionals Collaborative
5:2:00 - 3:00 pm

[Meeting](#)

enda

)-2:05pm
[Google Docs](#)

35 pm

- IV. Next Steps for SBMH Professionals Collab (Lisa, Melissa) ~ 2:40 pm
- V. Updates from each organization (SBMH Organizations) ~ 2:50 pm
 - A. MASP
 - B. MSCA
 - C. MASN
 - D. SSWAM

[Link to Framework Folder in Google Drive](#)



The Missouri Framework for School-Based Mental Health

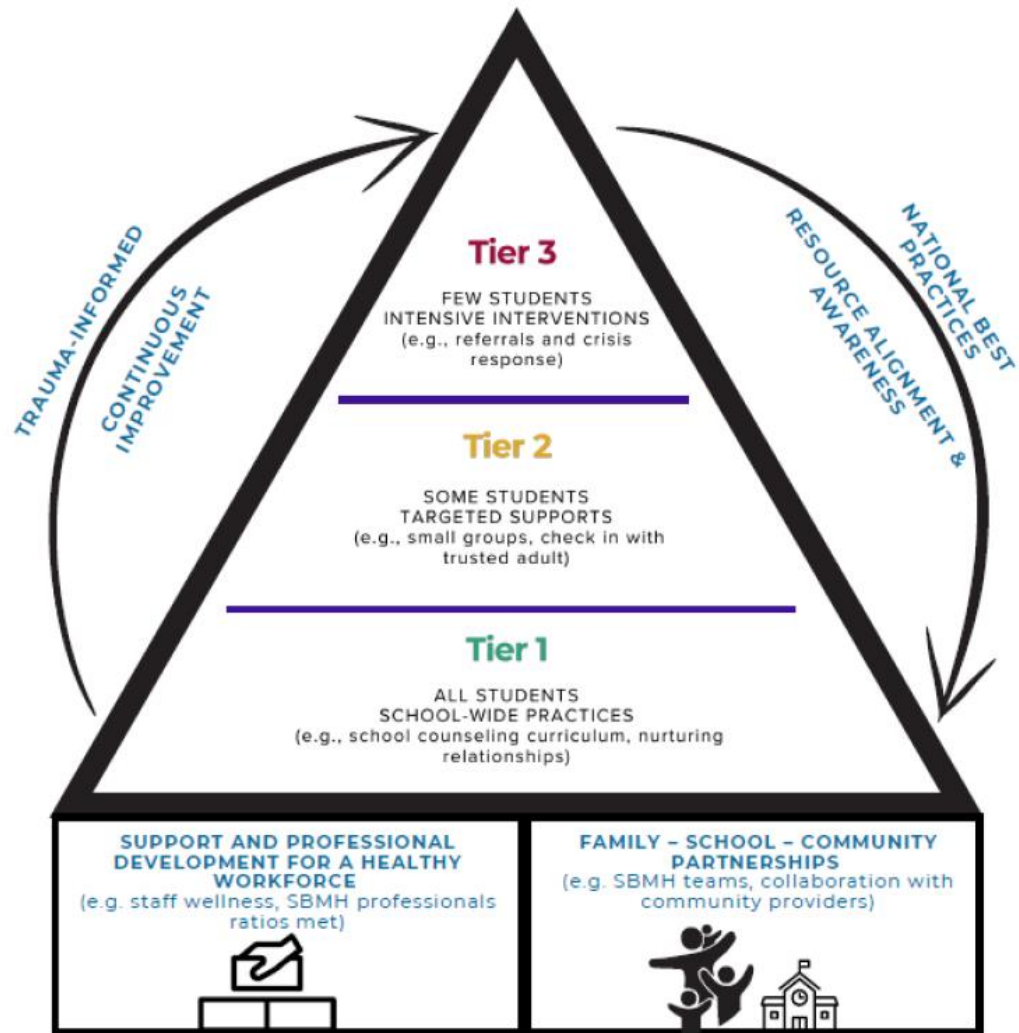
Comprehensive SBMH Training

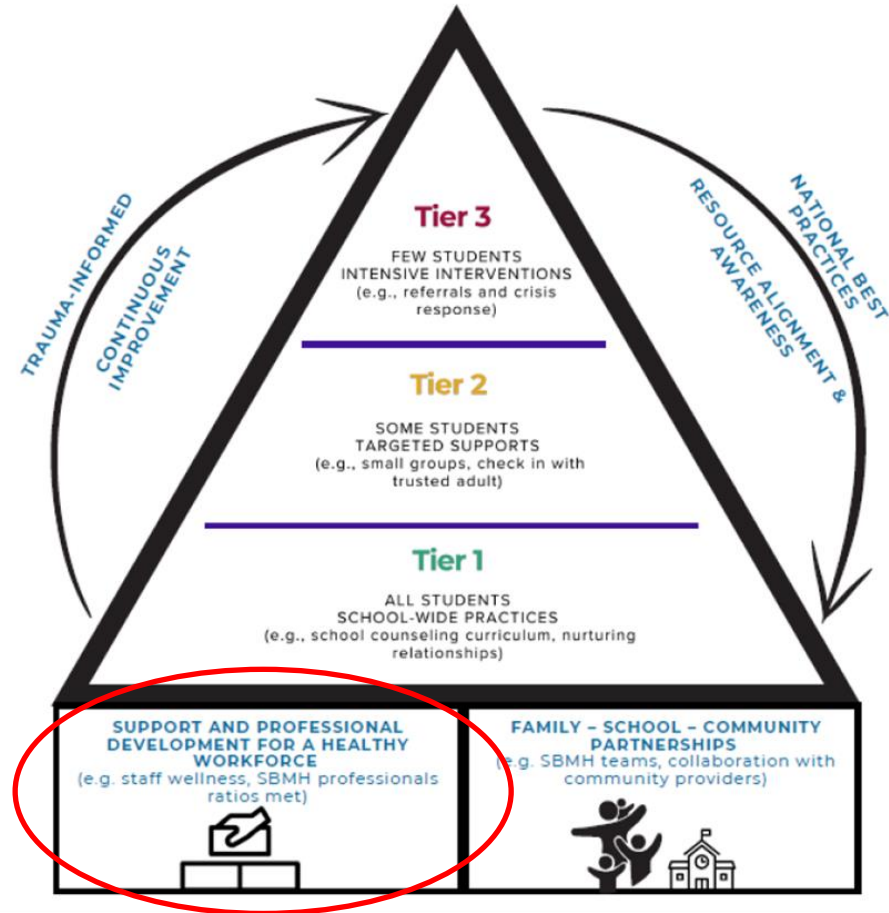


Leaders from the Departments of Mental Health, Health and Senior Services, and Elementary and Secondary Education provide virtual training on national school-based mental health best practices and School Mental Health Quality Assessment. Our next training is June 5-6.

- Foundations of Comprehensive School Mental Health
- Teaming
- Needs Assessment and Resource Mapping
- Screening
- Mental Health Promotion for All (Tier 1)
- Early Intervention and Treatment (Tiers 2 and 3)
- Funding and Sustainability
