Advancing School Mental Health through the Whole School, Whole Community, Whole Child Model

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Presentation Goals

- To provide an overview of the rationale for integrating the health and learning sectors
- To summarize the components of the newly launched Whole School, Whole Community, Whole Child (WSCC) Model
- To review evidence supporting various WSCC components, using case examples illustrating policy, process, and practices
- To engage you in active discussion regarding the utility of the model, with emphasis on implications for school mental health efforts
Independent Domains

Student Health

Academic Outcomes

(Michael, Merlo, Basch, Wentzel, & Wechsler, 2015)
Historical School-Health Initiatives

(CDC & ASCD, 2014; Lewallen, Hunt, Potts-Datema, Zaza, & Giles, 2015; Michael et al., 2015)
Understanding Separate Initiatives

- Past models developed with a singular (un-related) focus – health or education
- Increased push for meeting short-term, academic based goals
- Uncoordinated leadership → poor collaboration between school and community agencies

Separate Initiatives = Missed Opportunity for Meeting ALL Needs of EVERY Student

(Chiang, Meagher, & Slade, 2015; Michael et al., 2015)
The Case for Integration: Connecting Health and Academic Outcomes

Student Health
Health Related Issues Negatively Impact:
- Academic Achievement (test scores/grades)
- Attendance
- Connectedness
- Engagement

Academic Outcomes
Proficient Academic Skills are associated with:
- The practicing of health-promoting behaviors (exercise, healthcare checkups/screenings)
- Lower rates of risky behaviors
- Longer life expectancy
- Decreased risk of incarceration

(Basch, 2010, 2011a, 2011b; Bradley & Green, 2013; Case, Fertig, & Paxson, 2005; Eide, Showalter & Goldhaber, 2010; Institute of Medicine, 2015; Michael et al., 2015)
“Joint enterprises [between health and education] come together around the recognition of a strategic interdependence—healthy students are better learners and health providers can get better health outcomes by reaching children in schools”- Blank, 2015

(Basch, 2011a; Blank, 2015)
Shifting Perspectives: Separate → Integrated

The Whole School Whole Community Whole Child (WSCC) Model
Building the WSCC Model

Policies
The laws, mandates, regulations, standards, resolutions, and guidelines which provide a foundation for school district practices and procedures.

Processes
The plans or procedural steps that schools carry out in working to prepare for and implement initiatives.

Practices
The specific actions that schools take to best implement, adapt, and sustain initiative goals.

(http://www.cdc.gov/healthyschools/wssc/index.htm)
Discussion: Broad Thoughts

- Briefly, how would you broadly characterize your current efforts (policy, processes, practices) in relation to the WSCC model?
  - E.g. “we got it all”, “hmm, hadn’t thought about it as a whole”, “boy, we might want to think about X”
Examining WSCC Components

- Evidence-Grounded
- Student-Centered
- Ecologically-Focused
- Contextually-Flexible
Family Engagement

- Represents a partnership between schools and families who jointly share in the responsibility of ensuring that student health and learning needs are supported.

- Family Engagement is associated with:

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<thead>
<tr>
<th>An Increase In:</th>
<th>An Decrease In:</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>Cigarette and alcohol use</td>
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<tr>
<td>Academic achievement</td>
<td>Early pregnancy</td>
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<tr>
<td>Social skills</td>
<td>Being physically inactive</td>
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<tr>
<td>Appropriate classroom behavior</td>
<td>Being emotionally distressed</td>
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<td>Likelihood of graduation</td>
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- **The Goal:** For schools to foster relationships with families through welcoming, engaging, and meaningful experiences, which in turn, encourage parents to actively participate in their child’s learning and development.

(CDC, 2012; Lewellen et al., 2015)
The collaboration between school and various community agencies such as groups, organizations, businesses, health-clinics, and colleges and universities.

**The Goal:** To develop a symbiotic relationship between school systems and agencies through partnerships and/or joint project participation, which fosters the sharing of resources, enhances student opportunities, and catalyzes student learning and health.

**Community Involvement**

- Increased academic achievement
- Improved attendance
- Improved student behavior
- Increased opportunities for learning outside of the classroom → Associated with decreased suspension rates and increased academic achievement

( Epstein, 2011; Lewallen et al, 2015; Michael et al, 2015; Sanders, 1998)
The continuum of formal and informal learning opportunities that students are exposed to across settings with the intentions of promoting healthy decision making.

**Health Education is associated with:**
- Improved student behavior
- Improved academic performance
- Decreased risk of drug and alcohol use
- Decreased risk of teen pregnancy
- Decreased school absences and reduced dropout rate

**The Goal:** For schools to adopt high-quality instruction which focuses on learning, adopting, and encouraging healthy behaviors within context appropriate universal and individualized settings.

(Murray, Low, Hollis, Cross, & Davis, 2007)
Components that are built into a school's curriculum and environment such as physical education class, before and after school activities, and fitness resources which function to assist students in building and maintaining healthy and active lifestyle habits.

The Goal: To provide students with cognitive and physical instruction and the resources needed to develop healthy lifestyle habits which begin in childhood and persist through adulthood.

