

# PROJECT AWARE INDIANA

Jess Yoder

Project AWARE Specialist  
IDOE

Bethany Ecklor

School & Community Based  
Programs Director  
DMHA



Division of Mental  
Health and Addiction



*Indiana*  
DEPARTMENT OF  
EDUCATION



@EducateIN

*Working Together for Student Success*

# Project Aware

\$9 Million from SAMHSA  
Fall 2019 - Fall 2024

Avon, Vigo County, Perry Central (LEAs)  
School-Based Mental Health Practices for Replication



Increase **community partnerships** & school-based mental health teams



Develop systems for **early identification** of mental health needs & **interventions** to address them



**Professional development** for educators on SEL, mental health promotion, & mental illness prevention



@EducateIN

Indiana Department of Education



# Project AWARE Timeline

2018

## IDOE Awarded Project AWARE

- Co-coordinator hired at IDOE/DMHA and strategic planning
- IDOE's development of the Social, Emotional, & Behavioral Wellness Team
- Three LEA partnerships secured and full-time coordinators hired
- MOU between IDOE & DMHA

2019

## Partnership Development and Implementation begins

- Release of IDOE's Social and Emotional Learning Competencies
- Other partnerships secured (PLAID Agency, Pacific Institute for Research and Evaluation, Indiana Youth Institute - IYI, SOC's)
- Data collection process finalized (Year 1 Results available)

2020

## Years Two, Three, and Four

- Project AWARE Website launched
- Up to nine additional LEAs will be added to Project AWARE and join a peer-to-peer sharing & learning network
- Comprehensive School-based SEL and Mental Health System Coaching Model created alongside IYI and Butler University

2024

## Final Year of Project AWARE

- Up to twelve demonstrations sites for comprehensive school-based mental health systems will be developed and lessons-learned/ best-practices will be shared with LEAs and CMHCs for statewide replication through IDOE/DMHA communication levers



@EducateIN

Indiana Department of Education





Frequency is a key component in energy—sound, light, and motion. Brain waves' frequency determines our experiences of being, thinking, and perceiving. Actions and habits have the power to impact this frequency—influencing our state of mental well-being. With the right awareness, knowledge, and practical tools—**every individual can empower positive mental health in themselves and others.**

*Change the Frequency* is a rallying cry—a commitment and collective challenge for us all to own our mental health and support others'.



# Goal #1

Increase awareness of mental health issues by developing and expanding school-based mental health infrastructure within partner LEA schools.



Incorporation of mental health and social and emotional learning data/supports in Multi-Tiered Systems of Support



SHAPE Assessment to track high quality and sustainable mental health services



Professional development for CMHCs on MTSS



# Goal 1: Promising Practice

Perry Central Community School Corporation Multi-Tiered System of Supports

Tier 1	Academic	<ul style="list-style-type: none"> <li>Guaranteed and viable curriculum</li> <li>Research-based instructional framework</li> <li>Standardized baseline assessments (iReady, DIBELS) 3 times/year</li> <li>Checks for understanding</li> <li>Formative assessment</li> </ul>
	Social-Emotional	<ul style="list-style-type: none"> <li>SEL curriculum (classroom-based lessons) for PK-12 students</li> <li>Universal screening via Panorama 2 times per year</li> </ul>
	Behavior	<ul style="list-style-type: none"> <li>Conscious Discipline framework for classroom management</li> <li>PBIS framework of expectations</li> <li>PBIS lessons</li> </ul>
Tier 2	Academic	<ul style="list-style-type: none"> <li>Intervention in elementary; WIN in junior-senior high school</li> <li>iReady</li> <li>After-school tutoring in Lights On or CIA</li> <li>8th Period for missing work</li> <li>Progress monitoring</li> </ul>
	Social-emotional	<ul style="list-style-type: none"> <li>Social worker/counselor check-in</li> <li>Social worker/counselor short-term counseling</li> <li>Small group (skills-based) counseling/intervention</li> </ul>
	Behavior	<ul style="list-style-type: none"> <li>Reflection room</li> <li>Restorative Circle</li> <li>Parent contact</li> <li>Lunch detention</li> <li>ISS</li> </ul>
Tier 3	Academic	<ul style="list-style-type: none"> <li>RTI process</li> <li>Tier 3 intervention with special education</li> <li>Summer school and/or state test remediation</li> </ul>
	Social-Emotional	<ul style="list-style-type: none"> <li>Referral for outside counseling</li> <li>Daily check-ins with counselor</li> <li>Skills training in the classroom</li> <li>Wrap Around services</li> <li>CMHI/CMHW</li> </ul>
	Behavior	<ul style="list-style-type: none"> <li>Schedule changes (partial day)</li> <li>Out-of-School Suspension</li> <li>All of the Social-Emotional Tier 3 strategies</li> </ul>

## Perry Central Community School Corporation Multi-Tiered System of Supports



## Goal #2

Increase the capacity of partner schools' staff to employ evidence-based tools and systems of support to detect and respond to mental health issues.



