

Board of Behavioral Health Presentation

**San Luis County Office of Education and
SELPA: Overview of Services, Supports,
and the CYBHI Initiative**

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Lucia Mar
UNIFIED SCHOOL DISTRICT



In SLO County, we serve:

- ~32,615 students enrolled
- 13 School Districts + 1 dependent Charter School
 - 1 County Office of Education
 - 2 Charter School Districts
- 84 total schools

LEA sizes

- Largest-LMUSD= ~ 9,500 students
- Smallest-Pleasant Valley = ~58 students



PLEASANT VALLEY SCHOOL
HOME OF THE ROADRUNNERS



CAYUCOS
ELEMENTARY SCHOOL DISTRICT



An infographic featuring a map of California on the left. The map is divided into three regions: the entire state is highlighted in light blue, SLO County is highlighted in a darker blue, and the SELPA region is highlighted in a very light blue. To the right of the map, four statistics are listed, each with a corresponding line pointing to a specific region on the map. The statistics are: 851,001 students with disabilities in CA (pointing to the whole state), 5,560 students with disabilities in SLO County (pointing to SLO County), 230 Students with a disability category of Emotional Disability (pointing to the SELPA region), and 558 Students receiving therapy per IEP (pointing to the SELPA region). The SELPA logo is located in the bottom left corner of the map area.

