

**Mental Health Early Intervention Legislative Report**

**FY17**

**Item Name:** Mental Health Early Intervention

**Legislative Session:** 2017

**Funding Amount:** \$3,200,000 + \$1,500,000 TANF

**Introduction:** During 2017 Legislative General Session, the Division of Substance Abuse and Mental Health (DSAMH) was allocated funding for Mental Health Early Intervention services through State General Funds and through TANF.

According to the National Alliance on Mental Illness (NAMI) the onset of half of all lifetime mental illnesses takes place by age 14, and three-fourths by age 24. Almost 1 in 5 young people have one or more Mental, Emotional or Behavioral Disorders (MEB) that cause some level of impairment within a given year. MEBs are often not diagnosed until multiple problems exist. Adverse Childhood Experiences (ACE) and resulting MEBs are often not recognized until an individual has dropped out of school, been hospitalized, entered the criminal justice system, or died by suicide.

The Institute of Medicine (IOM) and The Center for Disease Control (CDC) indicate clear windows of opportunity are available to prevent MEBs and related problems before they occur. Risk factors are well established, with first symptoms typically preceding a disorder by 2 to 4 years. Prevention and early intervention can effectively reduce the development of mental, emotional, and behavioral disorders.

To address this need and maximize this window of opportunity, Mental Health Early Intervention (MHEI) funding was allocated to support three evidenced-based services: 1) School-Based Behavioral Health (SBBH), 2) Family Resource Facilitation with High Fidelity Wraparound, and 3) Youth Mobile Crisis Teams (YMCTs).

**Service Design:**

The MHEI funding specified that the Local Mental Health Authorities (LMHA), in consultation with DSAMH, will provide a minimum of one of the three services in their community to serve clients. The funding is designated for children and youth who may or may not have a Serious Emotional Disturbance (SED) designation, but are at risk to develop one without early intervention services.

DSAMH incorporated the design and approval of these services into the LMHA's area planning process. Each of the LMHA submitted plans for funds in each of the applicable categories according to local needs and resources.

**Implementation:**

Utilizing MHEI funding, all thirteen LMHAs provide School-Based Behavioral Health (SBBH) services Family Resource Facilitation. Of the five LMHAs with a county population over 125,000, four provided YMCT services.

A strength shared by each of the three funded services, is that they were all developed and implemented in conjunction with community partners. SBBH services were provided in partnership with the Utah State Board of Education (USBE) and the Local Education Authorities (LEA). Family Resource Facilitators (FRF) partnered with multiple child serving agencies including the Division of Child and Family Services (DCFS), the Division of Juvenile Justice Services (DJJS), and the Division of Services for People with Disabilities (DSPD). Access was increased by having FRFs assigned to work in community settings such as: schools, child service provider offices, family advocacy organizations, child welfare, and Juvenile Mental Health Courts. YMCTs partnered with police, emergency services, emergency rooms, juvenile receiving centers, and crisis and suicide prevention lines. These community-based efforts to intervene early have helped strengthen 9,938 children, youth, and their families in Fiscal Year 2017.

## **Program Specific Services:**

### *School-Based Behavioral Health*

The Utah State Board of Education continues to be a key partner and helps provide technical assistance on collaborating with Local Education Authorities and on gathering outcome data. This technical assistance helped the mental health system understand schools' governing requirements and policies. It also helped the LMHAs strengthen referral practices and options to gather outcomes. Parent consent and involvement is integral for all school-based services. Services vary by school and may include Individual, Family, and Group therapy; Parent Education; Social Skills and other Skills Development Groups; Family Resource Facilitation and Wraparound; Case Management; and Consultation Services.

After receiving school-based services, parents identified several barriers that prevented them from seeking mental health services previously. Barriers included transportation and lack of access, lack of awareness of treatment options, parents feeling overwhelmed, time away from school for the child and work for the parent, and cost of treatment. Behavioral health services in schools overcome these barriers and promote healthy children and youth, and in turn increases academic success. In FY17, Mental Health Early Intervention School-Based Programs were accessible in 313 schools.

Of the 313 schools receiving Mental Health Early Intervention School-Based Programs 89 schools were identified as having high rates of Intergenerational Poverty (IGP). Within the 89 schools with high rates of IGP, 708 children and youth were able to receive School-Based Mental Health services.

See Appendix A for a list of the all schools in FY17 that provided school-based services.