Professional Development  
(Ex: Youth Mental Health  
First-Aid)



Social and Emotional Learning  
Tier-1 support for ALL students





## Social, Emotional, and Behavioral Wellness

Posted: Wed, 01/09/2019 - 1:25pm Updated: Tue, 10/08/2019 - 11:01am

### Overview

According to CASEL®, "Social and Emotional Learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."



### Social, Emotional, and Behavioral Wellness

- [Foster Youth](#)
- [School Psychology](#)
- [School Social Work](#)
- [State and National Organizations Offering Crisis Help and Resources](#)
- [Suicide Prevention and Response](#)
- [Systems of Care](#)
- [IDOE Multi-Tiered System of Supports \(MTSS\)](#)
- [Title IV](#)
- [Indiana School Mental Health Initiative](#)
- [LookUP](#)
- [School Counseling & Guidance](#)
- [Community Resources](#)

Please click on the button below to schedule technical assistance calls with your IDOE staff for social-emotional learning and/or mental health supports

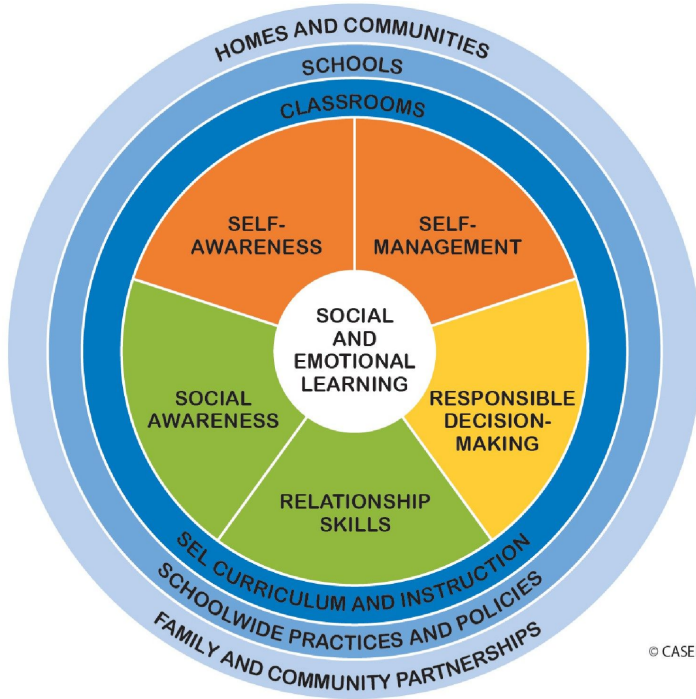


Contact





# CASEL vs. Indiana



© CASEL 2017



Infographic created by Dr. Brandie Oliver, 2018

INDIANA SOCIAL-EMOTIONAL LEARNING COMPETENCIES

Built Upon A Neurodevelopmental Culturally Responsive Framework



## Goal 2: Promising Practice

Vigo County School  
Corporation &  
Hamilton Center

Youth Mental Health  
First Aid Trainings

36 mental health  
professionals trained  
between Sept. 2018-  
Sept. 2019

136 educators trained since  
between Sept. 2018-  
Sept. 2019



# Goal #3

Increase partner schools' early identification of mental health needs and interventions to address them.



