



Program #40082 - School Based Mental Health Services **FY 2026 Department Requested**

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

Program Description

School Based Mental Health (SBMH) and K12 Case Management are essential components of the system of care for children and families. Our 21 SBMH clinicians and 9 Case Managers serve over 1,000 children and teens with mental health needs in 34 schools across six school districts: Centennial, David Douglas, Gresham Barlow, Reynolds, Parkrose, and Portland Public Schools. Mental health professionals provide evidence-based treatment, utilizing an anti-racist equity lens, in school and Student Health Center settings and via telehealth. K-12 Case Managers help students and their families meet unmet needs by connecting them to mental health services, housing, clothing, and food access. These additional case management services will also seek to reduce racial and health inequities and support increased attendance and educational success.

Since 1969, Multnomah County has been a leader in the nation in providing access to mental health services in schools, which is considered a best practice. 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. School Based 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. Mental Health Consultants are co-located in ten Student Health Centers to provide integrated physical and mental health services.

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 provided over 10,300 hours of treatment, prevention, education, consultation, and outreach to students, school staff, and families every school year. Additionally, K-12 Case Managers provided comprehensive case management services to 354 students and families in kindergarten through twelfth grade with a focus on connecting families to resources to increase attendance and improve educational success.

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 ¹	737	750	676	725
Output	Total unduplicated K-12 youth/families who received case management services	354	200	363	170

Performance Measures Descriptions

¹ We work with schools to stop referrals when clinicians are on leave or are at capacity, last fiscal year we had four clinicians on leave. FY26 target is slightly lower than FY25 budgeted due to case management reduction.

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	Department Requested General Fund	Department Requested Other Funds
Program Expenses	2025	2025	2026	2026
Personnel	\$3,125,272	\$2,462,048	\$2,755,768	\$1,864,536
Contractual Services	\$0	\$8,000	\$0	\$8,000
Materials & Supplies	\$81,677	\$10,380	\$9,741	\$0
Internal Services	\$250,051	\$589,652	\$423,451	\$313,800
Total GF/non-GF	\$3,457,000	\$3,070,080	\$3,188,960	\$2,186,336
Program Total:	\$6,527,080		\$5,375,296	
Program FTE	20.26	13.48	15.07	10.17

Program Revenues				
Intergovernmental	\$0	\$2,520,080	\$0	\$1,636,336
Service Charges	\$0	\$550,000	\$0	\$550,000
Total Revenue	\$0	\$3,070,080	\$0	\$2,186,336

Explanation of Revenues

This program generates \$86,321 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

Significant Program Changes

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

In FY26 the K12 Case Management team was reduced by 4.0 FTE to meet current service level budget constraints