

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

**Program Contact: Ebony Clarke** 

**Department:** Health Department

**Program Offer Type: Existing Operating Program** Program Offer Stage: As Requested

**Related Programs:** 40080

Program Characteristics: Measure 5 Education, In Target

# **Executive Summary**

School Based Mental Health is a vital component of the system of care for children and families, serving over 1,600 children and teens with serious mental health disorders in 6 school districts: Centennial, David Douglas, Gresham Barlow, Reynolds, Parkrose and Portland Public School Districts. Mental health professionals provide evidence-based treatment in the school setting. 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 risk of higher levels of care.

### **Program Summary**

Mental health treatment is provided in schools to decrease barriers such as stigma, cost and transportation for 1600 underserved families. This program reaches youth who have not accessed services in a mental health clinic and over 43% of those served were children of color. The ongoing need for culturally specific/responsive mental health treatment and outreach continues to be a priority. Cultural alignment with the students served, increases therapeutic alliance which assists with addressing challenges to school attendance, contributes to school completion which is a strong indicator for lifelong economic well being and improved health. Approximately 75% of the children served were insured by the Oregon Health Plan.

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 1,700 hours of Prevention, Education and Outreach to over 6.000 students, school staff or families.

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 provide consultation to education staff to optimize educational planning for children with mental health challenges. Mental health consultants are co-located in School-Based Health Clinics when possible to provide integrated physical and mental health services.

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 1989. Through this program children and teens with mental health disorders or at risk of harming themselves or others are identified and receive intervention. Mental health disorders may interfere with education completion which has lifelong implications for self-sufficiency and health outcomes. In Oregon, suicide remains the second leading cause of death among young people. Earlier identification and treatment can save lives, divert children from higher cost and more restrictive services and improve lifelong socio-economic and wellness outcomes.

Performance Measures									
Measure Type	Primary Measure	FY17 Actual	FY18 Purchased	FY18 Estimate	FY19 Offer				
Output	Total unduplicated children receiving mental health services	1,595	1,700	1,574	1,700				
Outcome	ACORN Distribution of Patient Change Rate reported by client/student as their perception of improvement	69%	65%	69%	65%				

#### **Performance Measures Descriptions**

2/21/2018

<sup>&</sup>lt;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

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
Program Expenses	2018	2018	2019	2019
Personnel	\$1,429,480	\$1,565,720	\$1,719,661	\$1,469,474
Contractual Services	\$0	\$0	\$14,654	\$0
Materials & Supplies	\$14,730	\$3,166	\$10,625	\$3,774
Internal Services	\$308,238	\$253,874	\$95,209	\$140,276
Total GF/non-GF	\$1,752,448	\$1,822,760	\$1,840,149	\$1,613,524
Program Total:	\$3,575,208		\$3,453,673	
Program FTE	12.59	12.83	14.17	11.38

Program Revenues							
Indirect for Dept. Admin	\$37,087	\$0	\$48,939	\$0			
Intergovernmental	\$0	\$1,522,759	\$0	\$1,372,033			
Service Charges	\$139,828	\$300,001	\$139,828	\$241,491			
Total Revenue	\$176,915	\$1,822,760	\$188,767	\$1,613,524			

## **Explanation of Revenues**

- \$ 139,828 Federally Qualified Health Center Medicaid Wraparound payments
- \$ 214,900 Local Public Health Agency IGA with State of Oregon for School Based Clinics
- \$ 22,500 Parkrose School District
- \$ 75,000 Centennial School District
- \$ 241,491 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 2017-2019 IGA with State of Oregon

#### Significant Program Changes

Last Year this program was: FY 2018: 40082A School Based Mental Health Services

Last year this program was also: 40082B Supplemental Case Management & Psychiatric Consultation Services