

# School Mental Health Advisory Council

October 17, 2019

Topeka, KS

## Call to Order:

Kathy Busch called the meeting to order at 09:04AM.

We have several new members so as roll call we will go around the room and will introduce ourselves telling who you are, where you are from, and who you represent on the council.

## Members Present:

Kathy Busch  
Misti Czarnowski  
Jessica Griffin  
Ken Hughey

Jane Groff  
Bobby Eklofe  
John Heim  
Deana Novack

Shelby Bruckerhoff  
Diane Gjerstad  
Leia Holley  
Kathy Kersenbrock-  
Ostmeyer  
Rachelle Soden

Glenna Phillips (Kathy Mosher)  
Shirley Scott

Monica Murnan  
Holly Yager

## Members Absent:

Cherie Blanchat  
Kimber Kasitz  
John McKinney  
Julianne Walker

Denise Cyzman  
Monica Kurz  
Judi Rodman  
Pam Weigand

Russ Jennings  
Ronnie Lieurance  
Mary Jo Taylor

## KSDE Staff:

Laura Jurgensen  
Bert Moore

Myron Melton  
Amy Martin

Kent Reed  
Trevor Hoffman

## Agenda:

Motion to approve: Bobby Eklofe  
Second: Leah Holley

Motion passed.

## Approval of July Minutes

Motion to approve: Holly Yager  
Second: Shirley Scott

Motion Passed

## Update on Legislative Pilot

Diane Gjerstad

- Last year

- Legislature approved pilot in fiscal 2018 budget for 10 million dollars
  - Program includes 82 schools in 9 districts
  - Garden City, Wichita, Parsons, Topeka, Kansas City, Abilene, Herrington
  - Served about 1700 students
  - We saw a significant improvement in school attendance and behavior concerns
- This year the pilot was extended to those 9 districts
  - 2.5 million was budgeted for a data base
  - KSDE did this in-house for a much lower price & in much less time.
  - Expanded pilot to additional school districts
    - Salina, North Ottawa, Pretty Prairie, Ottawa, Neodesha, and Fredonia
- The need is great for these services
- The school boards are grateful for these services
- Benefits
  - Stigma becomes reduced and the kids are suggesting to other kids they should use the services to get help
  - Students miss less school
  - Students needing the highest level of support are provided additional services
  - Teachers are seeing the benefits in the classroom
- There is a typo on the handout Diane will get a clean copy to Pat if you want one please ask Pat for a new copy

## Update on School Mental Health Initiative

Mattie-Kay Stewart

PowerPoint

- This project is supported through the Kansas State Personnel Development Grant (SPDG)
- Objectives
  - Scale capacity of cross-system teams
  - Tiered mental health supports
  - Cross-system, data-based decision making
  - Replicate resources statewide
- Second year
  - Worked with Abilene Central KS Mental Health Center
  - Wellington Sumner County Mental Health Center
- Use a collaborative trauma informed care protocol
- Recently brought all the teams together for a workshop
  - Executive level leadership and coaches were able to work around the 4 learning objectives
  - There were over 40 participates
- Trauma responsive module
  - Instruction and instruction guides have been put together and are being developed for these modules
- Working on developing care-giver modules

- Hosted webinars for our educators
  - Provided every other month
  - Looking to support topics around mental health where educators need more help
  - These webinars are saved and archived so that others can access them later.
- Kathy Busch requested a preview of the modules once they are developed and ready to go
- SMHI has a new flier that they passed out to the council.

## Suicide Toolkit Roll out

Myron Melton

- Kansas Suicide Prevention, Response and Postvention Toolkit
- The Council made recommendation to the board last year based on the data we gathered
  - A lot of districts were inconsistent with the way the Jason flat act information is delivered
  - We need to provide more resources to the schools
- The toolkit is a 100+ page document with fillable PDF forms that is a step by step process that walks you through setting up a plan
- There is an appendix that is critical
  - When a critical event has happened, the appendix will allow you to look up in an instant content you need to know
- The toolkit is currently in the graphics and communications department at KSDE getting the final touches on it
  - Will roll out at the KSDE annual conference October 29-30
  - Will roll it out on listservs when it is ready
  - there have been a couple soft roll outs
    - Shawnee Mission utilized the document to use bits and pieces while building their plan
- Generally the feedback has been very positive
- We will send it out as quickly as we can no later than October 29 at the Annual Conference
- This has been developed for schools but there have been community partners reach out and show interest on using the document for developing their plan
- Kathy Busch requested Myron to walk us through the document at the December meeting once the document is available

