



MENTAL HEALTH: A GUIDE FOR SCHOOL NURSE & HEALTH STAFF

November 3rd, 2021

SCHOOL SAFETY & SOCIAL WELLNESS UNIT

AGENDA & HOUSEKEEPING

1. Introduction from ADE
2. [Touchstone Health Services](#)
3. [Teen Lifeline](#)
4. [ADE Project AWARE](#)
5. Q&A Session



OBJECTIVES

1. Identify common mental health concerns school age children may exhibit in relation to the pandemic
2. List at least three actions school nurses and health staff may take to assist school age children experiencing a mental health concern
3. Identify common barriers to mental health care and actions to help minimize these barriers
4. Recall at least three resources for students and their families available in their community to assist with mental health concerns
5. Recognize Teen Lifeline programs available for their school and how to schedule Teen Lifeline programs at their school



ADE SUPPORT FOR SCHOOL NURSES

School Nursing and Health Services

The ADE School Nursing and Health Services page is designed to optimize student health and learning by advancing the practice of School Nursing in Arizona. The following resources, tools and events are available to support you in your practice.

Welcome to School Nursing in Arizona

Our goal is to provide a supportive foundation that will put School Nurses on the path towards a long, healthy career in the Grand Canyon State.

Follow these helpful tips to get started:

1. Sign up for the [School Nurse Listserv](#) to stay up to date on important information including training and professional development opportunities.
2. Visit the [School Nursing and Health Resources](#) page for resources on nursing procedures, emergency guidelines, COVID-19 and common health issues.
3. Join the virtual [School Nurse \(SN\) HUDDLES](#) to connect with school nurse and health office staff across the state and receive support from ADE.
4. Bookmark this webpage for a quick and easy reference.
5. Smile, and [Contact Us](#) with any questions!



Visit our webpage to access resources, tools and events to support you in your practice.

- News & Announcements
- Training & Professional Development
- Networking & Support
- School Nurse Committees
- Resources Webpage

SPEAKER



**Erica Chavez, MA,
LAC Clinical Director**

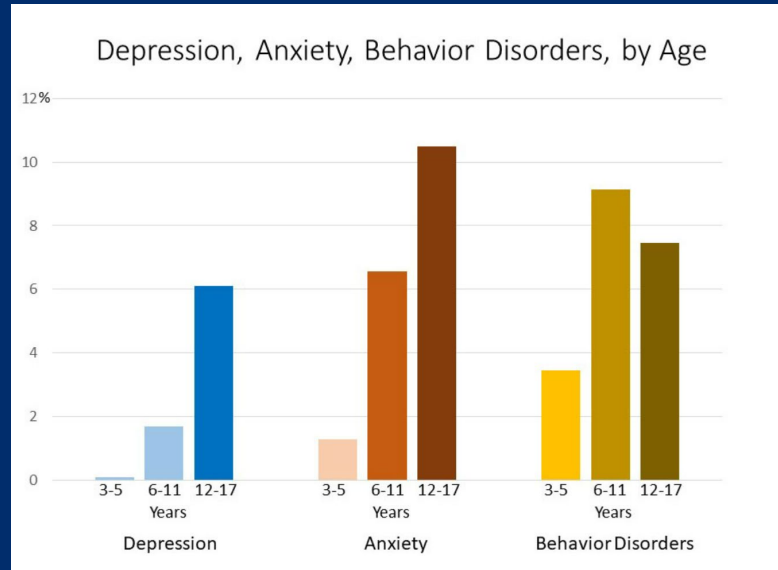
Ms. Chavez has been with Touchstone since 2006 and prior to becoming director, she held a variety of roles including therapeutic counselor, prevention specialist, and manager. She has extensive experience partnering and working in collaboration with schools and communities. Ms. Chavez is an experienced instructor and certified to train in Youth Mental Health First Aid, Body Project, Making Proud Choices, Draw the Line/Respect the Line, Trauma Informed Care/Resiliency trainer and facilitates several other adolescent health promotion curricula. She obtained her Bachelor of Arts in Psychology at Arizona State University, a Master of Arts in Community Counseling through Northern Arizona University and is a Licensed Associate Counselor.



