

A faded background image showing two young women looking at a globe. One woman has long blonde hair and the other has dark hair and glasses. They appear to be in a classroom or library setting.

# Mental Health Program Update

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Dr. Heather Chamberlin

Mental Health Services Coordinator



# Mental Health Trends

- NIMH-25% of kids between 13 and 18 will meet the criterion for an anxiety disorder.
- CA Healthy Kids survey found that:
  - 6% of students in 7<sup>th</sup> grade
  - 9.5% of students in 9<sup>th</sup> grade
  - 13.1% of students in 11<sup>th</sup> grade students missed school due to feeling sad, hopeless, anxious, stressed or angry.
- The CA State Department of Health Services estimates
  - 7.37% of 0-5 year olds
  - 7.15% of 6-11 year olds
  - 7.19% of 12-17 year olds need mental health services in Ventura County
- <http://www.dhcs.ca.gov/provgovpart/Documents/CaliforniaPrevalenceEstimates.pdf>



# Causes of Anxiety

## Internal and External

- Internal causes are genetic predispositions.
- External causes include
  - Family changes
  - Problems with peers
  - Natural disasters
  - Health
  - Grades
  - Performance in sports
  - Being around others who are anxious



# Time Magazine Reports Causes to Anxiety

## Include:

- Post 9-11 generation that is now acutely aware of (and I would say regularly reminded of)
  - Economic and national uncertainty
  - Terrorism
  - School is not always a safe place
  - Climate change



# Cornell Research Findings

## Causes of Anxiety

- Parental micromanaging
- School stress
- \*Constant stimulation that teens cannot get away from and in fact do not want to get away from.
  - Managing social media identities
  - Increased academic demands
  - Increasingly earlier career concerns.



# Anxiety Symptoms

- The latest version of the Diagnostic Manual of Mental Disorders cite 7 types of anxiety disorders with the most common for kids ages 13-18 being:
  - PTSD 4% exposures to an event where grave physical harm or death could have occurred to oneself or to a person who is cared about.
  - Social Phobia 5.5%-persistent, intense fear of being watch, embarrassed or judged by others.
  - Specific Phobia 15%-persistent fear and avoidance of a specific object or situation (heights, spiders, flying, a school subject)



# Program Components

- Assessment of Need
- Protocols and Structures for Responding to Identified Needs
- Intervention Pilots
- Program Monitoring
- Prevention and Training
- Program Evaluation



# Assessment of Need (Ongoing)

- High Schools and Middle Schools
  - Mental Health Coordinator attended administrative council meetings at each site
  - Mental Health Coordinator gathered data from interns
- Elementary Schools
  - Mental Health Coordinator gathered data from Elementary Counselors
  - Mental Health Coordinator gathered data from interns





# Protocols and Structures for Responding to Identified Needs

- Revised Mental Health Manual
  - Incorporates General and Special Education Protocols
  - Updated Mental Health Crisis Protocol
  - Updated Risk Assessment to Include Safety Planning
- Developed System for Monitoring Attendance
- Implemented System for Monitoring Risk Assessments



# Intern Intervention Pilots

- Current Memorandums of Understanding (MOUs)
  - University of Southern California-School of Social Work
  - Cal Lutheran University-Clinical Psychology
  - Cal Lutheran University-Graduate School of Psychology
  - California State University Long Beach-School of Social Work
  - Pacifica Graduate School-Clinical Psychology
  - Community Based Organization-Ohana Project
- Potential Memorandums Of Understanding (MOUs)
  - California State University Channel Islands-School of Social Work
  - University of Laverne-Professional Clinical Counseling Program



# Program

- General Education
  - 10 Interns placed at 8 sites
  - 79 students
  - 2 Small groups focused on grief and loss
- Special Education
  - 4 full time interns and 4 part-time interns
  - 2 licensed clinicians
  - 175 students with special needs
    - 122 students receiving Designated Instructional Services (DIS Counseling per their IEP)
    - 52 Intensive Social Emotional Services (ISES Counseling and Social Work Services per their IEP)
  - 7 Current Assessments for Intensive Social Emotional Services
  - 2 School Psychologist interns serve an additional 75 students in small groups



