



# NCSPA

North Carolina School Psychology Association

## House Select Committee on School Safety

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## The Problem:

*Limited supports for students with mental health, behavioral, and substance use problems.*

- × 1 in 5 NC Children have a mental health/substance use disorder.
- × 75 % (277,000 students) of those will NOT receive treatment in the current system.

# Let's Break the Statistics Down:

- ✘ In typical elementary classroom of 25, 5 will have symptoms of a mental health disorder. (Rossen & Cowan, 2015).
- ✘ In a school of 500 students, 100 of the students will have symptoms of a disorder.
- ✘ In a high school of 750 students, it's likely over 100 students will experience some form of mental health need.

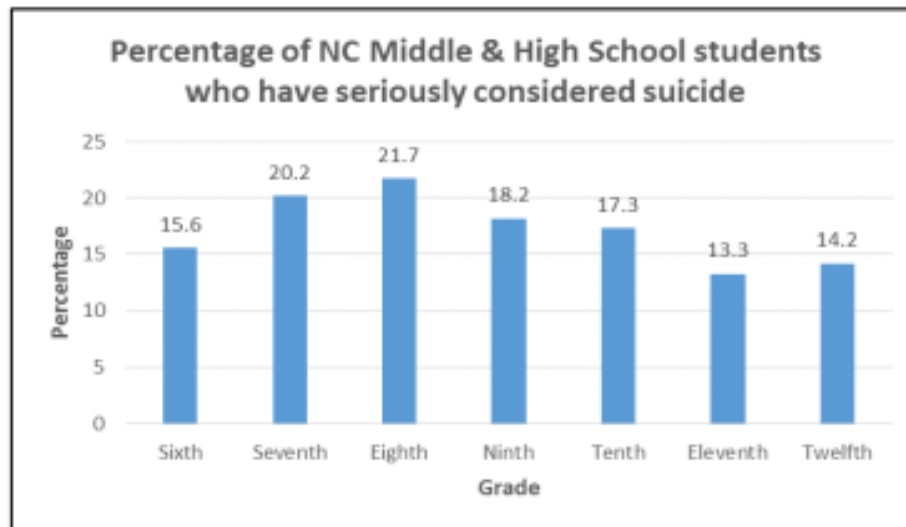
## More Statistics:

- × Suicide in NC was the second leading cause of death among students ages 10-24 and the number has doubled in recent years.
- × HB 285 Suicide Prevention
- ×  $\frac{1}{3}$  of adolescents have a mood or anxiety disorder

# NC DPI Data

Annual Prevalence of Any Mental Health Disorder, Students 8-15 yrs	
United States	North Carolina
13.1%	19%

NC Youth Suicides <sup>8</sup>	Year
23	2010
34	2013
46	2014



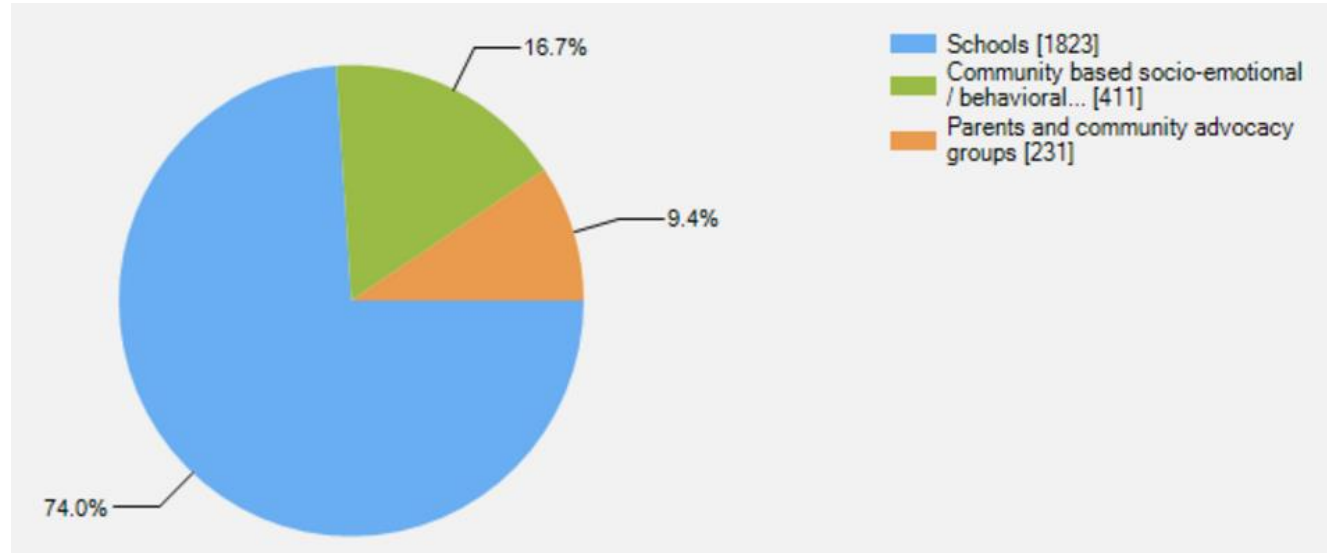
# Bullying Facts:

- × The CDC (2015) reported that 20.2% of students had been bullied on school property.
- × Youth who reported being involved with bullying were more likely to report high-levels of suicide related behavior (suicide, suicide attempts, or suicidal ideation) (CDC, 2014).
- × NC ranks 36th in the nation in the prevalence of mental health disorders and access to care for youth.

# Statewide NC SMHI Survey (2016)

Data below is a statewide environmental scan that was done in January - February 2016 by members of the School-Based Mental Health Initiative (NC SBMHI). 6 face to face focus groups ran across the state.

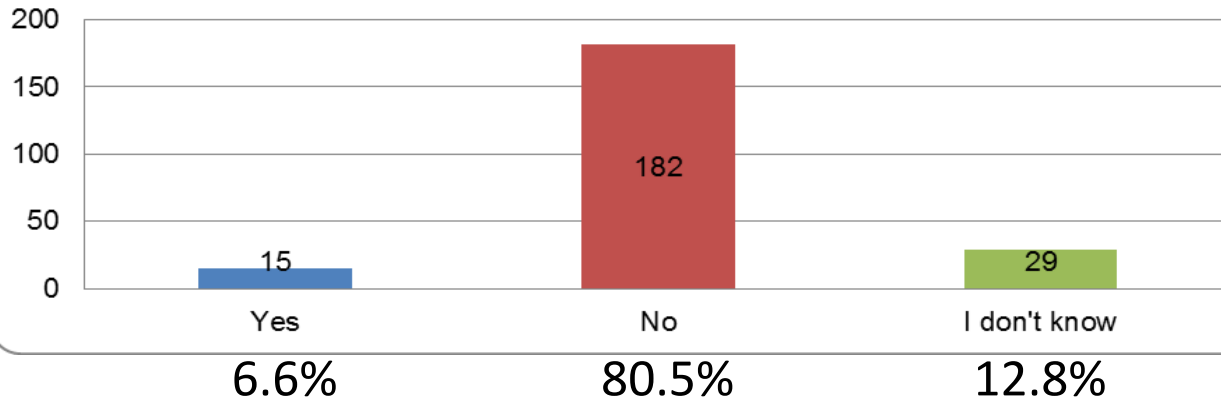
## Respondents (N=2,465)