Erica Chavez, MA, BHP, LAC
Prevention, Health Promotion and School Based Services
Director
Touchstone Health Services

Youth Mental Health

- 1 in 5 youth (ages 13-18) will have or have a serious mental illness (NAMI)



Impact of COVID

- Throughout COVID school closures, virtual care, isolation, impact on peer relationships, grief and loss, loss of milestones, family stress and other mitigating factors have impacted youth mental health
- 25% of HS students reported increase in mental health concerns shortly after pandemic began and only a third of them said they had the tools to cope with the stress
- 22% of parents of youth ages 5-12 said their children experienced worsened emotional health
- Elevation of anxiety, stress, depression

Mental Health Concern vs. Typical Experience

- Trying to figure out what is “typical” versus mental health warning signs is a challenge!
- There are three important factors of signs and symptoms to help guide you:
- Severity (or intensity)
- Duration (how long something lasts)
- Impact (is it impacting the person’s life socially, academically, physically, etc.)
- Sudden changes in typical behavior are also a key “red flag”



Physical Health Impact

- Remember for younger youth, physical symptoms may be most understood when truly behavioral health
- Physical health can impact mental health and vice-versa. Connections between the body and mind are important and one cannot be considered without the other!
 - Just like a child will have symptoms when they are sick- a fever, aches, or fatigue- kids will also show symptoms of a mental health disorder.
- Differences between how we treat and think of physical health versus mental health.

Common Signs of Mental Health Concern

Very angry, lack of control over emotions

Excessively worried, anxious

Sleeping too much, too little

Eating too much, eating too little

Loss of interest in activities, hobbies

Isolation

Acting out-hurting other, property

Sadness/Grief for long periods of time

Self Harm

Lack of emotional regulation

Obsessively diet or exercise

Hopelessness

Thoughts of suicide

Substance abuse

Hearing voices

Common Barriers to Mental Health

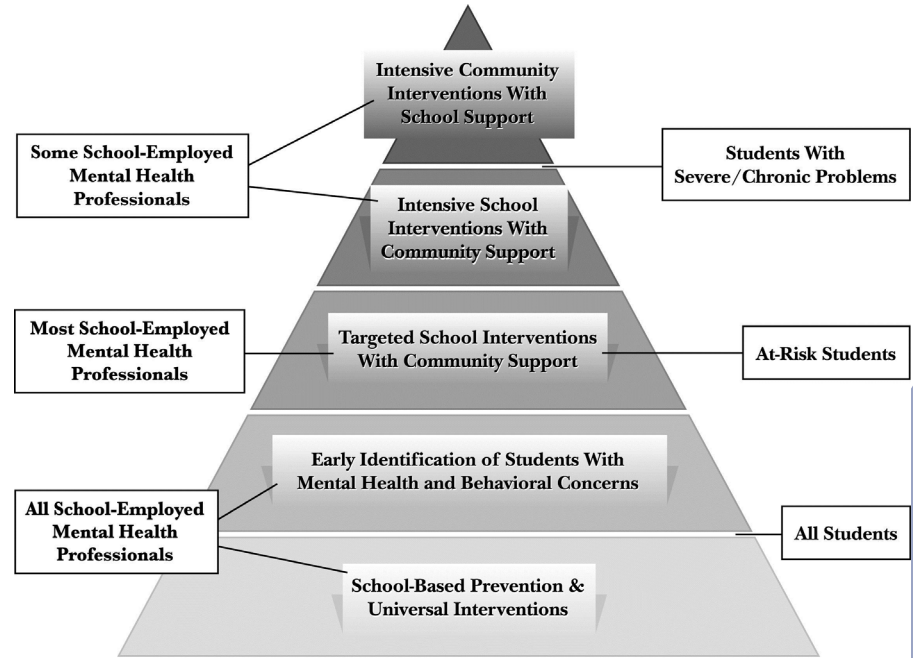
- No access to care
- Do not understand the system/how to get started
- Availability/capacity/wait times
- Unable to make appointments
- **Stigma or lack of understanding**
- Fears (Department of Child Safety (DCS), undocumented)
- Transportation

How Can You Support?