851,001

students with disabilities in CA

5,560

**students with disabilities
in SLO County**

230

**Students with a disability
category of Emotional Disability**

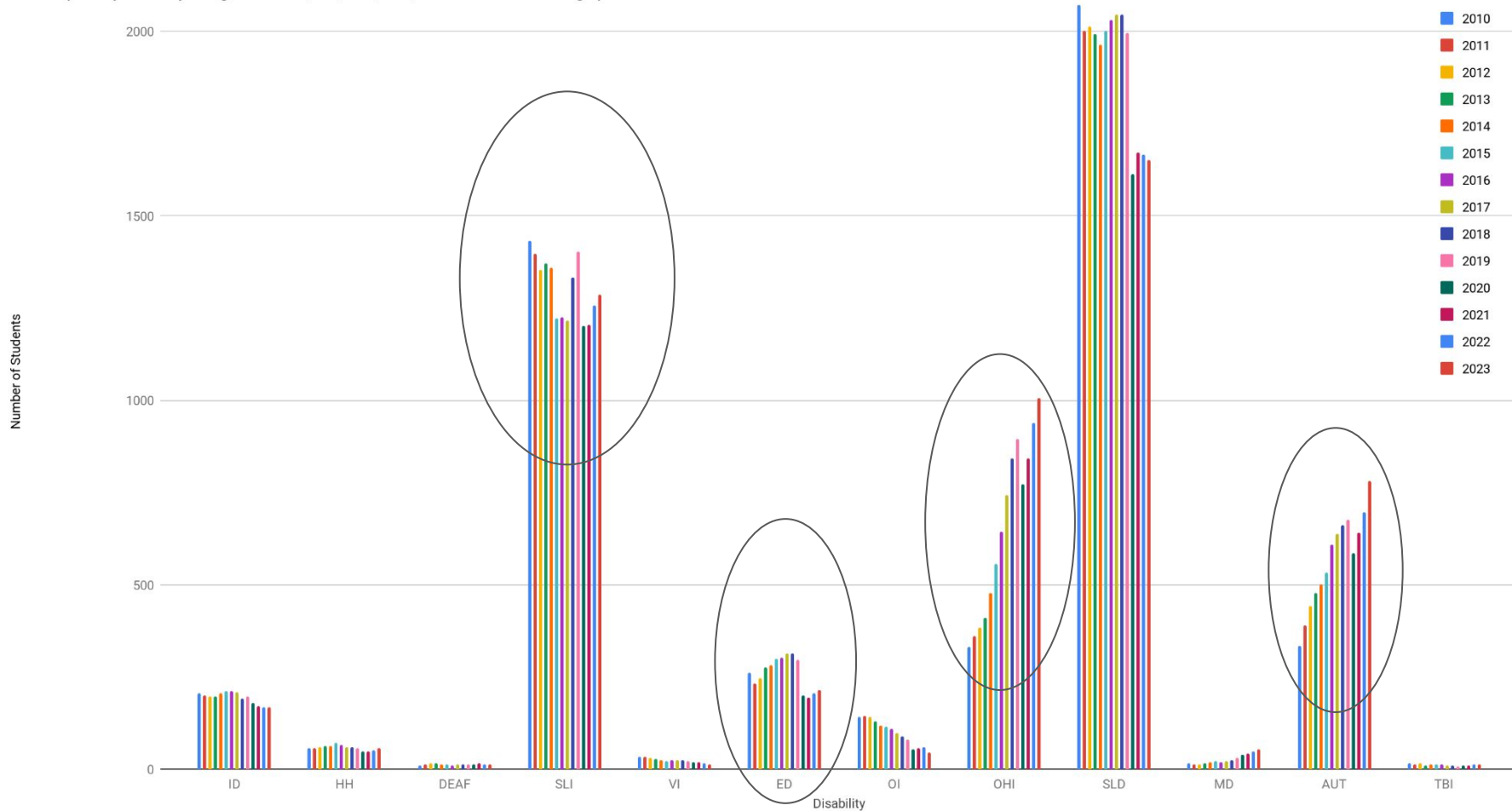
558

**Students receiving therapy per
IEP**



SELPA IEP Primary Disability Trends Over the Years

The primary disability categories of SLI, ED, OHI, MD, and Autism are trending up in the amount of students with these disabilities SELPAwide.



Continuum of Services in the LRE

The more the child's education occurs only with other students with disabilities, the more restrictive the placement is.

Less Restrictive

100% Gen Ed



More Restrictive

0% Gen Ed

| | | | | | | |
|-------------------------|---|---|--|--------------------------------|---|---|
| General Education Class | General Education class with in-class special education support | General education class with pullout to special education | Special education class and general education class (both) | Special Education Class (only) | Isolated Sites: public school, non-public school, residential | Home and Hospital Instruction/ Home Instruction |
|-------------------------|---|---|--|--------------------------------|---|---|

SpEd Programming to Support Mental Health Needs

- General Education Interventions (All students are Gen Ed FIRST!)
 - PBIS/SEL interventions (Tiers 1-2-3)
 - PEI counseling- Middle Schools
- IEP related- Educationally Related Social Emotional Services and Supports (ERSESS)
 - Consultation across providers
 - Individual/Group Counseling
 - Transition/Home based supports to access education
 - Behavioral supports
- IEP related- Programs
 - Therapeutic Learning Centers
 - Intensive-Therapeutic Learning Center (@ Chris Jespersen)
 - Non-Public Schools/Residential Treatment Centers

What is the Children & Youth Behavioral Health Initiative (CYBHI)?



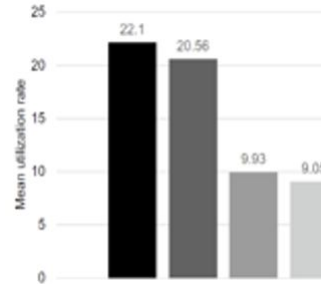
- Reimagining a more integrated, youth-centered, equitable, prevention-oriented system
- Promoting mental, emotional and behavioral health and well-being
- Supporting prevention and early intervention while addressing emerging and existing needs
- Increasing access to mental health and substance use services and supports
- Addressing inequities for groups disproportionately impacted by mental health challenges and that face the greatest systemic barriers to wellbeing



Schools Play a Major Role in Promoting the Emotional Wellness of Our Children & Youth

- Youth are more likely to access MH services from schools than any other setting
- Positive school climate protects youth from external risk factors

Only 20% of youth who require mental health services receive them.



Social-emotional learning programs improve achievement by 13% on average.

A photograph of a stone path made of irregular, light-colored stones, winding through a lush green lawn. The path leads from the bottom left towards the top center of the frame.

