

Why Mental Health Services in Schools?

Outcomes for Schools and Students:

Studies report the following outcomes from School Mental Health Services

- A significant decline in disciplinary referrals and police/court contacts
- Increased classroom attentiveness and decreased distractive behaviors
- Significantly less rebellious behavior, less victimization, increased positive peer associations
- Improved grades and fewer special education referrals

Need for NYC Youth Supports:

- 15,261 children under 18 years old are in the Mental Health system
- 12,602 youth participate in outpatient Mental Health clinic treatment
- 200,000 NYC youth, ages 9-17 years old, are living with mental health or substance abuse disorders

School Mental Health Advantage:

- In 1998, Catron, Harris & Weiss reported that 96% of individuals who were referred for school-based counseling followed through, compared only to 13% of individuals referred for community based treated
- Students are substantially more likely to seek help when school-based mental health services are available.
- Only 16 percent of all children receive any mental health services. Of those receiving care, 70–80 percent receive that care in a school setting.

Citations available by request

For more information on this contract or on other Mental Health and Behavioral Services for schools please contact:

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For MTAC ACCESS:

<http://10.2.21.224/mtac/login.aspx>

For Contract Information:

<http://schools.nyc.gov/Offices/DCP/BuyingTools/ProfessionalServices/ContractAbstracts/Default.htm>



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Department of
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New York City
Department of Health and Mental Hygiene
Department of Education

Office of School Health
School Mental Health

**DOE School-Based
Mental Health &
Behavioral Services
Contract**



NYC

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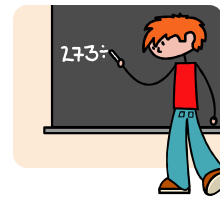
Department of
Education

Basic Info

- The New York City Department of Education (NYCDOE), on behalf of the Office of School Health, is seeking to expand school-based mental health services, crisis intervention services and additional supplemental services to school age children (ages 5-18).
- This **augmentation** will allow existing programs to enhance their capacity or add new sites in school settings.

Program Goals and Objectives are to:

- Provide children in need with high quality mental health services in a school setting.
- Decrease the need for more intensive **services** such as special education, emergency room referrals, hospitalization or out-of-home placement.
- Provide a range of treatment modalities including individual, group and family therapy.
- Offer timely access to mental health services for students in need.
- Training and consultation to all school personnel on the social and emotional needs of students.
- Services will be provided during school hours, and at alternative locations at other times.
- Provide confidential access to services throughout treatment, as to:
 - Keeping School records and Mental Health treatment records separate
 - Ensuring that parents and students use services
 - Increasing school-connectedness and family engagement



Process to Obtain Services:

- Schools seeking mental health services through the **MTAC process** will provide an annual percentage estimate of children eligible through Medicaid and/or third party insurance reimbursements based on prior year of student population.
- The school will then make up the percentage (%) difference through their own budget.
- Principals and vendors may agree to re-set the percentage of students in the school who have Medicaid or 3rd party insurance for clinical services on a yearly basis.
- Principals may also purchase supportive supplementary services to fit the needs of their schools.
- Principals will be responsible for providing a safe and secure space where students can receive clinical services on site.

The New York State Office of Mental Health is committed to working with the NYCDOE to license school based mental health sites.



Service Models Offered to Schools:

Clinical On-site Services: Through state licensing from the Office of Mental Health and Department of Health, these agencies will provide on-site treatment for serious emotionally disturbed students and their families through Medicaid or third-party insurance. These include diagnostic, evaluative and therapeutic services. Individual and family therapy, psychiatric evaluations and crisis interventions are all examples of possible services. In addition to the clinical treatment that will be offered by the agency, the principal can also purchase the following -

Supportive Supplementary Services: These services focus on the whole school through an assessment of the school environment. The interventions augment the clinical services and can include, but are not limited to:

- Bullying programs
- Key School Meetings
- Peer Mediation
- Conflict Resolution
- Promoting Respect for Diversity
- Anger-Management
- Stress Relief and Yoga
- Case Management
- Alternate To Suspension Program
- Consultation and Classroom Observation
- Teacher & Parent Trainings