- Create a culture of mental health being as important as physical health, whole health approaches, and positive culture on campus
 - How to frame the language, concern
- Connect with school psychologist, school counselor, school social worker to address mental health as a team approach
- Connect with agencies and organizations to refer or connect with school-based services on your campus

Why School Based Mental Health?

- Mental wellness is crucial to successful life (and academics)
- Only about 40% of youth with behavioral health issues get help for their concerns
 - Of those who are getting help about 66% get services in an educational setting
 - Families are more likely to seek services when provided on a school campus
- Provides a full continuum of services
- Creating and sustaining outcomes and safe schools



The Continuum of School Mental Health Services

Adapted from "Communication Planning and Message Development: Promoting School-Based Mental Health Services" in *Communiqué*, Vol. 35, No. 1. National Association of School Psychologists, 2006.

School-Based Services

- School Based Services (SBS) provides comprehensive behavioral services for youth and their families in the youth's school through a partnership with the school district.
 - Services can also be held in home, at office, telehealth or other location
- The goal is to provide youth help to address behavioral and mental health concerns by bringing together the family and the school in how best to address and support the youth.
- Addresses Tier 3 youth with therapeutic needs
- Reduces barriers to treatment
- Establishes strong partnerships with schools
- Professional development, training and outreach opportunities



Actions Steps

1. Rule out and/or treat physical and observe trends that may indicate a mental health concern
 1. Potential patterns, triggers
 2. Identified plans, interventions
2. Be aware of medications, changes, side effects
3. Trauma Informed Approach
 1. How do you open dialogue
 2. Empathy, compassion, active listening
 3. Warm handovers
 4. Additional training, resources, and education

Sources

- <https://dphhs.mt.gov/schoolhealth/schoolnurse/mentalhealthissues#:~:text=School%20nurses%20serve%20a%20key,especially%20those%20with%20mental%20illness.>
- <https://www.nasn.org/advocacy/professional-practice-documents/position-statements/ps-behavioral-health>
- <https://www.kff.org/coronavirus-covid-19/issue-brief/mental-health-and-substance-use-considerations-among-children-during-the-covid-19-pandemic/#:~:text=anxiety%20and%20depression.-,Adolescents,worsened%20emotional%20and%20cognitive%20health>
- <https://www.cdc.gov/childrensmentalhealth/data.html>

touchstone



health services



school
based
services

Contact Information

- If interested in Touchstone's School Based Services or for any questions regarding the program:
Erica Chavez, MA, LAC, BHP
Director of Prevention and School Based Services
602.571.4835
Erica.Chavez@touchstonebh.org

