



## **Mental Health Services, Support & Initiatives**

### **2021-2022 District Student Services Team**

The School District of the Menomonie Area (SDMA) Student Services Team is made up of 10 School Counselors, 2 Dean of Students, 4 School Psychologists, 2 School Social Workers, 1 Behavior Coach, 1 School Nurse and the Director of Student Services.

### **Multi-Tiered Systems of Support**

There are three tiers of support in Multi-Tiered Systems of Support. Each tier is an additional layer of support. SDMA defines each tier in this way:

- Tier I - Universal services available to all
- Tier II - Targeted services available to some
- Tier III - Individual services specific to one, typically involving outside services

### **Social Emotional Learning (SEL) Curriculums/Resources**

#### **Tier I**

- Second Step - K-5
- Second Step Bullying Prevention - K-5
- Second Step Protective Behaviors - K-5
- Zone of Regulation - K-8
- Character Strong - 6-8
- MindUp - K-5

#### **Tier II**

- WeThinkers - 4K-2
- SuperFlex - K-6
- Strong Teens - 9-12
- Lyons Quest - 9-12
- Girls in Real Life Situations - 6-12

### **Social/Emotional Learning Competencies Learning Maps**

Maps were created by the student services team in the 20-21 school year. This work will need to be reviewed and revised during the 22-23 school year.

- [Social/Emotional Learning Competencies Learning Map K-5](#)
- [Social/Emotional Learning Competencies Learning Map 6-8](#)
- [Social/Emotional Learning Competencies Learning Map 9-12](#)

## Elementary School Student Services

School Counselors (Stacy Lee, Lindsay Horvatin, Nicole Nelson and Rebecca Pederson), School Social Workers (Shanda Henning and Amanda Cruz), Behavior Coach (Amy Wamboldt) and School Psychologists (Marisa Winder, Jodi Preston, Tyler Miller and Alli Kocik) work collaboratively together to provide a multi-tiered support to meet the mental health needs of students.

### Tier I

- Teach lessons in every K-5 classroom meeting Wisconsin School Counseling Standards-changing to Wisconsin SEL Competencies (500 minutes)
  - [Second Steps](#) - Child Protective Behaviors and Bullying Prevention Units included.
- “RAK” club - Random Acts of Kindness, Oaklawn student group focusing on kindness acts (ex. recess helpers) in the school building and community acts of kindness (ex. Pick up garbage)
- [Unity Day](#) Activities
  - Show your support by wearing orange
  - Unity Tree - students wrote on leaves ways to show kindness or what kindness sounds like
  - Video - What is Unity Day
- Monthly all school meetings – re-teaching of expectations, recognizing students and staff who demonstrate positive behaviors, & cooperative games
- Student Services Team weekly meetings - looking at data to determine the needs of the students and provide a wraparound support
- Project SAM (over 200 bags each week)

### Tier II

- “One Caring Adult” or “Starfish”- identified students, with limited adult connections, are unknowingly paired with a staff member who makes extra contacts with them each week
- Student Assistant Team bi-monthly meetings - meet on students with 2 or more discipline referrals or parent/teacher referral
  - Using the Student Intervention Matching Form ([Sim-Form](#))
  - Make a Connection - for students who need a positive connection at school or regulating their emotions (River Heights)
  - Facilitating and monitoring students using class pass/designated safe spaces
  - School-Based SEL Groups - School Counselors, psychologists, and social workers
  - SuperFlex Group, WeThinkers, Friendships Groups, Anxiety Support, Second Step, Zones of Regulation
  - Check In - Check Out (CICO) greeter for students needing a Tier 2 behavioral intervention (56 students)

- Provide safe place for students to calm down, take state tests in small group w/counselor to reduce anxiety
- Individual Counseling Sessions - for school-related concerns such as anxiety, friendship skills, organization, ADHD