# Elementary Counselors: Emerging Student Profiles

Concern	11 Schools-217 Students
Aggression	35 (16%)
Anxiety	47 (22%)
Anger Outbursts	38 (18%)
Constant Motion	36 (17%)
Cries Frequently	15 (7%)
Defiance	42 (19%)
Impulsivity	62 (29%)
Inattention	55 (25%)
Peer Problems	112 (52%)
Sadness	34 (16%)
Withdrawn	31 (14%)
Worries	38 (18%)



# Elementary Counselor: Program Interventions

Interventions	11 Schools-217 Students
Assertiveness	22 (1%)
Boundary Setting	31 (14%)
Boundary Respect	53 (24%)
Stress Management	25 (12%)
Cognitive Behavioral Therapy	97 (45%)
Cognitive Awareness	107 (49%)
Cognitive Behavioral Connection	49 (23%)
Emotional Awareness	140 (65%)
Mindfulness	52 (24%)
Breathing Exercises	58 (27%)
Emotional Regulation	132 (61%)
Positive Self Talk	75 (35%)
Communication Skills	116 (53%)
Anger Management	72 (33%)
Positive Reinforcement	65 (30%)
Decision Making	43 (20%)
Social Skills	138 (64%)



# Elementary Intern Program: Emerging Student Profiles

<b>Concern</b>	<b>1 School -17 Students</b>
<b>Aggression</b>	<b>5 (29%)</b>
<b>Anxiety</b>	<b>5 (29%)</b>
<b>Attachment</b>	<b>4 (24%)</b>
<b>Inattention</b>	<b>4 (24%)</b>
<b>Peer Problems</b>	<b>7 (42%)</b>
<b>Sadness</b>	<b>4 (23%)</b>
<b>Worry</b>	<b>5 (29%)</b>



# Elementary Intern: Program Interventions

Intervention	1 School-17 Students
Time Management	3 (18%)
Organizational Skills	6 (35%)
Cognitive Behavioral Connections	3 (18%)
Emotional Awareness	12 (71%)
Mindfulness	7 (41%)
Breathing Exercises	6 (35%)
Emotion Regulation	6 (35%)
Positive Self Talk	2 (6%)
Positive Reinforcement	17 (100%)
Decision Making	3 (18%)
Social Skills	17 (100%)
Communication Skills	8 (47%)
Cognitive Behavioral Therapy	8 (47%)



# Secondary Intern Program: Emerging Student Profiles

Concern	Total-51
Aggression	15 (29%)
Anxiety	28 (55%)
Anger Outbursts	10 (20%)
Constant Motion	3 (6%)
Cries Frequently	5 (10%)
Defiance	5 (10%)
Impulsivity	5 (10%)
Inattention	10 (20%)
Peer Conflicts	8 (16%)
Sadness	24 (47%)
Withdrawn	20 (39%)
Worries	22 (43%)





# Secondary Intern: Program Interventions

Intervention	Total-43
Assertiveness	8 (19%)
Boundary Setting	20 (47%)
Stress Management	11 (25%)
Time Management	11 (25%)
Organization	17 (40%)
Cognitive Behavioral Therapy	18 (42%)
Cognitive Awareness	22 (51%)
Cognitive Behavioral Connection	24 (56%)
Emotional Awareness	29 (67%)
Mindfulness	19 (44%)
Emotion Regulation	28 (65%)
Positive Self-Talk	8 (19%)
Communication Skills	13 (30%)
Anger Management	8 (19%)
Positive Reinforcement	3 (7%)
Decision Making	8 (19%)
Social Skills	2 (5%)



# Training and Prevention

- Current Training
  - Conejo Elementary
  - Westlake Elementary
  - Cypress Elementary
  - Thousand Oaks High School
  - Sycamore Canyon
  - Glenwood Elementary (Comprehensive Pilot in 2017-18)
  - Westlake Hills (Comprehensive Pilot in 2017-18)
- Possibilities in the Future
  - Global Interventions in Elementary Classrooms (Second Step; Mind Up; Superflex)
  - Global Interventions in High Schools (Mental Health; Suicide Prevention)



# Next Steps...

- Continue to Assess Student Needs
- Collaborate With Local Universities to Increase Interns
- Expand and Implement Evidence-Based Interventions
- Implement and Evaluate Pilot Programs on Elementary Sites
- Provide Professional Development and Training
- Evaluate Program and Intervention Efficacy



A grayscale photograph of two young students, a girl with long blonde hair and a boy with glasses, looking at a globe. The girl is pointing at the globe, and the boy is smiling. The background is blurred.

Questions?

*Thank You!*