Tiered interventions  
for staff to implement  
with identified  
students



Universal Screening



Development of clear  
referral pathways and  
procedures



## Wisconsin School Mental Health Framework

Promoting Relationships, Engagement & Learning

### Linking with Systems of Care

Appropriate Information Sharing  
Continuous Communication Loop  
Supported Navigation through Systems of Care  
Wraparound Support  
Family-Driven & Youth-Guided Planning

### FEW

Counseling & Support Teams  
Safety & Re-entry Plans  
Seamless Referral & Follow-up Processes  
Deepened Collaboration with Youth, Families, & Community Providers

### SOME

Early Identification, Screening, & Progress Monitoring  
Effective Individual & Group Interventions  
Wellness Plans  
Co-Planning Strategies with Students, Families & Community Providers

### ALL

Relationship Building, Resiliency & Rich Social-Emotional Learning  
Trauma Sensitive Practices  
Mental Health & Wellness Education

### Foundation

Integrating School Mental Health  
with Positive Behavioral Interventions & Supports through:

1. Strong Universal Implementation
2. Integrated Leadership Teams
3. Youth-Family-School-Community Collaboration at all Levels
4. Culturally Responsive Evidence Based Practices
5. Data-Based Continuous Improvement
6. Positive School Culture & Climate
7. Staff Mental Health Attitudes, Competencies & Wellness
8. Systemic Professional Development & Implementation
9. Confidentiality & Mental Health Promotion Policies
10. Continuum of Supports

Wisconsin Framework Link:  
<https://dpi.wi.gov/sspw/mental-health/framework>

Indiana School-Based SEL and  
Mental Health Coaching Model,  
coming soon!



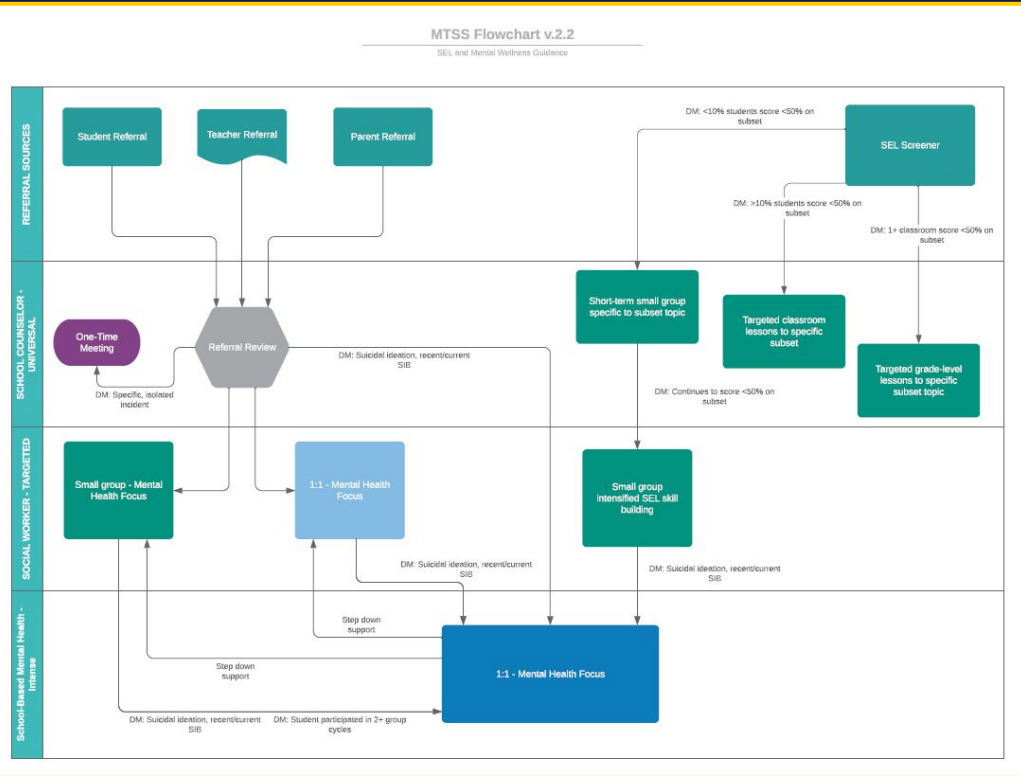
Championing Kids. Strengthening Communities.



Indiana Department of Education



# Goal #3: Promising Practice



Avon  
Community  
School  
Corporation

MTSS, SEL/Mental  
Health Integration &  
Referral Pathway



# Goal #4

Increase student/family access to treatment, wrap-around resources, and services for vulnerable school aged youth, who may have behavioral health issues



Increase the % of students served through the school-based community mental health center (CMHC) or other community provider



Development of a collaborative web page which will serve as a repository for evidence-based practices for mental health



Collaborative initiatives for engaging students and families in addressing identified mental health needs (ex: Bring Change to Mind)



# DMHA School-Based Behavioral Health Programs

Youth and Prevention Team School-Based  
Mental Health and Prevention

- Community Mental Health Centers - school-based services
- School-Based EBP Grants
- IN System of Care and local SOC's
- Partnership with IDOE

