



State Interagency Council Meeting

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Background

- ▶ In 2014, the Kentucky Department of Education (KDE) received a 5-year AWARE (Advancing Wellness and Resilience Education) grant through SAMHSA's Now is The Time initiative.



Enhance educators' mental health literacy and response skills

- ▶ Youth Mental Health First Aid
- ▶ Trauma Informed Practices for Educators
- ▶ KET TV series with Renee Shaw



Increase early identification of needs and access to supports

- ▶ **Create strong school mental health referral pathways for school and community based interventions**
- ▶ **Positive Behavioral Interventions and Supports (PBIS)**
- ▶ **Universal school-based MH screening**



Build tiered system of supports to promote mental health and positive school climate in 3 partner districts

- ▶ **School based therapists**
- ▶ **Targeted interventions (mentoring, CBITS)**
- ▶ **SEL curricula, bullying prevention**

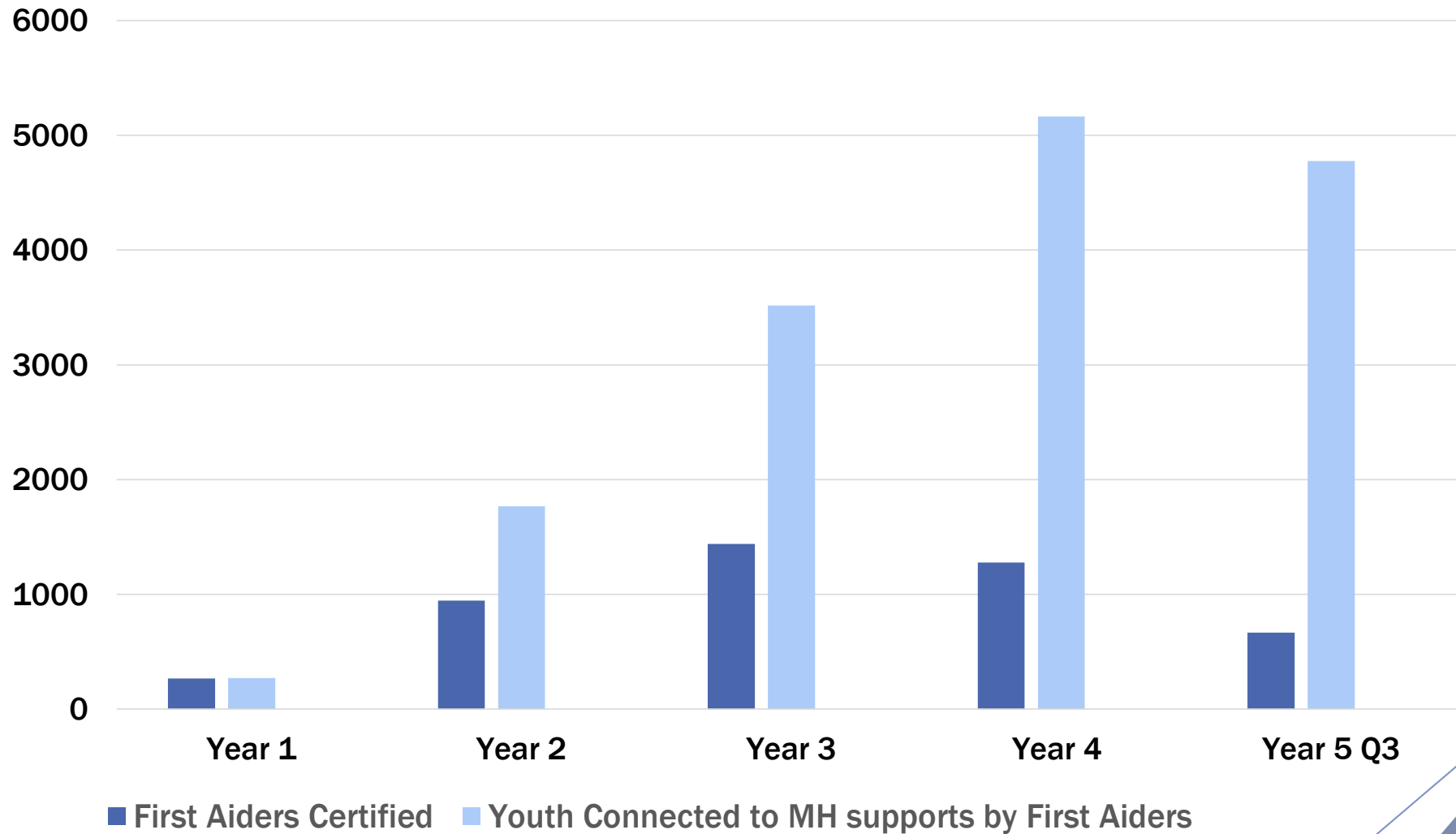


Engage Youth and Families as partners

- ▶ Partnership with youth and family organizations
- ▶ Youth and family representative on state leadership team and district AWARE teams

