



Mental Health Initiative Update March 2020

Metuchen School District

March 10, 2020

Presented by:

Dr. Tania Herzog, Director of Special Services

Our Story

- Nationally and locally, alarming increases in mental health related concerns were documented in children and adolescents
- Similar trends were evident in Metuchen Public Schools
- The need for therapeutic services was directly increasing the number of Special Education referrals, classifications and placements out of district
- Personnel resources and financial resources were decreasing in efficiency with current service model
- Support staff advocated for the need for more mental health services for students

Our Action

- In April 2019, the Board of Education committed to take action to support the Mental Health needs of our students
- Redistributing local funds, the District contracted with Effective School Solutions to implement a therapeutic program at MHS to address the immediate needs of a select group of students
- In November 2019, the community passed a referendum to implement a District Wide Mental Health Initiative

District Wide Mental Health Initiative

- Therapeutic programs added to Campbell and Edgar and continue MHS program
- Additional School Psychologists
- Additional Behavioral Support
- Academic Intervention and Study Strategies Supports
- Clerical Support

Therapeutic Services at MHS

- Effective School Solutions (ESS) partially implemented in April 2019 with one clinician at MHS
- Effective School Solutions (ESS) fully implemented in September 2019 with two clinicians, daily therapy services, crisis intervention, case management, academic support, family component and professional development for staff

Therapeutic Services at Campbell and Edgar

- Rutgers University Behavioral Health Care (UBHC) selected as therapeutic program for Campbell and Edgar
- Program implementation in progress
- Clinical Program Manager, support staff, and administration collaborate regularly on student needs
- Referral processes, procedures, and service delivery model developed
- Baseline data collected and progress monitoring systems established
- Interim counseling services and therapy groups provided by First Children Services

School Psychology and Behavioral Services

- First Children Services contracted to provide additional services from Board Certified Behavior Analysts and Technicians
- Contracted Psychologists assisting with evaluations until additional staff is hired

Academic Interventions

- Response to Intervention Literacy Specialist recommended for Campbell Elementary School
- Response to Intervention Math Specialist recommended for secondary levels
- Stipends for academic intervention for instructional staff
- After school Social Skills program started at Edgar
- Study Strategies student workshop piloted
- Transition to Middle School and Freshman Seminar programs planned for Summer Institute (open to all)

Support for Staff

- Secretarial assistance provided for Child Study Team
- Workshops for staff on Stress Management, Nurtured Heart, Trauma Informed Schools and the Effects of Adverse Childhood Experiences on Learning
- MEF grant for Self Regulation kits for all K-5 classrooms, as well as Child Study Team and Counseling offices and libraries at Edgar and MHS

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Outcomes Reported from Effective School Solutions at MHS

ESS and Metuchen School District: Objectives for our Work Together



Effective School
Solutions



1. Implement Tier 3 Programming at Metuchen High School to serve most at-risk students that are in acute need of behavioral and mental health supports (identifying and treating co-morbid issues)
2. The goal of the programming has been to stabilize students current psychiatric symptoms within their Least Restrictive Environment (LRE)
3. The program includes a Family Program that provides counseling, education and coaching for parents in partnership with the Metuchen School District
4. When appropriate, the ESS program may enable students to return back from out of district placements

ODP Returners: Metuchen School District 2018 to Date



Out-of-District (ODP) Returnees



- ESS Students Returned from ODP
- ESS Returnees Sent Back to ODP

Home Instruction Returnees (HI)



- ESS Students Returned from HI
- ESS Returnees Sent Back to HI

- The district has returned 1 student from an Out of District Placement to ESS in shared time status



