



**Program #40082 - School Based Mental Health Services** 5/6/2020

**Department:** Health Department **Program Contact:** Tracy Garell  
**Program Offer Type:** Existing Operating Program **Program Offer Stage:** As Proposed  
**Related Programs:** 40080  
**Program Characteristics:** Measure 5 Education

**Executive Summary**

School Based Mental Health is an essential component of the system of care for children and families. Our 26 providers serve over 1,200 children and teens with mental health needs in 38 schools across 6 school districts: Centennial, David Douglas, Gresham Barlow, Reynolds, Parkrose, and Portland Public School Districts. Mental health professionals provide evidence-based treatment in school and Student Health Center settings. Additionally, children, parents, and school staff receive consultation from Mental Health Consultants to assist with mental health needs during education planning to retain students in school and reduce the risk of needing higher levels of care.

**Program Summary**

Locating mental health services in schools is a best practice and Multnomah County has been a leader in the nation by providing this program since 1969. Mental health assessment and treatment services are provided in schools to decrease barriers such as stigma, cost, and transportation. This program reaches youth who are traditionally underserved and have barriers to accessing mental health services. Over 40% of the youth served are children of color. The need for culturally specific/responsive mental health outreach and treatment continues to be a priority. To respond to this need, culturally specific staff make up 50% of our team. Cultural alignment with students increases therapeutic alliance which can assist with addressing mental health concerns, building trust, and improving school attendance. It may ultimately contribute to school completion which is a strong indicator for lifelong economic wellbeing and improved overall health.

School Based Mental Health Consultants provide screening; crisis intervention; mental health assessment; individual, group, and family treatment; and clinical case management. School Based Mental Health Consultants also provide consultation to school staff to optimize educational planning for children with mental health challenges. Some Mental Health Consultants are co-located in Student Health Centers to provide integrated physical and mental health services.

Multnomah County and School Districts recognize that there is a continuum of need from prevention to mental health treatment/support for students and their families. No one partner is prepared or responsible for all the needs that are identified. School Based Mental Health Consultants provided thousands of hours of treatment, prevention, education/consultation, and outreach to students, school staff, and families every school year. Additionally, K-3 Case Managers provide comprehensive case management services to over 170 students/families in grades kindergarten through third grade with a focus on increasing attendance and reducing emotional/behavioral issues that interfere with educational success.

**Performance Measures**

| Measure Type | Primary Measure  | FY19 Actual | FY20 Budgeted | FY20 Estimate | FY21 Offer |
|--------------|--|-------------|---------------|---------------|------------|
| Output       | Total unduplicated youth referred to SBMH for assessment and/or treatment services                                   | 1,212       | 1,300         | 1,300         | 1,300      |
| Outcome      | ACORN Distribution of Patient Change Rate reported by client/student as their perception of improvement <sup>1</sup> | 54%         | 65%           | 53%           | 65%        |
| Output       | Total unduplicated K-3 youth/families who received case management services  | 171         | -             | 192           | 190        |

**Performance Measures Descriptions**

<sup>1</sup> Client reported outcomes are accepted as more valid as the person receiving services is reporting changes through a global distress scale measure reported over the course of treatment. The percentage is the number of clients reporting significantly improved or somewhat improved.

## Legal / Contractual Obligation

Revenue contracts with school districts.

Oregon Health Authority, Intergovernmental Agreement for the Financing of Community Additions and Mental Health Services.

## Revenue/Expense Detail

|                        | Adopted<br>General Fund | Adopted<br>Other Funds | Proposed<br>General Fund | Proposed<br>Other Funds |
|------------------------|-------------------------|------------------------|--------------------------|-------------------------|
| Program Expenses       | 2020                    | 2020                   | 2021                     | 2021                    |
| Personnel              | \$1,468,827             | \$1,835,071            | \$1,580,353              | \$1,728,894             |
| Materials & Supplies   | \$14,194                | \$5,071                | \$22,216                 | \$6,771                 |
| Internal Services      | \$178,233               | \$383,600              | \$282,984                | \$381,101               |
| <b>Total GF/non-GF</b> | <b>\$1,661,254</b>      | <b>\$2,223,742</b>     | <b>\$1,885,553</b>       | <b>\$2,116,766</b>      |
| <b>Program Total:</b>  | <b>\$3,884,996</b>      |                        | <b>\$4,002,319</b>       |                         |
| <b>Program FTE</b>     | 11.35                   | 14.03                  | 11.88                    | 12.64                   |

| Program Revenues          |                  |                    |                  |                    |
|---------------------------|------------------|--------------------|------------------|--------------------|
| Intergovernmental         | \$0              | \$1,359,797        | \$0              | \$1,267,133        |
| Beginning Working Capital | \$0              | \$409,232          | \$0              | \$399,633          |
| Service Charges           | \$155,885        | \$454,713          | \$360,000        | \$450,000          |
| <b>Total Revenue</b>      | <b>\$155,885</b> | <b>\$2,223,742</b> | <b>\$360,000</b> | <b>\$2,116,766</b> |

## Explanation of Revenues

This program generates \$53,390 in indirect revenues.

\$ 360,000 - Federally Qualified Health Center Medicaid Wraparound payments

\$ 52,407 - Health Share of Oregon (Medicaid) Beginning Working Capital

\$ 110,000 - Local Public Health Agency IGA with State of Oregon for School Based Clinics

\$ 22,500 - Parkrose School District

\$ 75,000 - Centennial School District

\$ 450,000 - Fee for Service Insurance Receipts

\$ 177,000 - Portland Public Schools

\$ 882,633 - State Mental Health Grant: MHS 20 Non-Residential Mental Health Services based on 2019-2021 IGA with State of Oregon

\$ 347,226 - Beginning Working Capital

## Significant Program Changes

**Last Year this program was:** FY 2020: 40082-20 School Based Mental Health Services

In this year's program offer, we are including information about our K-3 case management services.