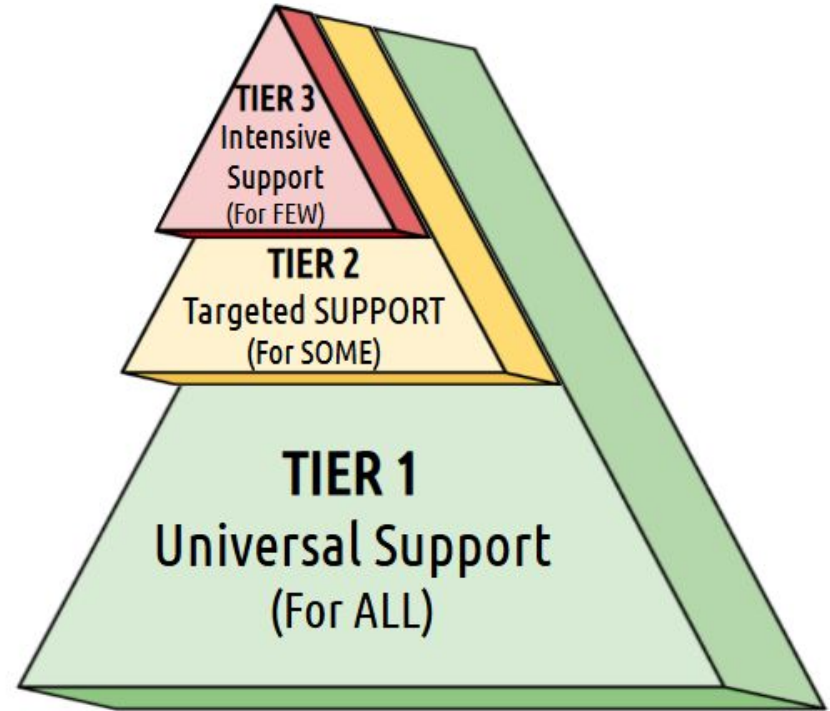
Vision

SLO County districts, schools and early learning programs are caring, safe, and inclusive communities where ALL students, staff and families thrive.