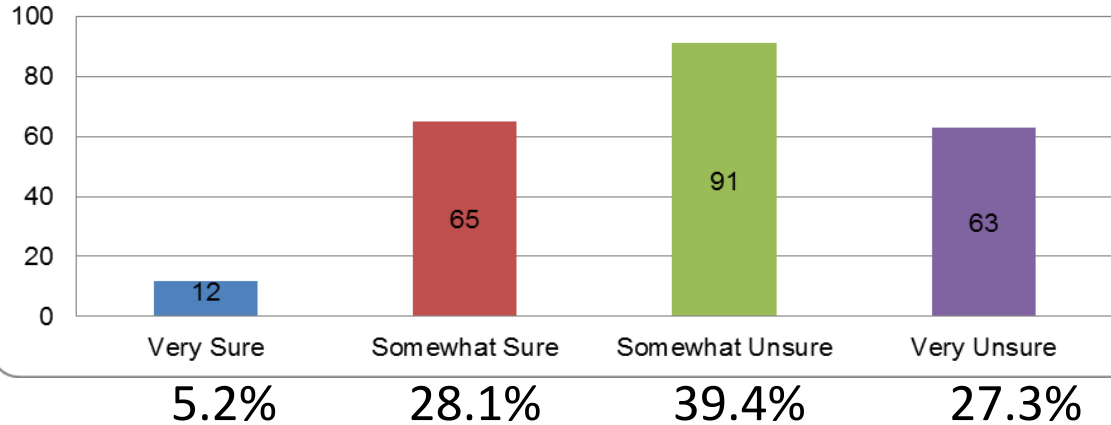
# NC Parents:

**In your opinion, does your child's school have enough people and resources to effectively help students with social and emotional health needs?**



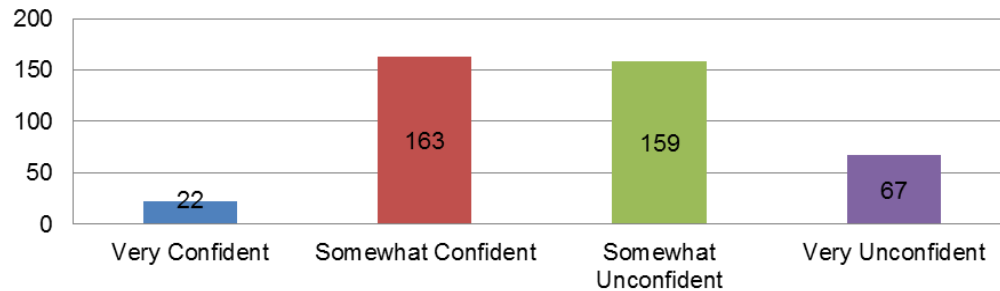
# NC Parents:

**How sure are you that your child's school will get help for a student who needs social and emotional health support?**



# NC Parents:

**How confident are you the public schools in your area can ensure students receive appropriate supports/services for social and emotional well-being?**



5.4%

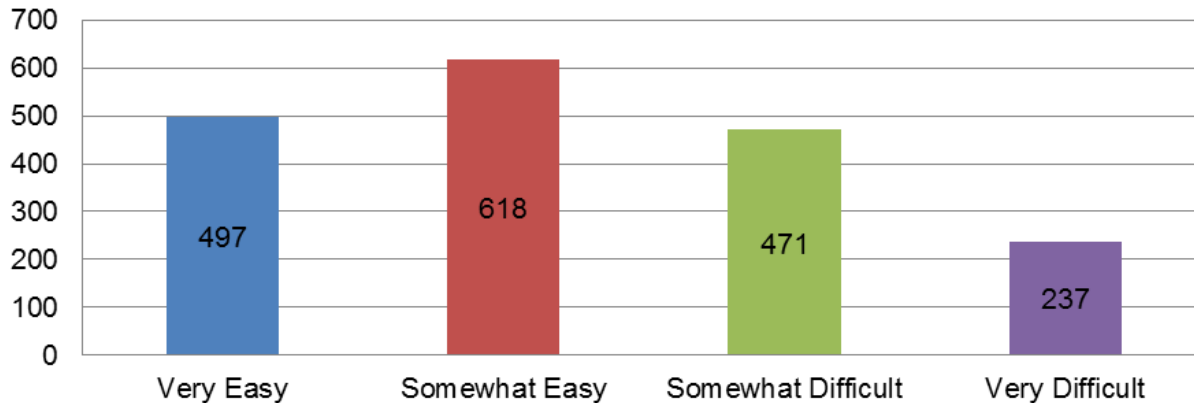
39.7%

38.7%

16.3%

# NC Parents:

**Describe how easy it is for you to access a school psychologist for consultation on a student's social and emotional health needs:**