### **Tier III**

- Assist families in the referral to outside agencies for high levels of care (residential or day treatment facilities) and support the transition back to school
- Individualized sensory breaks or breaks with pupil services staff
- Attend county Coordinated Services Team (CST) and Children's Community Options Program (CCOP) meetings
- Matching a students to be a student helper in the physical education department (River Heights)
- Safety Planning and Crisis Intervention
- Coordinating referrals for Big Brother/Big Sister
- Hardship/Scholarship coordinator for Boys and Girls Club

### **Middle School Student Services**

School Counselors (Jason Mountin, Nancy Horner and Adrianna Harrison), and School Psychologist (Alli Kocik) work collaboratively together to provide a multi-tiered support to meet the mental health needs of students.

### **Tier I**

- [Character Strong](#) - weekly lesson led by CARES teacher
  - SEL Calendar of activities and lessons for CARES/Homeroom
  - Weekly Character Dares
- Administered the Youth Risk Behavior Survey (YRBS) in Fall 2021 (results are delayed until summer of 2022)
- School-wide week long Unity/Leadership Challenge - leadership lessons, anti-bullying lessons, and food drive for Stepping Stones
- Kindness week: students created posters and participated in random acts of kindness throughout the week, lessons to promote kindness, along with writing thank you letters to community employees
- Autism Awareness Week: penny drive to raise money to help make the middle school more inclusive for all students-money donated to the MMS sped department, activities and lessons created by students to help raise awareness about Autism and promote inclusion
- [Anti-Bullying Pledge](#)
- CARES core values – quotes of the week, poster contest, words of the month
- Weekly student recognition – Doing What's Right Matters
- Weekly SAGA Meetings (Straight Gay Alliance)
- Helped with Wellness Night Menomonie High School

- Presentation on Transitioning to middle school/how can the school counselors help at Title Night
- Project SAM (10 bags)

### **Tier II**

- SEL groups - School Counselors
  - Social Skills Support, Mindfulness Support, Friendship Skills & Peer Support.
- Tier II Intervention (Check In-Check-Out, Class Pass, Self-Monitoring Intervention) - 47 Students
- School-based counseling
- Collaboration with Menomonie Police on [Mentor Chippewa](#) (7 students)
- Assist in managing behaviors and creating behavior plans within the building

### **Tier III**

- Assist families in the referral to outside agencies for high levels of care (residential or day treatment facilities) and support the transition back to school.
- Safety Planning and Crisis Intervention
- Created and implemented and monitored plans of actions for students with eating disorders.
- Partnered with law enforcement and county social workers on a variety of student/family situations
- Manage student 504 plans
- Manage Gender Support Plans for students (9 student plans)
- Provide aid to families who have experienced damage because of natural disaster
- Provided aid to families who have experienced homelessness
- Connected families with community resources (C-3, Stepping Stones, Bridge to Hope, etc.)
- Connected families with counseling resources within the community/county

## **High School Student Services**

School Counselors (Angie Ruchti, Kayla Windt, and Paula Haugle), and School Psychologist (Tyler Miller) work collaboratively together to provide a multi-tiered support to meet the mental health needs of students.

### **Tier I**

- Link Crew - Transitions program for incoming freshmen facilitated by juniors and seniors
  - Freshman First Day
  - Fall Activity (Halloween Movie Night)
  - Winter Holiday Activity (Holiday Reflections)
  - Cocoa and Cram - Finals prep
  - Spring Holiday Activity (Team Building Easter Egg Hunt)
  - May Day