- Impact









Looks like:

- Well-supported staff that includes every employee in a school community
- Appropriately qualified and/or credentialed SBMH professionals meeting staff-to-student ratios
- Interdisciplinary collaborative teams
- Staff wellness
- Ongoing professional development



Reflection/Discussion:

What is your role within professional development and support for a healthy workforce?

Resource: Show Me School Health



Partnership between the Missouri Department of Health and Senior Services-School Health Program and University of Missouri Continuing Education for Health Professions.

Provides training and resources for registered nurses, licensed practical nurses, and unlicensed assistive personnel who care for K-12 students.

<https://showmeschoolhealth.org/>

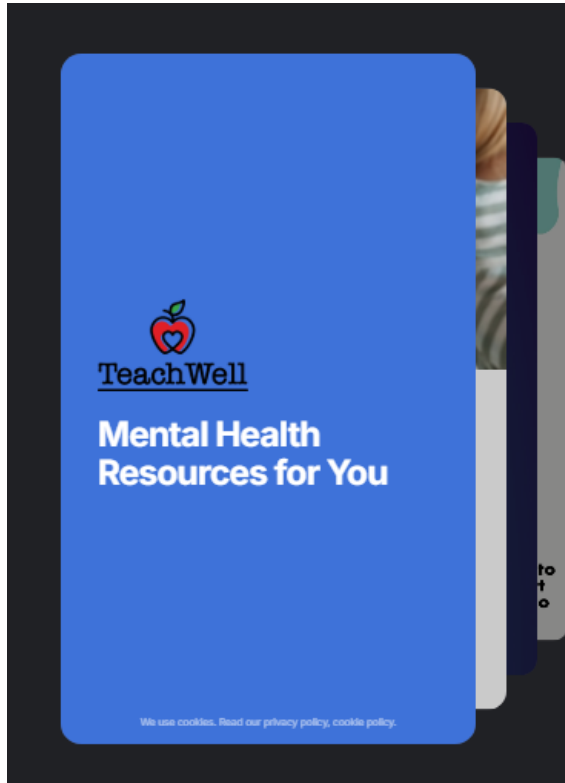


- Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18
- Training is available to school districts for FREE. Sign up at <https://mhfamissouri.org/dese-application/>



