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**UR Supporting Our Students:**

**Strengthening High School Mental Health Staff’s Response to the Mental Health needs of Teens – Ontario County**

**Visit** [**www.ursos.org**](http://www.ursos.org)

***Questions E-mail*** Allison Stiles at Allison\_Stiles@URMC.rochester.edu

The goal of UR-SOS is to enhance the capacity of middle and high school educators within the NY Finger Lakes region to support adolescents with behavioral health needs, including those with serious emotional disturbances. **The UR-SOS team will offer a series of Project ECHO® [Extension for Community Healthcare Outcomes] trainings, an interactive, web-based learning and mentoring program used to support case-based learning, education, and peer support.** In this online learning opportunity, mental health, community experts, and school staff will discuss how to provide support and implement practices to address the mental health needs of students. Participants will be encouraged to present issues, solutions, and specific problems during the sessions and learn from subject matter experts and peer school teams in a teach all, learn all model. **Participating school teams will also be able to access a new school-based referral stream to PBH&W for short-term acute BH intervention by licensed child & adolescent BH providers.**

In addition to SOS Project ECHO®s, the ESMH Team at UR Medicine will partner with Mental Health First Aid USA to offer **a 3-day Youth Mental Health First Aid Training of Trainers for 1 of your ECHO Team Members**. Selected participants will be trained to teach the 8-hour Mental Health First Aid course to others within their school community, giving other adults who work with youth the skills they need to reach out and provide initial support, and help connect to appropriate care. ***Newly certified trainers will be required to teach at least 3 Youth Mental Health First Aid trainings in the first year.***To maintain their certification, trainers should also offer 3 YMHFA trainings each year thereafter (strongly recommended, but not required). See attachment for more information about YMHFA.

**5-Month ECHO**®**s, with FREE Continuing Education**

**Who Would Attend?**

**School-based SOS-ECHO**® **Teams**

Each participating High School convenes an ECHO® Team consisting of School Mental Health Staff, Nurses, Administrators, Teachers, and Parent partner (Max = 8).

*\*CEUs and CTLEs will be offered.*

**URMC SOS-ECHO**® **Hub**

Dr. Melissa Heatly, Ph.D., School Mental Health

Dr. Allison Stiles, Ph.D., Adolescent Mental Health

Jerard Johnson, Community Resource Management

Regional Partner from County Office of Mental Health

*With Monthly Special Guests including. . .*

Dr. Jim Wallace, MD – Supporting Teen MH in School

Dr. Linda Alpert-Gills, Ph.D. – De-Escalation

Dr. Mike Scharf, MD – Youth Crisis Intervention

Dr. Tony Pisani, Ph.D. – Safety Planning

*And others, tailored to your region*

*February through June; Every other Thursday from 11:00 – 12:00*

**February:** Recognizing and Approaching Youth in Distress

**March:** School-Based Safety Planning

**April:** Brief Crisis Intervention & De-Escalation

**May:** Referral to Treatment & Community Resources

**June:** Special issues in Teen Behavioral Health

**Developing Youth Mental Health First Aid Trainers**

**January 18, 19, & 20, 2023: YMHFA** **Training of Trainers**

*(1 participant per school district team)*

**2023 – 2024:**

**Delivery of 3 YMHFA Classes in Your District**

**For more information, please contact:**

Dr. Allison Stiles at Allison\_Stiles@URMC.rochester.edu

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**What is Project ECHO**®**?**

Project ECHO (extension for Community Healthcare Outcomes) is a

Tele0mentoring model. Virtual technology is used to support case-based

learning and provide education. This will assist participants to care for

more people, right where they live.