27.3%

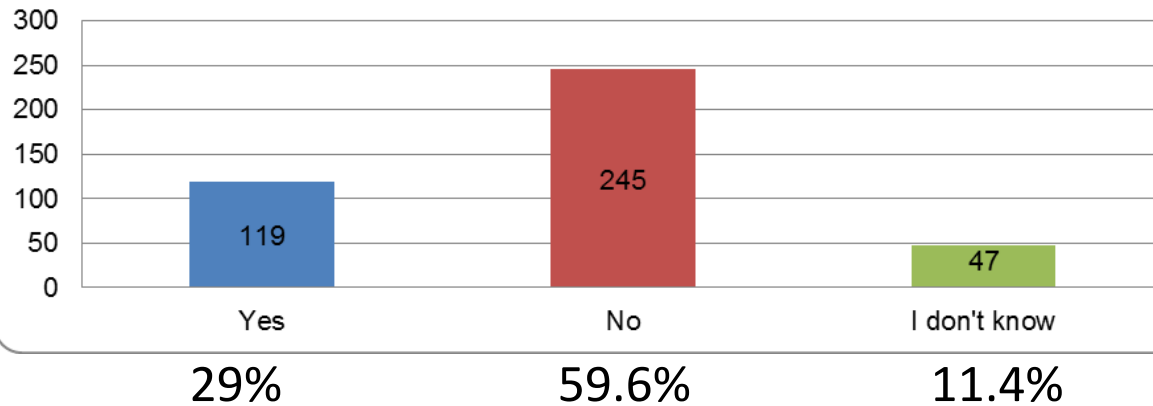
33.9%

25.8%

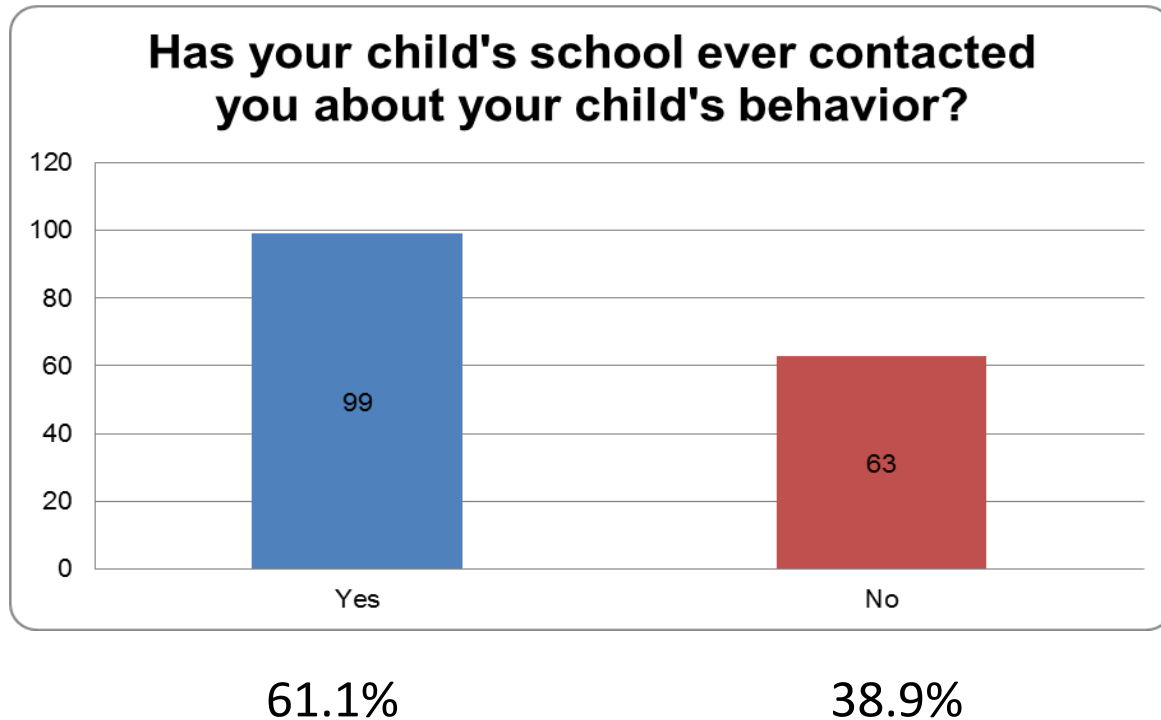
13%

# NC Parents:

**From your perspective, does your agency possess/allocate adequate funding to effectively address the social and emotional health needs of children and youth?**