### *Family Resource Facilitation with Wraparound to Fidelity*

The Utah Family Coalition (UFC) provides training, supervision and coaching for all FRFs. The UFC mentors from National Alliance on Mental Illness (NAMI) Utah and Allies with Families ensure fidelity to the model which increases positive outcomes.

The FRFs provide 4 services:

- **Family Advocate/Advisor:** Develop working partnerships with provider agencies to help families navigate and access services.
- **Resource Coordinator:** Act as a Resource Coordinator to provide local resource information to any family requesting assistance.
- **Information & Support:** Link families to local Support and Information Groups or help develop groups if and when no other resources are available.
- **Family Wraparound Facilitator:** Work with families and youth who have complex needs to build a plan that incorporates both formal supports (e.g. mental health/substance abuse treatment, educational assistance, juvenile court engagement, etc.) and informal supports (family members, community groups, clergy, etc.) that will help the child and his/her family exit the mental health system to live full and productive lives.

The Wraparound planning process results in a unique set of community services and natural supports individualized for a child and their family. In addition to the development of natural and informal supports, the Wraparound process facilitates a partnership with all child service agencies involved with a child and their family. The partnership with all child serving agencies facilitates a coordination of services plans rather than having fractured or duplicated services. Additionally, many FRFs also partner with schools and community agencies and participate in local interagency coordinating committees.

There are 51 certified FRFs statewide. Family Resource Facilitation and Wraparound is accessible in 25 of the 29 Utah Counties.

### *Youth Mobile Crisis Teams (YMCTs)*

When a child or adolescent is in the middle of a mental, emotional or behavioral crisis, a family's access

to mobile crisis services is beneficial. Common elements in each of Utah’s YMCTs include: 24-hour crisis line, mobile response, 2-person response, and a licensed therapist as part of the response team.

Families may contact the YMCTs when their child or adolescent is experiencing a mental, emotional, or behavioral crisis. Mobile crisis services provide a licensed therapist who responds in person to a home, school, or other community location. Services include therapeutic intervention and safety planning. Services may also include crisis respite and linking to community resources. When necessary, access to medication services may also be available. YMCTs are now accessible in 5 counties (Davis, Salt Lake, Utah, Washington, and Iron).

Access to crisis services increase the likelihood that families are linked to help before a tragedy occurs. YMCTs help children and adolescents remain in their own home, school, and community and avoid out of home placements. YMCTs also help reduce police and juvenile justice involvement.

**Data Collection:**

Data and outcomes for early intervention services were reported to DSAMH through quarterly reports submitted by LMHAs. These reports include the number of children and youth served and outcomes relevant to each of the early intervention services provided. Additional data specific to FRF services was collected from the UFC FRF database. The Substance Abuse and Mental Health Information System (SAMHIS) was used at fiscal year-end to access statewide aggregated Youth Outcome Questionnaire (YOQ) results for children and youth with a diagnosable mental illness who received school-based services. MHEI services were also provided to youth who were in crisis or who displayed mental, emotional or behavioral health symptoms, but did not have a diagnosable mental illness and therefore were not recorded in SAMHIS.

**Performance and Outcomes:**

9,938 children, youth and their families received services through the MHEI Funding in FY2017. Of those 9,938 children and youth, 2,627 were served through School-Based Behavioral Health with an additional 708 being served in schools with high rates of Intergenerational Poverty, 2,410 were served through the Family Resource Facilitation, and 4,193 were served by YMCTs. In FY2017, youth receiving services through SBBH lowered their average YOQ scores from 46.19 to 38.50, an improvement of 16.66 percent (Table 1).

Table 1

FY2017 SBBH YOQ Scores		
Average Beginning Score	Recent Average Score	Percent Reduction
46.19	38.50	16.66%

Outcomes also reflect a decrease in Office Disciplinary Referrals (ODR). Referrals were tracked per school and per child participating in school-based services. Based on the average number of total referrals per participating schools for children and youth receiving school-based services, there was a reduction in ODRs of 40.15 percent (Table 2).

Table 2

School-Based Outcomes: Office Disciplinary Referrals (ODR)			
Average Number of Referrals per Student Pre-Service	Average Number of Referrals per Student After Service	Reduced Number of Referrals per Student	Percentage Reduction in Referrals
4.06	2.43	1.63	40.15%

Grade Point Average (GPA) is tracked for youth in Intermediate, Middle, Jr. High & High School. On average, students who participated in school-based services experienced a 4.68 percent increase in their GPA (Table 3). This is an average improvement from a C to a C+ GPA.

