



**WELCOME!**

# National Center for School Mental Health (NCSMH)

Established in 1995 with funding from the Health Resources and Services Administration

The **NCSMH mission** is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth.



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE



Visit the NCSMH website at [www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)



# Comprehensive School Mental Health Systems

- Provide a **full array of supports and services** that promote positive school climate, social emotional learning, mental health and well-being, while reducing the prevalence and severity of mental illness
- **Built on a strong foundation of district and school professionals**, including administrators and educators, specialized instructional support personnel (e.g., school psychologists, school social workers, school counselors, school nurses, other school health professionals) in **strategic partnership** with **students, families and community health and mental health partners**
- Assess and address the **social and environmental factors** that impact health and mental health



## School Mental Health National Quality Assessment Overview of Domains and Indicators



### Teaming



- Have multidisciplinary team
- Use best practices for meetings, role delineation, and data sharing
- Avoid duplication and promote efficiency
- Make mental health referrals to school-based and community-based services
- Meaningfully involve youth and families
- Facilitate effective school-community partnerships
- Address each tier of the multi-tiered system of support
- Use data to determine service needs

### Needs Assessment/ Resource Mapping



- Assess student mental health needs
- Assess student mental health strengths
- Use needs assessment to determine appropriate services and supports
- Conduct or access current resource mapping
- Use current resource map to inform decisions about services and supports
- Align existing mental health services and supports

### Mental Health Promotion Services & Supports

TIER 1

- Allocate time for staff to deliver needed Tier 1 evidence-informed services
- Determine evidence to support Tier 1 services
- Ensure Tier 1 services match unique school considerations
- Support training and monitor fidelity for Tier 1 services
- Assess and improve school climate and staff well-being
- Determine and implement school-wide positive behavior expectations
- Reduce exclusionary discipline practices
- Proactively build healthy relationships and community
- Promote mental health literacy
- Support social & emotional learning

### Early Intervention and Treatment Services & Supports

TIER 2&3

- Determine evidence to support Tiers 2 & 3 services
- Ensure Tiers 2 & 3 services match unique school considerations
- Support training for Tiers 2 & 3 services
- Monitor fidelity of Tiers 2 & 3 services
- Monitor individual student progress across tiers
- Implement systematic protocol for crisis response
- Create SMART intervention goals
- Place staff with allocated time to deliver needed Tier 2 evidence-informed services
- Place staff with allocated time to deliver needed Tier 3 evidence-informed services

### Screening



- Screen for student distress and well-being to identify and refer students for additional supports.

### Impact



- Document and report the impact of your comprehensive school mental health system on educational, social/emotional/behavioral and services outcomes to a wide range of stakeholders

### Funding and Sustainability



- Use multiple and diverse funding and resources
- Leverage funding and resources to attract potential contributors
- Have strategies to retain staff
- Maximize expertise and resources of all stakeholders
- Monitor federal, state, and local policies that impact funding
- Support funding and resources at each tier
- Maximize opportunities to bill for eligible services



**Get into SHAPE!**



# Overview Page

- Overview
- School Mental Health Profile
- Mental Health Quality
- Resources
- Screening & Assessment
- Trauma Responsiveness
- My Schools
- My District Account

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My Star Status

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Welcome to SHAPE! Explore all that SHAPE has to offer to improve your district's school mental health system.

- ### School Mental Health Profile

Teams are encouraged to start with The School Mental Health Profile, which asks about the structure and operations of your school mental health system. This Profile is part of the National School Mental Health Census, an effort to capture the status of school mental health nationally.
- ### Quality Assessment

The Quality Assessment will help your team assess the quality of your school mental health system based on seven domains. Teams receive a custom report based on responses.
- ### Resource Center

The Resource Center includes publicly available resources selected by school mental health experts. The library is divided by key components of a comprehensive school mental health system. Teams are encouraged to use custom reports from the Quality Assessment to navigate the resource library and guide the selection of appropriate resources.
- ### Screening and Assessment Library

The Screening and Assessment Library offers an extensive list of free and low-cost measures related to school mental health.
- ### Trauma Responsiveness

The Trauma Responsive Schools Implementation Assessment (TRS-IA) is an evidence-informed self-assessment. Feedback reports and comprehensive guides will be generated to support schools and districts as they work to enhance their trauma-responsive programming.
- ### My Schools

View data related to school mental health from schools in your district in the My Schools tab.



