



# OKCPS Mental Health Plan

September 2018

## Tier 1 – Primary Prevention Action Plan

Actions	Location- Responsible/Facilitator
1. Adopt PBIS as the standard behavioral system of prevention and supports for the OKCPS. <ul style="list-style-type: none"> <li>a. Student Support Services Department develop an evidence-based menu of approved PBIS Tier 1 <i>interventions</i> and school connectedness <i>practices</i>.</li> <li>b. Sites may select additional Tier 1 interventions to compliment and customize their prevention approach (above and beyond) the required interventions specified in this plan. Sites must select at least one school connectedness practices to implement each year.</li> <li>c. Establish annual site plans and reports to Student Support Services about Tier 1 interventions and school connection practices and their outcomes with PBIS Site Specialists’ guidance; collaborate regularly with Site Specialists to monitor implementation and provide support to the sites.</li> </ul>	Climate Office- District-wide School Climate Office School Sites with Student Climate Office School Sites with Student Climate Office
2. Increase PBIS staffing to maximize the use of School Wide PBIS across the district through training, support, collaboration, communication, and best practice coaching.	District Leadership

<p>3. Adopt policy/Regulations requiring common trauma-informed practices at every site.</p> <p>a. SSS will provide an approved menu and guidance on trauma informed practices and training</p>	<p>Incorporated into the District Equity Plan</p> <p>Student Support Services</p>
<p>4. Require a welcome procedure to increase sense of worth, belongingness, and connectedness. Develop staff procedures for when/how to welcome all students, welcome signage, ensuring entrances to school are welcoming while still promoting building safety.</p>	<p>SSS PK Academics Communications</p>
<p>5. Require all staff complete a minimum of 2 hours of professional development upon employment (and for existing staff by <i>(Date)</i>); and annually 1 hour thereafter on:</p> <p>a. The OKCPS Mental Health Plan and introduction to the selected interventions</p> <p>b. Key concepts around mental health and evidence-based solutions (trauma, brain health, etc.)</p> <p>c. Competencies, skills, and modeling behaviors related to successful implementation of the plan as an OKCPS employee</p> <p>d. Personal, adult wellness on developing personal habits for mental health, setting wellness goals, secondary trauma</p>	<p>Student Support Services &amp; Human Resources</p>
<p>6. Require site specific orientation/professional development for mental health plans; address site specific student needs and plans to address them at that particular school.</p>	<p>Student Support Services</p>
<p>7. All staff will complete the following mental health training:</p> <ul style="list-style-type: none"> <li>● Kognito online training for suicide prevention.</li> </ul> <p>Therapeutic Options training for de-escalation</p>	<p>Student Support Services</p>
<p>8. All counselors, site administrators, nurses, and Student Support Services personnel will complete the following training:</p> <ul style="list-style-type: none"> <li>● Youth Mental Health First Aid training; A minimum of 3 people within OKCPS will be trained as Mental Health First Aid instructors.</li> <li>● Psychological First Aid training.</li> </ul>	<p>SSS, Counselors and Social Workers (13) trained as Mental Health First Aid Trainers. All Counselors, Nurses, Student Support and Social Workers trained</p> <p>Bldg Administrators trained MHFA</p> <p>Counselors, Nurses, SW trained PFA</p> <p>Bldg Administrators trained in PFA</p>