Physical Education & Physical Activity have been associated with:
- Improved GPA and standardized test scores
- Improved attention/concentration
- More appropriate classroom behavior
- Lower dropout rates

(Castelli et al., 2014; Fedewa & Ahn, 2011; Michael et al., 2015; Murray et al., 2007; Rasberry et al., 2011)
Represents a variety of school areas including the cafeteria, vending machines, concession stands, and school stores, and serves as a learning platform for students.

**The Goal:** To expose students to multiple food/beverage choices and information regarding nutrition, healthy consumption practices, and essential food groups (fruits and vegetables), all of which must meet federal standards and accommodate students with distinct nutritional needs.

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A Healthy Nutrition Environment/Services has been associated with:

- Improved GPA and standardized test scores
- Improved cognitive performance
- Reduced absenteeism

(Edmonds & Jeffes, 2009; Kempton et al., 2011).
Individuals and resources which work to address both immediate health concerns and chronic health issues within schools and concurrently promote health wellness and prevention strategies.

**Strong Health Services:**

- Increase student health and academic outcomes by decreasing student time spent outside the classroom environment
- Work to address common health ailments which are associated with absenteeism and poor academic behaviors

**The Goal:** To work collaboratively with parents and community healthcare providers to strategically increase and reinforce student health education and to better manage both short term and long term health related concerns.

(Basch, 2011a; Kucera & Sullivan, 2011; Michael et al., 2015; Murray et al., 2007; Taras & Potts-Datema, 2005).
The range of mental, behavioral, and social-emotional health prevention and intervention supports for students within the educational setting.

The Goal: to accurately identify and sufficiently address student barriers to learning using a team of educational and mental health professionals who, alongside support staff, caregivers, and the community, work to provide students with direct and indirect services.

Counseling, Psychological & Social Services are associated with:

- Improved attendance
- Improved classroom behavior
- Increased test scores and GPA
- Decreased suspension rates

(Becker, Brandt, Stephan, & Chorpita 2013; Borders & Drury, 1992; Wells, Barlow, & Stewart-Brown, 2003)
The psychological and social aspects of a school and how these culminate to influence student engagement, relationship building, and learning.

A positive social and emotional climate has been associated with:

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<tr>
<td>Attendance</td>
<td>Substance abuse</td>
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<td>Appropriate grade level</td>
<td>Early sexual initiation</td>
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<tr>
<td>Appropriate classroom behavior</td>
<td>Violence</td>
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<tr>
<td>School attrition</td>
<td>Peer victimization</td>
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The Goal: To develop a positive climate that promotes a safe and rewarding learning environment where student health, growth, and development is encouraged.

(Thapa, Cohon, Guffey & Higgins D’ Alessandro, 2013)
The internal aspects of the school such as ventilation, noise, and lighting as well as the characteristics of the surrounding land areas.

**Physical Environmental Characteristics may:**
- Cause lethargy
- Decrease student concentration
- Trigger asthma and allergic reactions

**The Goal:** A healthy school environment should address any physical, chemical, or criminal based risks that threaten a safe and productive learning environment.

(Environmental Protection Agency, 2012; Filardo & Vincent, 2010).
Employee Wellness

- Benefits the health of teachers and may subsequently impact student learning of healthy behaviors and the fulfillment of individualized student needs.

**The Goal:** To employ a variety of programs, policies, benefits, and supports and to work in conjunction with personalized health agencies to establish both prevention and intervention based health initiatives.

**Employees with unhealthy behaviors/health issues are:**

- Less productive
- Less effective
- More likely to be absent

(Eaton, Marx, & Bowie, 2007)
In looking at the model as a whole, where do you identify both **direct** and **indirect** ties to school mental health work?
Discussion: Summary Fit with SMH

Directly Address Student Health Needs
Health Education
Physical Education and Physical Activity
Nutrition Environment and Services
Health Services
Counseling, Psychological, & Social Services
Employee Wellness

Support Healthy Student Behaviors
Community Involvement
Social/Emotional Climate
Physical Environment
Family Engagement

Both Direct & Indirect Ties to SMH:
- Student safety
- Relationships
- Connectedness
- Multi-System Involvement

(ASCD & CDC, 2014; Michael et al., 2015)
Plugging in the Model
WSSC Action Plan

1. Form a committee of passionate individuals
2. Conduct needs assessment
3. Identify outcomes of greatest priority
4. Assess relationship between selected health outcome and student achievement
5. Identify promising or effective interventions
6. Determine how staff and committee members will collaborate to maximize success in achieving priority health and academic outcomes
7. Invite community agencies and organization that have a mission or similar interest in addressing problem
8. Create action plan to impact the chosen outcome and put into school improvement plan
9. Develop a plan to monitor the implementation and outcomes of interventions
10. Implement and monitor the implementation of the action plan

Essential Factors
- Leadership
- Collaboration
- Assessment and data-based decision making

(Hunt, Barrios, Telljohann, & Mazyck, 2015; Murray et al., 2015; Rasberry, Slade, Lohrmann, & Valois, 2015)
Leadership