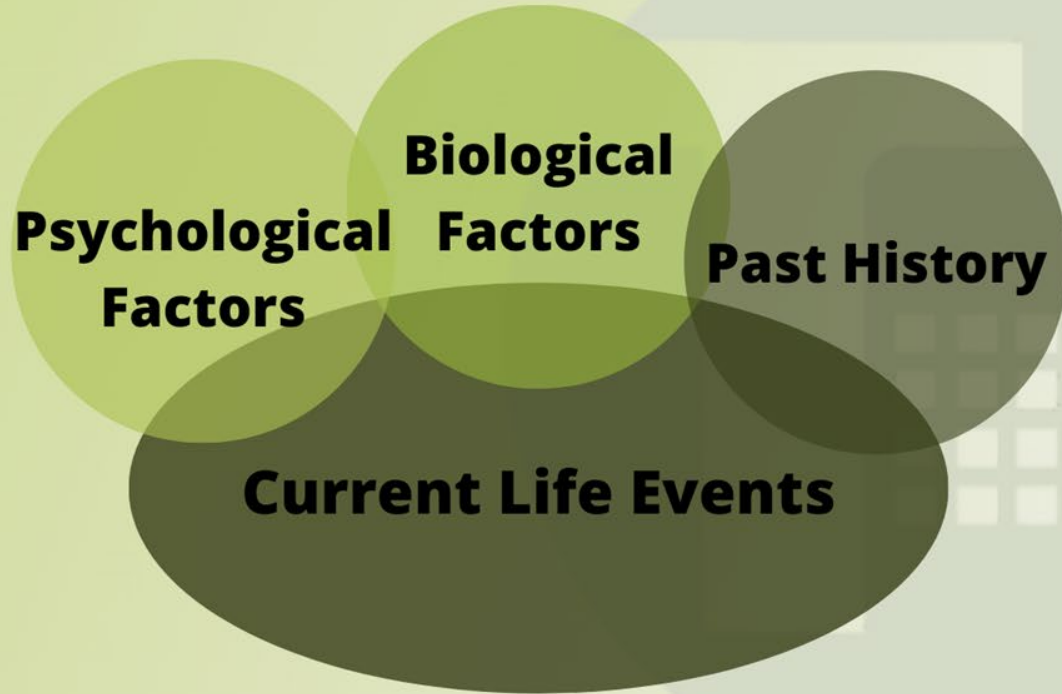
SPEAKER



**Morgan Phillips,
LMSW, MPA**

Morgan Phillips is a licensed social worker and currently serves as the Prevention Lead and as a Hotline Supervisor for Teen Lifeline. She earned Masters Degrees in Social Work and Public Administration from Arizona State University and has worked with a variety of populations in the behavioral health field. Morgan specializes in crisis intervention, suicide prevention, postvention, community education, and adolescent mental health. She is a certified trainer in SafeTALK, ASIST, Youth Mental Health First Aid and More Than Sad.

Risk Factors



**A person thinking
about suicide will have
more than one risk
factor**

Warning Signs

Signs of distress that **invite help**

Anything the person at risk says or does that makes you feel like they may be thinking of suicide

Will be individual, and **signal immediate risk**



Actions

WITHDRAWAL

From school, family, friends, work

ISOLATING FROM FRIENDS OR FAMILY

LOSS OF INTEREST

In hobbies, leisure activities, previously important events/engagements

IMPULSIVE/RECKLESS BEHAVIOR

INCREASED ALCOHOL OR DRUG USE

INTERNET SEARCH HISTORY

Looking for ways to end their life

INCREASED AGGRESSION

Getting into fights

FINAL ARRANGEMENTS

Giving away prized possessions

Saying goodbye

Words

If a person talks about:

- Killing themselves
- Feeling like a burden on others
- Being in unbearable pain
- Feeling trapped
- Feeling helpless or hopeless
- Giving up

**This signals
immediate risk!**

Direct Statements

"I want to kill myself"

"I want to die"

Indirect Statements

"I don't want to be here
anymore"

"I wish I could disappear"

"There is nothing left"

**ALWAYS TAKE THE THREAT
SERIOUSLY**

Feelings

People who are thinking about suicide often express feeling:

Lonely
Numb

Sad

Rage

Anxiety

Irritability
Loss of
Interest



Unexplained
Happiness

Helpless
Hopeless
Desperate

Depressed
Worthless

Humiliation
Guilt

Physical Changes



CHANGE IN
APPEARANCE
+/-



CHANGE IN
APPETITE/
WEIGHT
+/-



CHANGE IN
SLEEP
+/-



PHYSICAL
HEALTH
COMPLAINTS
+/-

How to Talk to Teens

Watch

Actions, physical health, and words for warning signs

Don't wait to act

1

Ask

Be specific about your concerns

Ask the direct question:
"Are you thinking about suicide?"