## Update on Bullying Task Force Work

Jane Groff

- The Blue Ribbon Task Force on Bullying was formed in March by Dr. Watson
  - He was hearing lots of comments and questions about bullying
  - 28% of 6-8 grade students had experienced bullying
- The task force charge is to research and identify the data and trends and prevention strategies

- We have been charged with providing recommendations to the State Board
- The next meeting is on November 19<sup>th</sup> via Zoom.
  - Visit KPIRK on Facebook to get the links
- The task force is broken up into 6 work groups
  - Work groups are: Data Research, Evidence Based & Current Practices, Policy/Practice/Accountability, Barriers & solutions, Cultural Awareness, and the Writing Committee.
  - Each work group is working on their recommendations from their area
- The task force hears testimony from the public and presentations from different groups at each meeting
- Bullying is a common topic with parents
  - A strong anti-bullying program will have a strong parent and family component
- The recommendations will be presented to the state board in December
  - We are working to pull things together and get our recommendations put together

Kent Reed/Myron Melton

- The task force is chaired by Dr. Rick Ginsberg and James Regier
- There is a varying understanding of the definition of the word “bullying”
- The one frustration we have had is we do not have enough student voice.
  - We have plenty of adults that want to come talk but not a lot of students who have given us feedback
- We ask each person that presents “what would be your recommendation for change”
- Please encourage students to come talk to the task force

#### Draft Bylaws:

Kathy Busch

- Draft Kansas School Mental Health Advisory Council Bylaws document in packets
- Work in groups and review this document to look for typos, recommendations etc.
- See hard copy of document for corrections
- Area for definitions and acronyms
- Typo page 3 missing comma behind develop
- Service centers
- Page 5 membership tenure, Council recommend, not KSDE
- More articulation about membership application
- Student on membership
- Page 7 move bullet 5 to the top
- See documents from each group that were given to Laura.

#### CTC Survey

Lisa Chaney

- Has been administered for 25 years on the behalf of KDADS (Kansas Department of Aging and Disability Services, Behavioral Health Services)
- Funded by KDADS
- Available online

- Completely anonymous
- Legislation changed to opt in in 2015 which made the numbers participating in the survey drop
- Schools are learning how to talk to parents and get consent numbers of surveys is starting to go back up
- There is a version of the survey that omits the family domain questions
  - Family risk factors and conflict is the reason some schools opt out
- This is a valid and reliable survey that has national support
  - There are built in validity checks
    - How honest were you in answering these questions if they say they were dishonest the survey is thrown out
    - There is a question about a fictitious drug answering anything but never would cause this the survey to be thrown out
- Optional Depression Suicide module is available
  - Started asking these questions in 2015 in a pilot program
  - In 2016 it began as an optional module
  - Research shows that when asking these questions you must be blunt
- Data shows depression is increasing
- Have you seriously thought about killing yourself is also increasing
- Have you made a plan to kill yourself data is also increasing
- With this type of data we are able to make connections
  - There is an association with occurrence of bullying and level of depression
  - There is an association with alcohol use with level of depression and suicide attempts
- KCTC provides the district a report about how their Social emotional learning standards are comparing to the state average.
  - Helps the school assess their school climate
- Recommendations
  - Encourage local level KCTC Survey participation including the depression/suicide module
  - Maintain parent consent while removing the burden of opt-in, change legislation to opt-out
  - Encourage use of data for local level prevention planning and monitoring
  - Increase awareness by sharing local data with community stakeholders
  - Increase awareness and educate to reduce myths surrounding youth suicide
- House bill 2361 is still alive
  - This bill would change opt-in to opt out
  - This is a committee bill that has been passed in the committee
- We will revisit these recommendations later today to see if we can have a formal vote on these to take to the State Board to reinforce our recommendations.