<p>9. Adopt required standards for evidence-based prevention; reorient all prevention activities by OKCPS and external partners (including assemblies, events, services/programs, etc.) to standards.</p>	<p>Student Support Services</p>
<p>10. Develop and implement an application process for prevention providers to be reviewed and approved by Student Support</p>	<p>Student Support Services</p>
<p>11. Revise MOU agreements with external entities providing Tier 1 services to require:</p> <ul style="list-style-type: none"> <li>• Demonstrated competency (via certification/licensure) and education</li> <li>• Report services and outcomes-</li> <li>• Services assigned by OKCPS and aligned to plan</li> <li>• Completion of OKCPS 1-hour Mental Health Plan orientation training</li> </ul>	<p>Student Support Services</p>
<p>12. Develop a menu of approved providers and programs to be distributed</p>	<p>Student Support Services</p>
<p>13. Implement informational program with OCPD to provide early intervention to students experiencing trauma</p> <ul style="list-style-type: none"> <li>• OCPD will notify OKCPS through an email when environmental traumatic situations occur that will impact students.</li> <li>• OKCPS will make contact with student and provide support and intervention as needed</li> </ul>	<p>Student Support Services</p>
<p>14. Implement the following Elementary School Programs:</p> <ul style="list-style-type: none"> <li>• Pax Good Behavior Game (GBG) in 1<sup>st</sup> grade classrooms.</li> <li>• FRIENDS Resilience group in upper elementary.</li> <li>• Curriculum/program(s) for social emotional learning and resiliency for elementary students. (Second Step) <ul style="list-style-type: none"> <li>• Train staff and implement</li> </ul> </li> </ul>	<p>Student Climate will review and complete a crosswalk GBG and PBIS with OKDHSAS</p> <p>Pilot GBG with PBIS team in selected pilot site(s)</p> <p>Train staff in FRIENDS Implement FRIENDS in pilot schools</p> <p>Implement FRIENDS in all schools</p>
<p>15. All incoming middle school students shall receive the Penn Resiliency Project lessons.</p>	<p>Student Support Services</p>

<p>16. All incoming high school freshman will:</p> <ul style="list-style-type: none"> <li>• Receive Botvin’s Life Skills Training (may be 8th grade).</li> <li>• Complete will Friend to Friend online training for help seeking behavior and AlcoholEdu online training as part of high school enrollment.</li> </ul>	<p>Student Support Services</p>
<p>17. All parents of incoming freshmen complete AlcoholEdu – Parents online training as part of high school enrollment.</p>	<p>Student Support Services</p>
<p>18. Develop, or adopt, and implement a set of age-appropriate lessons, discussion questions, and prompts to be incorporated into regular teaching modules that have secondary effect of reinforcing messages of hope, self-worth, and wellness. Examples include:</p> <ul style="list-style-type: none"> <li>• Discussion prompts for holidays in relation to hope and resilience including already celebrated Civil Rights leaders, etc.</li> <li>• Discussion prompts related coping skills, hope, or resiliency specific to commonly read books in middle/high school</li> <li>• Discussion questions related to major historical events and trauma, resilience, etc.</li> </ul>	<p>Student Support &amp; PreK Academics- Curriculum Develop</p> <p>Distribute to schools</p>
<p>19. Increase dedicated staffing and services to assist in the reduction of suspension, implement the mental health plan and provide appropriate services/supports for children.</p> <ul style="list-style-type: none"> <li>• Mental Health Coordinator</li> <li>• School Climate Specialists</li> <li>• Counselors</li> <li>• Social Workers</li> </ul>	<p>District Staffing Team</p>
<p>20. Utilize OKCPS mobile text message communications to send regular (Mental Health Moment) conversation prompts for parents/guardians to use with their children.</p> <ul style="list-style-type: none"> <li>• Prompts will teach and remind parents/guardians to talk to children about Hope, Worth, and ATOD issues.</li> <li>• Collect periodic mobile text survey feedback to measure usage of prompts by parents/guardians.</li> </ul>	<p>Student Support Services &amp; Communications</p>

<p>21. Identify and promote opportunities for positive relationships and communication about student strengths from teacher to guardian regarding student. Examples may include:</p> <ul style="list-style-type: none"> <li>• One-way communication: Add section to all report cards for positive feedback</li> <li>• Two-way Communication: District-wide practice of including positive feedback component during all parent-teacher conferences</li> </ul>	<p>Pre-K Academics and Communications</p>
<p>22. OKCPS Wellness Task Force will identify staff wellness needs and recommend feasible practices to norm staff wellness; integrate this effort with current efforts related to compassion fatigue.</p> <ul style="list-style-type: none"> <li>• Develop and implement menu of simple, daily stress-reduction activities for staff and students (ex. Mindfulness Minutes)</li> </ul>	<p>OKCPS Wellness Committee</p>
<p>23. All school personnel will have access to SHARE, Strengthening Hope and Resilience Everyday which will include free CEUs.</p>	<p>Student Support Services</p>
<p>24. Gaggle and TIPS referral review and protocols for intervention, follow-up and monitoring. Promotion and communication plan.</p>	<p>Student Support Services</p>
<p>25. Communication plan to promote mental health/community resources, etc to school staff/parents</p>	<p>Student Support Services &amp; Communications</p>
<p>26. Continued OPNA participation</p>	<p>Student Support Services</p>

