

Welcome to Our ODMH Kids News "Back to School" Edition

Today, Ohio children and adolescents are lacking access to mental health services and supports to help them succeed in their homes, schools and communities. School-based services are uniquely positioned to reach children and adolescents who may otherwise go without needed care. School mental health programs have been shown to be effective in identifying at-risk students early, thereby reducing externalizing and internalizing behaviors, school absenteeism, and school drop-out, as well as improving academic performance.

In this issue, we are featuring the work of two important collaborative partners, the Ohio Suicide Prevention Foundation (OSPF) and the Ohio Mental Health Network for School Success (OMHNSS). The OSPF is administering the Ohio Garrett Lee Smith Youth Suicide Prevention Grant, which is helping to identify students at-risk, engage families and provide a link to mental health services, when indicated. The OMHNSS has developed an Ohio Quality and Effective Practice Registry to help communities

learn from each other about effective mental health school-based and school-linked strategies for achieving student success.

These state-level partnerships are engaged at the community level to promote and support the early identification of mental health challenges for Ohio's students, and guide students and families to services. We invite you to join us in seeking ways to bring these effective practices to more Ohio communities.

Why We Need School Mental Health Programs and Services

Student mental health is a major concern, affecting both the health system and the education system.

- Mental illness is a serious, yet under-recognized, public health problem that poses serious consequences to students' overall well-being and academic success.
- Between 20 and 38% of youth in the United States require mental health services, yet more than 75% of them do not receive treatment.
- Emotional and behavioral health problems represent significant barriers to academic success.
- Children and adolescents with emotional disturbance (5-9% of school-age youth) have the highest failure rates, with 50% of these students dropping out of high school.

In order to address mental health problems early, we must reach children where they spend the majority of their time — in schools.

– *From the Ohio Mental Health Network for School Success (OMHNSS) Information Brief*



**Department of
Mental Health**

Ted Strickland, Governor
Sandra Stephenson, Director

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Columbus, Ohio 43215
mentalhealth.ohio.gov

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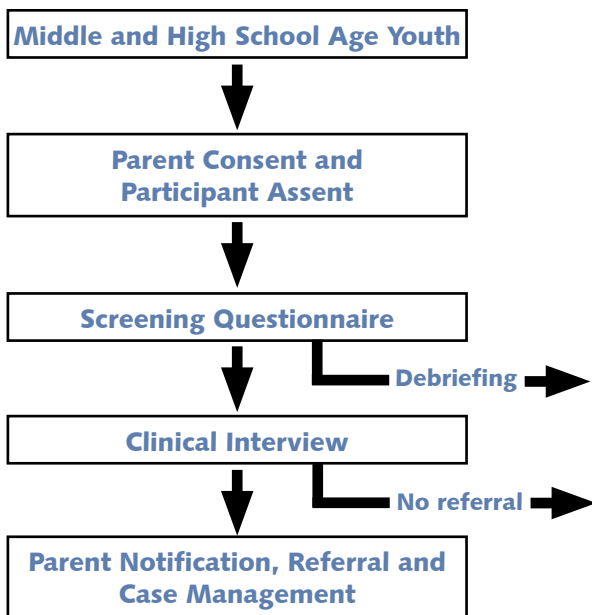
To read archived and recent editions of this Newsletter, or to subscribe, visit:

<http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/>

Ohio's Garret Lee Smith Youth Suicide Prevention Grant helps 12,000

Ohio's Garrett Lee Smith Youth Suicide Prevention Grant, a program of The Ohio Suicide Prevention Foundation which is headquartered at The Ohio State University has provided mental health check-ups to over 12,000 youth across the state over the course of 3 years. This program's success is due to the efforts of many professionals working in program sites across the state.

Ohio adopted its model from the best practice program, Columbia University's TeenScreen. Ohio has also utilized a modified version of Mental Health America's Signs of Suicide (SOS) Program. Ohio sites that utilize SOS were asked to incorporate the best practice guidelines provided by Columbia University's TeenScreen Program.