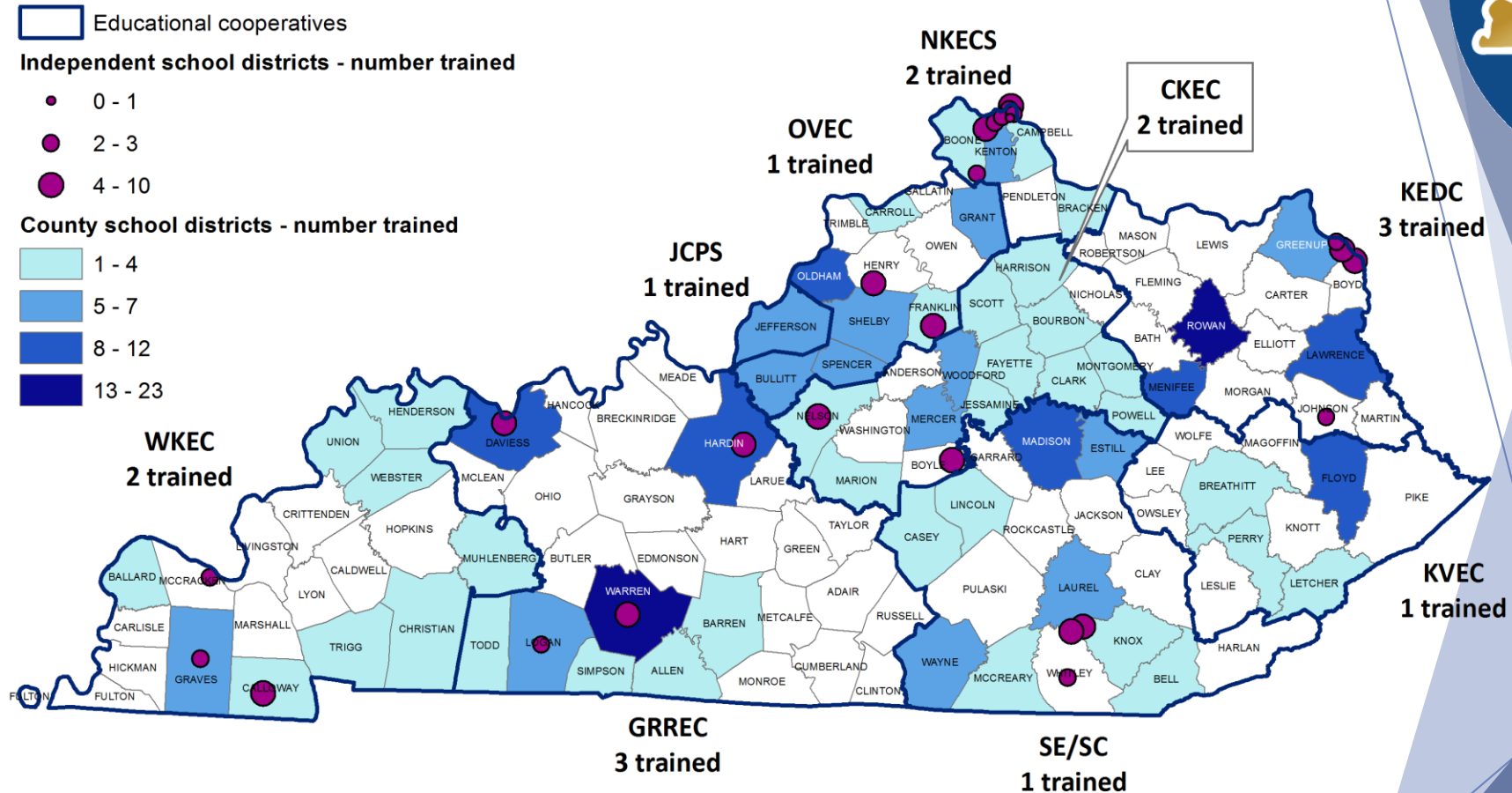


Kentucky AWARE Youth Mental Health First Aid Impact - 5000 certified!



