

**Mental Health Early Intervention Legislative Report  
SFY18**

**Item Name:** Mental Health Early Intervention

**State Fiscal Year:** 2018

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

**Introduction:** During State Fiscal Year 2018 (SFY18), the Division of Substance Abuse and Mental Health (DSAMH) was allocated funding for Mental Health Early Intervention (MHEI) services through State General Funds and through the Utah Department of Workforce Services (DWS) via Temporary Assistance for Needy Families (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.

Investment in mental health promotion, mental illness prevention, and early intervention before symptoms become a disorder offers the best opportunity for positive emotional, physical, and economic outcomes in our children, families, and communities. The Institute of Medicine (IOM) and The Centers for Disease Control and Prevention (CDC) indicate clear windows of opportunity are available to prevent mental, emotional, and behavioral disorders and related problems before they occur. Risk factors are well established, with first symptoms typically preceding a diagnosable disorder by 2 to 4 years. Prevention and early intervention can effectively reduce the development of mental, emotional, and behavioral disorders, improving quality of life and reducing the lifetime cost of treatment..

To address this need and maximize this window of opportunity, 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 children, youth, and families. 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. The plans are submitted and approved by DSAMH prior to the beginning of the State Fiscal Year.

**Implementation:**

Utilizing MHEI funding, all thirteen LMHAs provide School-Based Behavioral Health (SBBH) services and Family Resource Facilitation. Of the five LMHAs with a county population over 125,000, three utilized MHEI to provide 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) partner 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 partner with police, emergency services, emergency rooms, juvenile receiving centers, and crisis and suicide prevention lines. These community-based efforts have helped 8,781 children, youth, and their families in Fiscal Year 2018.

**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 High Fidelity Wraparound; Case Management; Crisis Management Services; and other Consultation Services.

After receiving SBBH 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 SFY18, SBBH services were accessible in some capacity in over 340 schools during the school year.

Of the 342 schools receiving SBBH services, 89 schools were identified as having high rates of Intergenerational Poverty (IGP). Within the 89 schools with high rates of IGP, 742 children and youth were able to receive these services utilizing the funding made available via TANF.

See Appendix A for a list of the all schools in SFY18 that provided SBBH services.

*Family Resource Facilitation with Wraparound to Fidelity*

The Utah Family Coalition (UFC) provides training 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 (e.g. family members, community groups, clergy, etc.) that will help the child and their 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 69 certified FRFs statewide as of the end of SFY18. Family Resource Facilitation and High Fidelity Wraparound is accessible in 26 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 offer a licensed therapist who is available as needed 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 accessible in 4 counties (Salt Lake, Utah, Washington, and Iron). In SFY18 Davis county continued to offer YMCT services but without MHEI funding and on a limited basis.

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. Data collected for SBBH is obtained through the partnerships between LMHAs, LEAs, DSAMH, and USBE. The data continues to be evaluated and collection has improved each year to strengthen outcomes for these services. Additional data specific to FRF services was collected from the UFC FRF database. 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:**

8,781 children, youth, and their families received services through the MHEI and TANF Funding in SFY18. Of those 8,781 children and youth, 2,762 were served through School-Based Behavioral Health with an additional 742 being served in schools with high rates of Intergenerational Poverty, 1,599 were served through the Family Resource Facilitation, and 3,639 were served by YMCTs. While there was a slight decrease of children, youth, and families served in SFY18, it is important to note the YMCT numbers from Davis county were not counted in the totals of children, youth, and families served.

*School-Based Behavioral Health Outcomes:*

The Youth Outcome Questionnaire (YOQ) is a research based outcome measurement tool that has been tested to show validity and reliability with the pilot studies conducted in Utah. The YOQ measures symptoms of mental, emotional, and behavioral distress for youth in treatment versus the community norms and shows a reduction in mental health symptoms. In SFY18, youth receiving services through SBBH lowered their average YOQ scores from 48.98 to 40.02, a reduction in symptoms of 18.28 percent (Table 1). YOQ scores were collected for 2,723 children who received SBBH services. Students are required to receive at least 2 services and YOQ administrations to have a valid score. Children and youth who participate in services for crisis purposes may not reach these qualifications.

Table 1

SFY18 SBBH Reduction in MH Symptoms		
Pre-Treatment Score	Post -Treatment Score	Percent Reduction
48.98	40.02	18.28%

Outcomes also reflect a decrease in Office Disciplinary Referrals (ODR). Referrals are tracked independently per school and information was collected for 1,163 students participating in SBBH

services. Based on the average number of total ODRs per participating schools for children and youth receiving school-based services, there was a reduction in ODRs of 44.86 percent (Table 2).

