

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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# WPPNT Reminders

## How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

## Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
- Participate live or view the recording to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2022.htm>.

#DESTRESSMONDAY



BREATHE WITH THE SHAPE

# The Wisconsin School Mental Health Framework: Building and Sustaining a Comprehensive System

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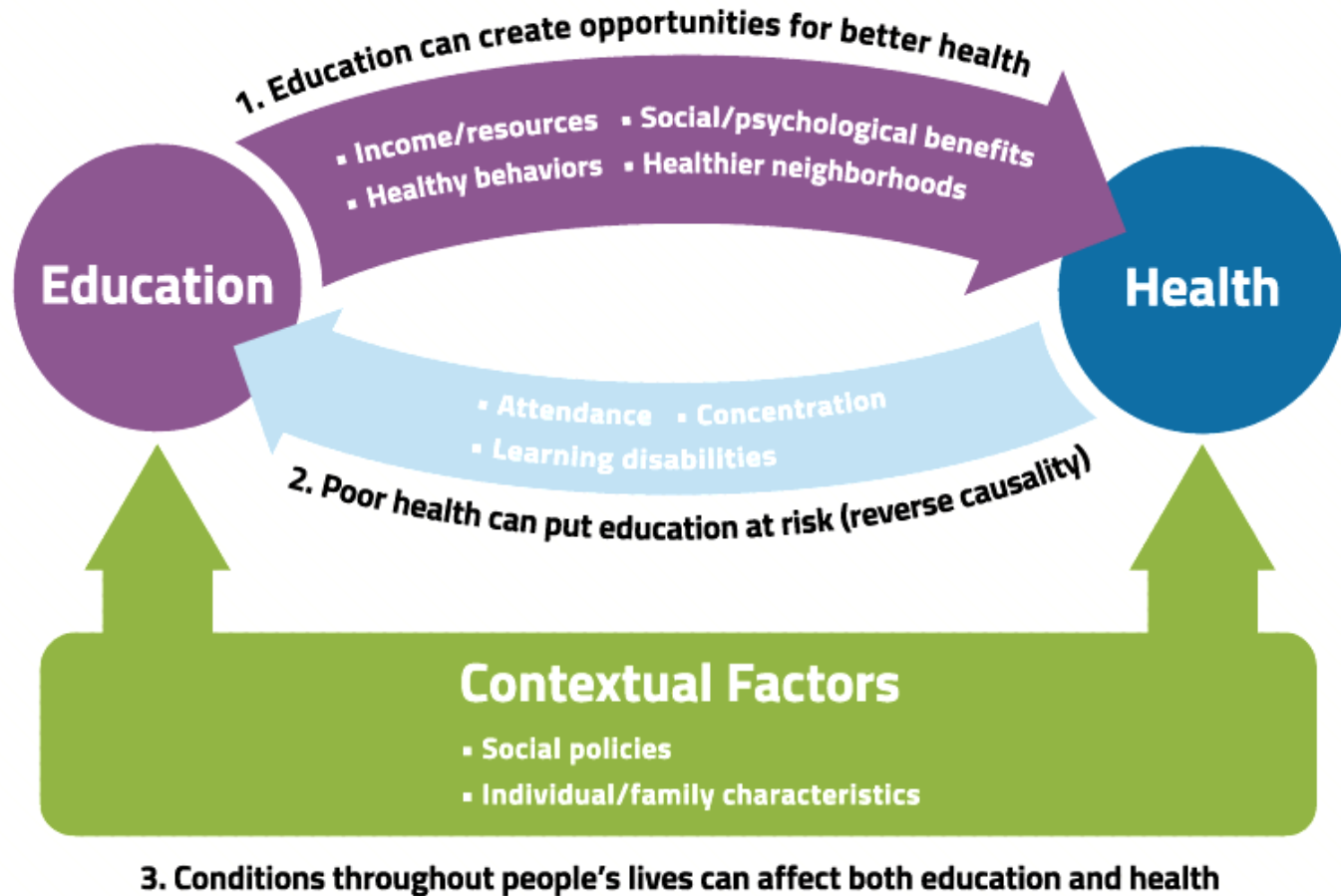
WISCONSIN DEPARTMENT OF  
**Public Instruction**  
Jill K. Underly, PhD, State Superintendent

# A Vision for Wisconsin Students



## Every Child. Every Day.

The Department of Public Instruction is the state agency that advances public education and libraries in Wisconsin. Our mission is to ensure that every child, regardless of zip code, has access to quality public education programs, enrichment opportunities, and special education supports, so that all of our kids can be successful.



