



UR Supporting Our Students

Strengthening Educators' Response to the Mental Health Needs of Teens

Hosted by the Expanded School Mental Health Team at UR Medicine

www.URSOS.org



Welcome From Our Team!



Melissa Heatly, Ph.D.
Project Director
Proj. ECHO Lead



Allison Stiles, Ph.D.
Co-Director
YMHFA Lead



Linda Alpert-Gillis, Ph.D.
Senior Advisor



Corey Nichols-Hadeed, JD
Project Coordinator



Strengthening Educators' Response to the Mental Health Needs of Teens

Monroe County Applications Due 12/10/21

Join us for Info Sessions on 11/3 at 12:00 and 12/3 at 1:00



Expert Training & Case Consultation



www.MentalHealthFirstAid.org

Develop District YMHFA Trainers



Priority Access to Short-Term Interventions



Adolescent Mental Health Tools & Community Resources

Hosted by the Expanded School Mental Health Team at UR Medicine



E-mail Corey Nichols-Hadeed for more information
Corey_Nichols@URMC.Rochester.edu



Background

- 38% of youth reported “emotional difficulties,”
- 14% reported contemplating suicide,
- 7% reported having made attempts
- Nationally, only 20% of youth access the care they need
- **Nationally**, school-employed staff provide 70 – 80% of the necessary BH supports
- **In the Finger Lakes**, Schools are the most common point of entry for child mental health services
- Educators increasingly recognized as ‘frontline’ providers of child and adolescent mental health services

Patterns exacerbated by COVID-19



Strengthening Educators' Response to the Mental Health Needs of Teens

UR-Supporting Our Students

Goal: Enhance the capacity of middle and high school educators within the NY Finger Lakes region to support teens with serious behavioral health needs





Strengthening Educators' Response to the Mental Health Needs of Teens

Monroe County Applications Due 12/10/21

Join us for Info Sessions on 11/3 at 12:00 and 12/3 at 1:00



Expert Training & Case Consultation



www.MentalHealthFirstAid.org

Develop District YMHA Trainers



School-Based Referrals to Urgent Intervention Services



Adolescent Mental Health Tools & Community Resources

Hosted by the Expanded School Mental Health Team at UR Medicine



E-mail Corey Nichols-Hadeed for more information
Corey_Nichols@URMC.Rochester.edu



Anticipated Benefits

- Enhance your district's capacity to recognize, support, & refer youth with MH challenges
 - Disseminate Youth Mental Health First Aid throughout your district and community
 - Access Expert & Peer Consultation regarding teens with complex MH challenges
- Access to a NEW PILOT Urgent Intervention Service referral stream for School MH Professionals
 - Access to Best Practice Tools & Community Resources
 - Access to UR-SOS School Mental Health Toolkit
 - Reduce Isolation, Improve Collegial Support & Foster County-Wide Connections
 - FREE Continuing Education Units for Participating Educators



Project ECHO: Strengthening Educators Response to the Mental Health Needs of Teens

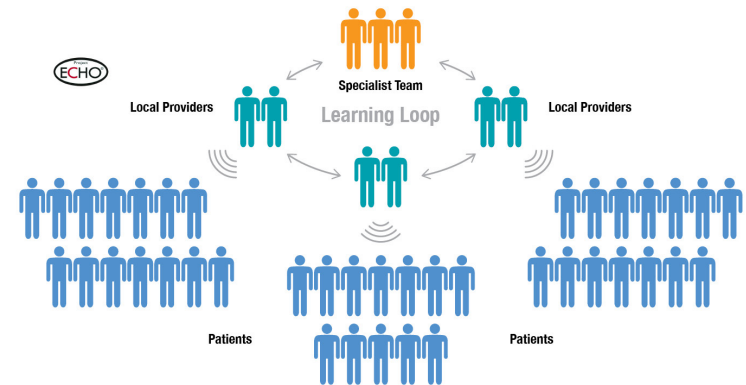


**Expert Training &
Case Consultation**



Project ECHO is a tele-mentoring model used to support case-based learning and provide specialty training for professionals supporting teens with serious mental illness.