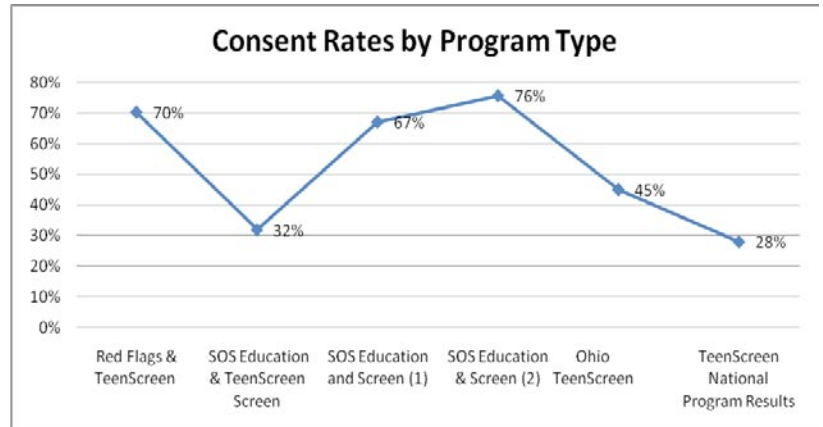
Program Results to Date:

- 36,750 youth offered mental health check ups
- 65% of parents returned a "yes" active consent form
- 35% of parents returned a "no" active consent form
- 3% of youth declined to participate
- 11,045 youth received a mental health check up
- 23% screened initially positive
- 91% of youth screened initially positive were referred for a mental health evaluation after meeting with a licensed clinician for a brief interview reviewing the screen results
- 50% Referrals completed (onfirmed with a parent that the youth attended at least one appointment)

Key Findings:

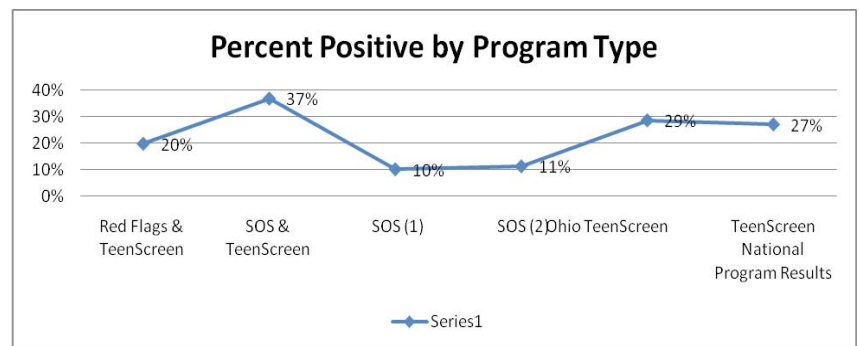
Combining suicide prevention education with screening increases parental consent rates.

Signs of Suicide Education and Suicide Screen received the largest return of consent rates. Screening alone brought only a 45% consent rate.



Combining prevention education and screening yielded higher positive rates

When SOS suicide prevention education was provided in the classroom setting and followed with the administration of the Columbia University TeenScreen Screening Tool, higher positive rates were found.



Referral completion increased dramatically when prevention education was offered prior to administering the Columbia University screening tool.

Referral Completed	TeenScreen Only	SOS Education + TeenScreen
Yes	45%	78%
No	55%	22%

For information regarding this program contact: Debra M. Copeland, M.H.C.S., Program Administrator, Ohio Suicide Prevention Foundation, at copeland.180@osu.edu or 614-688-4786.

To learn more regarding other programs:

Columbia University TeenScreen Program
www.teenscreen.org

Mental Health America SOS Program:
www.mentalhealthscreening.org

Ohio Suicide Prevention Foundation
www.ohiospf.org

– Submitted by: *Debra M. Copeland, M.H.C.S*
Ohio Suicide Prevention Foundation

Network for School Success to Develop Effective Practice Registry

Goal: To identify and promote the most effective school-based or school-linked programs in Ohio.