# Current Assets for Schools

## Increased:

- **Funding support for MH**
- **Community focus and support for MH**
- **Flexibilities in licensing**
- **Collaborations between systems**
- **Pupil service preparation program offerings**
- **Crisis support (response team and tip line)**
- **WI specific school mental health training and resources**

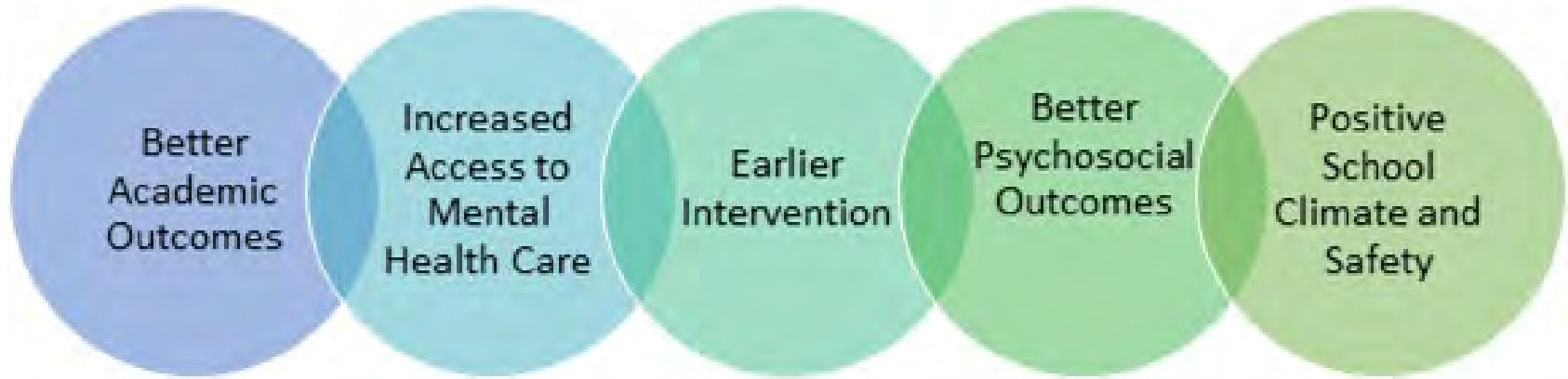


# Current challenges for Schools

- **An increase in MH challenges for students and staff**
- **A polarized political climate**
- **Challenges from the pandemic (basic needs, grieving, MH challenges)**
- **Staffing shortages**
- **Ongoing racism and marginalization of individuals and groups based on identities**