Take it seriously

2

Listen

Remain calm

Avoid trying to fix it-
There are no magic words and advice is not helpful

Avoid minimizing their feelings- "Everything will be okay"

Validate their feelings and let them know you care

Thank them for having the courage to tell you

3

Get Help

Reassure them that help is available and you are going to help them get it

Include them in the help-seeking process

4

You're not alone. Call: 602-248-TEEN (8336)

Mandated Reporting & The Mitch Warnock Act

Mandated Reporting:

ARS 13-3620: Required to report any action that may cause imminent physical injury

The hand-off:

- Immediate
- Student never left alone
- Introduction is made by staff member
- Administration responsible for next steps

Mitch Warnock Act:

This law mandates that all school staff who interact with students in grades 6 through 12 must receive suicide prevention training at least once every three years.



The Process in Action

Watch

We have noticed that a student has started to **miss assignments** and **not show up to class**.

We know that they talked about their **parents going through a divorce** and we overheard them saying "**all my problems will be gone by tonight.**"

1

Ask

I've noticed that you haven't turned in your assignments and aren't showing up to class lately.

I know your parents are going through a divorce & overheard you talking today and it made me worried. I know when people are going through a lot, sometimes they might be thinking about suicide. **Are you thinking about suicide?**

2

Listen

If they say yes, we want to:

Validate their feelings and let them know you care and that **this is important.**

Ask more about what's been going on.

Remain calm.

Thank them for having the courage to tell you.

3

Get Help

Reassure them that **help is available and you are going to help them get it.**

Include them in the help-seeking process.

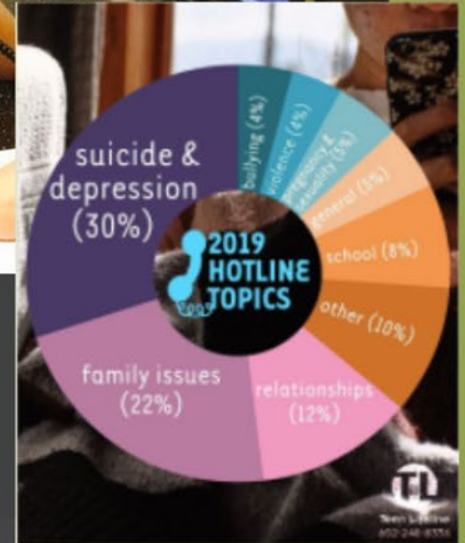
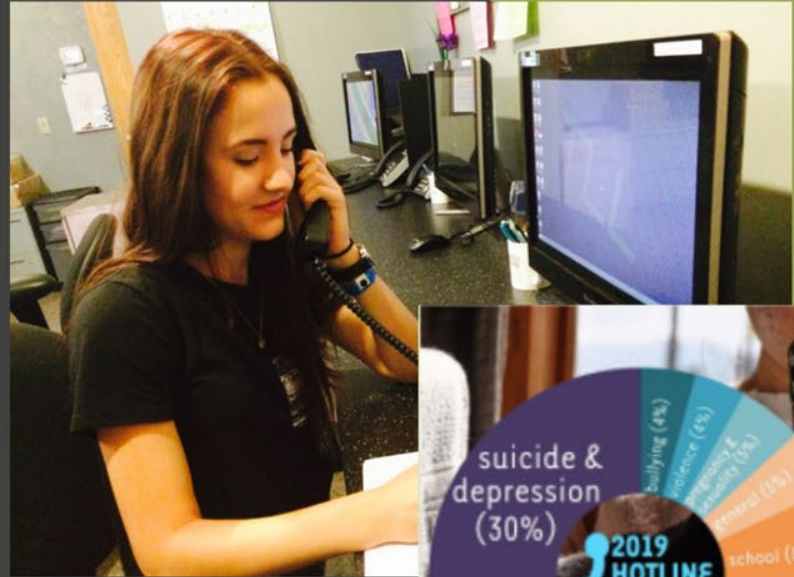
Never promise to keep their thoughts a secret