Table 3

School-Based Outcomes: Grade Point Average (GPA)			
Intermediate, Middle, Jr. High & High Schools			
GPA Average Pre-Service	GPA Average After Services	Average GPA Improvement	Percentage Improvement
2.36	2.47	.83	4.68%

In FY2017, we collected Dynamic Indicators of Basic Early Literacy Skills (DIBELS) scores for elementary age youth since they are not given GPAs. Students participating in School-Based Behavioral Health experienced a 26.57% increase in their literacy scores (Table 4).

Table 4

School-Based Outcomes: Dynamic Indicators of Basic Early Literacy Skills scores (DIBELS)			
Average Beginning Score*	Average Ending Score*	Average Point Change*	Average Percentage Change
281.70	356.55	74.85	26.57%
<i>*Per student average</i>			

Family Resource Facilitation helped support 2,341 families in FY2017. Families report receiving significant support from their FRFs and outcomes show they help in some life altering ways by working to keep children and youth in their homes, participating in school and out of trouble (Table 5).

Table 5

Family Resource Facilitation Outcomes		
Outcome data from services received in FY13 through FY17		
Increased Family Stabilization		Percentage Improved
224 youth were identified as being at risk of an out-of-home placement; of those youth, 167 are no longer are at risk.		69%
163 youth were in an out-of-home placement when the FRF began working with the family; of those youth, 90 have returned home.		49%
69 youth were identified as being homeless or at risk of homelessness; of those youth, 50 are no longer homeless or at risk of homelessness.		62%
Increase School Involvement		
287 youth were identified as not attending school regularly; of those youth, 71 have now either returned to school or successfully graduated.		22%
Decrease in Youth who are in Trouble at School or with the Legal System		
245 youth were identified as being in legal trouble; of those youth, 150 are no longer in legal trouble.		63%

Youth Mobile Crisis Teams in Davis, Salt Lake, Utah, and Washington Counties responded to 4,193 families for help in FY2017. Families accessed YMCTs because their child or adolescent was experiencing a mental, emotional, or behavioral crisis. Access to crisis services reduced out of home placements for children and adolescents, limited their involvement in the legal system, and provided immediate help for those at risk of harming themselves or others (Table 6).

Table 6

Mobile Crisis Teams Outcomes		
4,193 Unduplicated Callers		
	Calls	Percent of Calls*
Avoided Out of Home Placements	1,379	32.88%
Avoided Legal Involvement ( <i>The child/ youth avoided charges and/or court sanctions</i> )	1,497	35.70%
Received Assistance for Danger to Harm ( <i>At risk of injuring themselves or others</i> )	1,454	34.67%
Number of Police Calls Avoided	1,881	44.86%
*Total greater than 100% because there may be more than one outcome per caller		

**Summary:**

The Mental Health Early Intervention services help families access needed services during critical developmental periods in their children's lives. MHEI supports and strengthens families and makes a positive and lasting impact in the lives of children and youth throughout the State.

## **Appendix A**

## Bear River Mental Health

### Box Elder School District:

- Discovery Elementary
- Foothill Elementary
- Lakeview Elementary
- Mountain View Elementary
- Alice C Harris Intermediate
- Bear River Middle School
- Bear River High
- Fielding Elementary
- Garland Elementary
- McKinley Elementary
- North Park Elementary
- Adele C Young Intermediate
- Box Elder Middle School
- Box Elder High

### Cache County School District:

- Birch Creek Elementary
- Greenville Elementary
- Lewiston Elementary
- Mountainside Elementary
- North Park Elementary
- Providence Elementary
- Summit Elementary
- Wellsville Elementary
- Canyon Elementary
- Heritage Elementary
- Lincoln Elementary
- Nibley Elementary
- Park Elementary
- River Heights Elementary
- Sunrise Elementary

### Logan City School District:

- Adams Elementary
- Ellis Elementary
- Wilson Elementary
- Mount Logan Middle School
- Bridger Elementary
- Hillcrest Elementary
- Woodruff Elementary
- Logan High