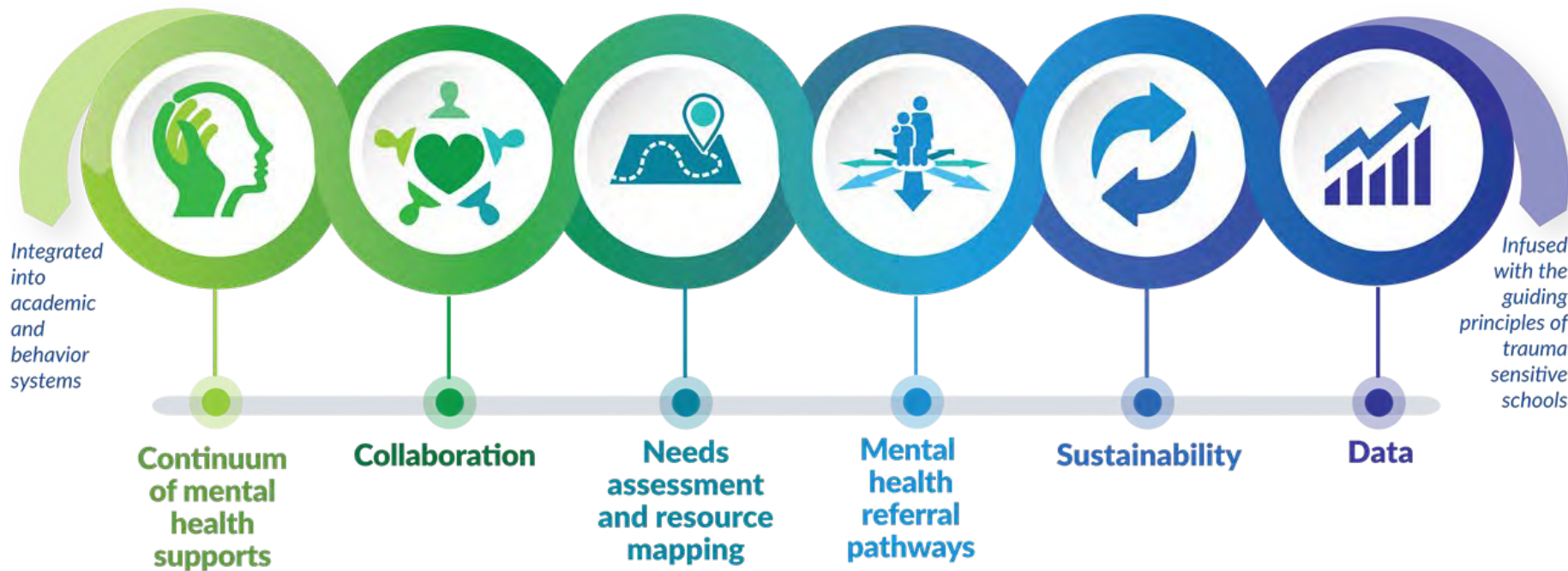


# When Schools Support Mental Health





# Wisconsin's Comprehensive School Mental Health Framework

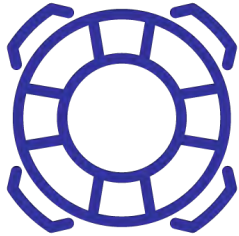


# Wisconsin School Mental Health Framework: What's New?

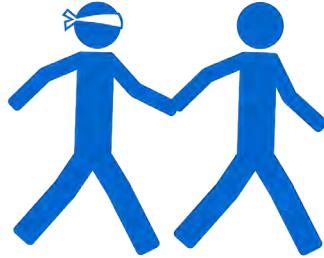
- Reframing mental health
- Focus on the role of social influencers of health
- Focus on staff wellbeing
- Centering the TSS guiding principles as a system lens
- Focus on changing the system, not the student



# Trauma Sensitive Lens for CSMHS



**Safety**



**Trustworthiness**



**Cultural Responsiveness**



**Empowerment**



**Collaboration**



**Choice**

# Promote School Connectedness



- Genuinely convey caring, attentiveness, and excitement about learning
- Build a strong relationship with every student
- Help students learn about one another's strengths
- Use participatory curriculum planning, teaching, and student evaluation strategies
- Promote cooperation over competition
- Integrate the practice of mutual respect into all instructional activities

[https://jedfoundation.org/wp-content/uploads/2021/07/The-Comprehensive-Approach-to-Mental-Health-Promotion-and-Suicide-Prevention-for-High-Schools\\_JED.pdf](https://jedfoundation.org/wp-content/uploads/2021/07/The-Comprehensive-Approach-to-Mental-Health-Promotion-and-Suicide-Prevention-for-High-Schools_JED.pdf)

# Questions for Application

**How does this policy, program, practice, or procedure:**

- **Increase relationships?**
- **Promote the TSS guiding principles?**
- **Support staff wellbeing and growth?**
- **Account for impacts of trauma?**
- **Build resilience, mastery, and hope?**
- **Incorporate regulatory practice**
- **Focus on the system's impacts on the problem?**
- **Honor the behaviors, beliefs, and historical experiences of families and communities?**

# Continuum of Supports



**Focus on a strong universal level**

**Includes MH promotion, early intervention, Tx, and crisis support**

**Evidence-based practices are implemented with fidelity**

# MH Promotion in Wisconsin Schools

Activity	Projects/Resources
Mental Health Literacy, Stigma Reduction, Cultural Competence	<ul style="list-style-type: none"><li>● Stigma <a href="#">reduction toolkit</a>, MH Literacy <a href="#">Units of Instruction</a></li><li>● <a href="#">YMHFA Training</a>, <a href="#">Resilience and Hope Modules</a></li><li>● Model to Inform Culturally responsive Practice, <a href="#">Culturally Responsive Problem Solving Guide</a></li></ul>
SEL (students and staff)	<ul style="list-style-type: none"><li>● <a href="#">DPI SEL</a> Competencies and Resources</li></ul>
Peer to Peer Suicide Prevention	<ul style="list-style-type: none"><li>● <a href="#">Peer to Peer Suicide Prevention Grants</a></li><li>● Modules, coming soon</li></ul>
AODA Prevention	<ul style="list-style-type: none"><li>● DPI <a href="#">AODA Grants</a> and <a href="#">Mini-grants</a></li></ul>
Staff Wellness	<ul style="list-style-type: none"><li>● <a href="#">Compassion Resilience Toolkit</a></li></ul>
Restorative Justice	<ul style="list-style-type: none"><li>● WISH <a href="#">restorative practices training</a></li></ul>

