

What We Hope to Accomplish:

**Decrease the percent of adolescents within grantee communities reporting self-injury, suicide consideration and attempts, and depressive symptoms.**

Approach:

- 1) Support evidence-based universal mental health curriculum and programs in local school districts**
- 2) Support evidence- and research-based mental health intervention services and programs for at-risk students**

<b>Where We Started: Mental Health</b>	<b>Definition of Success</b>	<b>Current Interventions</b>	<b>Grantee Level Outcomes</b>	<b>Initiative Status as of 7/1/17</b>
<p>In 2012 for high school students:</p> <ul style="list-style-type: none"> <li>• 15.6% reported self-injury</li> <li>• 4.7% reported suicide attempts</li> <li>• 13.0% reported serious suicide consideration</li> <li>• 19.7% reported depressive symptoms</li> </ul> <p>In 2012 for middle school students:</p> <ul style="list-style-type: none"> <li>• 7.8% reported self-injury</li> <li>• 3.0% reported suicide attempts</li> <li>• 10.5% reported serious suicide consideration</li> <li>• 12.8% reported depressive symptom</li> </ul>	<ul style="list-style-type: none"> <li>• In 2014, a 3% decrease in the % of adolescents reporting stated mental health conditions and symptoms in grantee communities over 2012 baseline data</li> <li>• In 2014, a 5% decrease in the % of adolescents reporting stated mental health conditions and symptoms among grantee communities compared with non-grantee communities</li> </ul>	<p>Four public school systems (Framingham, Holliston, Natick &amp; Needham) selected to participate in Children’s Hospital School Mental Health Assessment survey</p>	<ul style="list-style-type: none"> <li>• 90% of district faculty and staff participate in the assessment</li> <li>• Improvement plan is created by each district</li> </ul>	<ul style="list-style-type: none"> <li>• 549 Framingham, 264 Holliston, 331 Natick, and 227 Needham faculty and staff completed the assessment.</li> <li>• Scores provided for each school within the four districts.</li> <li>• Natick and Needham applied for follow-on grants to support at-risk students</li> </ul>
		<p>Grant to Framingham Public Schools for Mental Health Coordinator at the high school</p>	<ul style="list-style-type: none"> <li>• 20% reduction in suicidal ideation</li> <li>• 30% reduction in absenteeism</li> <li>• 20% of students report feeling safer and improved emotional wellness</li> </ul>	<ul style="list-style-type: none"> <li>• 20% decrease in suicidal ideation from 2012 to 2014</li> <li>• 50% reduction in absenteeism</li> <li>• 50% decrease in re-hospitalizations</li> </ul>
		<p>Grant to Millis Public Schools to reduce self-injury at the middle school</p>	<ul style="list-style-type: none"> <li>• 95% of students will improve their knowledge of coping skills</li> <li>• 10% decrease in referrals for self-harming behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• 100% of students (458) improved their DBT skills</li> <li>• 73% decrease in referrals for self-harming behaviors</li> <li>• Rate of self injury increased from 8.7% in 2012 to 12.1% in 2014</li> </ul>
		<p>Grant to Natick Public Schools to provide social skills and parent competency training to 25 at-risk students and their families.</p>	<ul style="list-style-type: none"> <li>• 85% of students will use at least one self-calming strategy</li> <li>• Reduced disciplinary actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Program served 161 students and families since start</li> <li>• 68% of teachers reported improvements in school discipline and social competence</li> <li>• No date provided on calming strategy</li> </ul>
		<p>Grant to Needham Public Schools to implement a “tiers of intervention” early detection and intervention program.</p>	<ul style="list-style-type: none"> <li>• Improved early detection and intervention of mental health issues</li> <li>• Increased capacity to support students with mental health issues</li> </ul>	<p>Data not available</p>

		<p>Grants to Wayside for Rapid Assessment and Access to Treatment Program in Framingham Public Schools and Milford Student Assessment and Intervention Program in Milford Public Schools</p>	<ul style="list-style-type: none"> <li>• Framingham: 80 students will receive crisis intervention annually; 98% of youth screened will be seen within established time frames; and reduction in mental health symptoms</li> <li>• Milford: 80 students will receive services; reduction in mental health indicators</li> </ul>	<ul style="list-style-type: none"> <li>• Framingham: 139 students received crisis interventions and 73 received ongoing mental health services; 100% of youth were seen within established time frames; data on mental health symptom improvement not available</li> <li>• Milford: 78 students received services; data not available on mental health indicators</li> </ul>
		<p>Grants to Algonquin, Assabet Valley Tech, Blackstone Valley Tech, Hopkinton, Hudson, King-Philip, and Lincoln-Sudbury, Marlborough, Medway, Natick and Westborough to replicate the BRYT model (transition back to school)</p>	<ul style="list-style-type: none"> <li>• Reduced hospitalization and re-hospitalization rates</li> <li>• Increased attendance</li> <li>• Decreased mental health symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• 1,098 students served</li> <li>• 100% of schools reduced rehospitalization</li> <li>• 100% of schools increased attendance</li> <li>• 100% of schools decreased mental health symptoms</li> </ul>
		<p>Grant to Mendon-Upton School District to implement DBT and SBIRT</p>	<ul style="list-style-type: none"> <li>• 75% reduced behavior and discipline referrals</li> <li>• 75% increase in attendance</li> <li>• 75% of students will increase coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Behavior and discipline outcomes not tracked since not relevant to referral</li> <li>• Attendance goal not achieved</li> <li>• 80% of students increased their coping strategies</li> </ul>
		<p>Grants to Wellesley College to implement depression prevention, screening and referral to treatment program in Natick at high school and middle school levels.</p>	<ul style="list-style-type: none"> <li>• 75% increase in faculty and student understanding of depression;</li> <li>• 60% of NHS students will participate in phone screen</li> <li>• 75% of eligible students will complete CATCH IT program</li> </ul>	<ul style="list-style-type: none"> <li>• 750 middle school students screened; 56 identified for follow up and 100% of parents were contacted</li> <li>• 130 high school staff trained in suicide awareness and education</li> <li>• 455 high school students (33%) screened; 52 identified for follow up; 77 referred to CATCH it early intervention program and of those 12 enrolled</li> </ul>
		<p>Grant to Family Continuity to offer school-based behavioral health services in three school districts</p>	<ul style="list-style-type: none"> <li>• Provide access to behavioral health services for 450 students</li> <li>• Develop and implement two group programs in each school district</li> <li>• Engage 50 students in evidence-based trauma treatment</li> </ul>	<ul style="list-style-type: none"> <li>• 271 students in Bellingham and Mendon/Upton received school based behavioral health services</li> <li>• 20 students participated in Trauma Focused Cognitive Behavior Therapy</li> <li>• Franklin Public Schools pulled out of the project</li> </ul>
		<p>Grant to the Bridge of Central Massachusetts to offer DBT, self-injury and suicide prevention training and consultation to three school districts</p>	<ul style="list-style-type: none"> <li>• 50% increase in knowledge about DBT, self-injury and suicide prevention</li> <li>• 80% of students in DBT Skills Group will report using one or more skills</li> </ul>	<ul style="list-style-type: none"> <li>• Staff at Algonquin, Marlborough and Westborough high schools trained</li> <li>• School personnel had 259% increase in knowledge and students had 251% increase</li> <li>• Students did not increase their utilization of DBT skills</li> </ul>