### Rich County School District:

- North Rich Elementary
- Rich High
- Rich Jr. High

### Charter School:

- Fast Forward Charter High

## Central Utah Counseling Center

### Millard School District:

- Delta North Elementary
- Fillmore Elementary
- Fillmore Middle School
- Delta Tech
- Delta South Elementary
- Delta Middle School
- Delta High
- Millard High School

### North Sanpete School District:

- Fairview Elementary
- Moroni Elementary
- Spring City Elementary
- North Sanpete High School
- Fountain Green Elementary
- Mt Pleasant Elementary
- North Sanpete Middle School

### Piute County School District:

- Circleville Elementary
- Piute High School
- Oscarson Elementary

### Sevier School District:

- Ashman Elementary
- Monroe Elementary
- Salina Elementary
- Koosharem Elementary
- Pahvant Elementary
- North Sevier Middle School

## Central Utah Counseling Center (cont.)

### Sevier School District (cont.):

- Red Hills Middle School
- Cedar Ridge High
- Richfield High
- South Sevier Middle School
- North Sevier High
- South Sevier High

### South Sanpete School District:

- Ephraim Elementary
- Manti Elementary
- Gunnison Valley Middle School
- Gunnison Valley Elementary
- Ephraim Middle School
- Gunnison Valley High

### Millard School District:

- Manti High

## Davis Behavioral Health

### Davis School District:

- Lincoln Elementary
- Vae View Elementary
- North Davis Jr. High
- South Davis Jr. High
- Davis High
- Syracuse High
- Sunset Jr. High
- Wasatch Elementary
- North Layton Jr. High
- Clearfield High
- Mountain/Canyon High

## Four Corners Behavioral Health

### Carbon School District:

- Bruin Point Elementary
- Creekview Elementary
- Wellington Elementary
- Mont Harmon Middle
- Castle Heights Elementary
- Sally Mauro Elementary
- Helper Middle
- Carbon High

### Emery County School District:

- Castle Dale Elementary
- Cottonwood Elementary
- Green River Elementary
- Canyon View Jr. High
- Emery High
- Cleveland Elementary
- Ferron Elementary
- Huntington Elementary
- San Rafael Jr. High

### Grand County School District:

- Helen M Knight Elementary
- Grand County Middle
- Grand County Charter
- Grand County High

### Charter School:

- Pinnacle Canyon Academy

## Northeastern Counseling Center

### Daggett School District:

- Manila Secondary/High School

### Duchesne Count School District:

- Centennial Elementary
- Union High
- Roosevelt Jr. High

### Uintah School District:

- Uintah Middle School
- Vernal Middle School



## Northeastern Counseling Center (cont.)

### Uintah School District (cont.):

- Uintah High
- Ashley Valley Education Center

## Salt Lake County

### Canyons School District:

- Bell View Elementary
- East Midvale Elementary
- Sandy Elementary
- Alta High
- Diamond Ridge High
- Copperview Elementary
- Midvale Elementary
- Midvale Middle School
- Brighton High
- Hillcrest High

### Granite School District:

- Robert Frost Elementary
- Kennedy Jr. High
- South Kerns Elementary
- Turning Point High

### Murray School District:

- Horizon Elementary
- Parkside Elementary
- Hillcrest Middle School
- Liberty Elementary
- Viewmont Elementary
- Murray High

### Salt Lake City School District:

- Backman Elementary
- Bennion Elementary
- Emerson Elementary
- Franklin Elementary
- Lincoln Elementary
- Mountain View Elementary
- Northstar Elementary
- Riley Elementary
- Wasatch Elementary
- Whittier Elementary
- Clayton Middle School
- Northwest Middle School
- Highland High
- Salt Lake Schools for the Performing Arts
- West High
- Beacon Heights Elementary
- Edison Elementary
- Escalante Elementary
- Jackson Elementary
- Meadowlark Elementary
- Newman Elementary
- Parkview Elementary
- Rose Park Elementary
- Washington Elementary
- Bryant Middle School
- Glendale Middle School
- East High
- Horizonte High
- The Open Classroom

### Charter School:

- Pacific Heritage Academy

## San Juan Counseling Center

### San Juan School District:

- Monument Valley High
- Whitehorse High

## Southwest Behavioral Health

### Iron County School District:

- East Elementary
- Tuacahn High School for the Performing Arts

### Washington County School District:

- Arrowhead Elementary
- Bloomington Hills Elementary
- Coral Cliffs Elementary
- Bloomington Elementary
- Coral Canyon Elementary
- Crimson View Elementary