# MH Promotion in Action





# Collaboration



**EVERYONE** has a role in promoting mental health.

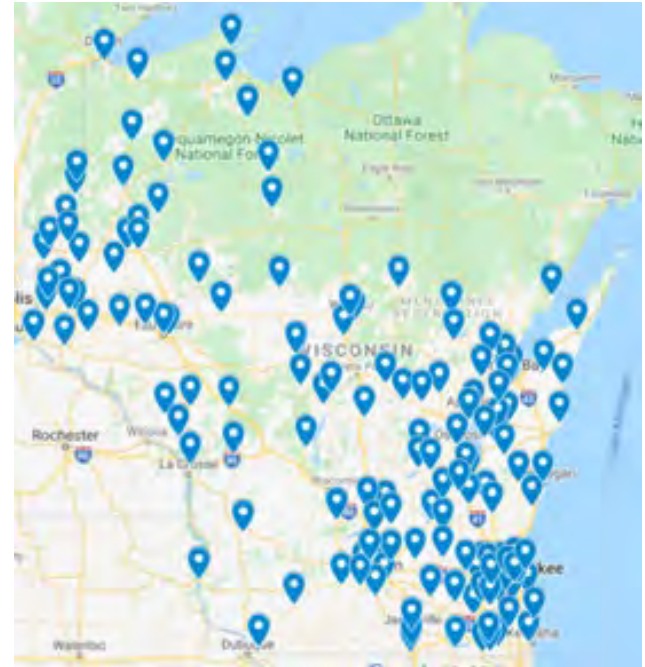
Need both multi-disciplinary school and district MH Teams

Teams use data-based, decision making and planning

# State School Based Mental Health Grants

A state funded **competitive grant** program designed to support **comprehensive school mental health system** development in **collaboration** with community mental health providers.

- Public school districts, charter schools, and consortia
- Up to \$75,000/year
- Requires partnership with community provider
- 153 grantees (171 districts)



# Needs Assessment and Resource Mapping



**These are complementary processes that inform the CSMHS**

**Both strengths and gaps are identified.**

**They help teams identify, represent, and share resource information**

# Resource Mapping in Action: Cardinal Care

## Chippewa Falls School District

- Identified a need to catalogue resource, resulting resource map was incorporated into a [district website](#).
- Includes referral forms, information about therapists, a virtual calming room, and the resource map.
- The district updates this resource map periodically to ensure that available resources continue to meet the strengths and needs of the school community as identified in the needs assessment process.
- Led to increased staff knowledge and awareness of available supports, an improved mental health referral pathway, and greater collaboration with community mental health providers.



# Mental Health Referral Pathways



**Helps to formalize policies and procedures**

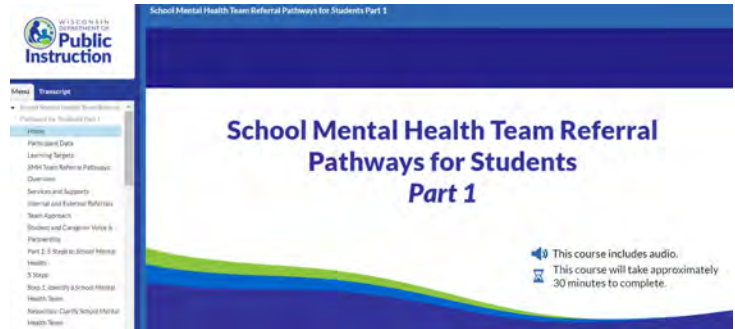
**Identifies student need across the entire continuum of supports**

**Use best practices such as screening and education to mitigate bias**

# Mental Health Referral Pathways in Action: Online Learning Series

## Module Series

The School Mental Health Referral Pathways Module Series provides information, tools, and local examples and can be utilized by schools that are at any point in the process of building and improving their mental health referral pathways.