- In addition, ESS returned 2 students from Home Instruction

Results Snapshot: Metuchen High School 2019-2020 SY- MP1



KEY STATISTICS

Students that served in the program (since inception): 18

Current Census: 14

Individual sessions conducted: 119

Family sessions conducted: 41

Parent support groups attended: 47%

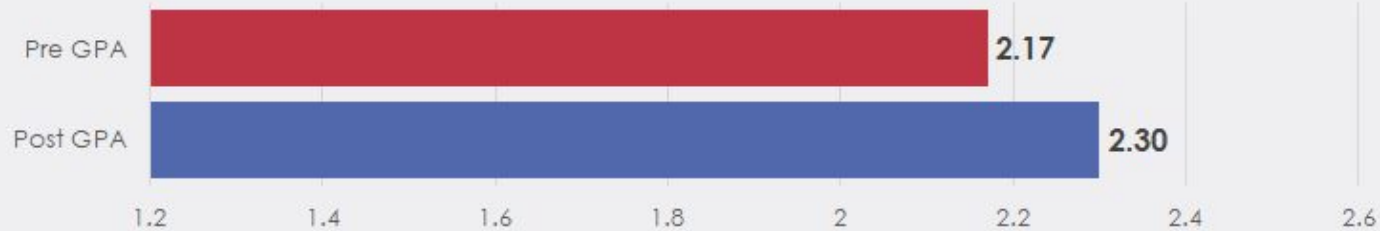
Group sessions attended: 43

Improved Student Outcomes	Improved Grades	Improved Discipline	Improved Attendance
	6% increase in GPA	Statistically not Significant due to no change	21% decrease in absences
Least Restrictive Environment	ODP Returner Impact		ODP Prevention Impact
	1 former student returned to shared time from Out of District Placement.		100% overall retention of students in the ESS program
Staff Benefits	Staff Efficiency		Staff Professional Learning
	341 urgent sessions conducted, equivalent to 170 hours of staff time		2 PD sessions completed

Data Highlights: Metuchen High School 2019-2020 SY : MP1



GPA

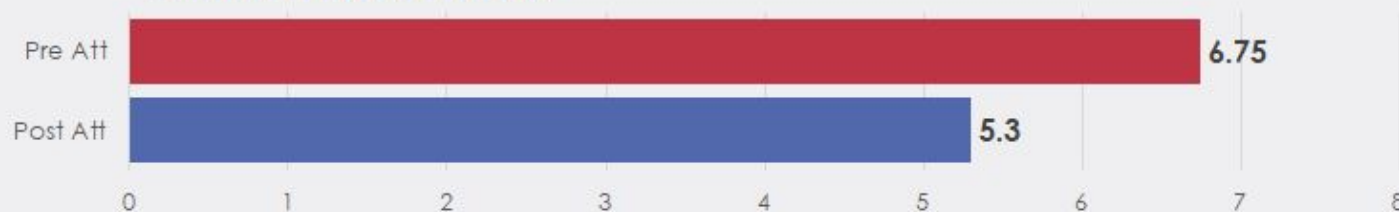


Discipline (OOS)



No Change

Attendance (Days Absent)