# Current Assessments

SMH Profile

School Mental Health Quality Assessment  
(SMHQA)

The Trauma Responsive Schools Implementation  
Assessment (TRS-IA)



Coming Soon

Culturally Responsive Schools

Organizational Wellness

Family Engagement





# How to use SHAPE



## Map

Inventory of services and supports (SMH Profile)



## Assess

Alignment with best practices (SMHQA)

Trauma-Responsiveness implementation (TRS-IA)



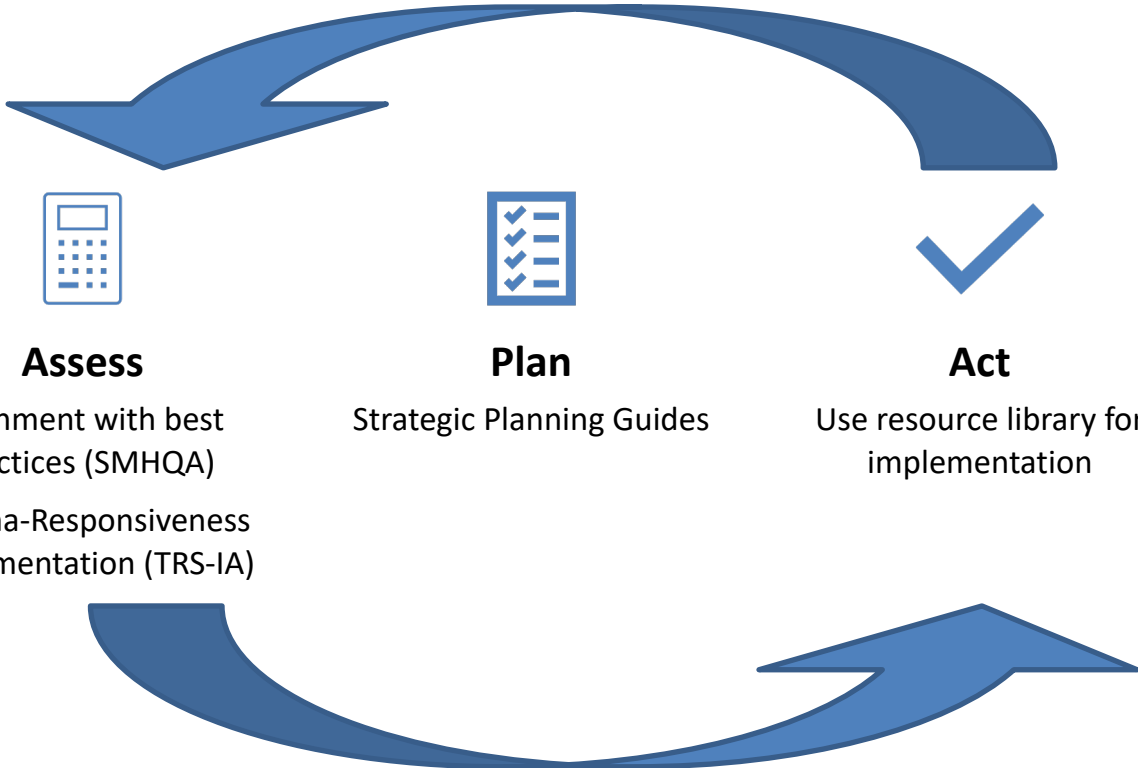
## Plan

Strategic Planning Guides



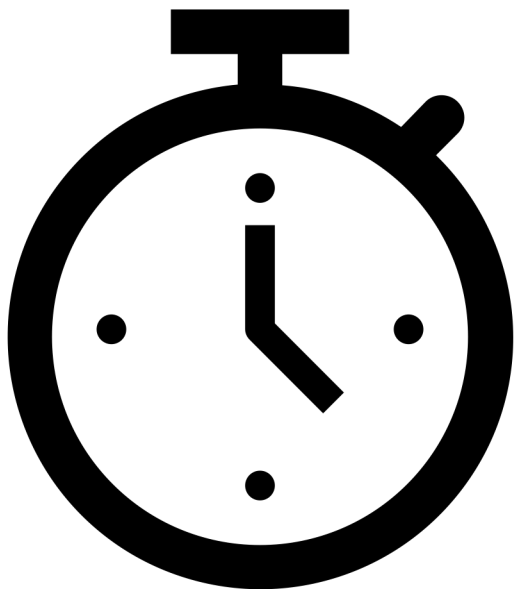
## Act

Use resource library for implementation





# Re-assessment



- Complete baseline assessment with all domains yearly (SMHQA)
- Re-assess in prioritized domains monthly/quarterly
- Update SMH Profile yearly



# School Mental Health Profile

- Overview
- School Mental Health Profile**
- Mental Health Quality
- Resources
- Screening & Assessment
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- My Schools
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### The School Mental Health Profile

collects information related to multi-tiered services and supports, staffing, financing, and data systems based on your district's school mental health system. Your responses will contribute to the National School Mental Health Census, an effort to capture the status of school mental health nationally.