# Data



Use **implementation data** to assess quality and functioning of CSMHS

Use **impact data** to measure the effects of programs, policies, and practices

Data are the backbone of quality improvement efforts

# Data in Action: Comprehensive School Mental Health Academy

- 27 districts
- Teams assess the quality of their CSMH system
- Learn and apply a continuous improvement process
- Focus on improving components of CSMHS





# Sustainability



**Include financial and non-financial assets**

**Braid and blend diverse funding sources**

**Prioritize retention of knowledge and skill (i.e. support staff)**

# Sustainability in Action: Compassion Resilience

## The Compassion Resilience Toolkit

- Universal approach
- Focuses on individual skills and systems level culture change
- Free virtual training and COP
- over 100 districts trained

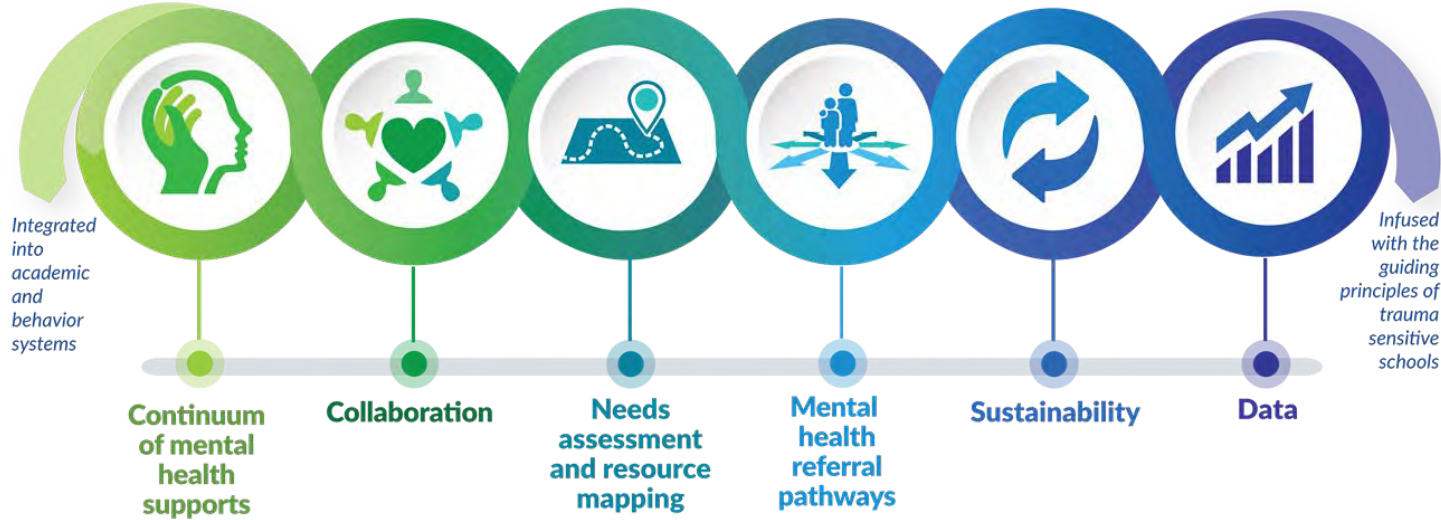
The screenshot shows the homepage of the Compassion Resilience Toolkit. At the top, there is a navigation bar with the logo 'Compassion + Resilience' on the left, and links for 'Compassion Resilience', 'How Does It Work?', and a 'Get Started' button on the right. Below the navigation bar, the main heading reads 'Advancing Adult Compassion Resilience: A Toolkit For Schools'. Underneath this heading are three circular images: the first shows a teacher and students at a desk, the second shows a man in a vest in a classroom, and the third shows a young boy smiling. Below each image is a caption: 'Compassion Resilience', 'How Does It Work?', and 'Get Started' respectively. At the bottom of the page, there are three columns of text: 'CONTACT US' with phone number '814-865-2455' and email 'WISE@wiserviceminn.org'; 'TOOLKITS' listing 'Schools', 'Healthcare', and 'Community'; and 'LEGAL' with links for 'Privacy Policy' and 'Terms & Conditions'. On the far right, it says 'BROUGHT TO YOU BY' followed by logos for 'wise' (with the tagline 'WISER PEOPLE. SMARTER DECISIONS. AND A BETTER WORLD.') and 'ROCKIES' (with the tagline 'SCHOOL OF LEADERSHIP'), and a logo for 'PUBLIC INSTRUCTION'.

# Funding for School Mental Health



- [Federal School-Based Mental Health Professionals Grant Program](#)
- [State School-Based Mental Health Services Grant Program](#)
- [Aid for School Mental Health Programs](#)
- [Get Kids Ahead Initiative \(GKA\)](#)
- [Title IV A](#)
- [Peer to Peer Suicide Prevention Grants](#)
- [AODA Grants](#)
- Crisis funding through the [Office of School Safety](#) (DOJ)
- [Project AWARE federal grant](#)

# Pause and Reflect



**What is your role in promoting mental health in schools?**

# What are you Taking With You?

**One thing that  
resonated...**



**One thing that I  
am wondering  
about...**

**One thing I learned that I  
can use right away...**

# Thank You!



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