WSCC Leaders are diverse:
- School Administrators
- Teachers, Students, and School Physical/Mental Health Professionals
- Government Officials
- Nongovernmental State and Community Service/Organization leaders
- Public and Private Institution leaders and representatives from Health and Education Colleges

Strong School-Health Leaders:
- Impact staff, student, family, and community buy-In
- Guide the assessment of student, school, community needs
- Prioritize needs and set realistic goals
- Disseminate leadership roles based on expertise
- Facilitate policy and school process changes to build health outcomes into yearly improvement plans
- Monitor goal progress and adapt for the future

(Hunt et al., 2015; Rasberry et al., 2015; Rooney, Videto, & Birch, 2015)
Case Example: Local-Level

Milwaukie High School

Key Leaders: Principal and Asst. Principal

Major Area Impacted: School Processes and Practices

- First established a planning committee comprised of local health, community, and family services and teachers and students
- Committee identified goals: increasing (a) student engagement and (b) more engaging curriculum and related services to better meet student health and mental health needs
- 11 community partnerships formed to increase opportunities in SMH services, health education, nutrition services and community integration
- Created MHS CareTeam to address more immediate student mental health needs/create school and community support plans
  - Better targeted family engagement, community involvement, and teacher professional development
- Results
  - Increases in math, reading, and writing scores. Increased student attendance, family engagement and graduation rates.

(Blank, 2015)
Case Example: State-Level

Arkansas

Key Leaders: State Health and Education Departments

Major Areas Impacted: Policies

- Jointly lead the drive to pass important legislature (Act 1220) on healthy school environment, the connection between health and education, and open communication between State Board of Education and the Board of Health
- Created a Wellness Committee in each school district with goals to (a) increase stakeholder collaboration, (b) develop professional development opportunities, and (c) annually administer the School Health Index
- Passed additional legislature (Act 180), a grant program to assist schools in establishing shared use policies and partnerships with local community resources
- Opened up annual funding for the establishment of School-Based Health Centers

Results

- Increased access to (a) healthier food options, (b) focus on physical activity, & (c) parental support along with increased professional development/support to school districts by state agency collaboration teams.

(Chiang et al., 2015)
Collaboration

Collaboration Involves:

- Understanding school and community needs
- Assessing available resources and identifying potential partners
- Focusing on building partners through symbiotic relationships
- Strategically aligning values and Integrating leadership teams
- Setting specific goals and creating action plans
- Sharing outcomes and making adaptations

(Blank, 2015; Hunt et al., 2015)
Case Example: Cincinnati

**Key Collaboration:** Cincinnati Public Schools, Community Learning Centers, & partnerships with local health agencies

**Major Areas Impacted:** Processes & Practices

- 35/55 city schools become Community Learning Centers (CLC) in order to more meaningfully serve communities
- School-based Resource Coordinators within the CLC framework work to materialize community resources & collaboration in setting CLC goals and monitor progress
- Growing Well is a health initiative involving 30 organizations - primary goal to break down barriers to more fluidly provide health services for students within schools
- MindPeace is a Mental Health Collaborative that works within 47 public schools
  - Facilitates school/community partnerships with mental health providers, mental health training and infrastructure changes, and resource sharing
  - Includes partnership with Cincinnati Children’s Hospital Medical Center to provide schools with sample responses to mental health crisis, mental health training/toolkits, and a crisis hotline/intake services for students

(Blank, 2015; Cincinnati Public Schools, Board of Ed., 2009)
Assessment and Data-Based Decision Making

Assessments and Data-Based Decision making should be used within the WSCC framework for:

- Determining current levels of student health functioning across components
- Identifying and prioritizing student, school, and community needs
- Monitoring student health and academic outcome progress throughout intervention
- Making adjustments to interventions and partnerships
- Lobbying for health and education policy change and increased financial support

(Murray et al., 2015; Hunt et al., 2015)
Case Example: Colorado

**Key Assessment Systems:** Healthy School Champion Score Card & the Healthy Schools Smart Source

**Major Areas Impacted:** Processes & Practices

- Healthy School Champion Score Card - an online school assessment tool aligned around 8 components of the coordinated school health model
  - Provides financial incentives to schools that meet health goals and use data to prioritize health needs.
- Healthy Schools Smart Source - an update to the Healthy School Champion Score Card to serve as a single school health assessment tool intended to streamline data collection
  - Smart Source collects school and district wide data regarding mental health policy, training practices, and service provisions in the areas of positive school climate, bullying/harassment, and student social, emotional, and behavioral functioning.
  - School-level reports provide actionable data through comparison of aggregated state-wide results.
    - Facilitates identification of mental health service gaps, clearer understanding of how mental health efforts are impacting student academic and behavioral outcomes

(Chiang et al., 2015; Colorado Dept. Ed., 2015)
In thinking about the potential of integrated health and education initiatives, what are the pressing issues for your setting?

- E.g. leadership, collaboration, assessment/data-based decision making
- E.g. cross-system support, feasibility, understanding, acceptability
- E.g. policy, process, practice
- E.g. I have no idea!
Discussion: Final Thoughts

- How do you see your current SMH work as being advanced (or hindered) by the WSCC model?
- What is a key take-away (or 2) about the WSCC model for next steps in your work?
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