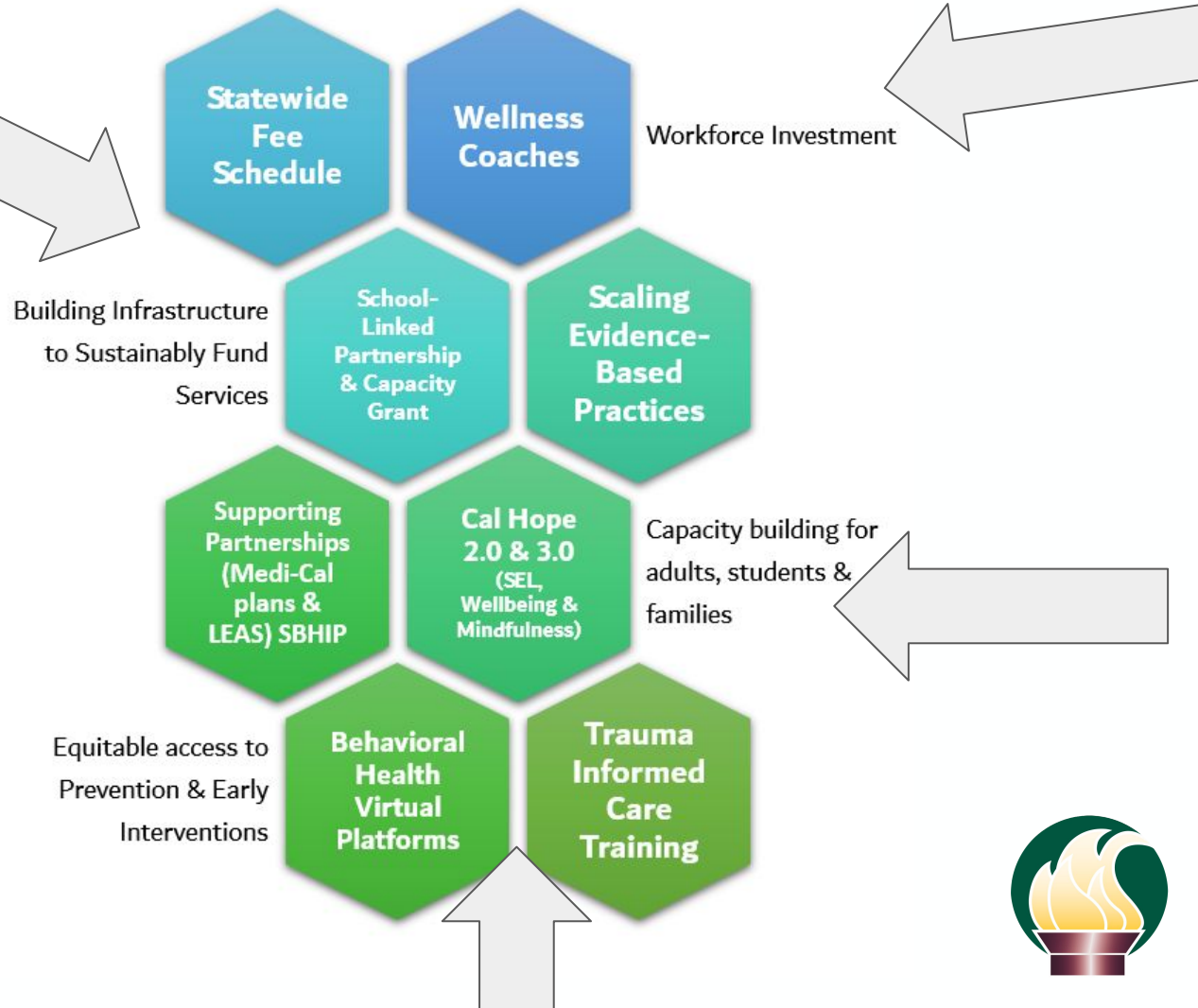
Our Aim

Establish a sustainable countywide system of support for districts, schools and early learning programs to improve academic, social-emotional and behavioral health outcomes.

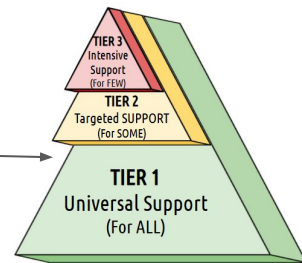


CYBHI Workstreams:

Pavers Supporting Our Path To Transformation in SLO Schools



Behavioral
Health
Virtual
Platforms



BrightLife Kids

A CalHOPE program by Brightline



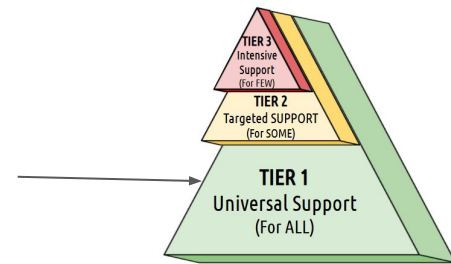
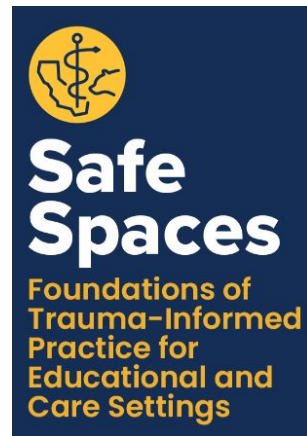
BrightLife.Kids