Number trained in Trauma Informed Practices for Educators KY AWARE through SFY2019 Trauma Informed Care for Educators Learning Collaborative Participants

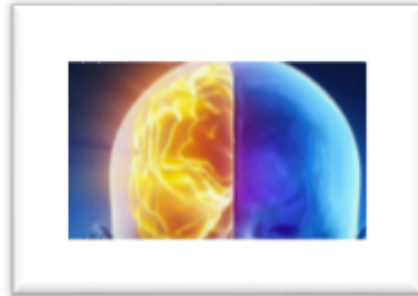
Total Participants Statewide: 583



NOTE: Independent school districts are represented separately and are not duplicated in the counts for the county school districts.

Additional representatives from statewide organizations participated in the Learning Collaborative including ABRI (2), Kentucky Department of Education (10), and the PBIS Network (7). One representative from Morehead State University and three individuals without an organizational affiliation also participated. 136 additional individuals from various school districts, regional educational cooperatives, and statewide organizations also participated at 6 statewide events hosted by the Center for Trauma and Children.

Overview/ Learning Targets



Module 1

The Trauma Lens

Why do we need to use a trauma lens in schools?
What are the core elements of a trauma informed school?

Module 2

Effects of Trauma on Learning

How does trauma impact the brain, learning and behavior? What strategies can help repair the damage?

Module 3

Replacing Cognitive Distortions

The invisible Back Pack is the unseen impact of trauma that weighs on both students. How can you lighten the load?
What is the role of Secondary Traumatic Stress on Teachers?
Caring for your own well-being

Overview/ Learning Targets



Module 4

Psychological Safety in the Classroom

How do I create a safe learning environment for all students?

The acting out cycle and de-escalation



Module 5

Resiliency & Mindfulness

Teaching the skills that students need to handle the daily stressors associated with school.



Module 6

Healing Centered Engagement and SEL

Social-emotional learning tools for teaching students the skills necessary for success.

Successes Using TIPE Strategies

- ▶ Promotion of corrective emotional relationships
- ▶ Creation of consistency and predictability in routines
- ▶ Trauma informed safety plans
- ▶ Self-regulation strategies
- ▶ 1:1 work with students known to have trauma exposure
- ▶ Infusion of trauma informed strategies into behavior intervention plans



Examples of Spread and Scale

- ▶ **Jefferson County Public Schools – Scaling up through staff training and supporting staff resilience**
- ▶ **Bullitt County Public Schools – A mini-learning collaborative**
- ▶ **Warren County Public Schools – Integrating TIPE into Positive Behavior Interventions & Supports (PBIS)**
- ▶ **Daviess County Schools – Building a strong core group of Trauma Champions and intentionally infusing TIPE at multiple levels through modeling and training**
- ▶ **Fayette County Public Schools – Building up mental health capacity to meet need**



School Climate Transformation Grants (SCT) and AWARE Can Support the Goals of Other State Initiatives:

- ▶ **SB 1 “School Safety and Resiliency Act”**
 - Aspects of the Act that support the psychological safety of schools
- ▶ **Forthcoming recommendations for the State Interagency Council (SIAC) Social Emotional Health Task Force**
 - Due September 2019



Project AWARE and SCT Grants

- ▶ Fall 2018, KDE was awarded the SCT grant
- ▶ Spring 2019, KDE was awarded a second Project AWARE grant, including three new pilot districts:
 - Bullitt County
 - Henderson County
 - Warren County



AWARE and SCT Grants Will Support:

- ▶ **TIPE Learning Collaboratives**
- ▶ **Training to support the integration of school mental health and cultural competency into Positive Behavior Interventions and Supports (PBIS)**
- ▶ **Youth Mental Health First Aid (YMHFA)**
- ▶ **A collaborative interagency State Leadership Team to ensure ongoing alignment and coordination of both projects**



Additional Features of SCT Project

- ▶ Increased capacity at KDE to support district in implementing PBIS and school-based mental health across the state
- ▶ Training and materials for implementing Olweus Bullying Prevention
- ▶ Training for Sources of Strength suicide prevention.