Teach All, Learn All Model





Project ECHO: Strengthening Educators Response to the Mental Health Needs of Teens

Bi-Weekly ECHO Topics

- Identifying and Approaching Youth in Distress
- School-Based Safety Planning
- Brief Crisis Intervention & De-Escalation
- Referral to Treatment & Community Resources
- Special issues in Serious Mental Illness



Melissa Heatly, Ph.D.
Project Director
Proj. ECHO Lead



Allison Stiles, Ph.D.
Co-Director
YMHA Lead



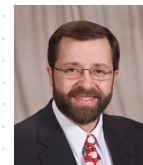
Linda Alpert-Gillis, Ph.D.
Senior Advisor



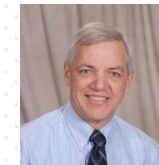
Corey Nichols-Hadeed, JD
Project Coordinator



Anthony Pisani, Ph.D.



Mike Scharf, MD



Jim Wallace, MD

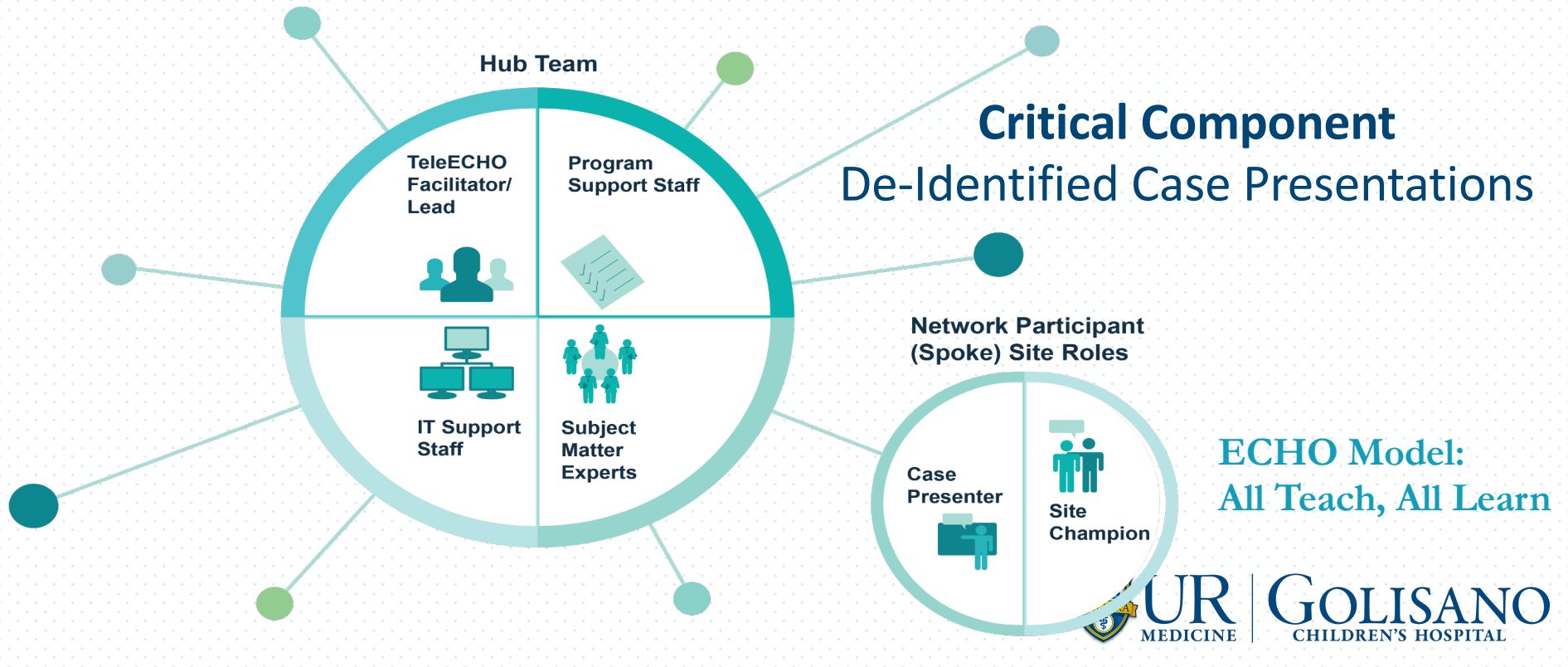


Jerard Johnson
Case Management



NEW YORK STATE
Office of
Mental Health
Monroe County
Youth OMH Partner





Project ECHO: Strengthening Educators Response to the Mental Health Needs of Teens



Regional Experts in Teen MH



Melissa Heatly, Ph.D.
 Project Director
 Proj. ECHO Lead



Allison Stiles, Ph.D.
 Co-Director
 YMHA Lead



Linda Alpert-Gillis, Ph.D.
 Senior Advisor



Corey Nichols-Hadeed, JD
 Project Coordinator



Anthony Pisani, Ph.D.