- Teen Mental Health First Aid is an evidence-based training program for teens in grades 9-12, or ages 14-18.
- Schools and youth-serving organizations are eligible to apply for funding to cover the cost of training instructors and required program training manuals for teen participants. Apply at <https://mhfamissouri.org/tmhfa/>

Resource: TeachWell



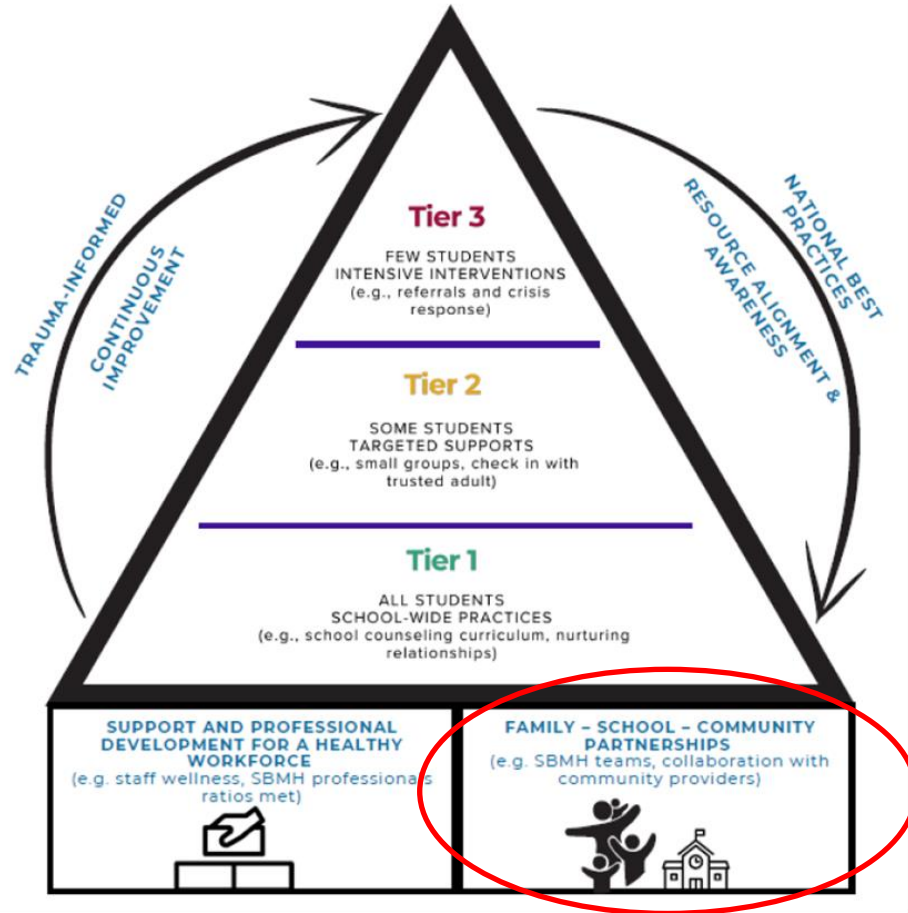
- Created for educators by the Missouri Department of Mental Health
- More than 60 short courses (less than 5 minutes each)
- Access anytime or sign up to receive them every couple of weeks via email or text



WORKplace WELLbeing resources:
<https://dmh.mo.gov/wellness/phig>

TeachWell: <https://dmh.mo.gov/wellness/teachwell>

Family-School-Community Partnerships





Looks like:

- Purposeful family engagement
- Working collaborations with external community resources
- Ongoing, two-way communication
- Teaming includes shared decision-making and distributed responsibilities



Reflection/Discussion:

How do you partner with families and community resources?