AWARE / SCT Planning & Implementation Partners

- ▶ Regional Special Education Cooperatives
- ▶ University of Kentucky Center on Trauma and Children
- ▶ University of Louisville ABRI Project
- ▶ Kentucky State University Center for Research on the Eradication of Educational Disparities (CREED)
- ▶ University of Kentucky Human Development Institute
- ▶ REACH Evaluation of Louisville
- ▶ Prichard Committee on Academic Excellence, Student Voice Team
- ▶ Kentucky TAYLRD
- ▶ Kentucky Partnership for Families and Children
- ▶ Midwest PBIS Network



AWARE / SCT Planning & Implementation Partners

- ▶ Kentucky Department of Education
- ▶ Kentucky Department of Behavioral Health, Developmental and Intellectual Disabilities
- ▶ Kentucky Department of Juvenile Justice
- ▶ Kentucky Department of Medicaid
- ▶ Kentucky Department of Public Health
- ▶ FRYSCs
- ▶ Youth and Family representatives



Project AWARE 2019 New Features

- ▶ **Enhanced school collaboration with CMHCs and local providers/DBHDID**
- ▶ **Student led school climate audits**
- ▶ **Activities to integrate cultural responsiveness into schools' multi-tiered system of support framework**
- ▶ **Increased focus on integrating and aligning school/community mental health with PBIS practices and structures using an ISF**



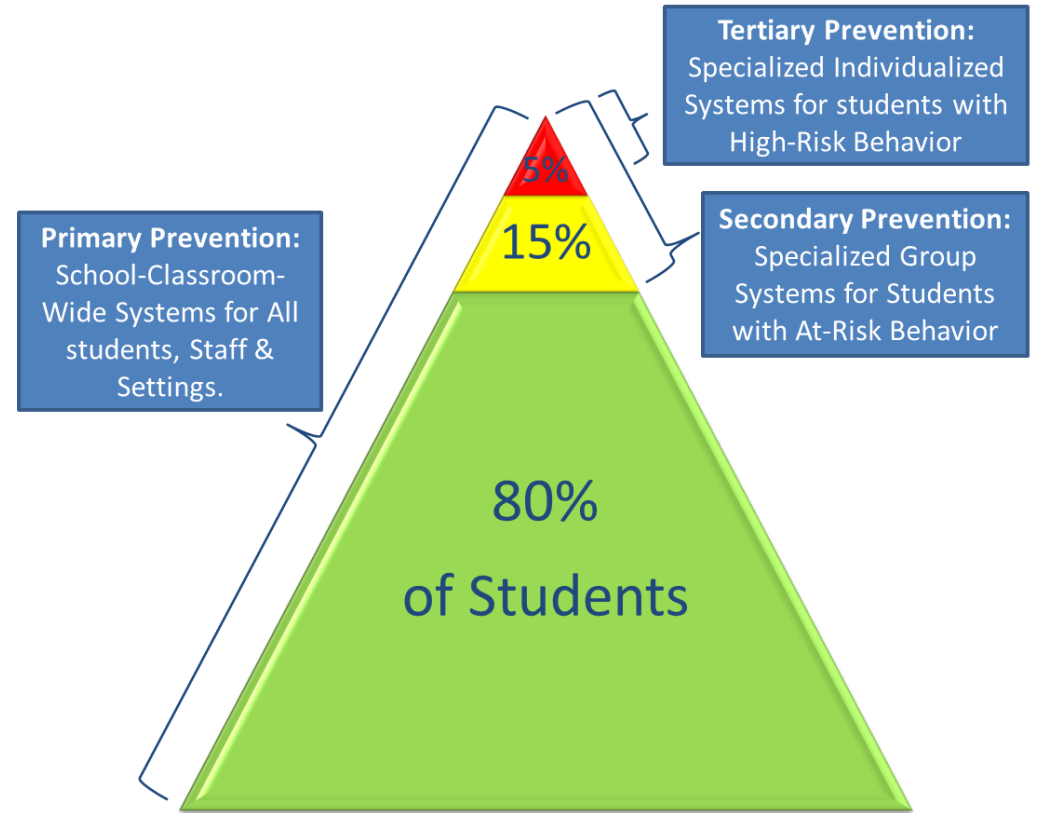
Interconnected Systems Framework (ISF)