- Instructions
- Printable Version
- Sample Report



### Summary Report

Last updated on: 11/01/2019

Students Served and Data Systems



- Take Survey
- View Responses

Last updated on: 11/06/2019

Staffing



- Take Survey
- View Responses

Last updated on: 11/06/2019

Services and Supports



- Take Survey
- View Responses



# School Mental Health Profile

Mental Health Profile

## Students Served and Data Systems

The School Mental Health Profile documents the structure and operations of your school mental health system. This Profile is part of the National School Mental Health Census, an effort to capture the status of school mental health nationally.

**Instructions:** Complete this assessment with an existing team or identify a new team. Broad and diverse participation ensures meaningful assessment, successful planning, and implementation. Your team may include school- or community-employed staff and other partners and stakeholders, including youth and families. Please respond to these questions based on the past school year.

We anticipate most districts will have schools with a range of progress in school mental health, a variety of data collection and reporting strategies, and other characteristics queried on this profile. However, we ask that you do your best to respond on behalf of your whole district based on the data you have access to and can estimate.

**What if we have difficulty answering a question?** If you don't have the data to report, you can skip the question. Also, many teams need to leave some questions blank and come back to them later (you can still proceed and return to update this profile at any time). Further, no team can tackle all parts of their school mental health system at once or in a given school year. This assessment should be used as a quality improvement tool to facilitate structured conversations, strategic planning, metric for team reassessment, and to optimize the quality of all aspects of your school mental health system over time.

[Download a printable version of the School Mental Health Profile for Districts](#)

Next

School Mental Health Profile

## Students Served and Data Systems

To the best of your knowledge, are the following school mental health services and supports in place in your school? See notes below for further explanation.

Services and Supports	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Mental health screening	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Tier 1 services and supports	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Tier 2 services and supports	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Tier 3 services and supports	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Evidence-based practices and programs (as identified in national evidence-based registries)	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Community partnerships to augment school mental health services and supports provided by the school system	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Quality improvement process to understand and improve the comprehensive school mental health system	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools



# School Mental Health Profile

Overview | School Mental Health Profile | Mental Health Quality | Resources | Screening & Assessment | Trauma Responsiveness | My Schools | My District Account

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**The School Mental Health Profile**  
 collects information related to multi-tiered services and supports, staffing, financing, and data systems based on your district's school mental health system. Your responses will contribute to the National School Mental Health Census, an effort to capture the status of school mental health nationally.

Instructions | **Printable Version** | Sample Report

Summary Report

Last updated on: 11/01/2019

**Students Served and Data Systems**

Take Survey | View Responses

Last updated on: 11/06/2019

**Staffing**

Take Survey | View Responses

Last updated on: 11/06/2019

**Services and Supports**

Take Survey | View Responses

Indicate which of the following data points your District collected last year and how those data were used. (SMH = school mental health)

Data point	Did you collect it last year?		How was it used? (select all that apply)				
	Yes	No	Identify students for mental health risk	Match/triage students to SMH service delivery	Track individual student progress in SMH interventions	Monitor/ evaluate SMH system outcomes	Was collected but not used for SMH services last year
Attendance/ Chronic Absences							
Academic Achievement (Grades, standardized testing)							
Office discipline referrals							
Out of school suspensions							
School climate/safety							
Other (please describe):__							
Other (please describe):__							


Does your district have an electronic data system to identify the number of students receiving mental health early intervention (Tier 2) and/or treatment (Tier 3) services and supports? (yes/no)

If yes, please describe the system your district used. \_\_\_\_\_



# Reports

[Download as PDF](#)



**School District Mental Health Profile**  
*JEFFERSON UNITED*

Last Updated: October 3rd, 2019

**Understanding this Summary**

This report is generated based on the information you provided for your School District Mental Health Profile.

This profile provides a snapshot of the structure and operations of your school district's comprehensive school mental health system.