- Question Persuade Refer ([QPR](#)) community presentation on April 21st during the Spring Wellness Event at MHS.
- Internet safety presentation provided by the School Resource Officer during the April 21st Wellness Night at MHS.
- Mock Drug Room presentation by the MPD on April 21st during the Spring Wellness Event at MHS
- Administered the Youth Risk Behaviors Survey (YRBS) in Fall of 2021 (results are delayed until summer of 2022)
- Embedding resilience-centered concepts into the core curriculum for Freshman English
- Health Class Presentations
  - Question, Persuade, Refer (QPR) Instruction - All freshman
  - LGBTQ+ and Gender Identity
- Suicide Awareness in English classes
- Freshman and Junior conferencing
- FACS Classroom Presentations regarding career awareness for School Counselors and School Psychologist
- Created Google Classroom for each grade level to communicate with every student important information, including scholarships and graduation details
- Use of Google Voice cell phone/text option to communicate with students and parents
- National Mental Health Hotline number printed on the back of all student ID cards
- Student “Kiosk” link in HS Student Portal to make a direct appointment with a student services staff member
- Project SAM - 8-10 bags per week.
- Academic & Career Planning
  - Presentation to all freshman on career “soft skills” from McDonald’s
  - Information shared through “Mustang Mondays” using Xello career planning online tool
  - UW Stout - application day
  - Financial Aid presentation during parent/teacher conferences
  - “Career Chats” offered in partnership with Chippewa Valley Technical College (CVTC) with various sessions open to all students 9th-12th grade during Study Hall on different career pathways.

## **Tier II**

- Readiness class infuses and implements resiliency, mindfulness and SEL strategies into core curriculum
- FLOW (For Learning Our Way) class that focuses on pre-teaching and re-teaching of academic skills needed to pass required classes for graduation.
- Partner with the Youth Response Team (law enforcement, human services & school district) to help families access & pay for mental health, mentoring services, and gym memberships (physical health & indirect mentoring)
- School-based counseling, short term

- Partnership with UW-Stout Mental Health Program to provide free, on-going mental health services at school.
- Maintained a “School Store” downstairs that houses free clothing, hygiene products, etc.
- Partnership with Menomonie Area Mission Coalition to support a student laundry program, called “Duds & Suds”
- Small group targeting attendance and self esteem

### **Tier III**

- Assist families in the referral to outside agencies for high levels of care (residential or day treatment facilities) and support the transition back to school.
- Safety Planning and Crisis Intervention
- Management of 504 plans
- Management of Gender Support Plans (12 student plans)

### **School Social Work Highlights**

SDMA has two School Social Workers - Shanda Henning and Amnada Cruz. They work primarily at our elementary schools but support families across the district. The primary responsibility is to work with students and families in need and connect them with community resources. Below are some of the activities they worked on this school year:

- Mental Health Navigation (assisting families access community-based mental health services)
- Supporting the needs of homeless students (referral for school or community services)
- Supporting the basic needs of students (clothing, school supplies, food)
- Supporting the emotional needs of students during the school day by providing Tier II support for students by facilitating groups that support social and emotional skills
- Providing Tier III individual counseling for students with mental health concerns, family related concerns, and social emotional skill building
- With administrative support, managing and implementing the School Based Mental Health Grant focusing on social/emotional learning
- Collaborating with community agencies (Stepping Stones) to support students and families
- Collaborating with administration and local human services to support and prevent truancy

### **Collaborative Community Partnerships to Support Mental Health**

The Student Services team is actively involved with other community organizations who also support mental health. Below is a list of the community partners:

- Menomonie Youth Response Team consisting of Human Services, Menomonie Police and SDMA
- Mental Health Resource Network - Health Department
- Crisis Services Stakeholders - Human Services

- Coordinated Services Team (CST) Coordinating Committee - Human Services
- Children's Community Options Program (CCOP) Coordinating Committee - Human Services
- Dunn County Truancy Committee - District
- Permanency Plan Review panel members - Human Services
- Health Dunn Right Committee - Health Department
  - Mental Health & Wellness Action Team (subcommittee)
- Coordinated Community Response - Bridge to Hope
- Northwest Connections Crisis Center
- Mentor Chippewa - partnership with the Menomonie Police Department

### **Youth Risk Behavior Survey (YRBS)**

The Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. The behaviors monitored by the Wisconsin YRBS include traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition, and exercise.