4

Teen Lifeline's Services: Peer Counseling Hotline

24-Hour Peer Crisis Hotline

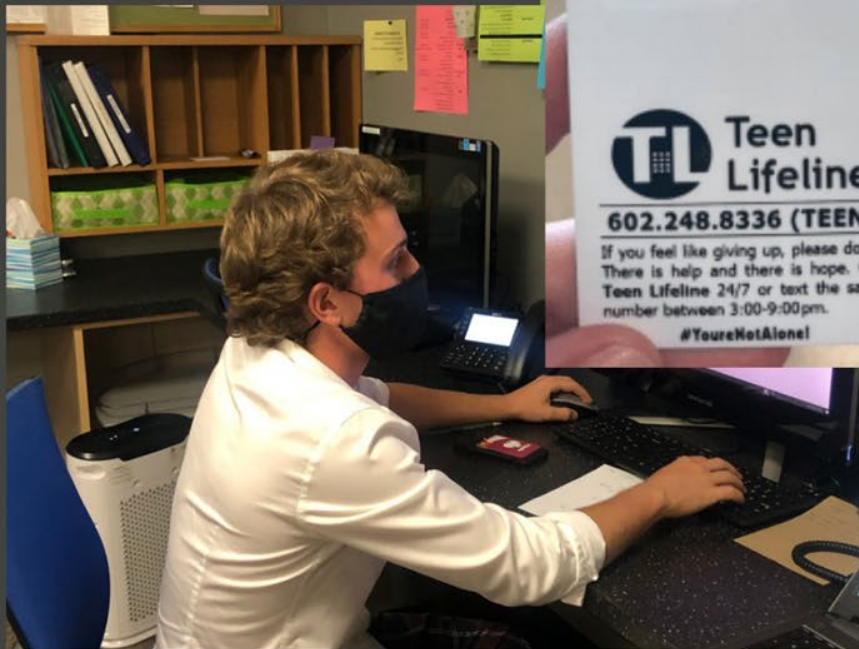
- 365 days per year
 - Texting from 3PM-9PM
 - Contract with Crisis Response Network
- Free, Anonymous, Confidential
- 28,000 calls annually
- Peer to peer philosophy
- Supervised by Masters-level Clinicians
- AAS Accredited



Teen Lifeline's Services: Prevention

Prevention & Outreach Services

- ID Initiative
- Community Education
 - Classroom workshops for students
 - Trainings for adults
 - Mitch Warnock Act compliant trainings
- Postvention Services



Teen Lifeline's Services: Life Skills

Lifeskills

- Volunteer Trainings
 - High school students 15+
 - 72+ hours over three phases
 - Flexible scheduling
- Peer Counselors
 - Answer calls and texts from teens in crisis
 - Train and mentor new trainees
 - Participate in speaking engagements and



QUESTIONS?

Morgan@teenlifeline.org

602-248-8337



FACEBOOK

@TeenLifeline



TWITTER

@602248TEEN



INSTAGRAM

@Teen_Lifeline

Teenlifeline.org

You're not alone. Call: 602-248-TEEN (8336)



SPEAKER



**Michelle Cabanillas,
LMSW**

Michelle Cabanillas graduated in 1999 from ASU with her Master of Social Work with a concentration in Policy, Administration, and Community Practice. She dedicated over twenty years to the service of students, families, and educators in Arizona as a School Social Worker. Michelle is currently the Co-Director of School Safety and Social Wellness at the Arizona Department of Education. She oversees programs that support safety, physical health, and mental health in schools.

ADE/
AHCCCS

Advance

Wellness

And

Resilience

in

Education



3 Goals of the AWARE Grant



GOAL#1: Build and expand capacity at the state and local levels to improve access to mental health services and supports.



GOAL#2: Conduct outreach and training to increase mental health literacy and reduce stigma.



GOAL#3: Connect youth, families, and school staff to mental health services.

<https://www.azed.gov/wellness/projectaware>

Mental Health Referral Policy

Things to consider:

- Who will initiate the referral process
- How will referrals be processed
 - **Internally**
 - **Externally**
- How is this data tracked?