[About Your School District Mental Health Report](#)


Congratulations! Your district's team has been counted in the National School Mental Health Census and achieved Bronze SHAPE recognition for completing the School Mental Health Profile. Complete the National School Mental Health Performance Measures on SHAPE (the Quality Assessments) to achieve Silver and Gold SHAPE Recognition.


Schools and districts who register with SHAPE aspire toward having strong school-community-family partnerships that provide a multi-tiered continuum of evidence-based mental health services to support students, families, and the school community.

Number of schools in your district:  
**10**

Number of students in grades K-12:  
**10,000**

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Page 1 of 6






**Students Served and Data Systems**  
*JEFFERSON UNITED*

Last Updated: October 3rd, 2019

Services and Supports	Availability				
	Not in place	1-25% of schools	26-50% of schools	51-75% of schools	76-100% of schools
Mental health screening	✓				
Tier 1 services and supports					✓
Tier 2 services and supports		✓			
Tier 3 services and supports			✓		
Evidence-based practices and programs			✓		
Community partnerships		✓			


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# Quality Assessment

**The School Mental Health Quality Assessment** is designed for teams to assess the comprehensiveness of their school mental health system and to identify priority areas for improvement. The Quality Assessment is comprised of seven domains (Teaming, Needs Assessment/Resource Mapping, Screening, Mental Health Promotion, Early Intervention and Treatment, Funding and Sustainability, Impact). Your team will receive custom reports as you complete each domain.

[Instructions](#) [Printable Version](#) [Sample Reports](#)



Current Reporting Period: **April 2019 - June 2019**  
Change Reporting Period ?

 **Summary Report**

Last completed on: 08/12/2019  
Completed by 1 person.


**Teaming**



[Take Survey](#) [View Report](#)

Last completed on: 08/12/2019  
Completed by 1 person.


**Needs Assessment/ Resource Mapping**



[Take Survey](#) [View Report](#)

Last completed on: 08/13/2019  
Completed by 1 person.

**Screening**



[Take Survey](#) [View Report](#)

**Mental Health Promotion Services & Supports**



[Take Survey](#) [View Report](#)



# Quality Assessment

## Teaming



To what extent did schools in your district use best practices to make mental health referrals to community-based mental health services?

(Community-based mental health services refers to services offered by community staff outside of the school building.)

Never	Rarely	<b>Sometimes</b>	Often	Almost always	Always
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### Best practices:

- Use an up-to-date community resource map (name of program or organization, description of service, website, address, phone number, hours of service, eligibility requirements, insurance accepted, cost of service, wait list status, any other unique considerations)
- Develop a clear, consistent referral process to community providers to promote successful linkage including:
  - Referral consultation meeting with student and family to review needs and options and complete any releases of information
  - Direct contact with community provider to confirm referral, service availability, and facilitate a seamless entry into services and supports
  - Clear referral instructions for student and family with up-to-date contact information
  - Discussion of potential barriers to following through with referral and how to overcome them
  - Referral follow-up meeting with student and family to confirm linkage and address any remaining barriers
  - Follow up with community provider to facilitate ongoing coordination and information sharing

Prev

Next





# Domain Reports

[Download as PDF](#)

## Teaming

Reporting Period: September 2018 - June 2019  
Date of Report: 10/07/2019  
Entered By: 2 Users

**About Teaming**

School districts are in the position of ensuring that school mental health efforts are appropriately staffed and supported by multidisciplinary teams that have effective communication and collaboration practices. Many schools have teams that meet to discuss and strategize about student mental health issues. Schools may have one team devoted to the full continuum of mental health supports (mental health promotion to early intervention and treatment) or they may have multiple teams that address different parts of the continuum (e.g., school climate team, student support team, Individualized Education Program team, intervention/tertiary care team, Tier 2/3 team, any other team that addresses student mental health concerns).

**Need resources?** The SHAPE Resource Library offers a wide variety of tools and resources to help your team improve your school mental health system. The library is organized by Quality Domain to help you locate exactly what you need.

For example, to find resources related to forming a multidisciplinary team or partnerships with the community and youth and families, select "Teaming" in the resource library and filter by "Partners."