Table 2

School-Based Outcomes: Reduction in Office Disciplinary Referrals (ODR)			
Average Number of Referrals per Student Pre-Treatment	Average Number of Referrals per Student Post-Treatment	Reduced Number of Referrals per Student	Percent Reduction in Referrals
4.06	2.43	1.63	44.86%

Grade Point Average (GPA) is tracked for youth in Intermediate, Middle, Jr. High & High School. On average, for the 908 students whose GPA was tracked before and after participating in SBBH services, students experienced a 1.13 percent increase in their GPA (Table 3). **This is an average improvement from a C to a C+ GPA.** GPA may be influenced by various factors, however, students participating in these services show no major decreases in academic achievement, with many showing overall improvement.

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
2.52	2.54	.02	1.13%

In SFY18, we collected Dynamic Indicators of Basic Early Literacy Skills (DIBELS) scores for youth in Kindergarten through third grade since they are not given GPAs. Of the 295 students with DIBELS scores who participated in SBBH, they experienced an average 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 Change*	Average Percentage Change
220.94	304.33	83.39	37.74%
<i>*Per student average</i>			

*Family Resource Facilitation Outcomes:*

Family Resource Facilitation helped support 1,599 families in SFY18. 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 SFY13 through SFY18		
Increased Family Stabilization		Percentage Improved
	279 youth were identified as being at risk of an out-of-home placement; of those youth, 186 are no longer are at risk.	67%
	197 youth were in an out-of-home placement when the FRF began working with the family; of those youth, 99 have returned home.	50%
	93 youth were identified as being homeless or at risk of homelessness; of those youth, 61 are no longer homeless or at risk of homelessness.	66%
Increase School Involvement		
	365 youth were identified as not attending school regularly; of those youth, 93 have now either returned to school or successfully graduated.	25%
Decrease in Youth who are in Trouble at School or with the Legal System		
	284 youth were identified as being in legal trouble; of those youth, 171 are no longer in legal trouble.	60%

*Youth Mobile Crisis Team Outcomes:*

Youth Mobile Crisis Teams in Salt Lake, Utah, and Washington Counties responded to 3,639 families for help in SFY18. Youth Mobile Crisis Teams in Davis County responded to 543 families in SFY18 outside of the MHEI funding. 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		
3,639 Unduplicated Callers		
	Calls	Percent of Calls*
Avoided Out of Home Placements	2,65	67.74%
Avoided Legal Involvement ( <i>The child/ youth avoided charges and/or court sanctions</i> )	1,986	54.58%
Received Assistance for Danger to Harm ( <i>At risk of injuring themselves or others</i> )	1,059	29.10%
*Total greater than 100% because there may be more than one outcome per caller		

**Summary:**

The MHEI funding has been available from SFY13 to the present. Over the course of the funding, the number of children, youth, and families who have received one of the three offered programs has continued to increase year over year. School-Based Behavioral Health, FRF services, and YMCTs are each services which have become integral to the service delivery system for children and youth and are valued throughout Utah. Through partnerships at the state and local levels, these services continue to improve and continue to have positive outcomes. Data collection continues to show the value of these services and the impact they make in the lives of children, youth, and their families. DSAMH will continue to work toward strengthening each program, collecting outcomes and data, and ensuring families across Utah are able to access these services which help to keep youth and their families in their communities.



## Appendix A

**Appendix A represents the 342 schools that had school based behavioral health involvement as of the end of SFY18.**

**Bear River Mental Health**

Cache County School District

- Birchcreek Elementary
- Canyon Elementary
- Cedar Ridge Elementary
- Greenville Elementary
- Heritage Elementary
- Lewiston Elementary
- Lincoln Elementary
- Millville Elementary
- Mountainside Elementary
- Nibley Elementary
- North Park Elementary
- Park (White Pine) Elementary
- Providence Elementary
- River Heights Elementary
- Summit Elementary
- Sunrise Elementary
- Wellsville Elementary

Logan City School District

- Ellis Elementary
- Woodruff Elementary

Rich School District

- North Rich Elementary
- South Rich Elementary
- Rich Jr High School
- Rich High School

Box Elder School District

- Discovery Elementary
- Fielding Elementary
- Foothill Elementary
- Garland Elementary
- Lake View Elementary
- North Park Elementary
- Bear River Middle School
- Box Elder Middle School
- Harris Intermediate School
- Young Intermediate School
- Bear River High School

- Box Elder High School

**Central Utah Counseling Center**

Millard School District

- Delta North Elementary
- Fillmore Elementary
- Delta Middle School
- Fillmore Middle School
- Delta High School
- Fillmore High School