Mike Scharf, MD



Jim Wallace, MD



Jerard Johnson
 Case Management



Office of Mental Health
 Monroe County Youth OMH Partner

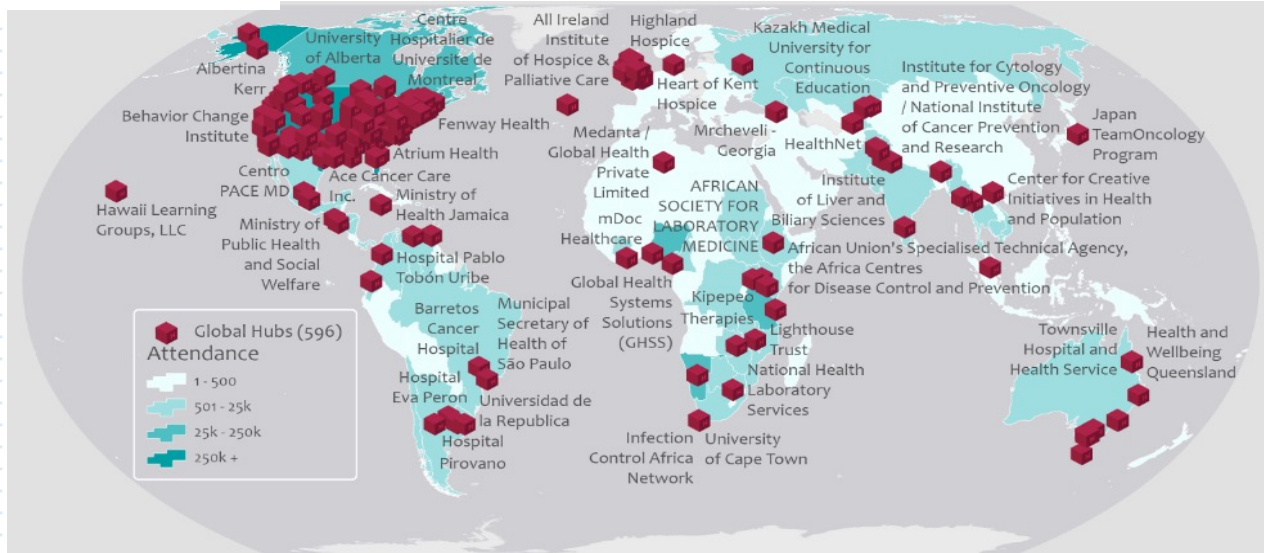
Dedicated School Practitioners

Local Schools, Teens, & Families

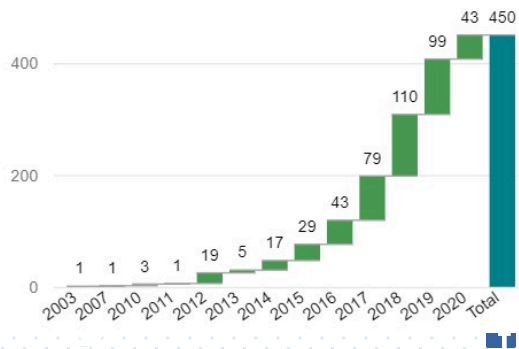




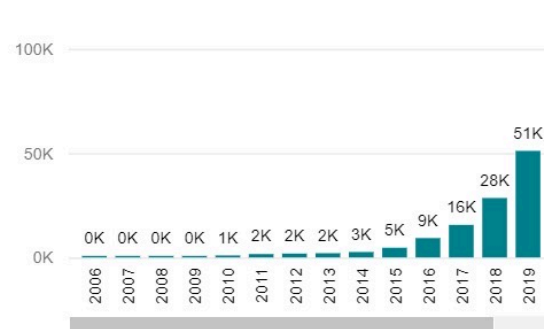
ECHO Movement



Hubs Launched per Year



Learners per Year





Project ECHO: Strengthening Educators Response to the Mental Health Needs of Teens