**The district team who completed this assessment reported the following information about the quality of teaming in your schools:**

This progress report was developed by the Center for School Mental Health for The SHAPE System.  
Page 1 of 5

## Teaming

Reporting Period: September 2018 - June 2019  
Date of Report: 10/07/2019  
Entered By: 2 Users

For schools in your district  
**OVERALL COMPOSITE SCORE: 3.3**

**Partners**

3	Multidisciplinary teams
3	Youth and family partnership
3	Community partnerships

**Structure/Process**

3	Addresses all tiers
2	Avoid duplication and promote efficiency
5	Best practices for meetings
4	Delineated roles/responsibilities
3	Effective referral processes

**Data**

2	Data based decisions for interventions
2	Data sharing

District support  
**OVERALL COMPOSITE SCORE: 1.9**


**District Support**

1	Establish and disseminate written, standard policies and procedures
2	Support implementation
1	Monitor implementation
2	Supports

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Page 1b of 5



# Strategic Planning Guide



## Strategic Planning Guide

The following pages can be used as tool to plan your next steps for this domain. We encourage you to complete this with your team.

**Please state a specific goal within this domain.** (For example, for the Teaming domain, one goal might be that the school mental health team will better collect and use data to identify students who need mental health support.)

GOAL: \_\_\_\_\_

How will you know if you've achieved success within this goal? (For example, for the Teaming domain and your goal is to better collect and use data to identify students who need mental health support, one way of measuring success might be that by the next academic school year, the school mental health team will review student mental health screening data for the entire student body twice per year to identify students in need of services and make a plan for meeting those needs.)

INDICATOR OF SUCCESS: \_\_\_\_\_


**What opportunities exist related to this goal?**

- What have been our past successes?
- What current work is taking place related to this goal?
- What are our available resources (leadership, infrastructure, staffing, partnerships)?

**What barriers exist related to this goal?**

- What would prevent us from moving forward with this goal?
- What would we need to overcome this/these barrier(s)?

This progress report was developed by the Center for School Mental Health for The SHAPE System.  
Page 2 of 5