Guidance for:

- Collaborative partnerships
- Model referral, suicide prevention and postvention policies
- Development of comprehensive school mental health teams
- Template for MOUs

School & Behavioral Health Partnerships:

A Resource Guide

Developed by:



PUBLISHED 06/21/2012

Paying for Behavioral Health Services in Arizona



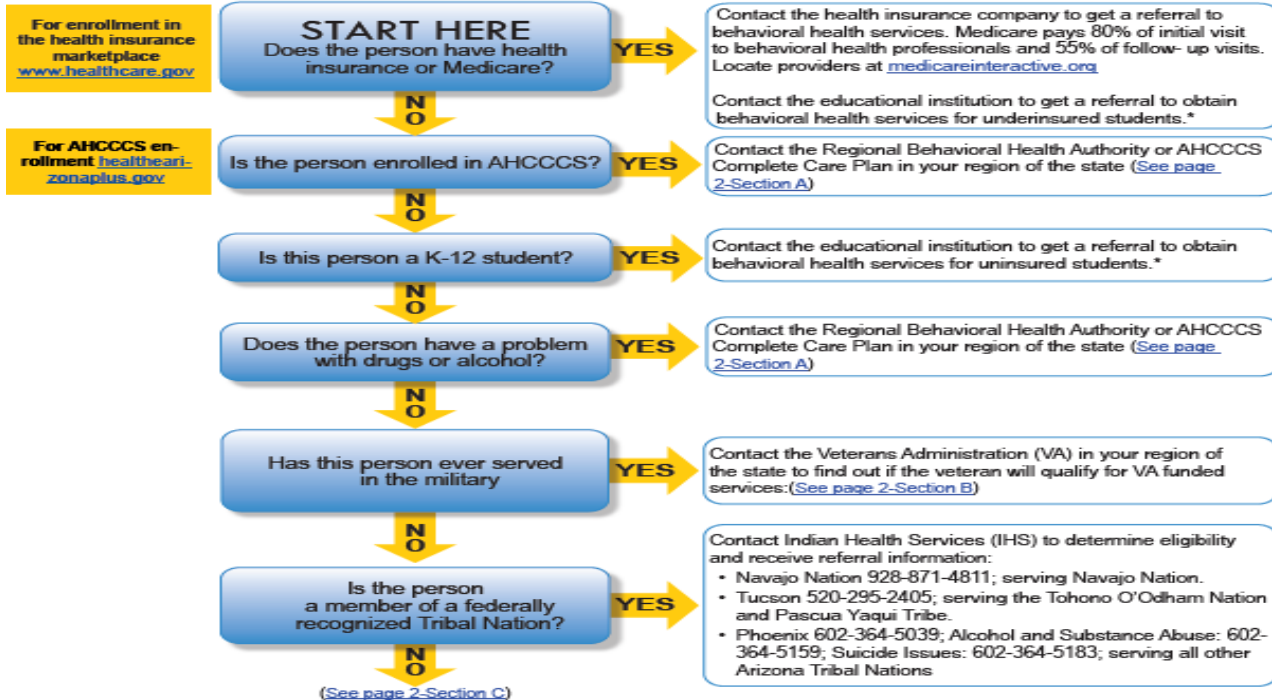
DOES THE INDIVIDUAL APPEAR TO BE AN IMMEDIATE DANGER TO HIS/HER OWN SAFETY OR TO THE SAFETY OF OTHERS?

CALL 911

DOES THE INDIVIDUAL APPEAR TO BE IN NEED OF MENTAL HEALTH ASSISTANCE RIGHT AWAY?

SEE CRISIS SERVICES

Accessing/Paying for Behavioral Health



Children's Behavioral Health Services Fund

(Jake's Law)

- Funds behavioral health services for uninsured and underinsured children who are referred through an educational institution.
- Funding is authorized for services through June 2022.
- Schools that meet the requirements of the law are able to refer students for behavioral health services, regardless of a student's Medicaid eligibility:
 - mental health referral policy in place
 - formal consent process for parents