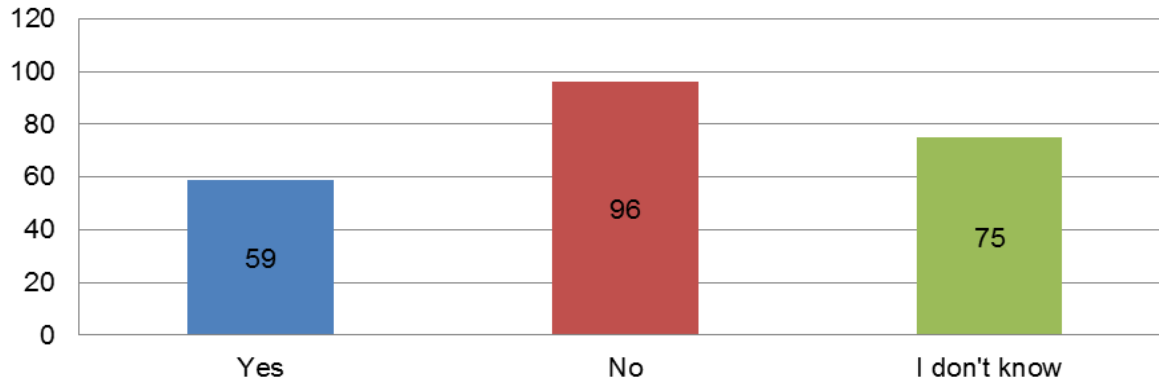


# NC Parents:



# NC Parents:

**Does your child's school offer any programs or services to treat social and emotional health issues (for example, counseling or psychological services?)**



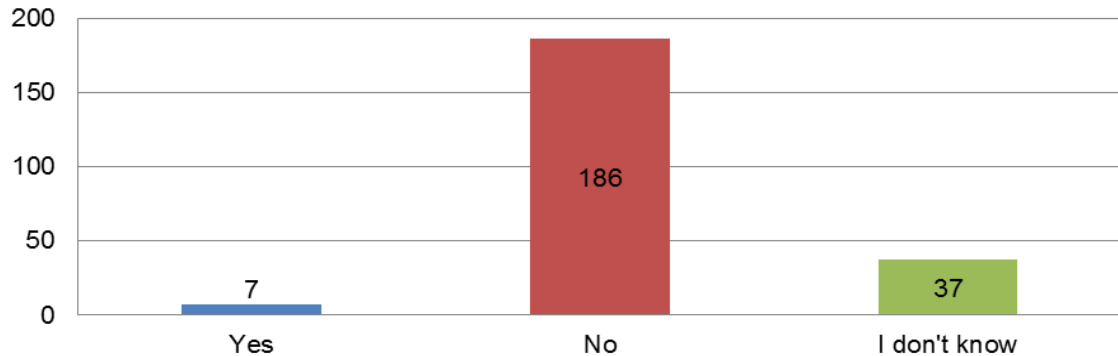
25.7%

41.7%

32.6%

# NC Parents:

**In your opinion, does your child's school have enough funding to effectively help students with social and emotional health needs?**