SchoolLink

University of Missouri

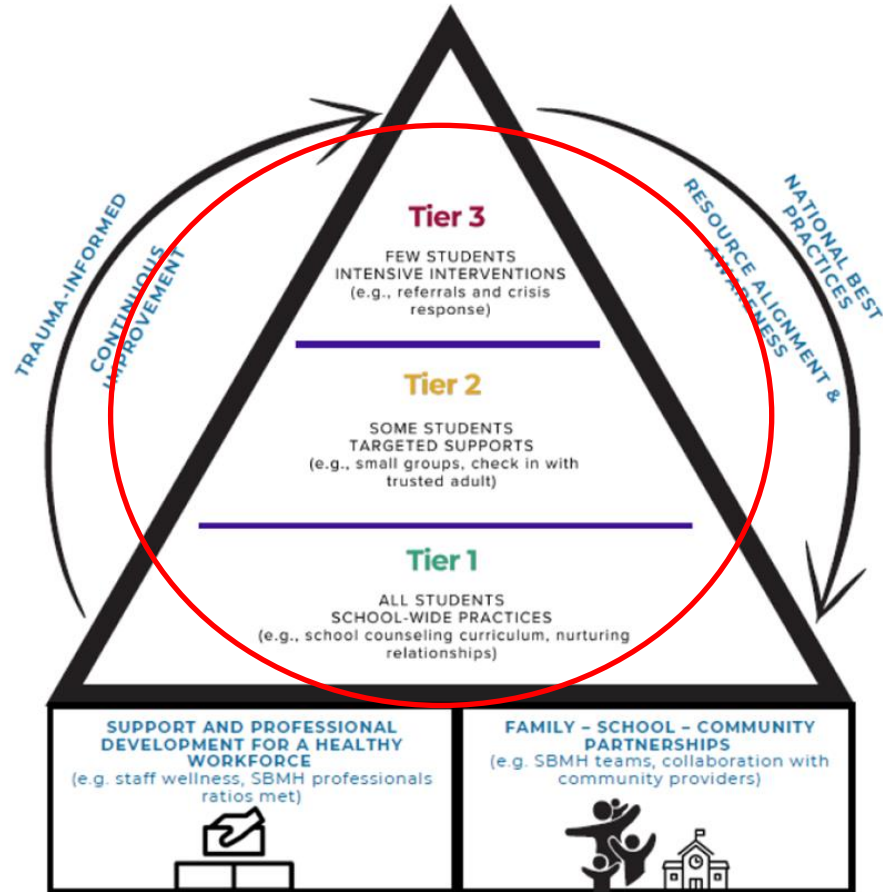
Monday-Friday, 8 a.m.- 5 p.m.

- 844-686-6854
- @MOSchoolLink
- SchoolLink@Missouri.edu
- <https://cehd.missouri.edu/parentlink/schoollink/>
- <https://www.facebook.com/MOSchoolLink>

Support for Missouri's School Professionals

- Free and confidential problem-solving support
- Masters-level professionals with school experience
- Linkage to concrete, vetted resources
- Help navigating local community resources
- Evidence-based information
- Kind, compassionate, and professional

Multi-Tiered Systems of Support





Looks like:

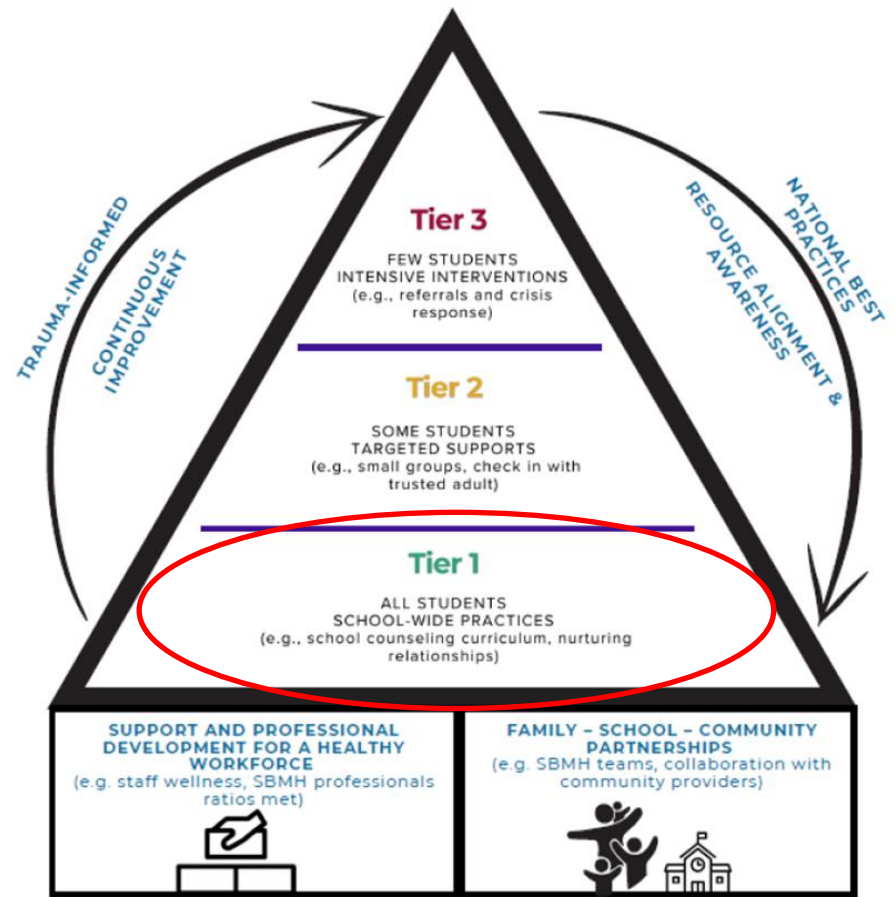
- Education and health promotion efforts for everyone with graduated levels of intensifying support
- Screening and referral pathways: systematic use of data to determine if/when additional supports are needed