**Benefits**:

* Participants learn from experts
* Participants learn from each other
* Experts learn from participants as best practices emerge

**Hosted by the Expanded School Mental Health Team at UR Medicine**

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**Ontario County**

## Expected Responsibilities

## Attend Bi-Weekly UR-SOS Meetings for learning topics, case presentations, and peer learning opportunities (All will be held via Zoom). While everybody is invited, we request that *at least two members* of your team attend each meeting

## Case Presentation: Present at least one case for expert & peer consultation at a UR-SOS Project ECHO meeting

## School-Based Urgent Intervention Referral Case Consultation sessions (*optional*), utilized to triage potential referrals to URMC PBH&W’s *READY & START Short-Term Intervention services*

## Identify 1 Youth Mental Health First Aid Trainer for 3-Day YMHFA Training of Trainers; Trainer also attends 1 30-minute Implementation training session/month

## Sponsor 3 YMHFA Trainings in your local school and community in 2022 – 2023.

## Report on Impact by sharing your experience, sharing your system’s progress and outcomes, and completing pre- and post-surveys.

|  |  |  |
| --- | --- | --- |
| **UR-SOS APPROXIMATE TIME COMMITMENT** | | |
| **START-UP ACTIVITIES** | | |
| **Topic** | **Projected Time** | **Who** |
| Welcome & Orientation Webinar (self-study) | January, 1 hour (recorded) | Full UR-SOS Team |
| UR-SOS Pre-Assessment | January, 15 Minutes | Full UR-SOS Team |
| **PROJECT ECHO** | | |
| Attend Bi-Weekly UR-SOS Meetings | 60 minutes every 2 weeks, February – June 2022 | At least 2 members of  UR-SOS Team |
| Present at least one case study for consultation at ECHO meeting |
| *Optional*: Monthly CIS Case Consultation Sessions | *Optional*: 60 minutes/month | *Optional:* At least 1 member of UR-SOS Team, as needed |
| **YOUTH MENAL HEALTH FIRST AID** | | |
| YMHFA Training of Trainer Class | 3-Day Class (Jan 18, 19, 20th) | ONE UR-SOS Team Member |
| Teach 3 YMHFA Classes | 6.5-8 hours/session  Feb 2023 – Jan 2024 | YMHFA Trainer + Trainees |
| Attend Monthly Implementation Training Sessions | 30-minute meeting /month | YMHFA Trainers |
| **SCHOOL-BASED REFERRALS** | | |
| Learn about new School-Based Referral Stream, and How to Make Referrals | 2 Webinars, 2023 | 1-2 UR-SOS Team Members |

|  |  |
| --- | --- |
| **TENTATIVE SCHEDULE OF MAIN PROGRAM EVENTS, SPRING 2022** | |
| **January 2023** | **Preliminary Work:** Welcome & Orientation Webinar – *Pre-recorded self-study* **YMHFA** |
| **Training of Trainers:** 3-DayYouth Mental Health First Aid Training of Trainers (*one team member)* |
| **February 2023** | **Session 1**: Recognizing Youth in Distress + Case Study  **Session 2:** Approaching Youth in Distress + Case Study |
| **March 2023** | **Session 3:** School-Based Safety *Assessment* + Case Study  **Session 4:** School-Based Safety *Planning* + Case Study |
| **April 2023** | **Session 5:** Brief Crisis Intervention + Case Study  **Session 6:** Crisis De-Escalation + Case Study |
| **May 2023** | **Session 7:** Referral to Treatment + Case Study  **Session 8:** Monroe County Community Resources + Case Study |
| **June 2023** | **Session 9:** Special Issues in Serious Mental Illness + Case Study  **Session 10:** Special Issues in Serious Mental Illness + Case Study |

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**UR Supporting Our Students:**

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**Ontario County**

## What are the Requirements for Submission?

## Selection criteria: Approximately 6-7 districts will be selected, with consideration of the following criteria. *(Note that any interested district can also sign up to learn about additional learning opportunities as they become available related to strengthening school mental health systems.)*

## Prioritization will be given to applicants that:

## Indicate readiness to engage and ability to commit to participation

## Designate a multi-disciplinary team (with school and districts roles, multiple racial/ethnic perspectives, and structures for youth and family voice) to support participation

## Indicate central office support for participation in Project ECHO and implementation of YMHFA

## Indicate challenges related to access to clinically, culturally, linguistically, and developmentally appropriate mental and behavioral health services; especially difficult challenges related to equity in access to adolescent behavioral health services; and financial and geographic resources.

