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
**Project AWARE Timeline**

**2018**
- 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**
- 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**
- 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**
- 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
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

<table>
<thead>
<tr>
<th>Tier 1</th>
<th>Academic</th>
<th>Social Emotional</th>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Guaranteed and viable curriculum</td>
<td>SEL curriculum (classroom-based lessons) for PK-12 students</td>
<td>Conscious Discipline framework for classroom management</td>
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<tr>
<td></td>
<td>Research-based instructional framework</td>
<td>Universal screening via Panorama 2 times per year</td>
<td>PBIS framework of expectations</td>
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<tr>
<td></td>
<td>Standardized baseline assessments (iReady, DIBELS) 3 times/year</td>
<td>Develop a classroom management plan</td>
<td>PBIS lessons</td>
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<td></td>
<td>Check for understanding</td>
<td>Create a vision and class rules</td>
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<tr>
<td></td>
<td>Formatative assessment</td>
<td>Progress monitoring</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 2</th>
<th>Academic</th>
<th>Social-emotional</th>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intervention in elementary: WIN in junior-senior high school</td>
<td>Social worker/counselor check-in</td>
<td>Reflection room</td>
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<tr>
<td></td>
<td>Ready</td>
<td>Social worker/counselor short-term counseling</td>
<td>Restorative Circle</td>
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<tr>
<td></td>
<td>After-school tutoring in Lights On or CIA</td>
<td>Small group (skills-based) counseling/mediation</td>
<td>Parent contact</td>
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<tr>
<td></td>
<td>3rd Period for missing work</td>
<td></td>
<td>Lunch detention</td>
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<tr>
<td></td>
<td>Progress monitoring</td>
<td></td>
<td>ISS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 3</th>
<th>Academic</th>
<th>Social-Emotional</th>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>RTI process</td>
<td>Referral for outside counseling</td>
<td>Schedule changes (partial day)</td>
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<tr>
<td></td>
<td>Tier 3 intervention with special education</td>
<td>Daily check-ins with counselor</td>
<td>Out-of-School Suspension</td>
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<tr>
<td></td>
<td>Summer school and/or state test remediation</td>
<td>Skills training in the classroom</td>
<td>All of the Social-Emotional Tier 3 strategies</td>
</tr>
</tbody>
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Indiana Department of Education
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
www.doe.in.gov/sebw
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 Framework Link: https://dpi.wi.gov/sspw/mental-health/framework

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

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

<table>
<thead>
<tr>
<th>Perry County</th>
<th>Hendricks County</th>
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<tbody>
<tr>
<td>Regional local SOC Coordinator (4 counties)</td>
<td>School had been participating in the local SOC meetings as well as the county mental health coalition</td>
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<tr>
<td>School Assistant Superintendent co-directing local SOC work</td>
<td>PA Coordinator became key school contact for both groups</td>
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<tr>
<td>Community education on brain health</td>
<td>SOC recently absorbed into mental health coalition to increase collaboration and reduce duplication of priorities</td>
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<td>Small community - provides opportunities for outreach to groups the school wouldn’t usually interact with</td>
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Project AWARE SOC Grants

- Project AWARE funding released for local SOC sites 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 SOCs awarded in Year 1

- Eight (8) local SOCs 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
Bethany.Ecklor@fssa.IN.gov