3%

80.9%

16.1%



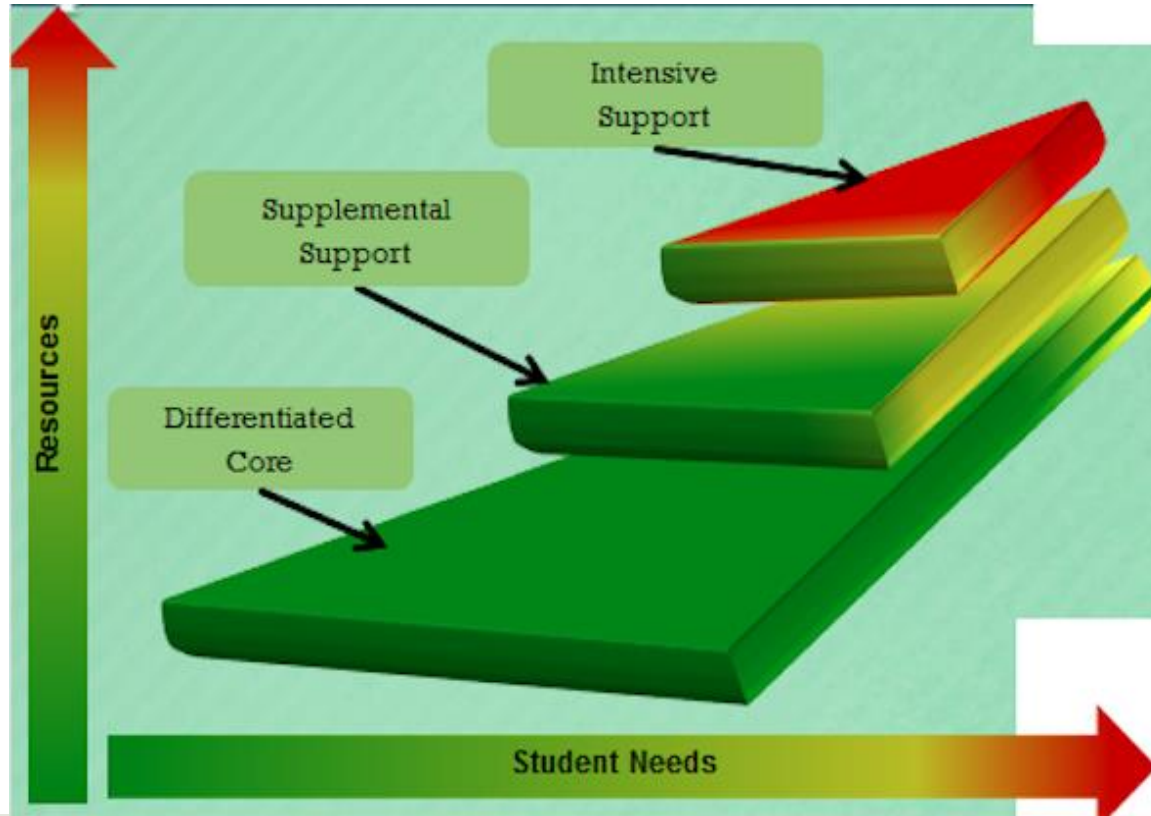
# Solutions:

- × **A balance between physical and psychological safety**
- × Become proactive not reactive
- × Early Universal Prevention and Intervention
- × Promote a trauma-sensitive school environment
- × Resource map your schools and communities

# Multi-Tiered System of Support (MTSS)

- × **Access to a full continuum of mental, behavior, and substance abuse services within the existing MTSS framework in ALL schools**
- × *These services are directly linked to overall positive student achievement, school climate, high school graduation rates, and prevention of behavior and substance use.*

# Multi-Tiered System of Support (MTSS)



## Solutions: School-Based Mental Health Centers

- × Schools have been identified as the natural and best setting for mental health prevention and treatment services.
- × For students with the most intensive needs, the existence of school-based mental health centers are 21 times more likely to be utilized by the students than other types of mental health treatment centers (Melinkovich, & Kaplan, 2003).
- × Alamance-Burlington; Rockingham County

# Solutions

- × Trained multidisciplinary school safety crisis teams.
- × Have threat assessments/suicide risk protocols in place.
- × Provide professional learning for mental health and substance use mandatory for all school staff and school boards.
- × Social and emotional learning - knowledge and skills to understand how to manage emotions, achieve positive goals, feel and show empathy for others, maintain positive relations and make responsible decisions (CASEL, 2017). [casel.org](https://casel.org)