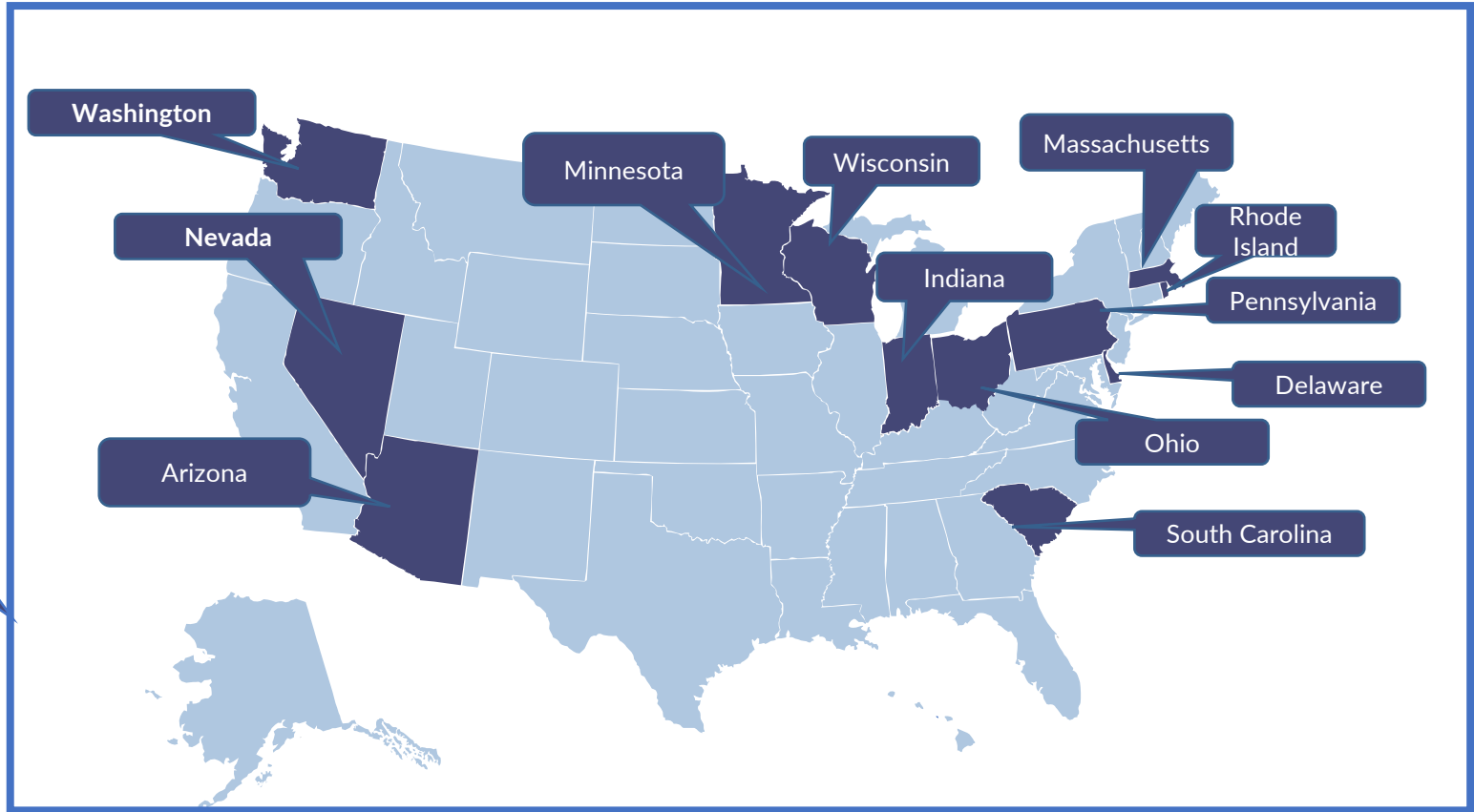


# How have others used SHAPE?

Examples from School Mental Health CoIIN



# CoIIN States



Bureau of Indian Education/  
Indian Health  
Service



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Refined teaming structures and processes

- Gain consensus roles and responsibilities

Studied screening procedures

- Investigated the affect of training on use of screening forms
- Improved screening procedures for staff
- Piloted screening procedure with small group
- Rescreened and studied changes in risk
- Investigated time needed to use screening results

Investigated the capabilities of data systems

- Demoed multiple systems and received feedback on ease of use
- Investigated whether school climate surveys provided useful information for guiding services and supports
- Tested a standardize data tracking procedure for providers

Established relationships with community partners

- Explored the services and supports offered by local agencies

Investigated impact of services and supports

- Obtained feedback on social skill group
- Investigated whether SEL curriculum administration resulted in changes for students



# Changes in SMHQA



- Improvement at the district-level
  - Teaming
  - Needs Assessment and Resource Mapping
  - Impact
- **Improvement in district-level support to schools**
  - Needs Assessment and Resource Mapping
  - Screening
  - Mental Health Promotion
  - Early Intervention and Treatment Services



# Needs Assessment and Resource Mapping



## District-Level

- Assessment of student strengths and needs
- Development and use of resource mapping of the community
- Use of data driven decisions to align services and supports

## Support to Schools

- Establish policies and practices
- Disseminate resources
- Provide implementation supports
- Monitor fidelity
- Engage in quality improvement



# How can SHAPE support my team?

1. Free data system
2. Assessment tools
3. Data monitoring (csv files for districts and schools)
4. Robust resource library geared toward implementation
5. **Conversation starter**





# School Mental Health Profile

Overview School Mental Health Profile Mental Health Quality Resources Screening & Assessment Trauma Responsiveness My Schools My District Account

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### The School Mental Health Profile

collects information related to multi-tiered services and supports, staffing, financing, and data systems based on your district's school mental health system. Your responses will contribute to the National School Mental Health Census, an effort to capture the status of school mental health nationally.

[Instructions](#) [Printable Version](#) [Sample Report](#)

[My Progress](#)

[Summary Report](#)

Last updated on: 11/01/2019

### Students Served and Data Systems

[Take Survey](#) [View Responses](#)

Last updated on: 11/06/2019

### Staffing

[Take Survey](#) [View Responses](#)