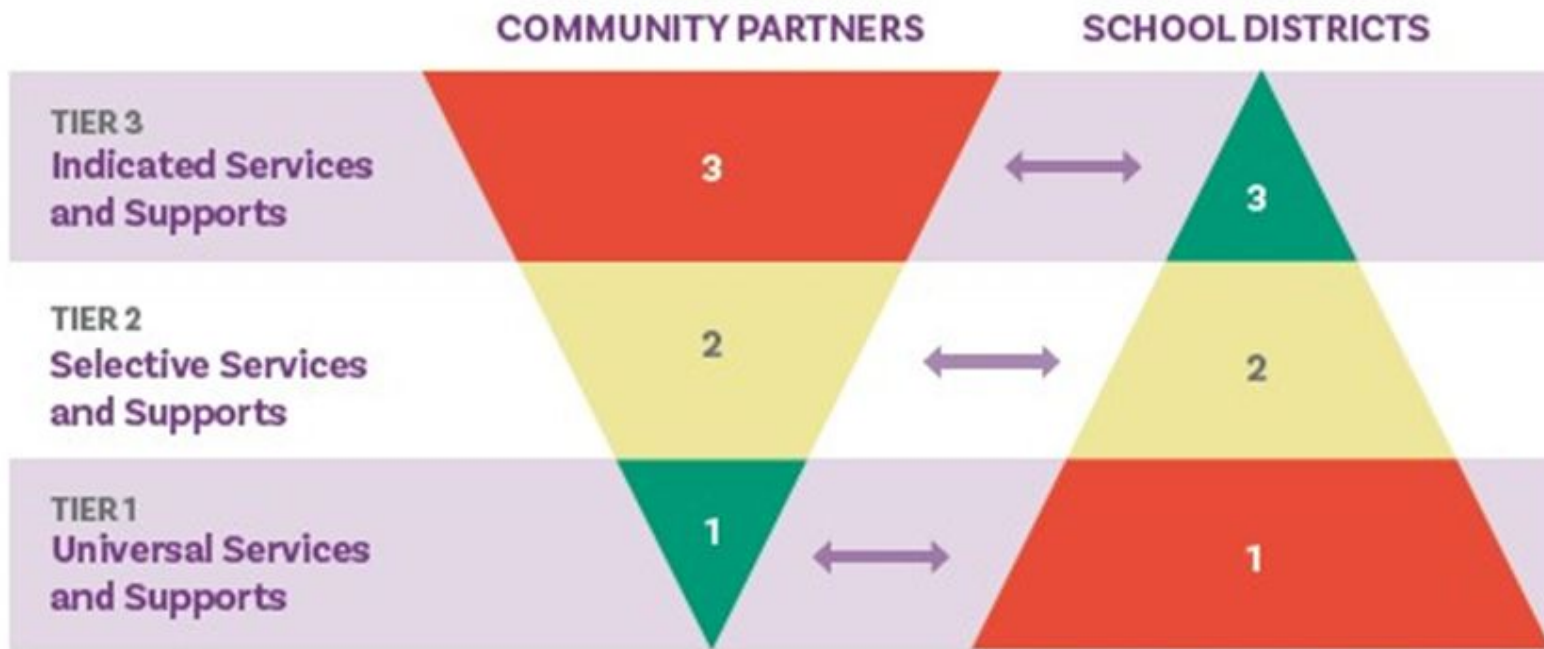


# Community Mental Health Centers (CMHCs) and Project AWARE

- School-district coordinators as point of contact
- Offering mental health awareness trainings
- Establishment of relationship infrastructure
  - Clarified and strengthened referral pathways
  - MOU - not about compensation, but space and processes
  - Identification of provider staff/roles/purpose
- Troubleshooting insurance coverage issues
  - Medicaid eligible students
  - Lapses in coverage
  - Private or commercial insurance
  - Consistency of services







Source: Weist, M. D., Short, K., McDaniel, H., & Bode, A. (2016). *The school mental health international leadership exchange (SMHILE): Working to advance the field through opportunities for global networking.*