# Schools and Districts Using SHAPE



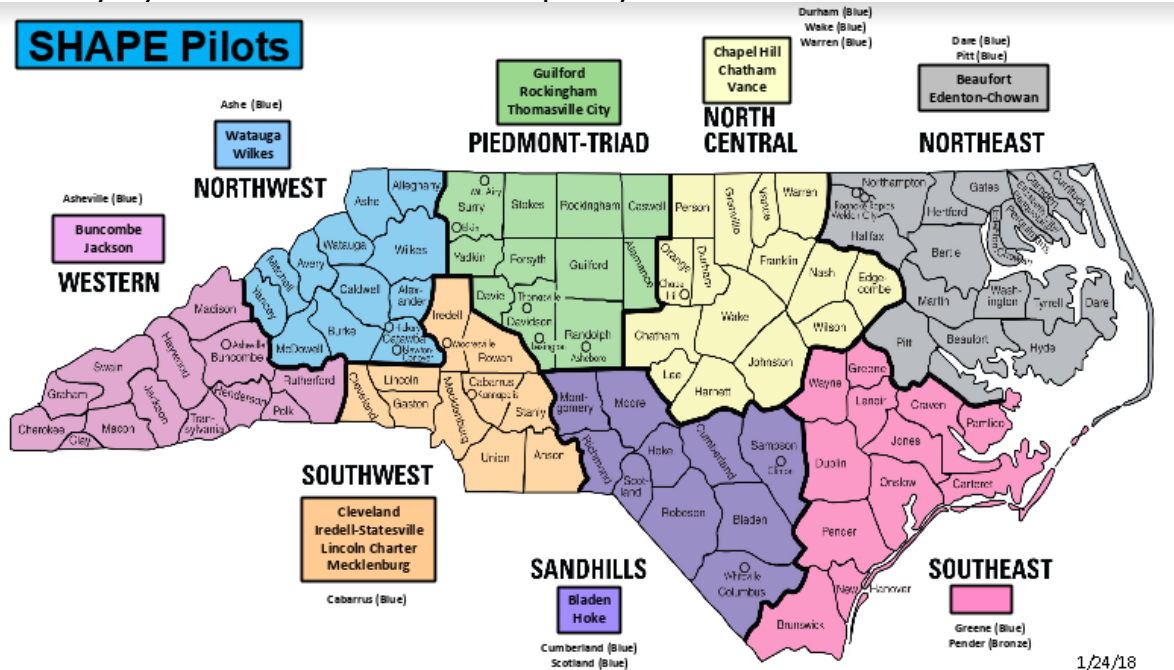
NCSA-SMH States:  
Arkansas  
Connecticut  
Delaware  
Indiana  
North Carolina  
Oklahoma  
Rhode Island  
Texas (Houston)  
Wyoming

Schools and districts in 46 states + Washington DC have started using SHAPE and completed the School Mental Health Census



# 2017-2018 SHAPE

NC LEAs invited to complete School Health Assessment and Performance Evaluations (SHAPE) system. [www.theshapesystem.com](http://www.theshapesystem.com)





# NCSPA

North Carolina School Psychology Association

## What do School Psychologists do?

- × Help families understand their children's learning and mental health needs.
- × Conduct comprehensive evaluations for ALL students referred for academic, behavioral, social/emotional or mental health needs.



# What do School Psychologists do?

- × Provide direct and indirect services to all school staff and parents. (e.g. formal and informal consultation, group and individual counseling).
- × Plan appropriate Individualized Education Programs (IEPs) for students with disabilities.

# What do School Psychologists do?

- × Conduct threat assessment/suicide risk protocols.
- × Assist in training and coordinating multidisciplinary school safety crisis teams.
- × Promote problem-solving, anger management and conflict resolution.
- × Data Management & program evaluation.
- × Support MTSS and PBIS implementation.
- × Prevent bullying and other forms of violence.

# Critical Shortages Across NC



## \*NASP Recommended Staffing Ratio



\*National Association of School Psychologists' recommended staffing ratio for comprehensive service delivery is 1 school psychologist to every 500-700 students. In 2016-2017, North Carolina Public Schools employed 1 school psychologist for every 2100 students.

## North Carolina Staffing Ratio



## Improve NC Staffing Ratio

- Identify steps for aggregate funding
- Consider additional funding sources
- Determine replicable practices