# New Jersey Department of Education

# An Overview of the NJ Comprehensive School-Based Mental Health Resource Guide

New Jersey Department of Education

Division of Educational Services

February 2022

# Background

In February of 2020, Governor Murphy announced the formation of a Statewide Mental Health Working Group with diverse representation across school leadership roles, state agencies, advocacy groups, community mental health providers, and parents to develop resources that support the mental health needs of their students.

# Our Why

The well-being of our children and youth is a top priority for every family, school and community.

To successfully achieve this goal, we need to ensure the necessary foundations are in place for our children and youth to grow and thrive. These include:

- access to high quality education,

- good physical health, and

- resources that promote positive mental health.

# Mental Health Resource Guide Purpose
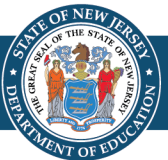
| | |
|---|---|
| **Develop** | a multi-tiered system of support (MTSS) framework that allows schools to implement a continuum of evidence-based practices to address the mental health needs of students and staff. |
| **Facilitate** | alignment of multiple initiatives using the MTSS framework. |
| **Build** | capacity to promote implementation with high fidelity and sustainability of school-based mental health supports. |

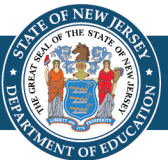# What Does the Guide Include? (1 of 2)

Chapter 1: Comprehensive School-based Mental Health

Chapter 2: Developing an MTSS Framework

Chapter 3: Mental Health Needs Assessment and Resource Mapping

Chapter 4: Establishing Universal Supports.

Chapter 5: Establishing Targeted Interventions, Tiers 2 and 3

# What Does the Guide Include? (2 of 2)

Chapter 6: Framework for Risk Assessment and Response

Chapter 7: Suicide Prevention and Intervention
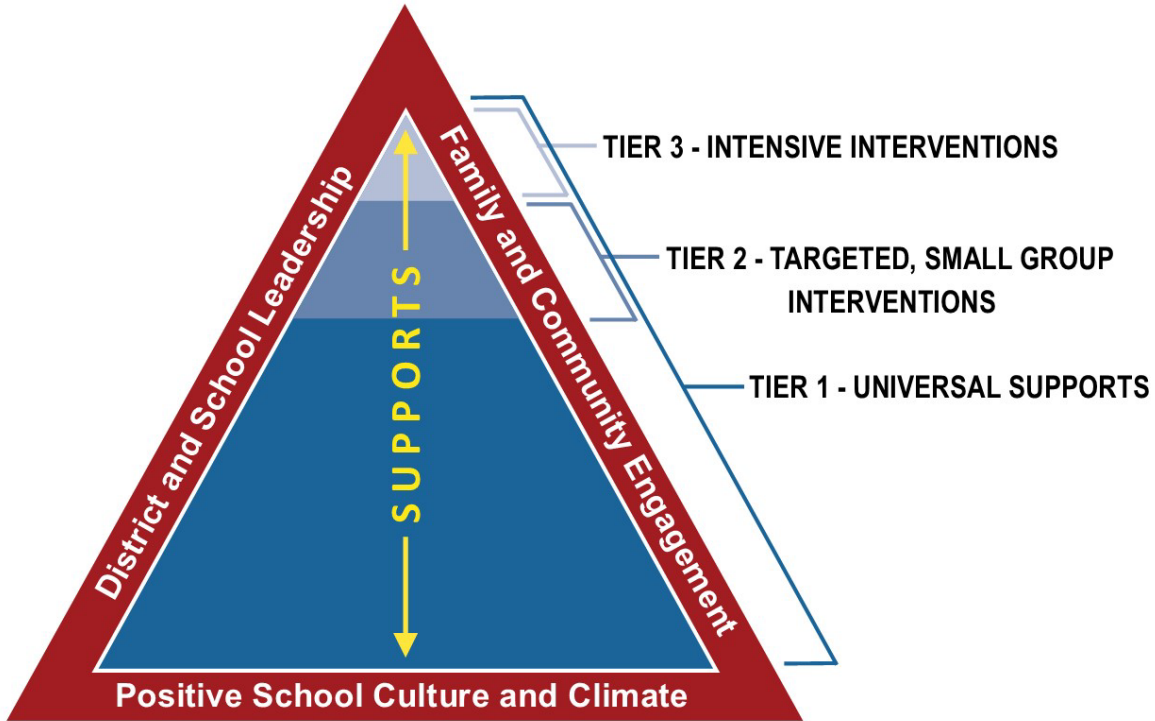
Chapter 8: Substance Use Prevention and Intervention