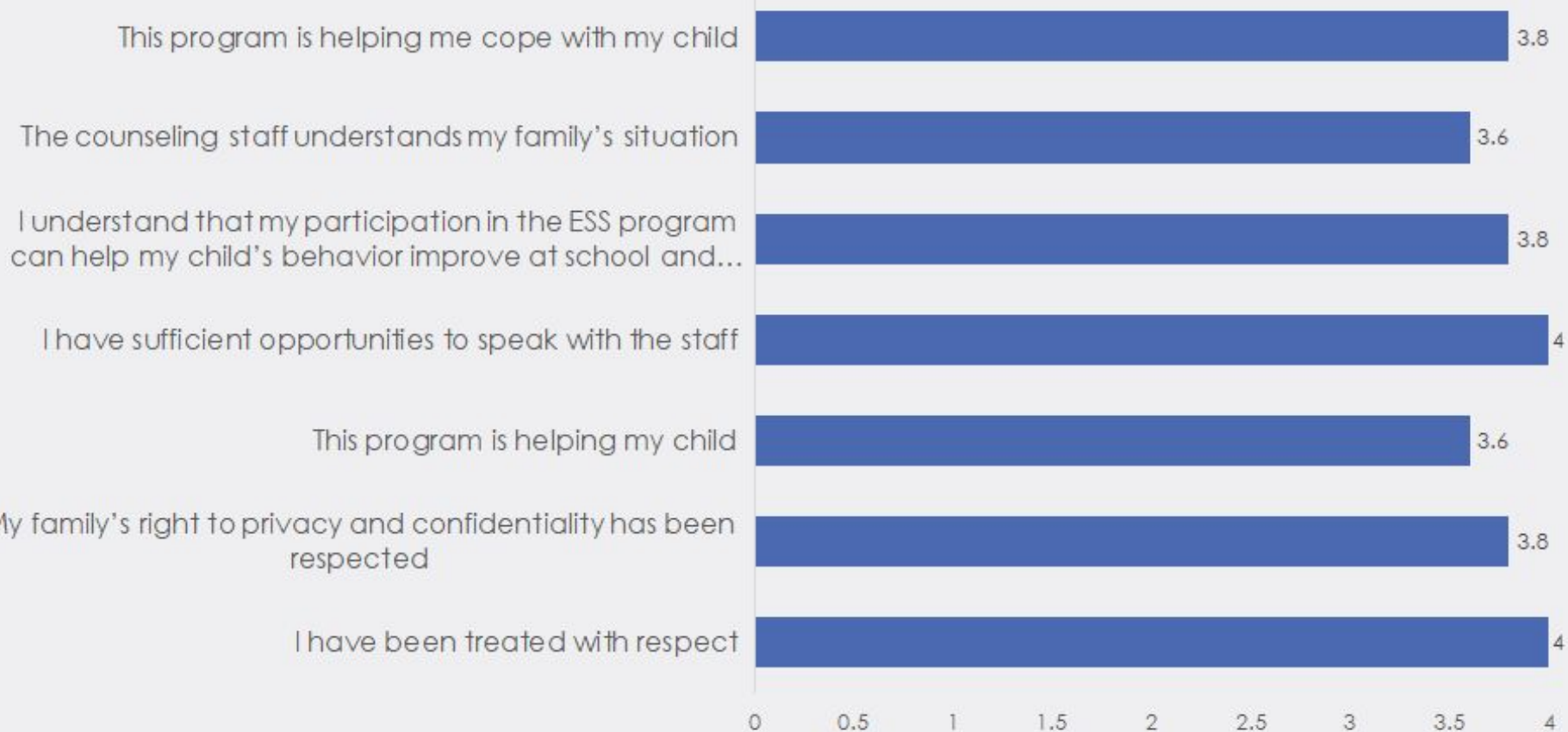


Parent Survey Results- Metuchen School District



Parent Survey Ratings (4=Strongly Agree, 3=Agree, 2=Disagree, 1=Strongly Disagree)

N=8



ESS Outcomes Summary



- The ESS program at Metuchen School District has been making a positive impact on mental health outcomes for students.
- The ESS program has provided a high level of support to students and families, increasing the efficiency of Child Study Team, Guidance Counselors, Administrators, and Teachers.
- Thus far, ESS has provided services for 18 at-risk students, with no participating students sent to an out of district placement (100% retention).
- Since the start of the program 1 student has partially returned from an Out of District Placement, as a shared time student, enrolled in the program.

Key Accomplishments/Areas of Focus

Key Accomplishments

- Strong success in stabilizing student behaviors with Tier 3 services, within the Least Restrictive Environment
- Collaboration between district support staff, administration, and ESS clinicians with adherence to weekly check in meetings
- Strong success stories in implementing school avoidance protocols
- High level of family engagement and positive relationships established with a partnership focused on student success