Reflection/Discussion:

How do you see mental health fitting within a multi-tiered system of support?

Universal Supports for All Students (Tier 1)





Looks like:

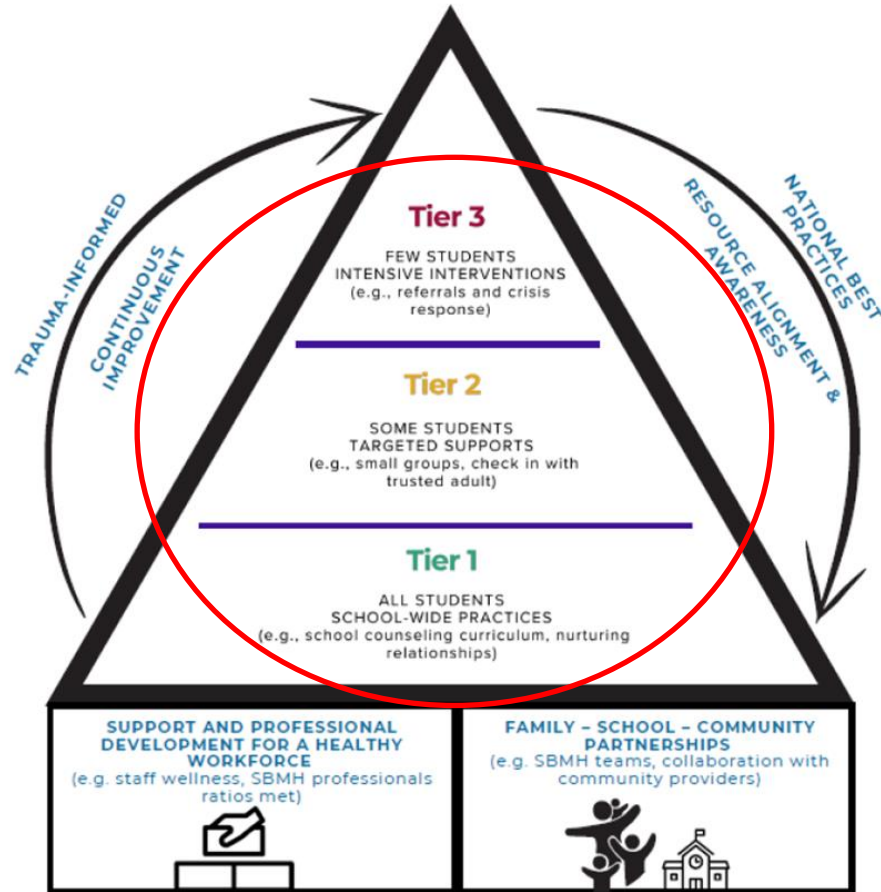
- School-wide practices that promote wellness and well-being among the entire population
- Fostering healthy development
- Building students' competencies to cope with common stressors and circumstances
- Nurturing relationships



Reflection/Discussion:

What universal supports does your district offer to support the well-being of all students?

Targeted Supports & Intensive Interventions (Tier II & Tier III)





Looks like:

- Tier II: some students receiving targeted supports to develop mental health competencies
- Tier III: Few students receiving intensive interventions to support their healthy development and school success

*Note—students continue to receive Tier I supports



Reflection/Discussion:

What targeted supports and/or intensive interventions does your district offer or partner with community resources to offer?