The Ohio Mental Health Network for School Success (OMHNSS), in partnership with the Ohio Department of Education (ODE) and the Ohio Department of Mental Health (ODMH), is working to identify and promote successful strategies for meeting the academic, emotional and behavioral needs of students. OMHNSS is developing a Registry of Effective Practice models, strategies, programs or services that have evidence of helping youth succeed. The Registry can help communities learn more about effective strategies and can expand the network of partners who are devoted to achieving student success in Ohio.

Identification Process

Interested programs can express interest in Registry participation by completing an application. The applications are evaluated by a team of OMHNSS associates (provider, university and parent representatives) and are rated based on evidence of effectiveness, partnerships with community members (e.g., parents, community agencies, etc.), innovation, creativity, and program sustainability. Top-ranked programs/strategies participate in interviews with OMHNSS associates. The interview process allows the OMHNSS associates to (a) learn more about the program and its successes and (b) develop a narrative for the Registry website. These narratives allow others across the state to identify and learn more about effective programs in Ohio. If other communities make contact with Registry members, expansion of effective strategies can begin to ripple across the state.

Current Registry Members

To date, 12 programs have been accepted to the Registry. The programs are diverse, with some

focused prevention services, some focused on consultation and intervention services, some providing intensive treatment services, and others offering a combination of several of these services. The positive outcomes that are reported across these programs include:

- Greater service availability for youth and families
- Increased parent involvement in educational and behavioral programming
- Increased perceptions of school climate by students
- Reductions in disruptive behavior in the classroom
- Improved academic performance of students
- Increased student attendance
- Reductions in office referrals and suspensions
- Increased graduation rates
- Enhanced youth problem-solving knowledge and skills
- Enhanced youth coping with stressful situations
- Reductions in bullying behavior
- Enhanced knowledge of depression and suicide warning signs

If you know of a program that you think should be on the registry, encourage the program director to explore our link and apply

<http://www.units.muohio.edu/csbnhp/network/registry.html>

– Submitted by: *Julie S. Owens, Ph.D.,*
Ohio University



**You are invited
to help restore hope and
connect for life**

**The Ohio Suicide Prevention
Foundation will commemorate**

World Suicide Prevention Day

**with a press conference
and butterfly launch**

Thursday, Sept. 10, 2009 at 12:00 noon

**The Franklin Park Conservatory
1771 E. Broad Street
Columbus, Ohio 43203**



SAMHSA Honors Cuyahoga Tapestry for Family Involvement in Evaluation

Following a SAMSHA site visit report calling the evaluation “outstanding” and a “model component,” Dr. Gary Blau, Chief, Child, Adolescent and Family Branch, bestowed Cuyahoga Tapestry System of Care with the highest honors for youth and family involvement in evaluation.

Gold, Silver, and Bronze awards were presented at the 2009 Systems of Care Conference (SOC) held in late July in Anaheim, CA., sponsored by the American Institutes for Research and the National Federation of Families for Children’s Mental Health. Approximately 1,200 people attended the plenary session and witnessed Cuyahoga Tapestry winning the gold award. Finalists were chosen from a pool of entries and reviewed by a panel of caregivers of children with emotional and behavioral needs, SAMHSA program officers, and evaluators from previously funded SOC communities.

“We try to infuse family involvement in everything we do, from designing instruments and conducting interviews to reviewing data and presenting at conferences,” said lead Cuyahoga Tapestry evaluator, Chris Stormann at the Institute for the Study and Prevention of Violence (ISPV), Kent State University. The evaluation team includes co-principal research investigators David Hussey and the Director of ISPV Dan Flannery. Miriam Curran coordinates the interviews with families. Research analysts Jennifer Jones and Abbey Eng with SCY project director Allyson Drinkard help analyze and report data.

A review committee spokesperson stated it was the work with parent support partners and the parent advocates that put them over the top in the youth and family involvement category. “It is pretty exciting” stated Chris Stormann. “What we are finding is that tools developed in partnership with families are often more relevant and useful because it leads us to measure what matters most to the families.”

