

## **MIDD 2 Initiative PRI-05: Collaborative School Based Behavioral Health Services: Middle and High School Students**

*How does the program advance the adopted MIDD policy goals?*

This initiative will impact the adopted MIDD policy goal of “improve health and wellness of individuals living with behavioral health conditions.”

This initiative includes the development and integration of school-based SBIRT (screening, brief intervention, and referral to treatment)<sup>36</sup> services. This will entail working with all middle schools on the development and implementation of SBIRT services, which includes training and technical assistance in the Global Appraisal of Individual Need – Short Screen (GAIN-SS). The GAIN-SS is a 23-question screening tool that quickly and effectively screens for depression, anxiety, substance abuse and other behavioral health disorders.

### **1. Program Description**

#### *◇ A. Service Components/Design (Brief)*

The MIDD Collaborative School Based Mental Health and Substance Abuse Services initiative invests in prevention/early intervention for school-based services provided in middle schools. These services include assessments, screenings, brief intervention, referral, case coordination and mental health and behavioral health support groups, including social skills groups, anger management groups, and recovery groups. MIDD School Based Suicide Prevention provides students and schools suicide prevention trainings. Youth are trained on stress management and suicide prevention. Adults are trained on identification of early signs of stress, depression, and suicide ideation, and how to handle these issues in families and in youth-serving organizations.

This MIDD initiative and the Best Starts for Kids (BSK) school-based SBIRT strategy are collaborating in the delivery of school-based services, as well as the addition of SBIRT work in middle schools served by MIDD. After a 2017-2018 BSK planning period concludes, braided MIDD/BSK funding and collaborative implementation are expected starting in the 2018-19 school year.

#### *◇ B. Goals*

The goals of this initiative are to:

- Reduce the risk of students developing mental or emotional illness, or using drugs/alcohol
- Reduce poor school performance, to prevent school dropout, and to decrease other problem behaviors experienced by youth

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<sup>36</sup> <http://www.integration.samhsa.gov/clinical-practice/SBIRT>

- Build collaboration between organizations in order to connect middle school-aged students or high school-aged students to needed mental health and substance abuse services in the school and community.

◇ C. Preliminary Performance Measures (based on MIDD 2 Framework)<sup>37</sup>

1. How much? Service Capacity Measures

This initiative serves 1,000 unduplicated youth per year in individual and small group services and at least 5,000 people in large group activities.

2. How well? Service Quality Measures

- Increased use of prevention (outpatient) services

3. Is anyone better off? Individual Outcome Measures

- Reduced substance use
- Reduced behavioral health risk factors
- Improved wellness and social relationships

◇ D. Provided by: Contractor

**2. Spending Plan**

Year	Activity	Amount
2017	School-based prevention services	\$1,579,652
<b>2017 Annual Expenditure</b>		<b>\$1,579,652</b>
2018	School-based prevention services	\$1,607,552
<b>2018 Annual Expenditure</b>		<b>\$1,607,552</b>
<b>Biennial Expenditure</b>		<b>\$3,187,204</b>

**3. Implementation Schedule**

◇ A. Procurement and Contracting of Services

A planning period will involve coordinating this MIDD 2 initiative with BSK to ensure a comprehensive program is developed across initiatives. BSK SBIRT planning grants for 2017-2018 were released in second quarter 2017, while current MIDD PRI-05 providers were trained in school-based SBIRT. A joint MIDD/BSK Request for Information (RFI), Request for Qualifications (RFQ) or Intent to Bid (ITB) is expected to be released in the first quarter 2018.

<sup>37</sup> Throughout 2017, review and refinement of Results-Based Accountability (RBA) performance measures for MIDD 2 initiatives will be conducted whenever applicable, in consultation with providers. Updates to performance measures that may result from this collaborative process will be reported in the next MIDD Annual Report in August 2018.

◇ *B. Services Start date (s)*

Services continue on January 1, 2017. The joint MIDD/BSK RFI/RFQ/ITB will lead to implementation during the 2018-2019 school year.

**4. Community Engagement Efforts**

During the fourth quarter of 2016, community engagement efforts began through a workgroup focused on school-based Screening Brief Intervention and Referral to Treatment (SBIRT) services, which has led to training for current providers and contract adjustments to ensure continuous services for students. Continued community engagement will occur in 2017-2018 as part of BSK planning efforts.