Jake's Law Providers by Region

| Southern Arizona | Central Arizona | Northern Arizona |
|--|--|--|
| Arizona Complete Health-Complete Care Plan | Mercy Care | Health Choice Arizona |
| Arizona's Children's Association Casa de los Niños Child and Family Services COPE Community Services Horizon Health & Wellness Pathways La Frontera Intermountain | Arizona Youth & Family Services Community Bridges Inc.* Devereux Family Involvement Center* Horizon Health and Wellness Jewish Family & Children's Service LaFrontera-EMPACT-SPC New Hope of Arizona, Inc.* Open Hearts Pathways of AZ Resilient Health Southwest Behavioral & Health Services Southwest Network Terros Health The Resolution Group Inc.* Touchstone Health Services Valle Del Sol | ChangePoint Integrated Health Child and Family Support Services Encompass Health Services Horizon Health & Wellness Little Colorado Behavioral Health Centers Mohave Mental Health Clinic Southwest Behavioral & Health Services Spectrum Healthcare The Guidance Center West Yavapai Guidance Clinic |

National Training and Technical Assistance Center and Arizona State University's Guidance



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Mental Health Considerations & Guidance to Referral Process for Schools in Arizona

What does this document provide?

This document provides step-by-step instructions for educators that have *already identified* a student that needs mental health support from a community-based provider. This document will discuss how an educator will connect students and their caregivers to services, how those services might be funded, and how to proceed with the referral. In the past, educators might have been nervous to connect with outside providers because of their lack of knowledge of rules and regulations, challenges in obtaining services for students, and concerns about payment. Some examples of common mental health services include:

- Psychological evaluations
- Individual or family therapy/counseling
- Behavioral therapy
- Group therapy (anger management, social skills, grief)
- Psychiatric services

We hope this document will provide guidance and insight to educators trying to navigate care

[Mental Health Considerations and Guidance Process for Schools in Arizona](#)

Mitch Warnock Act

In 2019, the Arizona State legislature passed Senate Bill 1468, named after a Tempe teen who died by suicide, mandating all school staff who interact with students in grades 6 through 12 must be trained in an evidence-based, best practice suicide prevention training at least once every three years beginning in 2020-2021.

The Arizona Health Care Cost Containment System (AHCCCS), in coordination with the Arizona Department of Education (ADE), have identified evidence-based prevention training options from which school administrators can choose:

- **Question, Persuade, Refer (QPR)**

- **Applied Suicide Intervention Skills Training (ASIST)**

- **Kognito At-Risk for Educators (available in Spanish)**

- **Youth Mental Health First Aid**

- **Suicide Alertness for Everyone (safeTALK).**

- **ACT on FACTS**

- **More than Sad**

- **Be a Link! Suicide Prevention Gatekeeper Training**

[ADE Suicide Training for Educators](#)

AZ Educator Peer Support Program

- Pairs teachers and administrators in Arizona with a trained peer coach
- Trained Educator Peers are teachers and administrators (in Arizona) just like you.
- Informal and confidential. In fact, you don't even have to submit your full name (first name and last initial only).

www.AZEDUCATOR.org

A photograph of a desk with educational supplies. In the foreground, there is a mesh pencil holder filled with colorful pencils, a stack of three books (blue, yellow, and orange covers), and a red apple. In the background, a chalkboard is visible with faint mathematical equations and diagrams, including $a+b=c$, $a=b$, and a triangle with a circled 'C'.

Don't tough it out alone.

If you are struggling and want to have an informal and confidential conversation with a peer, this is for you.

RESILIENT *Arizona*

CRISIS COUNSELING PROGRAM

Get Connected with
a **FREE** Crisis Counselor



CALL 2-1-1

100% FREE & CONFIDENTIAL · STATEWIDE

www.resilientarizona.org

**Resilient
Arizona:
Available in**

Spanish

and

English

Q&A SESSION

Type your questions in the chat!

Answers to questions that are not addressed today will be sent out following this presentation.





THANK YOU!

Post Survey:

https://asu.co1.qualtrics.com/jfe/form/SV_3Q1nIYYIfxPDNSC

Contact Us:

schoolsafety.socialwellness@azed.gov



Survey QR Code

SCHOOL SAFETY & SOCIAL WELLNESS UNIT