## Tier 2 & 3 – Intervention & Treatment

Actions	Location-Responsible/Facilitator
27. Revise or develop a district wide crisis protocol to include natural disasters, suicide, mental health crisis, traumatic events (bullying, community-based violence, natural disasters, man-made disasters, acts of terrorism; traumatic grief	Student Support Services
28. Develop and implement an application process for community treatment providers to be reviewed and approved by Student Support Services prior to execution of a MOU.	
29. Revise community treatment provider agency MOU to include specifics on school policy, in school services, evidence of EBPs, program outcome, evidence of good standing by ODMHSAS or OHCA and performance reviews.	Student Support Services
30. Revise MOU agreements with external entities providing Tier 2 & 3 services to require: <ul style="list-style-type: none"> <li>● Demonstrated competency (via certification/licensure) and education</li> <li>● Monitoring plan by OKCPS-clear communication between district and site administration about approved agreements, authorized personnel, and timeframes of services</li> <li>● Reporting of services and outcomes and timeframe of services engagement</li> <li>● Services assigned by OKCPS and aligned to plan</li> <li>● Completion of OKCPS 1-hour Mental Health Plan orientation training</li> </ul>	Student Support Service

<p>31. Increase dedicated staffing and services to assist in the reduction of suspension, implementation of the mental health plan and provide appropriate services/supports for children.</p> <ul style="list-style-type: none"> <li>• Mental Health Coordinator</li> <li>• School Climate Specialists</li> <li>• Counselors</li> <li>• Social Workers</li> </ul>	<p>Student Support Services</p>
<p>32. Adopt a valid, reliable universal screener (such as BASC2-BESS) to be conducted yearly for early identification and intervention.</p>	<p>Student Support Services</p>
<p>33. Develop a protocol for students identified as scoring within a defined range for Tier 2 or Tier 3 services and monitoring. Tier 2 interventions likely provided by OKCPS professionals; Tier 3 services likely referred.</p>	<p>Student Support Services</p>
<p>34. Develop and implement school Multi-Disciplinary Team to triage and monitor children who present with undetermined behavioral or social needs as identified by teachers or other staff throughout the year. Teams collaborate with PBIS site specialists and document/report regularly.</p> <p>35. All MD Teams will be provided access to email or telephonic mental health consultation and coaching from an ODMHSAS consultant.</p>	<p>Student Support Services</p>
<p>36. Implement BISS, Behavioral Intervention Support Services, providing on site Behavioral Health Aides, full Wraparound Services, and Intensive Care Coordination with individualized behavioral plans for top Tier 3 students with complex behavioral health or Co Occurring needs (based on assessment).</p> <ul style="list-style-type: none"> <li>• Consider co-located behavioral health clinic(s), particularly for students who may benefit from on-site services.</li> </ul>	<p>Student Support Services</p>
<p>37. Implement the SPARCS Structured Psychotherapy for Adolescents Responding to Chronic Stress in after school groups for students in Tier 2, ages 10-18.</p>	<p>Student Support Services</p>
<p>38. Implement Strengthening Families Program, Celebrating Families Program for students and their families in Tiers 2 and 3; provided by trained facilitators as a multi-week evening program.</p>	<p>Student Support Services</p>
<p>39. Implement Seeking Safety for Tier 3 students age 13–18 with challenging behaviors as an alternative to exclusionary practices, provided by behavioral health provider.</p>	<p>Student Support Services</p>

40. Provide brief treatment (short term) interventions provided by school social workers, counselors and social services staff using CBT+ Coping Skills/Psychoeducation (ODMHSAS trained) for students in Tier 2.

Student Support Services