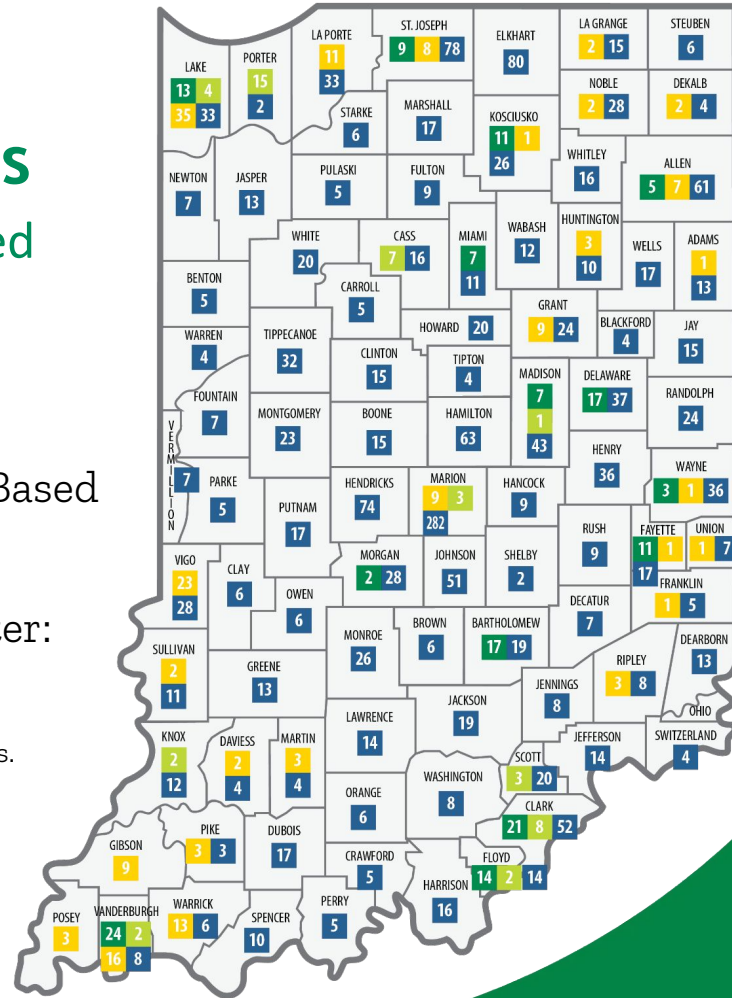
# DMHA School-Based Behavioral Health Programs

## Youth and Prevention Team School-Based Mental Health and Prevention

- Substance Abuse Prevention Block Grant
- Partnership for Success Grant — School-Based
- Child Psychiatric Services Fund
- Certified Community Mental Health Center: School-Based Services

Mental health services in schools reported by CMHCs include alternative, charter, pre-K, public, non-public and private schools.

- 15 Number indicates the number of schools in the county with services





# Our Mission

Communities coming together to support the mental wellness of young people in the interest of building resilience and hope for families.



# Local Systems of Care & Project AWARE Local Sites

## **Perry County**

Regional local SOC Coordinator  
(4 counties)

School Assistant Superintendent  
co-directing local SOC work

Community education on brain health

Small community - provides  
opportunities for outreach to groups the  
school wouldn't usually interact with

## **Hendricks County**

School had been participating in the  
local SOC meetings as well as the  
county mental health coalition

PA Coordinator became key school  
contact for both groups

SOC recently absorbed into mental  
health coalition to increase  
collaboration and reduce duplication  
of priorities



# Project AWARE SOC Grants

- Project AWARE funding released for local SOC sites to to focus on school-based supports
  - Strengthening relationships with schools
  - Decreasing stigma within schools
  - Strengthening referral pathways
  - Cultivating linkages between schools and community mental health providers
- Three (3) local SOC's awarded in Year 1
- Eight (8) local SOC's awarded in Year 2



# Project AWARE

## Local SOC Grant Activities

- School Counselor - Community Provider joint training day and resource fair
- Get Schooled Tour - Presentation at school
- Local SOC Presentations to school staff, marketing materials for school partners
- Trauma-informed trainings for school staff
- Educational neuroscience trainings for school staff
- Collaborative efforts to explore and implement Handle With Care with schools
- Poverty simulation for schools and community partners
- Screening of the film Resilience, materials for sensory boxes for classrooms
- School-worker cafes, self-care kits for students and teachers



# Questions?

[JYoder@doe.in.gov](mailto:JYoder@doe.in.gov)

[Bethany.Ecklor@fssa.IN.gov](mailto:Bethany.Ecklor@fssa.IN.gov)



**Division of Mental  
Health and Addiction**