## Timeline:

## September 2022 – Applications Released, and 2 optional information sessions offered (zoom)

## September 27, 2022 12-1pm

## October 26, 2022 at 12-1pm

## November 11th, 2022: Applications Due

## November 18th: Participating Districts Selected & Confirmed

## Timeline For Participating Districts:

## January 2023: Orientation Webinar *(Recorded 30-minute orientation)*

* **January 2023:** 3-Day Youth Mental Health First Aid Training of Trainer Class
* **February 2023:** Recognizing and Approaching Youth in Distress
* **March 2023:** School-Based Safety Planning
* **April 2023:** Brief Crisis Intervention & De-Escalation
* **May 2023:** Referral to Treatment & Community Resources
* **June 2023:** Special issues in Serious Mental Illness

## Application Due: November 11th, 2022 (E-mail Corey\_Nichols@URMC.rochester.edu)

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**Ontario County**

**UR Supporting Our Students:**

**Strengthening High School Mental Health Staff’s Response to the Mental Health needs of Teens**

**To Participate, Please Submit the Following Materials by 11/11/22**

## Contact Information

|  |  |
| --- | --- |
| District/School Name | District/School Name |
| Contact Name | First Name Last Name |
| Contact Role/Title | Role/Title |
| Email | Email |
| Phone | 000-000-0000 |

**Please submit a one-page letter of intent from the Team Leader describing:**

* 1. The team’s intention to participate in UR-Supporting Our Students, including. . .
     1. Team participation in twice-monthly Project ECHO in spring of 2023
     2. Commitment to send a representative to 3-day Youth Mental Health First Aid training in January 2023, and resources available to support that trainer in implementing at least 3 YMHFA classes in 2023 - 2024
  2. Strengths and experience that team members bring to the table
  3. What you see as the top challenges and opportunities in your district around supporting teens with serious mental illness

## Please confirm that the superintendent is aware of and supports this application.

### YES *(Please attached signed Letter of Commitment; Template attached).*

### Superintendent Name: First Name Last Name

### Superintendent E-mail: Email

### Grade levels of school(s) you would likely focus on for this effort. Check all that apply.

#### Middle School

#### High School

### Other: Write In

### Not sure yet

**List the Members of your UR-SOS team, including name, title, and E-mail address.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Name** | **Role** | **Phone** | **E-mail** | **Team Lead?**  ***(Check one)*** |
| **Administrator** |  |  |  |  |  |
| **Mental Health Staff** |  |  |  |  |  |
| **Teacher** |  |  |  |  |  |
| **School Health Professional**  ***(e.g., nurse, health educator, community partner)*** |  |  |  |  |  |
| **Parent Representative** |  |  |  |  |  |
| **Other** |  |  |  |  |  |

***Responses should be saved as a pdf file and submitted to Corey\_Nichols@URMC.rochester.edu by December 10th 2021***

**Statement of Commitment**

*Must be completed and signed by District Superintendent and Team Leader*

Our team from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ commits to full and active participation in

*School District*

UR-Supporting Our Students (UR-SOS), including participation at bi-weekly UR-SOS Project ECHO Team Meetings, training of a district-based Youth Mental Health First Aid Trainer, and supporting that trainer in offering 3 YMHFA Trainings in AY 2023 – 2024. We have reviewed the expected responsibilities, and there are no foreseeable barriers to our active engagement in this project. Team members have been notified of their involvement, have agreed to participate in project activities, and will help fulfill team responsibilities.

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Team Lead*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Signature Date*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*District Superintendent Or Executive Director*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Signature Date*