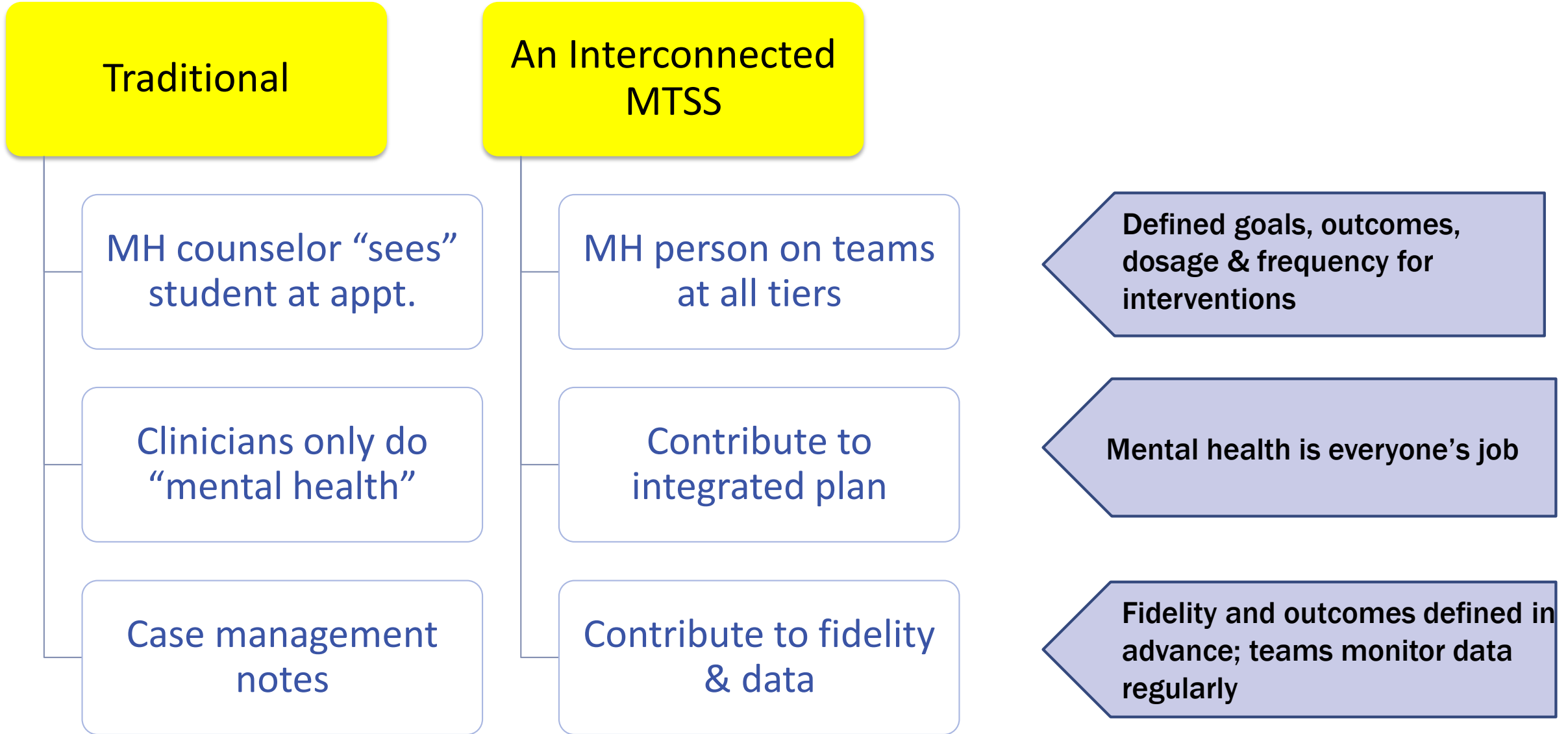
- ▶ ISF uses the core features of a Multi-Tiered System of Support (MTSS) to integrate mental health, community, school, and family partners into a single system of delivery.



ISF/MTSS Core Features

- **3 tiers of supports**
 - Universal/prevention
 - Targeted
 - Intensive
- **Team based decision making**
 - **Community mental health providers**
 - **Family/youth**
 - Teachers
 - Dir of special education
 - **FRYSC coordinators**
 - social worker, counselor, school nurses, other school staff
- **Data drives decisions**
 - School **and community** data used to select **evidence based practices**
 - **Early and equitable access** through universal screening
 - **Monitoring progress** (Is this working? Are we doing it right?)
- **Ongoing coaching and cross-training**





Benefits of ISF

- ▶ Identifying students with mental health needs earlier
- ▶ Linking students with evidence based interventions
- ▶ Data tracking to ensure students receiving interventions are showing improvement
- ▶ Expanded roles for clinicians to support adults as well as students across all tiers of support
- ▶ Healthier school environment



Questions?

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