North Sanpete School District

- North Sanpete Middle School
- North Sanpete High School
- North Sanpete Alternative High School

South Sanpete School District

- Ephraim Elementary
- Gunnison Elementary
- Manti Elementary
- Ephraim Middle School

Sevier School District

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

Piute County School District

- Circleville Elementary
- Piute High School

## **Davis Behavioral Health**

### Davis School District

- Adelaide Elementary
- Holt Elementary
- Meadowbrook Elementary
- Washington Elementary
- North Davis Junior High School
- Sunset Junior High School
- Clearfield High School
- Davis High School
- Mountain High School
- Syracuse High School

## **Four Corners Behavioral Health**

### Carbon School District

- Helper Middle School
- Mont Harmon Middle School
- Carbon High School
- Lighthouse High School

### Emery County School District

- Castle Dale Elementary
- Cleveland Elementary
- Huntington Elementary
- Canyon View Middle School
- San Rafael Middle School
- Emery High School

### Grand County School District

- Grand County High School
- Grand County Charter School

## **Northeastern Counseling Center**

### Daggett School District

- Manila K-12

### Duchesne County School District

- Union High School

### Uintah School District

- Uintah Middle School
- Vernal Middle School
- Uintah High School
- Ashley Valley Education Center

## **Salt Lake County**

### Salt Lake County School District

- Emerson Elementary
- Mountain View Elementary
- Riley Elementary
- Wasatch Elementary
- Glendale Middle School
- Northwest Middle School
- East High School
- Highland High School
- West High School

### Granite School District

- Safe School Risk Assessment
- Turning Point/Step

### Canyons School District

- Midvale Elementary
- Sandy Elementary
- Midvale Middle School
- Alta High School

### Murray School District

- Horizon Elementary
- Liberty Elementary
- Viewmont Elementary
- Hillcrest Middle School
- Riverview Jr. High School
- Murray High School

### Charter Schools

- Pacific Heritage Academy
- Salt Lake Center for Science Education
- School of the Performing Arts

## **Southwest Behavioral Health Center**

### Iron County School District

- Enoch Elementary
- Iron Springs Elementary
- Three Peaks Elementary
- Canyon View Middle School
- Cedar Middle School
- Cedar High School

### Charter

- Valley Academy

## **Southwest Behavioral Health Center (cont.)**

### Washington County School District

- Coral Canyon Elementary
- East Elementary
- Heritage Elementary
- Horizon Elementary
- Hurricane Elementary
- Panorama Elementary
- Sandstone Elementary
- Santa Clara Elementary

### Charter

- Vista

### Kane County School District

- Big Water Elementary
- Kanab Elementary
- Lake Powell Elementary (Bullfrog)
- Valley Elementary (Orderville)
- Kanab Middle School
- Kanab High School
- Valley High School (Orderville)

### Beaver County School District

- Belknap Elementary
- Milford Elementary
- Minersville Elementary
- Beaver High School
- Milford High School

## **Summit County-Valley Behavioral Health**

### Park City School District

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

### Charter School

- The Learning Academy
- Weilenmann School of Discovery

### North Summit School District

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

### South Summit School District

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

## **Tooele County-Valley Behavioral Health**

### Tooele School District

- Clark and Johnson Jr. High
- Tooele Jr. High
- Stansbury High School
- Tooele High School
- Wendover High School

## **Weber Human Services**

### Ogden School District

- Mount Ogden Jr. High School
- Ben Lomond High School

### Weber School District

- Riverdale Elementary

### Morgan School District

- Morgan Middle School
- Morgan Jr. High School
- Morgan High School

## **Wasatch County Family Clinic**

### Wasatch County School District

- Daniel's Canyon Elementary
- Heber Elementary
- JR Smith Elementary
- Midway Elementary
- Old Mill Elementary
- Rocky Mountain Middle School
- North Campus Alternative High School
- Wasatch High School

## **Wasatch Mental Health**

### Provo School District

- Amelia Earhart Elementary
- Franklin Elementary
- Provo Peaks Elementary
- Rocky Canyon Elementary
- Spring Creek Elementary
- Sunset view Elementary
- Timpanogos Elementary
- Wasatch Elementary
- Westridge Elementary
- Centennial Middle School
- Dixon Middle School
- Provo High School
- Timpview High School