\*Due to delays at DPI the 2021 report has not been released

### **Mental Health Contacts**

DPI collects data from districts who receive the School-Based Mental Health Services Grant. Below is the data from SDMA.

The number of distinct students who received a mental health contact from a school mental health provider (School Social Worker, School Psychologist, School Counselor or School Nurse.)

- 2021-2022: 610 students, 18%
- 2020-2021: 489 students, 14%
- 2019-2020: 299 students, 8%

The number of distinct students who received a mental health contact from a community mental health provider.

- 2021-2022: 201 students, 6%
- 2020-2021: 249 students, 7%
- 2019-2020: 181, students, 5%

### **School-Based Mental Health**

SDMA defines school-based mental health as counseling services provided by a DPI licensed district staff person. This includes, but is not limited to, school counselors, school social

workers, and school psychologists. School-based Mental Health may include activities designed to meet students' immediate needs and concerns. Services may include school counseling in individual or small-group settings or crisis response.

### **Community-Based Mental Health**

SDMA defines community-based mental health services as counseling or mental health therapy delivered in a school setting by a state licensed therapist. The Menomonie Area School District in partnership with local community-based agencies, is able to offer community-based mental health to district families. The benefit is that students do not need to leave school for therapy appointments. MOU's are established with each agency that outlines the roles of the agency and the school district. Our School Social Workers and School Counselors work as mental health navigators by connecting families to these services. The district has MOU's with multiple agencies including:

- Caillier Clinic (2 clients)
- LifeStance Health (11 clients)
- Lutheran Social Services of Wisconsin (LLS) (1 client)
- Kayres Counseling (11 clients)
- Beacon Mental Health Resources (23 clients)
- Marriage and Family Health Services (3 clients)
- Family Therapy Associates (2 clients)
- Prevea Health (7 clients)
- Enigma Psychological Inc. (1 client)

### **Partnership with the University of Wisconsin - Stout**

In 2018, the district partnered with Stout's Clinical Mental Health Counseling program. This partnership allows the district to host practicum and internship graduate students working towards their completion of the program. The Stout Clinical Mental Health Counseling program provides direct counseling services to students during school hours to create greater access to mental health services. The interns work collaboratively with their school sites to increase planning and positive outcomes for the individuals they serve. Referrals are made through the School Counselors and School Psychologists. During the 21-22 school year the Stout Mental Health Interns provided services to 33 students.

### **District and Community Resources**

- [SDMA Student Mental Health Webpage](#)
- [Health Dunn Right Community Resource Guide](#)
- [Local Mental Health Resources](#)
- [Local Mental Health Providers](#)



- [Mental Health America Tools](#)

### **Next Steps to expand and continue the great work**

- Expanding community-based mental health services with Family Therapy Associates
- Student Services to participate in Risk Assessment Training with Northwest Connections
- Director of Student Services in Dunn County's Comprehensive Community Services (CCS) evaluation of the level of aptitude in the 10 principles of Wraparound
- Redesigning elementary Student Assistance Team (SAT) Tier II referral form
- Revising protocols with majors vs minors (staff managed behaviors vs office managed behaviors)
- Add a behavior tab to the district's [RtI toolkit](#)
- Investigate SEL Screener
- Investigate sending a team to Positive Behavior Intervention and Supports (PBIS) Institute
- Administration of the YRBS in the 23-24 school year - middle and high school
- What Happened to You book study - summer 2022 (35 participants)
- Eight staff members participated in the Introduction to the Neurosequential Model in Education training during winter/spring of 2022. Four of the team members will go on to complete the train-the-trainer portion of this professional development in fall of 2022
- New MOU for the 22-223 school year with Ignite Child Development Services - focusing on students with autism
- Aun Family Services - Parent Coaching (funded through Gets Kids Ahead Initiative)