- Mission: To meet children's emergent health, hunger, and hygiene needs so they can succeed in school
- Empowers school staff and faculty to respond immediately, meeting students' needs anonymously

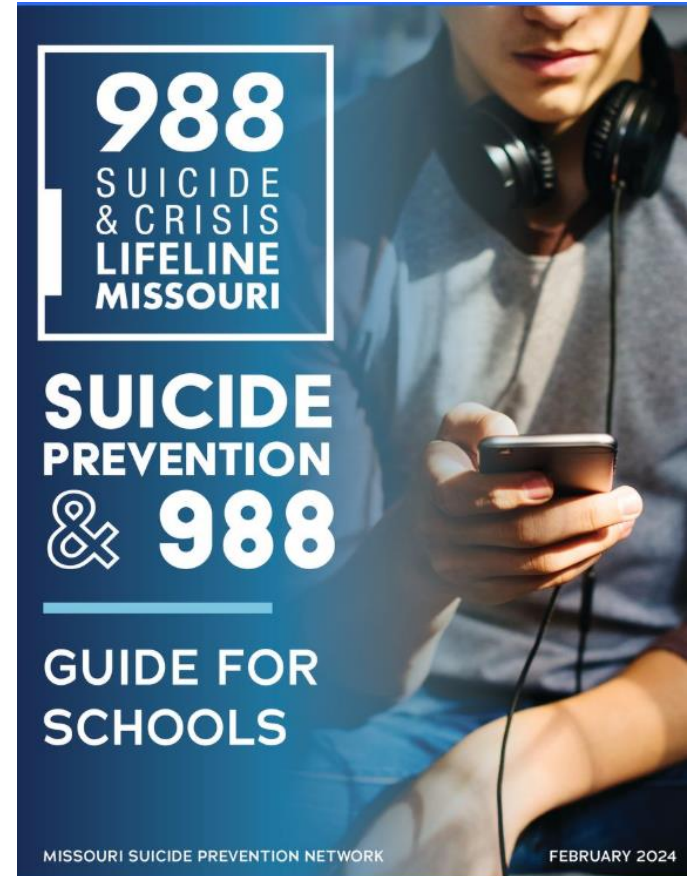


<https://caredolearn.org/>



- Youth Suicide Awareness and Prevention Model Policy
- Prevention Resource Centers
- MO Crisis Continuum
- Behavioral Health Crisis Centers
- Virtual and Physical Toolkit

<https://missouri988.org/toolkit/>





YBHL @ SCHOOLS
YOUTH BEHAVIORAL HEALTH LIAISONS

Youth Behavioral Health Liaisons (YBHLs) are community-employed mental health professionals who support youth experiencing behavioral health, including mental health and substance use challenges, by quickly connecting them and their families with resources within their community.

YBHLs provide short-term service connections between youth, their families, and their local Certified Community Behavioral Health Clinics (CCBHCs). Their work revolves around responding to referrals, building relationships with community stakeholders to support youth, and providing education on youth behavioral health.

Should include:

- Providing information and answering general questions about youth behavioral health.
- Connecting with the crisis continuum.
- Coordinating services with local systems of care.

Missouri Crisis Resources

Contact Directory

Select a county to view the crisis resources serving in that area.

988 Suicide and Crisis Lifeline
Free & Confidential 24/7 Support
Call or Text 988 | Chat online at 988lifeline.org/chat
For any reason, at any time.

**Behavioral Crisis Center and Rapid Access Unit
Columbia**
[Behavioral Health Crisis Center](#)
Burrell Behavioral Health
573-777-7522 | 1805 E. Walnut Street, Columbia, MO 65201
24 hours a day | 7 days a week

Behavioral Health Crisis Center Jefferson City
[Behavioral Health Crisis Center](#)
Compass Health Network
833-356-2427 | 227 Metro Drive, Jefferson City, MO 65109
24 hours a day | 7 days a week

Beth Coons
Youth Behavioral Health Liaison
Compass Health Network
573.410.2648 | bcoons@compasshn.org

Taylor Johnson



Looks like:

- Using a variety of data to plan, implement, and evaluate school programs, practices, and policies
- Using data to document and report impact
- Aligning SBMH efforts with other improvement plans/goals
- Maximize funding and non-financial assets