**Public Comment:**

- No Verbal Public comment
- Letter from Leah Beth Grim

- Letter from Representative Blake Carpenter supporting Leah Beth Grim

## Report of Subcommittee on Review of KASB Policy on Mandated Reporting

Rachel & Holly

- There are a lot of suggested changes and modifications
  - These changes are based on the guide to mandated reporting
  - When a report is made to law enforcement is the staff person then required to report to DCF the recommendation has been made that the person does call however, that is not required by statute. Statute requires law enforcement to follow up with DCF
  - Imminent danger should call law enforcement
  - There are so many changes that it might be better for everyone to read over the final draft
  - Clearly defined who is defined in the statute
  - Employee making report will not contact the child's family
  - Clearly defined reason to suspect
  - Added for additional information how to access the guides and additional resources
- These changes have been sent to KASB
- In order for this to make a difference every school district must implement this
- There may need to be an area of clarification as to who should make the report
- Committee will clarify the councils concerns and get back to us about the topic of who should make the report
- May need to provide guidance that goes along with the policy

## KVC and KCK Trauma Informed Schools Project

Sara Shlagel

Lisa Garcia-Stewart

PowerPoint Presentation

- Partnership between the hospital and KCK schools
- In 2014 we had 6 students die by suicide.
- Started to provide training for the school counselors to respond to student need
- In KCK, Community violence impacts the students
- They are in year 1 of implementation it took them 3 years of planning
- We have to shift how educators and students think to have a shared level of mutual respect
- We do not do this work alone and KCK could not do this without the help of KVC
- We have to promote a toolkit for our teachers, counselors and community
- Inputs - How does trauma effect the brain and the community
- Activities - To address the impact of trauma on every student
- Outputs- To improve educational processes (understanding that what you see on the outside is a result of the underlying issues)
- Impact - Improves the determinants of health in Wyandotte County
- We need to be very intentional with our communication

- We have to understand how the brain develops and how we can improve that development
- The ACE Study
  - Average Childhood Experiences
  - 7 of 12 zip codes in KCK are high risk for ACEs
    - Some of our kids may not have all their basic needs
  - Poor housing, violence, no access to food or health care effects these kids
  - We must understand how these things effect the kids
- Our plan
  - Three year project – we did not want this to be just another program
  - Hire a project coordinator (which we have done)
  - Develop a curriculum model
  - Create a communications strategy
  - Identify champions for cluster 1 schools
    - Wyandotte cluster was identified
  - Summer seminar planning
    - this was a 5 day training
    - was not a sit and get training, they were engaged
    - Every Principal was required to attend
    - The KCK Superintendent attended
    - Had support of the school board
  - Building content for online training
  - Crates a Strategy and Implementation Guide template for schools – schools have to develop a plan.
    - Each school was given a story board to help them make their plan
- Moving forward Year 2 goals
  - Train all Central Office Staff
  - Train Transportation, Law Enforcement, and Nutritional services staff
  - All Staff in Wyandotte Cluster Schools utilize online training
  - Continue implementing coaching with Wyandotte cluster
  - Coordinator builds capacity in Wyandotte cluster for their teams to provide brief training moments on site
  - Evaluation of trauma sensitive and resilient schools initiative
  - Begin team-building with second cluster: Harmon Cluster & Sumner Academy

### Follow-up items

- we will do a follow-up of the final draft the bylaws and KASB policy

### Council Member updates

- Upcoming train 11/9 ESU Trauma informed educators training
- 11/14-15 Moving the needle conference in Wichita
- Bobby – We have opened up a 54 bed hospital will take time to build staffing and training, if you get told they are full it is due to staffing. We should be maximizing the beds by next year.

## Wrap-Up

- Reminders Myron will show us the Suicide Toolkit
- KSDE Annual conference is in Wichita at the end of the month please sign up if you are wanting to attend
- We will be back over at Washburn Tech for the next meeting in December

Adjourn: 1:55 pm