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From left, Belinda Harris, Teresa King, Chris Stormann and David Hussey

"We owe a lot of the success for Cuyahoga Tapestry family involvement to Teresa King, family lead, and Belinda Harris, Parent Advocate and Support Partner Coordinator. Teresa and Belinda helped to create the first version of the evaluation forms and communicated the value of data to their fellow Parent Advocates. They also presented compelling access and capacity data to the County Commissioners to make the case for hiring additional Parent Advocates when case loads became too high.

According to Elaine Slaton, Director of Evaluation and Training at the National Federation of Families, “The activity forms are a great example of what we call ‘practice based evidence.’ What we are

seeing is that tools developed in partnership with families are often more relevant and useful because what matters most to them is has been working closely with our national assessment workgroup and though I am very happy for them to get this award, I can't say that I'm all that surprised. They do a lot to involve families!" For more information contact Chris Stormann, Ph.D. at cstorman@kent.edu

Upcoming Events

No More Fairy Tales: Helping Traumatized Children & Adolescents

A Community Program sponsored by Mental Health America of Franklin County

Tuesday, October 6, 2009, 7:00 pm – 9:00 pm

Registration begins at 6:30 pm.

Featuring: William Steele, PsyD, MSW

Fawcett Center, The Ohio State University

2400 Olentangy River Road

Columbus, Ohio 43210

What are the signs of trauma in children? Do they vary by age? How do I respond? What if I'm also afraid? How can I help my child feel safe again? Where do I seek help? Who will understand? If you seek answers to these questions, then this program is for you!

Cost: \$5 for consumers, family members and general public; \$10 for professionals requiring CEUs

Pre-registration is preferred to guarantee your seat. However, you are welcome to register on the evening of the program.

For information or to register: www.mhafc.org

MHAFC, 538 E. Town Street, Suite D, Columbus, Ohio 43215-4885

Reclaiming Lives: Evidence-based Treatments for Traumatized Children & Adolescents

A Professional Conference presented by:

Mental Health America of Franklin County

Tuesday, October 6, 2009, 8:30 am - 4:45 pm

Registration begins at 8 am.

Featuring: William Steele, PsyD, MSW

Fawcett Center, The Ohio State University

2400 Olentangy River Road

Columbus, Ohio 43210

If you want to gain insight into the many facets of trauma from one of the nation's leaders in the field of treating traumatized children and adolescents, then you will want to attend this dynamic conference.

This training uses evidence-based research, case study and review of assessment tools and processes. It will provide a framework to help you make important intervention selections with the traumatized children and adolescents you treat.

Cost: \$99 if postmarked by Sept. 17, or \$119 if postmarked after Sept. 17.

For information or to register: www.mhafc.org

MHAFC, 538 E. Town Street, Suite D, Columbus, Ohio 43215-4885

Mental Health (ECMH) Consultants Meetings:

- Dayton: Thursday, Sept. 3 ~ 9:30 - 12:30
Samaritan North Health Center, 9000 N. Main St.
- Bowling Green: Wednesday, Sept. 9 ~ 9:30 - 12:30
Wood County Health Dept, 1840 E. Gypsy Lane Rd.
- Columbus: Thursday, Sept. 24 ~ 9:30 - 12:30
FCCS Building, 855 West Mound Street, Columbus
- Athens – Tuesday, Sept. 29 ~ 9:30 - 12:30
Athens Community Center, 701 East State Street
- Cleveland – Wednesday, Sept. 30 ~ 9:30 - 12:30
PEP Central Office 3100 Euclid Ave ~ Conf. Rm A/B

RSVP to: Twinkle French @ Twinkle.French@nationwidechildrens.org or contact Marla Himmeger (614) 466-1984 with any questions.

Current Events - Across the State:

<http://dmhexto1.mh.state.oh.us/dmh/events/listing.nsf/HomePage?OpenAgent>

Ohio Family and Children First: <http://www.ohiofcf.org/>

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