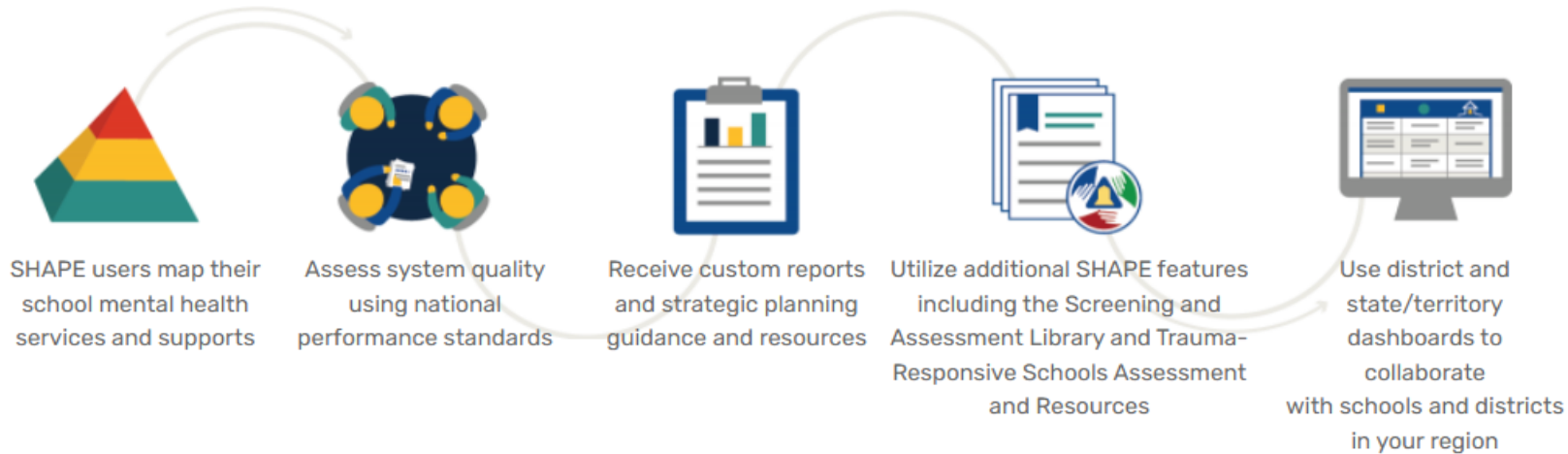
Reflection/Discussion:

What types of data do you gather that may be helpful in evaluation? In showing impact?

What district initiatives or plans do/could include SBMH activities?



The School Health Assessment and Performance Evaluation (SHAPE) System



<https://theshapesystem.com/>



Looks like:

- Needs assessment: understanding the needs and assets of your school community
- Resource mapping: identifying available resources



- Search and connect to resources, community programs, and childhood services for families
- Results can be printed or shared via email, text, or social media
- Website and app
- Additional features with a free account

<https://dese.mo.gov/childhood/missouri-family-resources>

Resource: DHSS School Health Page



School Health

DHSS Home » Healthy Living » Healthy Families » schoolhealth » Home



Mental Health section resources:

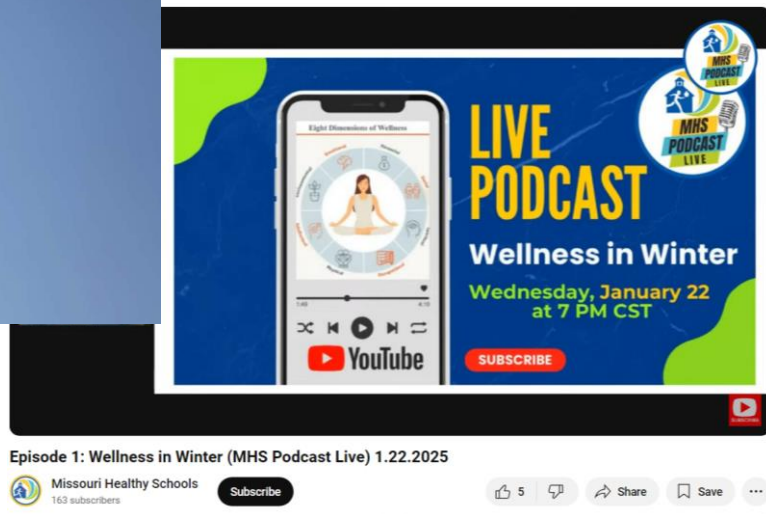
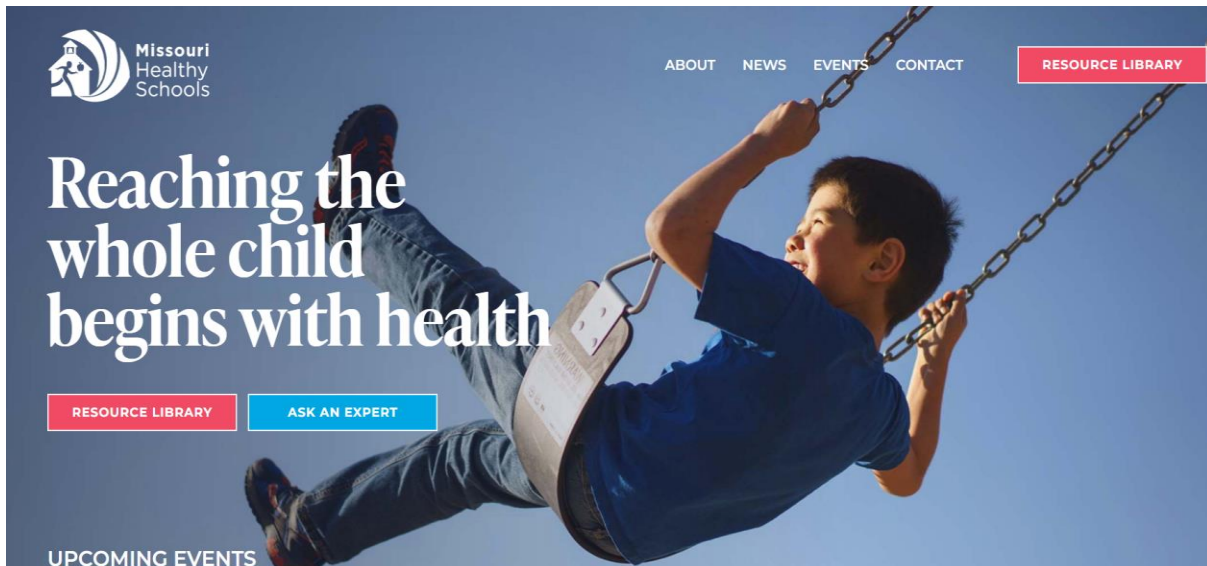
- Children and Teens Mental Health Concerns
- Suicide
- Substance Use
- Trauma and ACEs
- Resilience
- Grief
- Disaster Response
- Self-Care
- Other Social Concerns
- Mental Health Resources

[Data on chronic health conditions \(incl. mental health\)](https://health.mo.gov/living/families/schoolhealth/index.php)

<https://health.mo.gov/living/families/adolescenthealth/>

<https://health.mo.gov/living/families/schoolhealth/index.php>

Resource: Missouri Healthy Schools



<https://mohealthyschools.com/>

<https://www.youtube.com/@missourihealthyschools1519/streams>

Mental Health Resources for School Staff and Students



The screenshot shows the top navigation bar of the Missouri Department of Elementary & Secondary Education website. On the left is the logo with the text "Missouri DEPARTMENT OF ELEMENTARY & SECONDARY EDUCATION". To the right are links for "MO.gov", "Governor Kehoe", "Find an Agency", and "Online Services", followed by a search bar. Below these are social media icons for email, RSS, Facebook ("Like Us"), Twitter ("Follow Us"), and YouTube. A language dropdown menu is set to "English". A horizontal menu below the header contains the following items: "About", "Administrators", "Adults & Community", "Educators", "Parents & Students", and "School Data".

COVID Federal Relief Funds

Mental Health Resources for School Staff and Students



Student and school staff mental health — including social and emotional wellbeing — is central to a healthy school community. There is growing data to show the impact and value of providing mental health supports and services in schools.

Learning Services

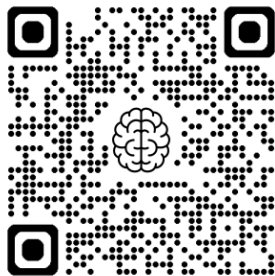
- [Learning Services Home](#)
- [Literacy Initiatives & Efforts](#)
- [2020-21 Impact of Lost Instructional Time Analysis](#)
- [Mental Health Resources for School Staff and Students](#)
- [Show Me SEL](#)
 - [Student Social-Emotional Support](#)
- [Success-Ready Students Work Group](#)

<https://dese.mo.gov/mental-health-resources>



Keep in touch:

- SBMH@dese.mo.gov
- 573-751-6875
- Join us for office hours
Thursdays from 12-1 p.m.
(link on website)
- Sign up for the
SBMH ListServ



<https://dese.mo.gov/mental-health-resources>



Missouri Department of Elementary and Secondary Education

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