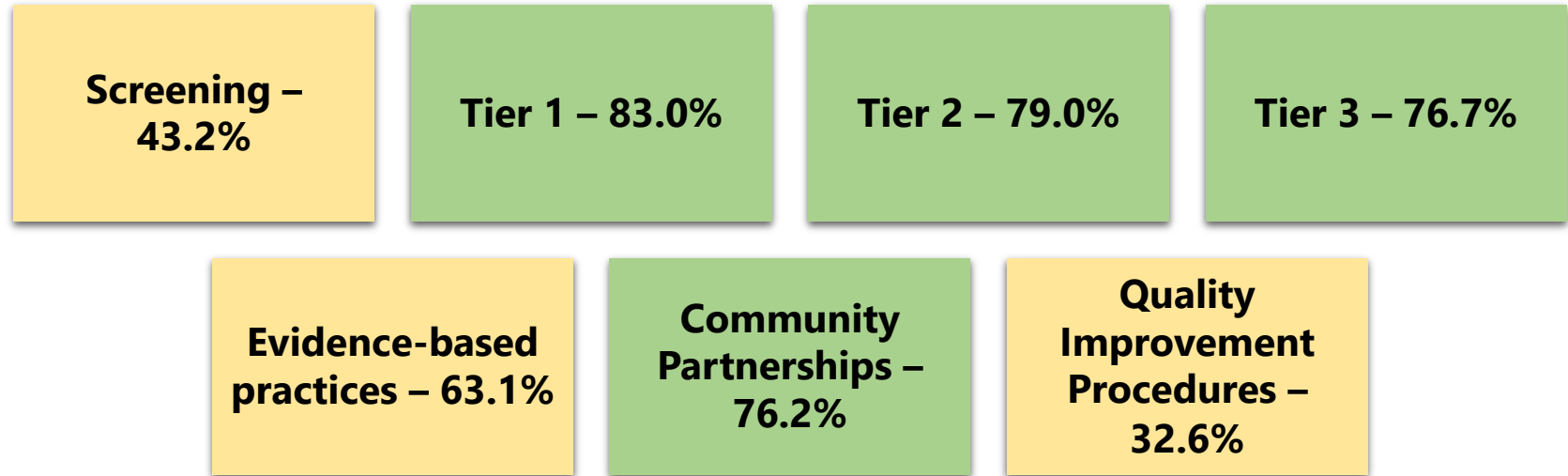
Last updated on: 11/06/2019

### Services and Supports

[Take Survey](#) [View Responses](#)



# Availability of CSMHs Components





# Data Usage

Attendance	97.6%
Academic Achievement (Grades, standardized testing)	96.1%
Office discipline referrals	90.1%
Out of school suspensions	88.3%
School Climate/Safety	71.3%



# Making Data-Driven Decisions

	Identify	Match	Monitor – Ind.	Monitor – Sys.
Attendance	50.1%	39.5%	37.3%	23.2%
Academic Achievement (Grades, standardized testing)	41.3%	35.0%	37.1%	23.1%
Office discipline referrals	52.7%	44.4%	35.3%	22.7%
Out of school suspensions	44.9%	35.7%	29.7%	19.4%
School Climate/Safety	26.2%	19.3%	15.6%	19.9%



# Making Data-Driven Decisions

	Identify	Match	Monitor – Ind.	Monitor – Sys.	Untapped Info. Nuggets
Attendance	50.1%	39.5%	37.3%	23.2%	34.8%
Academic Achievement (Grades, standardized testing)	41.3%	35.0%	37.1%	23.1%	39.3%
Office discipline referrals	52.7%	44.4%	35.3%	22.7%	28.4%
Out of school suspensions	44.9%	35.7%	29.7%	19.4%	34.7%
School Climate/Safety	26.2%	19.3%	15.6%	19.9%	34.9%



# Opportunities for growth...

1

**Identify** key student outcomes that can inform action steps to improve service provision

2

**Examine** key student outcomes for all students, and compare those results to outcomes for students in demographic groups of interest

3

**Develop** strategies as a team to address inequities or disparities in mental health access or outcomes



# Quality Assessment

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[Instructions](#) | [Printable Version](#) | [Sample Reports](#)

Current Reporting Period: September 2018 - June 2019

Change Reporting Period

[Summary Report](#)

<p>Last completed on: 09/18/2019 Completed by 2 people.</p> <p><b>Teaming</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>	<p>Last completed on: 09/27/2019 Completed by 1 person.</p> <p><b>Needs Assessment/Resource Mapping</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>	<p>Last completed on: 10/15/2019 Completed by 3 people.</p> <p><b>Screening</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>	<p>Last completed on: 09/27/2019 Completed by 1 person.</p> <p><b>Mental Health Promotion Services &amp; Supports</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>
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<p>Last completed on: 09/27/2019 Completed by 1 person.</p> <p><b>Early Intervention and Treatment Services &amp; Supports</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>	<p>Last completed on: 09/27/2019 Completed by 1 person.</p> <p><b>Funding and Sustainability</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>	<p>Last completed on: 09/27/2019 Completed by 1 person.</p> <p><b>Impact</b></p> <p><a href="#">Take Survey</a> <a href="#">View Report</a></p>
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# Use of Best Practices