soluna

a CalHOPE Program by Kooth



SolunaApp.com/resources



Module 1: Ages 0-5

TAKE THE TRAINING

Module 2: Ages 5-11

TAKE THE TRAINING

Module 3: Ages 12-18

TAKE THE TRAINING

Módulo 1: Edades 0-5

TOMA EL CURSO

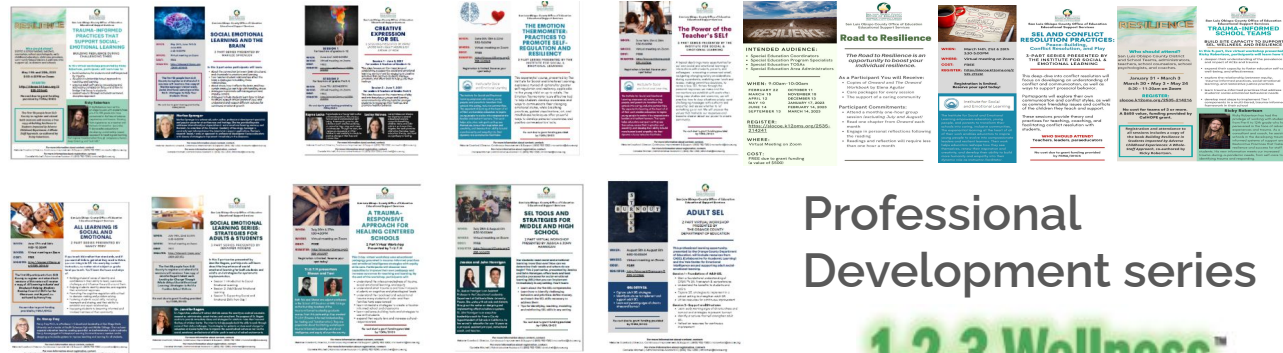
Módulo 2: Edades 5-11

TOMA EL CURSO

Módulo 3: Edades 12-18

TOMA EL CURSO

<https://osg.ca.gov/safespaces/>



Professional Development series

1-2-3 Wellness™



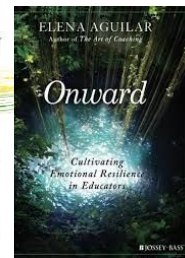
SLO SEL Community of Practice

"Emotion is a powerful force in our lives. It is the key to understanding ourselves and others. It is the key to understanding the world around us. It is the key to understanding the human experience." — BRENE BROWN



THE POWER OF EMOTIONAL INTELLIGENCE
TO ACHIEVE WELL-BEING AND SUCCESS

Marc Brackett, Ph.D.
DIRECTOR, Yale Center for Emotional Intelligence



Social Emotional-Behavioral Health Implementation: Focal Schools



HELP TEENS THRIVE IN ADOLESCENCE

ELLEN GALINSKY
PRESIDENT OF FAMILIES AND WORK INSTITUTE
PRESIDENT OF THE WORK AND FAMILY RESEARCHERS NETWORK

TECHNOLOGY & CONNECTIVITY IS CONTRIBUTING TO OUR YOUTH MENTAL HEALTH CRISIS

DR. JEAN TWENGE
PROFESSOR OF PSYCHOLOGY AT SAN DIEGO STATE UNIVERSITY
EXPERT OF GENERATIONAL DIFFERENCES AND TECHNOLOGY

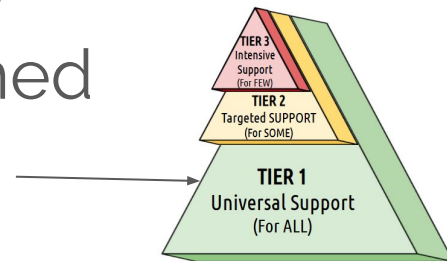
WEDNESDAY, FEBRUARY 28
5:30 - 7:00 PM



Building a cadre of 14 certified district and COE trainers

Our 24/25 goals:

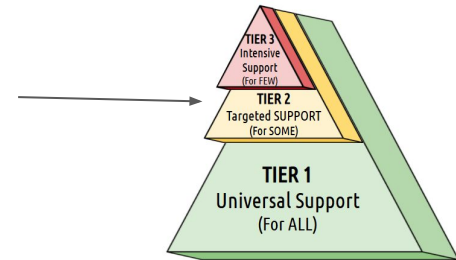
- 23 trainings
(all instructors remain certified)
- 460 community members trained



Scaling
Evidence
Based
Practices



Bounce Back



Certified Wellness Coach I & II



- Serve children and youth aged 0 – 25
- Operate as part of a care team
- Offer six core services, including:
 - Wellness promotion and education
 - Screening
 - Care coordination
 - Individual support
 - Group support
 - Crisis referral
- Operate under the direction of and coordination with a Pupil Personnel Services (PPS) credentialed or licensed professional, depending on setting