Responsibilities

Identify a UR-SOS Team

Suggested: Administrators, SMH Staff, Health Professional, Educator

Attend Bi-Weekly UR-SOS ECHO Meetings

Offer at least one case presentation

Provide peer feedback & Share resources

Approximate Time Commitment

**Two 60-minute Meetings per month
= 2 hours/month**



What Do We Get out of ECHO



- Access to communities



- Promote consistency



- Increase professional knowledge
- Free Continuing Education



- Reduce inequalities



- Fast Diffusion



- Reduced Isolation & Improved connection to colleagues



UR
MEDICINE

GOLISANO
CHILDREN'S HOSPITAL



Training of Trainers: Youth Mental Health First Aid



YOUTH
MENTAL
HEALTH
FIRST AID®

www.MentalHealthFirstAid.org



Develop District YMHFA Trainers



YMHFA teaches adults who work with youth the skills needed to **identify, understand, and respond to signs of mental illness and substance use disorders.**

Adults learn how to reach out and **provide initial support** to youth (12-18 years old) who may have a mental health or substance use problem and **connect them** with appropriate care.



What YMHFA Training Covers

- **Common signs of mental health challenges in teens** (e.g., anxiety, depression, eating disorders & ADHD)
- **Common signs of substance use challenges**
- **How to interact** with a child or adolescent in crisis
- **How to connect** the youth with help
- **Expanded content** on trauma, substance use, self-care & the impact of social media and bullying



UR-SOS will offer a FREE YMHFA Training of Trainers class for one of your UR-SOS Team Members

Responsibilities

1) Identify a District YMHFA Trainer

2) Trainer attends 3-Day YMHFA ToT Class

3) Trainer provides 3 YMHFA trainings in your school and community over the 1st year
1 session co-lead with URMCC Partner



School District YMHFA Trainer



Adults Who Work With Youth

Paraprofessionals



Coaches

Teachers & Administrators



Parents

Community Members



School Security & Resource Officers

Effective MH Response for Local Middle & High School Students



What Do We Get out of YMHFA?

Use this crucial turnkey model to increase your school and community's ability to:



1. Be prepared - just as people learn CPR, teach other adults learn how to help students in mental health crises



2. Recognize students' mental health symptoms



3. Support students in need - Youth with mental illnesses often suffer alone, they don't need to



4. Connection with Care – Learn how to link youth with appropriate services





UR-SOS: Tools & Resources



**School-Based Referrals to
Urgent Intervention
Services**



**Adolescent Mental Health
Tools & Community
Resources**



Crisis Intervention Services



Priority Access to Short-Term Intervention

Our goal at PBH&W's Crisis Intervention Services (CIS) is to offer *readily accessible* and *short-term* interventions (*1-6 sessions*) to help with current stressors occurring within a family.

CIS allows families to access short-term crisis interventions quickly – usually within 5 – 10 business days – and consists of a balance between evaluation and intervention. The goal is to identify immediate challenges within the family and determine how to better manage them.

Who is eligible for CIS services?

Youth and families experiencing significant distress related to an identifiable stressor are eligible for our services.

CIS is not appropriate for youth:

- With immediate safety concerns – call 911 or take the child to the nearest emergency room
- Needing same-day evaluations – consider contacting the Mobile Crisis Team at 2-1-1
- Who are already receiving mental health services in the community



Priority Access to Short-Term Intervention

READY Treatment Model

The READY Treatment Model is an outpatient service designed to offer *accessible* and *short-term* evidence-based interventions (*8 – 12 sessions*) for lower-risk youth who are ready to engage in develop skills. READY focuses on rapidly building skills, insight, and support for a child and family, then returning to community-based care.

The READY Program offers:

- Initial assessment and goal identification
- Parent and child psychoeducation on presenting issues
- Child & Parent skill development
- Discharge planning focused on enhancing future skills, safety, and development

Optional Components

- Medication consultation with PCP agreement to prescribe
- Optional Trauma Narrative Component





Adolescent Mental Health Tools & Community Resources

Community Resources

UR Medicine: Pediatric Behavioral Health & Wellness Outpatient Services
Community Resource Manual

Press Ctrl + Left-click once on a blue hyperlink to jump to a section.
Press Ctrl + F to bring up the navigation menu to search the document under the

Browse Results tab or to jump to main headings under the Browse Headings tab:


- Community Resource Guide**
 - Community Mental Health Providers Serving Children and Adolescents
 - Additional Community Mental Health Resources and Supports
 - Home Services for Youth and Families
 - Parenting Education
 - Sexual Abuse Evaluation and Treatment Services
 - Chemical Dependency Services
 - Youth Respite Services
 - CPWSD Developmental Disability Regional Offices (DDRC) and Waiver Providers
 - Homeless Shelters and Transitional Housing
 - Monroe County Area Food Cupboards
- Community Mental Health Providers**
 - Pediatric Behavioral Health & Wellness Handout
 - Community Mental Health Centers
 - Online Provider Supports in Rochester
 - Private Practice List
- Community Chemical Dependency Providers**
 - Addiction Services Overview
 - Conifer Park
 - Rochester Evaluation Brochure
 - Unity Chemical Dependence Outpatient Treatment
 - Westfall Associates Program
- Community Mental Health Acute Providers**
 - CAP-PC
 - Emergency Service Overview
 - Fire Starters Program
 - Monroe County Mobile Crisis Unit
 - Child and Adolescent Partial Hospital Service (CAPHS)
 - CAPHS Brochure
 - CAPHS Program Description
 - CAPHS Banks by Referring Providers
 - CAPHS Referral Form

Best Practice Tools

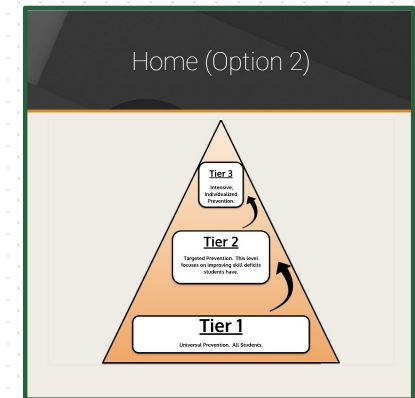
	Past 1 Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk
Always Ask Question 6	Life-time Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>	High Risk

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Any **YES** indicates that someone should seek behavioral healthcare.
However, if the answer to 4, 5 or 6 is **YES**, seek **immediate help**; go to the emergency room, call 1-800-273-8255, text 7411741 or call 911. **STAY WITH THEM** until they can be evaluated.


Download Columbia Protocol app

Regional Exemplars





Strengthening Educators' Response to the Mental Health Needs of Teens

Monroe County Applications Due 12/10/21

Join us for Info Sessions on 11/3 at 12:00 and 12/3 at 1:00



Expert Training & Case Consultation



www.MentalHealthFirstAid.org

Develop District YMHA Trainers



School-Based Referrals to Urgent Intervention Services



Adolescent Mental Health Tools & Community Resources

Hosted by the Expanded School Mental Health Team at UR Medicine



E-mail **Corey Nichols-Hadeed** for more information
Corey_Nichols@URMC.Rochester.edu





Strengthening Educators' Response to the Mental Health Needs of Teens

Anticipated Time Commitment

ECHO Team:

2 Hours/Month for 5 Months (*February through June*)

YMHFA Trainer:

Attend 3-Day YMHFA Training of Trainer (*March*)

Host 3 YMHFA Trainings in Y1 of Training



Anticipated Benefits

- Enhance your district's capacity to recognize, support, & refer youth with MH challenges
 - Disseminate Youth Mental Health First Aid throughout your district and community
 - Access Expert & Peer Consultation regarding teens with complex MH challenges
- Access to a NEW PILOT Urgent Intervention Service referral stream for School MH Professionals
 - Access to Best Practice Tools & Community Resources
 - Access to UR-SOS School Mental Health Toolkit
- **Reduced Isolation, Improved Collegial Support & County-Wide Connections**
 - **FREE Continuing Education Units for Participating Educators**



Strengthening Educators' Response to the Mental Health Needs of Teens

Monroe County Applications Due 12/10/21

Join an Info Session on 11/3 at 12:00 and 12/3 at 1:00

Applications Due 12/10/21

Join an Info Session on 11/3 at 12:00 and 12/3 at 1:00

Find our Web Page: www.ursos.org

Join our Listserv: https://is.gd/UR_SOS





UR Supporting Our Students

Discussion, Q&A

Corey_Nichols@URMC.Rochester.edu



Find our Web Page: www.ursos.org
Join our Listserv: https://is.gd/UR_SOS