Areas of Focus

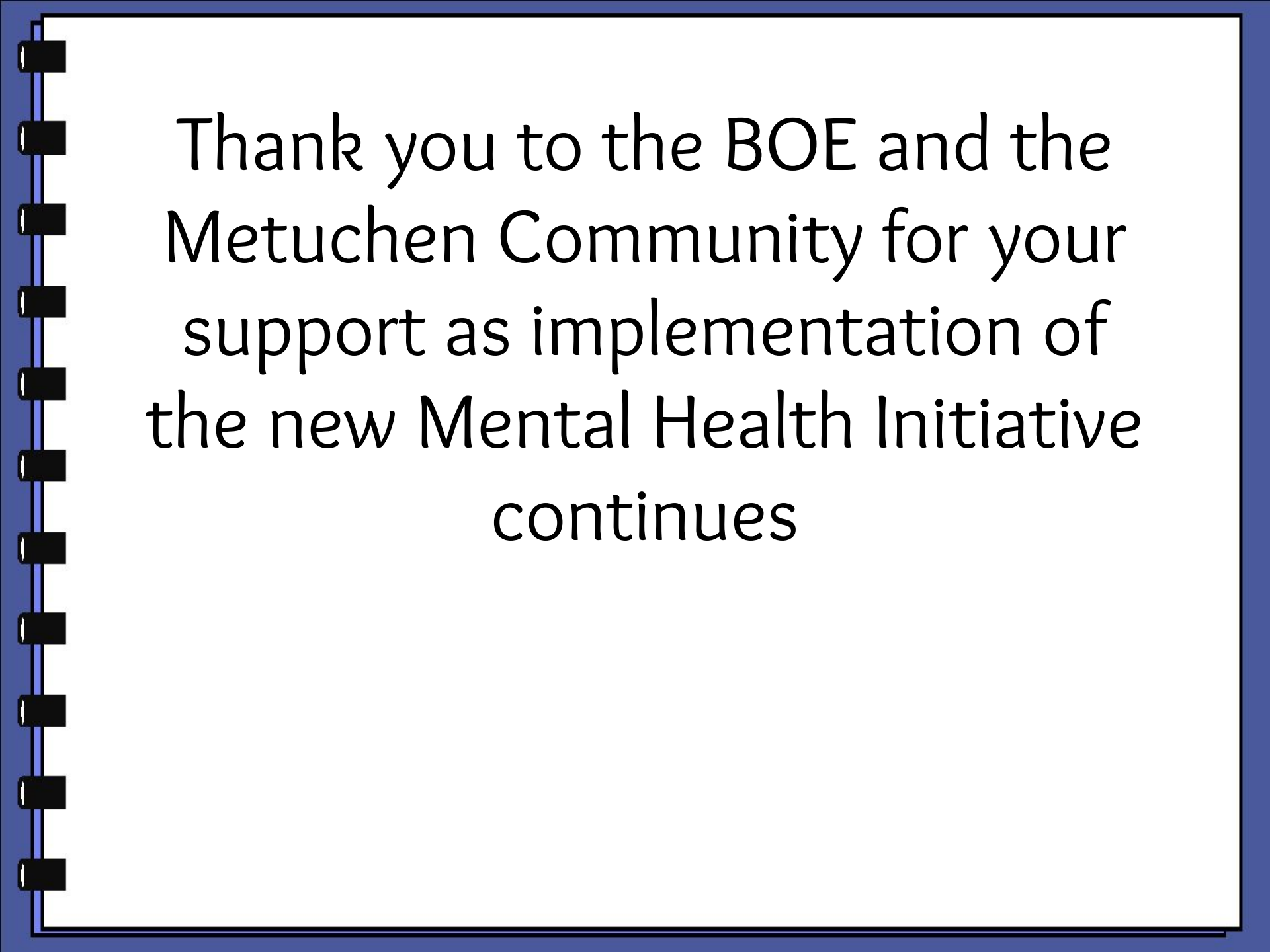
- Continue Professional Development focused in areas of Mental Health
- Continue to collaboration with teaching faculty to support academic achievement

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Outcomes District Wide

*Mental Health Initiative
District Data for 2019-2020 School Year
as of March 10, 2020*

	<i>18-19</i>	<i>19-20</i>
<i>Referrals for Special Education</i>	79	58
<i>Classified Students</i>	389	368
<i>Home Instruction due to Mental Health Issues</i>	14	10
<i>Mental Health referrals to families</i>	<i>approximately 50 families</i>	<i>approximately 20 families</i>
<i># of Special Education Referrals primarily due to emotional concerns</i>	10	11
<i>% of Special Education referrals which include emotional concerns</i>	22%	9%
<i># of Students placed out of district during the current school for therapeutic services</i>	4	2
<i>% of Out of District Students primarily placed for therapeutic services</i>	37%	34%

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Thank you to the BOE and the
Metuchen Community for your
support as implementation of
the new Mental Health Initiative
continues