## Progressing

1. Teaming
2. Mental Health Promotion
3. Early Intervention & Treatment Services and Supports
4. Funding

## Emerging

1. Needs Assessment/Resource Mapping
2. Impact

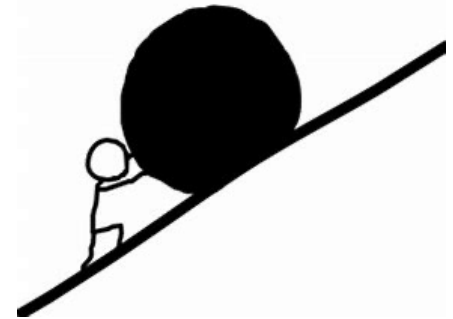






# Improvements!

- Schools
  - Teaming
  - Early Intervention and Treatment services
- Districts
  - Needs Assessment
  - Early Intervention and Treatment Services





# Early Intervention and Treatment Best Practices

Evidence-  
informed

Culturally-  
responsive

Adequate  
Resources

Ongoing  
Professional  
Development

Fidelity  
Monitoring

SMART Goals

Monitor  
Student  
Progress

Crisis  
Response  
Protocol



# Data Summary



High percentage of schools with services



High percentage of schools with community partnerships



Most of the schools did not screen students



Over 90% of schools *collect* school-level data that can inform school mental health program planning, but it is *used* less frequently and about 30% of schools reported not using data points for triaging or monitoring



Schools and Districts have made significant improvements over the last 4 years

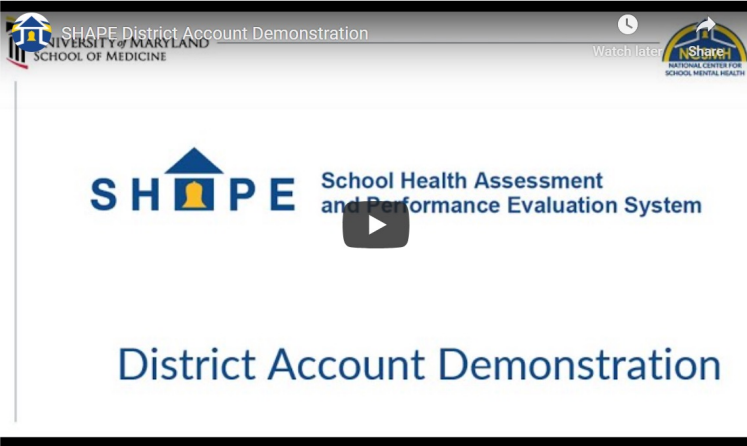
- Teaming
- Needs Assessment
- Early Intervention and Treatment Services



# SHAPE How To Resources

<http://www.schoolmentalhealth.org/SHAPE/>- “How to use SHAPE”

SHAPE District Account Demo



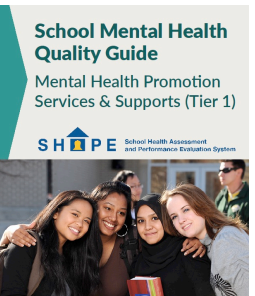
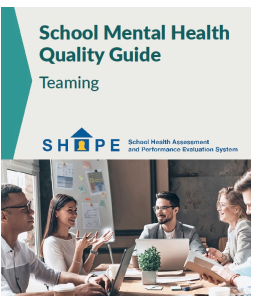
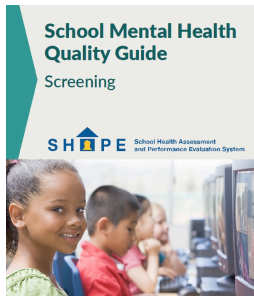
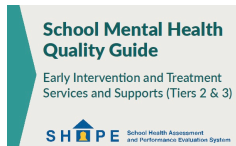
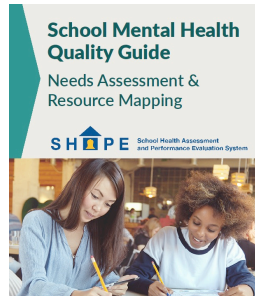
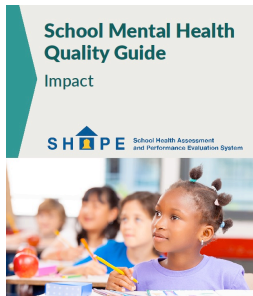
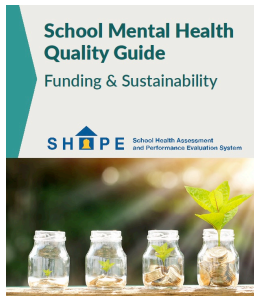
SHAPE State Account Demo

# Quality Guides

Provides guidance to advance school mental health quality and sustainability

Includes:

- Background
- Best practices
- Action steps
- Examples from the field
- Resources





Questions?