

Chathuri Illapperuma-Wood, PhD, BCBA, NCSP, LBA
Implementation Coordinator- Utah School Mental Health Collaborative (U-SMHC)

Dept of Educational Psychology University of Utah

chathuri.Illapperuma@utah.edu































- Multi-Tiered School Mental Health Programs
- Multi-Tiered Behavior Supports & Consultation
- Integrated Public School Day Treatment Programs
- Professional Development
- Functional Assessment & Function-Based
 Treatment Planning
- Teleconsultation & Telehealth

What is the Utah School Mental Health Collaborative?



The **Utah School Mental Health Collaborative** is a state-wide project advancing and aligning school mental health infrastructure by providing school districts across Utah the technical assistance and training to develop effective **mental health** systems in their schools. The **primary** goal of the Collaborative is to **facilitate** the schools' existing **multi-tiered system of support (MTSS)** framework for mental health service provision.

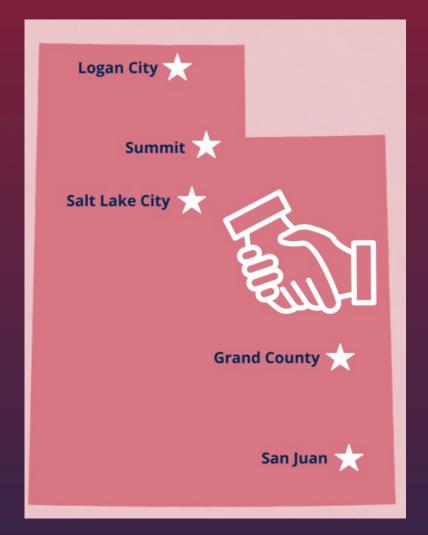














SCHOOL MENTAL HEALTH COLLABORATIVE: SCHOOL DELIVERABLES



SOCIAL MEDIA DELIVERABLES

- Create social media accounts for each school
 - Twitter
- Instagram
- FaceBook
- Train schools on presence and engagement on social media
- Follow community to increase engagement and collaboration
- Participate in monthly Twitter chats
- Monthly check-ins with schools to support social media engagement, presence, and trouble-shooting







SCHOOL WIDE DELIVERABLES

- Create mental health collaboration Well-Being Teams (WBT) per school.
- Conduct school mental health quality assessment at the <u>start</u> of the school year, <u>mid</u>-school-year, and <u>end</u>-of-the-school-year.
- Train and support teachers and staff to implement mental health work with students (e.g., training teachers and support staff).
- Engage in monthly webinar discussions and professional development sessions for school staff and members of WBTs.
- · Host meetings, twice per month, with each school team to:
 - Discuss management and implementation of mental health and wellbeing services
 - Discuss cases and referral to services, as needed
 - Host or conduct school-wide quarterly training on mental health and wellbeing-related topics.
 - · Help create partnerships with community health providers
- Conduct school-wide wellbeing screeners, three times per school year.
- Create menus of evidence-based and feasible social-emotional learning (SEL) content and protocols for service providers to use with students.
- · Support teachers with SEL implementation.
- · Consult with teachers on student mental health needs.
- · Provide psychiatry consultation and medication management supports.

































Tier 3: Individual Psychotherapy (5%)

Tier 2: Groups and Check-Ins (15%)



A multi-tiered system of support ensures that proper levels of mental healthcare are provided to all students regardless of need and in an evidence-based and appropriate manner.

Teachers: They're in the classroom every day and provide universal supports to all students (Tier 1) and are also mostly closely interacting with students

School Mental Health Professionals: They specialize in prevention, wellness, and mental health and might provide assessments or direct mental health interventions and usually directly support Tiers 2 & 3

> Administrators: They oversee daily operations within individual schools and school districts and implement mental health policies and protocols

Community Mental Health Centers:

Provide individual and family counseling services

> Hospitals: Provide crisis support and inpatient treatment when higher levels of support are needed



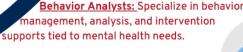
Primary Care Providers: Support overall health and wellbeing of students and families and can prescribe medication and provide referrals for other medical providers

> Psychiatrists: Specialize in diagnosing and treating mental health concerns and can provide assessments and prescribe medication

Psychologists/Counselors: Specialize in diagnosing and treating mental health concerns through counseling services and assessment

Social Workers/Case Workers: Assist individuals and families in accessing community resources, including housing, food, healthcare, and other necessities

Behavior Analysts: Specialize in behavior management, analysis, and intervention















@UtahSMHCollab



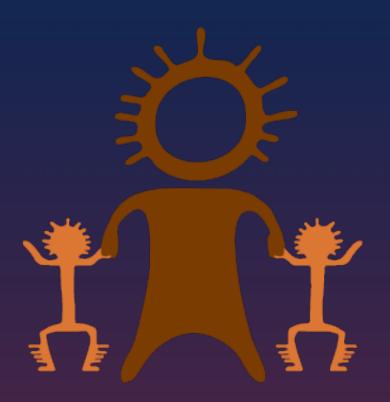






@Utah.SMH.Collab





- Monument Valley High
- Montezuma Creek High
 - White Horse High
 - San Juan High
 - ARL Middle