

**Program #40082 - School Based Mental Health Services**

FY 2026 Proposed

**Department:** Health Department**Program Contact:** Yolanda Gonzalez**Program Offer Type:** Operating**Program Offer Stage:** Proposed**Related Programs:****Program Characteristics:****Program Description**

School Based Mental Health (SBMH) is an essential component of the ecosystem of care for children and families provided in school settings. Our clinicians serve children and teens with mental health needs in elementary, middle and high schools across multiple districts in Multnomah County. SBMH mental health professionals provide evidence-based treatment, utilizing an anti-racist equity lens, in school and Student Health Center settings and via telehealth.

Since 1969, Multnomah County has been a leader in the nation in providing access to mental health services in schools. Mental health assessment and treatment services provided in schools decrease barriers such as stigma, cost, and transportation. This program reaches youth who are traditionally underserved and have barriers to accessing mental health services. Providing culturally specific mental health outreach and treatment continues to be a priority. Roughly half of the youth served are youth of color served by a diverse staff that represent the communities they serve. Cultural alignment with students increases therapeutic alliance which can assist with addressing mental health concerns, building trust, and improving school attendance.

This culturally specific approach contributes to youth completing school, which is a strong indicator for lifelong economic wellbeing and improved overall health. SBMH Mental Health Consultants provide screening, crisis intervention, mental health assessment, clinical case management and individual, group, and family treatment. Mental Health Consultants also provide training and consultation to school staff to optimize educational planning for youth with mental health concerns.

Multnomah County and School Districts collaborate to address the continuum of needs for students and their families; and to fulfill the School District's mandate to provide these services. School Based Mental Health Consultants provide treatment, prevention, education, consultation, and outreach to students, school staff, and families every school year.

**Performance Measures**

Measure Type	Performance Measure	FY24 Actual	FY25 Budgeted	FY25 Estimate	FY26 Target
Output	Total unduplicated youth referred to SBMH for assessment and/or treatment services <sup>1</sup>	737	750	676	725
Output	Total unduplicated K-12 youth/families who received case management services	354	200	363	N/A
Output	Total unduplicated SBMH youth/families who enroll in services	N/A	N/A	N/A	380

**Performance Measures Descriptions**

Measures have been reduced or eliminated to account for budget and program changes. Program was already tracking the number of referrals, a performance measure to track the number of clients enrolled in the SBMH program was added for FY26.

## Legal / Contractual Obligation

Revenue contracts with school districts. Oregon Health Authority, Intergovernmental Agreement for the Financing of Community Addictions and Mental Health Services.

## Revenue/Expense Detail

	Adopted General Fund	Adopted Other Funds	Proposed General Fund	Proposed Other Funds
Program Expenses	2025	2025	2026	2026
Personnel	\$3,125,272	\$2,462,048	\$1,663,188	\$2,018,118
Contractual Services	\$0	\$8,000	\$75,000	\$8,000
Materials & Supplies	\$81,677	\$10,380	\$13,142	\$295
Internal Services	\$250,051	\$589,652	\$422,855	\$337,587
<b>Total GF/non-GF</b>	<b>\$3,457,000</b>	<b>\$3,070,080</b>	<b>\$2,174,185</b>	<b>\$2,364,000</b>
<b>Program Total:</b>	<b>\$6,527,080</b>		<b>\$4,538,185</b>	
<b>Program FTE</b>	20.26	13.48	8.64	11.17

Program Revenues				
Intergovernmental	\$0	\$2,520,080	\$0	\$1,636,336
Beginning Working Capital	\$0	\$0	\$0	\$177,664
Service Charges	\$0	\$550,000	\$0	\$550,000
<b>Total Revenue</b>	<b>\$0</b>	<b>\$3,070,080</b>	<b>\$0</b>	<b>\$2,364,000</b>

## Explanation of Revenues

This program generates \$110,403 in indirect revenues.

\$845,125 - MHS-20: School-Based Mental Health - Block Grant - GY25

\$550,000 - SBMH Insurance

\$366,904 - MHS-20: School-Based Mental Health - GY25

\$177,000 - SBMH - Portland Public School District

\$112,307 - School Based Clinics - Mental Health Expansion - Behavioral Health - Capacity

\$75,000 - SBMH - Centennial School District

\$37,500 - SBMH - Reynolds School District

\$22,500 - SBMH - Parkrose School District

\$177,664 - Beginning Working Capital

## Significant Program Changes

**Last Year this program was:** FY 2025: 40082 School Based Mental Health Services

Due to funding constraints and to better align School Based Mental Health (SBMH) program functions, FY 2026 has several program changes that will improve business rigor, revenue and sustainability over time. In addition to GF funding constraints, \$1 M in Care Oregon funding for this PO was reduced. FY 2026 funding allows us to preserve basic SBMH services, and ensures the highest quality supports to the most vulnerable youth by focusing on a clinician workforce functioning at the top of their credentials. To meet funding constraints, the program reduced 9.15 FTE (impacting case management services) in order to maximize clinical services within current resources while working toward a more financially sustainable model. BHD will work with School Districts and other partners to mitigate impacts of program changes on students.