### Alpine School District

- Aspen Elementary
- Barrett Elementary
- Blackridge Elementary
- Central Elementary
- Cherry Hill Elementary
- Foothill Elementary
- Forbes Elementary
- Fox Hollow Elementary
- Greenwood Elementary
- Grovecrest Elementary
- Hidden Hollow Elementary
- Mapleton Elementary
- Meadow Elementary
- Northridge Elementary
- Ridgeline Elementary
- Riverview Elementary
- Rocky Mountain Elementary
- Sharon Elementary
- Shelley Elementary
- Snow Springs Elementary
- Suncrest Elementary
- Traverse Mountain Elementary
- Windsor Elementary
- Timberline Middle School
- Willowcreek Middle School
- American Fork Jr High School
- Lakeridge Jr High School
- Oak Canyon Jr High School
- Orem Jr High School
- American Fork High School

- Lehi High School
- Lone Peak High School
- Mountain View High School
- Pleasant Grove High School
- Polaris High School
- Skyridge High School
- Timpanogos High School
- Westlake High School

### Nebo School District

- Brockbank Elementary
- East Meadows Elementary
- Foothills Elementary
- Hobblecreek Elementary
- Larsen Elementary
- Orchard Hills Elementary
- Sierra Bonita Elementary
- Taylor Elementary
- Diamond Fork Jr High School
- Mapleton Jr High School
- Mount Nebo Jr High School
- Payson Jr High School
- Salem Jr High School
- Spanish Fork Jr High School
- Springville Jr High School
- Landmark High School
- Maple Mountain High School
- Payson High School
- Salem Hills High School
- Spanish Fork High School
- Springville High School

### Charter

- American Heritage
- American Leadership Academy
- Ascent Academy
- Freedom Academy
- Liahona Prep
- Lincoln Academy
- Noah Webster
- Reagan Charter
- Rockwell High
- Spectrum Academy
- Treeside
- Walden School

## Schools identified with high rates of Intergenerational Poverty

### **Bear River Mental Health**

#### Logan City School District

- Bridger Elementary

#### Box Elder School District

- McKinley Elementary
- Mountain View Elementary

### **Central Utah Counseling Center**

#### Millard School District

- Delta South Elementary

#### North Sanpete School District

- Fairview Elementary
- Ft. Green Elementary
- Mt. Pleasant Elementary
- Spring City Elementary

#### Sevier School District

- Ashman Elementary
- Monroe Elementary
- Pahvant Elementary
- Salina Elementary
- North Sevier Middle School
- Cedar Ridge High School

#### Piute County School District

- Oscarson Elementary

### **Davis Behavioral Health**

#### Davis School District

- Lincoln Elementary
- South Clearfield Elementary
- Vae View Elementary
- Wasatch Elementary/Davis County Learning Center

### **Four Corners Behavioral Health**

#### Carbon School District

- Bruin Point Elementary
- Castle Heights Elementary
- Creekview Elementary
- Sally Mauro Elementary
- Wellington Elementary

#### Emery County School District

- Cottonwood Elementary
- Ferron Elementary

#### Grand County School District

- HMK Elementary
- Grand County Middle School

#### Charter School

- Pinnacle Canyon Academy

### **Northeastern Counseling Center**

#### Duchesne County School District

- Centennial Elementary
- Roosevelt Jr. High School

### **Salt Lake County**

#### Salt Lake County School District

- Backman Elementary
- Edison Elementary
- Escalante Elementary
- Franklin Elementary
- Liberty Elementary
- Meadowlark Elementary
- Newman Elementary
- Parkview Elementary
- Rose Park Elementary
- Washington Elementary
- Whittier Elementary
- Horizonte High School

#### Canyons School District

- East Midvale Elementary

## **Salt Lake County (cont.)**

### Murray School District

- Parkside Elementary

## **San Juan Counseling Center**

### San Juan School District

- Montezuma Creek Elementary
- Tse'bi'i'Nidziszgai Elementary
- Albert R. Lyman Middle School
- Monument Valley High School
- Whitehorse High School

## **Southwest Behavioral Health Center**

### Iron County School District

- Cedar East Elementary
- Cedar North Elementary
- Fiddlers Canyon Elementary

### Washington County School District

- Coral Cliffs Elementary
- La Verkin Elementary
- Red Mountain Elementary
- Sunset Elementary
- Washington Elementary

## **Tooele County-Valley Behavioral Health**

### Tooele School District

- Northlake Elementary
- Sterling Elementary

## **Weber Human Services**

### Ogden School District

- Heritage Elementary
- Highland Elementary
- James Madison Elementary
- Lincoln Elementary
- New Bridge Elementary
- Odyssey Elementary
- T.O. Smith Elementary
- Mound Fort Jr. High School

### Weber School District

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

## **Wasatch Mental Health**

### Provo School District

- Independence High School

### Alpine School District

- Geneva Elementary