CWC's Role within Existing Support Systems



Tier 3

- Support School Counselors
- Crisis referral
- Care coordination

Tier 2

- Check In / Check Out
- Life skills (e.g., stress management, time management, problem-solving)
- Assist or lead group interventions/activities that do not require PPS-C or licensure
- Assist in identifying students with Tier III needs

Tier 1

- Support Universal Screening tools
- Teach and reinforce classroom social, emotional, behavioral lessons under guidance of mental health or PPS staff
- School-wide Bully-Prevention Programs such as Stop, Walk, and Talk
- Provide mental health and wellness information across campus in the forms of visuals, posters, flyers, and more...
- Deliver structured curriculum to groups or classrooms, focusing on wellness promotion and education such as building positive relationships, bullying prevention, nutrition, and exercise in relation to behavioral health
- Assist in identifying students with Tier II needs



Employer Support Grant

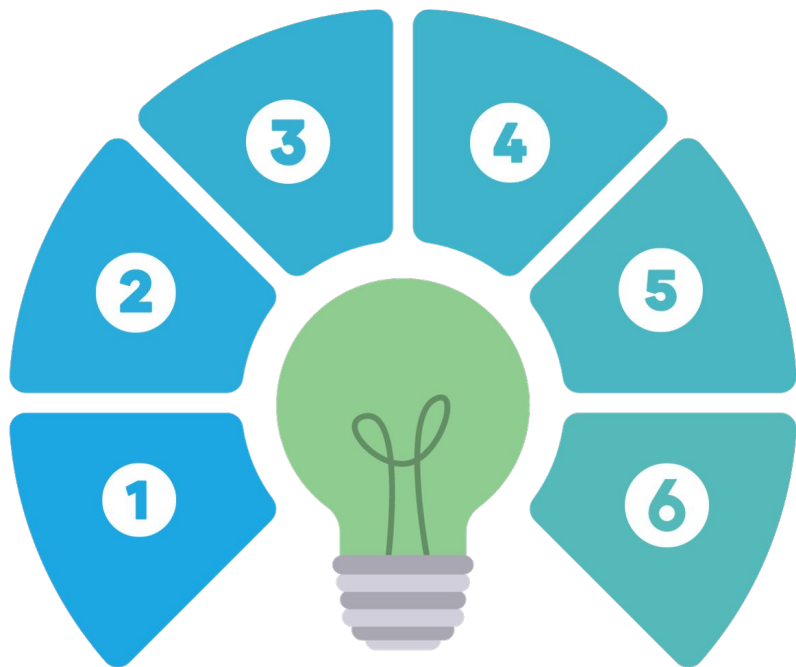
- 11 CWC 1
- 9 CWC 2
- Programmatic Supervision stipends

6 LEAs including SLOCOE

**PAUSE FOR
QUESTIONS**



Current Ways to Fund Behavioral Health in Schools



1

LEA BOP

2

LEA SMAA

3

MHSA

4

LCFF

5

SLO BH
Medi Cal

6

Multi Payer
Fee
Schedule
(New)

MULTI-PAYER FEE SCHEDULE

The CYBHI fee schedule aims to create an **easy-to-access, sustainable** way for schools and behavioral health providers to have funding for services provided at school sites.

This fee schedule establishes a **minimum rate** at which LEAs and their designated providers/practitioners will be **reimbursed for behavioral health services**.



WHO IS ELIGIBLE FOR REIMBURSEMENT?

This will include **ALL** students insured by:

Medi-Cal Managed Care Plans,
Medi-Cal Fee-for-Service,
Commercial health plans, or
Disability insurers.



Fee-Schedule Billable
Services

Billable Providers &
Practitioners

PSYCHOEDUCATION

**SCREENING AND
ASSESSMENTS**

THERAPY

CARE COORDINATION

**School
Based**

**School
Linked**

**FPS
CREDENTIALLED
PRACTITIONERS**

**MENTAL HEALTH
SPECIALISTS**

**CBO & BHS
PROVIDERS**





School-
Linked
Partnership
& Capacity
Grant



**FEE
SCHEDULE
READINESS**



**EXPANDED
ACCESS**



**COLLABORATIVE
INFRASTRUCTURE**



When this transformation is successful, what would be the best possible outcome for children and youth in SLO county?