## Southwest Behavioral Health (cont.)

### Washington County School District (cont.):

- Diamond Valley Elementary
- Heritage Elementary
- Hurricane Elementary
- Little Valley Elementary
- Red Mountain Elementary
- Sandstone Elementary
- Sunset Elementary
- Washington Elementary
- Dixie Middle School
- Hurricane Intermediate
- Lava Ridge Intermediate
- Snow Canyon Middle School
- Tonaquint Intermediate
- Dixie High
- Millcreek Alternative High
- Snow Canyon High
- Dixie Sun Elementary
- Horizon Elementary
- LaVerkin Elementary
- Panorama Elementary
- Riverside Elementary
- Santa Clara Elementary
- Three Falls Elementary
- Desert Hills Middle School
- Fossil Ridge Intermediate
- Hurricane Middle School
- Pine View Middle School
- Sunrise Ridge Intermediate
- Desert Hills High
- Hurricane High
- Pine View High

## Summit County – Valley Behavioral Health

### North Summit School District:

- North Summit Elementary
- North Summit High
- North Summit Middle School

### Park City School District:

- Ecker Hill Middle School
- Park City High
- Parley's Park Elementary
- McPolin Elementary
- Treasure Mountain Jr. High
- Jeremy Ranch Elementary
- Trailside Elementary

### South Summit School District:

- South Summit Elementary
- South Summit High
- South Summit Middle School

### Charter School:

- Weilenmann School of Discovery
- The Winter School

## Tooele County – Valley Behavioral Health

### Tooele County School District:

- Northlake Elementary
- Wendover High

## Wasatch County Family Clinic

### Wasatch County School District:

- Heber Valley Elementary
- Timpanogas Jr. High
- Rocky Mountain Middle
- Midway Elementary
- JR Smith Elementary
- Wasatch High

## Wasatch Mental Health

### Alpine School District:

- Aspen Elementary
- Forbes Elementary
- Greenwood Elementary
- Cherry Hill Elementary
- Geneva Elementary
- Riverview Elementary

## Wasatch Mental Health (cont.)

### Alpine School District (cont.):

- Sharon Elementary
- Windsor Elementary
- Lehi Jr. High
- Oak Canyon Jr. High
- Lehi High
- Mountain View High
- Polaris High
- Timpanogos High
- Westmore Elementary
- Lakeridge Jr. High
- Mountain Ridge Jr. High
- Willow Creek Middle
- Lone Peak High
- Orem High
- **Summit High**
- Westlake High

### Nebo School District:

- **Barnett Elementary**
- East Meadows Elementary
- Larsen Elementary
- Rees Elementary
- Salem Elementary
- Diamond Fork Jr. High
- Payson Jr. High
- Spanish Fork Jr. High
- Advanced Learning Center
- Maple Mountain High
- Salem Hills High
- Springville High
- American Leadership Academy
- Brockbank Elementary
- Foothills Elementary
- Mapleton Elementary
- Sage Creek Elementary
- Santaquin Elementary
- Mt. Nebo Jr. High
- Salem Jr. High
- Springville Jr. High
- Landmark High
- Payson High
- Spanish Fork High
- American Prep Academy Secondary

### Provo School District:

- Amelia Earhart Elementary
- Provo Peaks Elementary
- Spring Creek Elementary
- Wasatch Elementary
- Centennial Middle School
- Independence High
- Timpview High
- **Franklin Elementary**
- Provost Elementary
- **Timpanogos Elementary**
- Westridge Elementary
- Dixon Middle School
- Provo High

## Weber Human Services

### Morgan County School District:

- Morgan Elementary
- Morgan High School
- Morgan Middle School

### Ogden School District:

- **Gramercy Elementary**
- **James Madison Elementary**
- New Bridge Elementary
- **T.O. Smith Elementary**
- **Mound Fort Jr. High**
- **Ben Lomond High**
- **Heritage Elementary**
- **Lincoln Elementary**
- **Odyssey Elementary**
- **Highland Jr. High**
- Mount Ogden Jr. High

### Weber School District:

- Burch Creek Elementary
- Riverdale Elementary
- **Roy Elementary**
- **Lakeview Elementary**
- **Roosevelt Elementary**
- **Washington Terrace Elementary**