Chapter 9: Collaboration with System Partners

Chapter 10: Staff Self-Care

Chapter 11: Funding Mental Health Supports in Schools

# Mental Health Resource Guide Key Features



TIER 3 - INTENSIVE INTERVENTIONS

TIER 2 - TARGETED, SMALL GROUP INTERVENTIONS

TIER 1 - UNIVERSAL SUPPORTS

District and School Leadership

Family and Community Engagement

SUPPORTS

Positive School Culture and Climate

- Practical examples of implementation – "School Spotlights"

- Hyperlinked resources and templates within each chapter.

- Clear guidance on how to fund school-based mental health initiatives.

# How to Use this Guide (1 of 5)

Use your district's needs assessment and the Guide to improve identified targeted areas.

Determine what teams (data decision making, I&RS, etc.) you already have in place to support with implementation.

Identify your reading style to support your use of the Guide.

Use the chapter key's corresponding icons throughout the Guide to help you navigate the Guide easily.
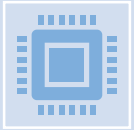
# How to Use this Guide (2 of 5)

Use your district's needs assessment and the Guide to improve identified targeted areas.

Collaborate, discuss, and understand your school district's needs and current available resources for school-based mental health supports.

Based on the identified needs and resources of your district:

- Look at the Guide's table of contents to see which chapter reflects your district's current needs.

- Use the chapters within the Guide for implementation, alignment, and resource building.

Determine what teams (data decision making, I&RS, etc.) you already have in place to support with implementation.

Based on your district's identified needs, districts and school-based teams may use this guide to:
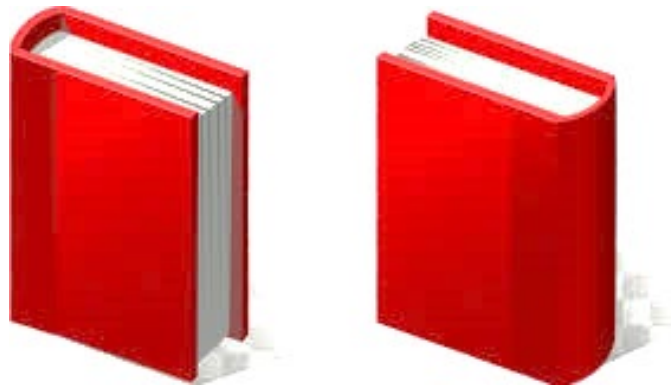
- Develop a multi-tiered system of support (MTSS) framework.

- Facilitate alignment of multiple initiatives using the MTSS framework.

- Build capacity to promote implementation with high fidelity and sustainability for school-based mental health supports.

- And more!!!

Identify your reading style to support your use of the Guide.

Cover-to-Cover Reader

Selective Reader

Resource Reviewer

# How to Use this Guide (5 of 5)

> 🔑 Use the chapter key's corresponding icons throughout the Guide to help you navigate the Guide easily.

**WHAT YOU NEED TO KNOW** provides critical information to support the implementation of a comprehensive mental health framework in schools;

**INTEGRATION** describes how the chapter topic fits into the multitiered systems of support framework and other New Jersey school mental health initiative;

**TEAMING** offers practical guidance for school mental health teams to support implementation efforts;

**SPOTLIGHT** features schools across New Jersey that are implementing aspects of a comprehensive school mental health framework;

**COMMUNITY, STUDENT, AND FAMILY ENGAGEMENT** outlines strategies and practices for successful partnerships;

**CULTURAL CONSIDERATIONS** provide recommendations for how to incorporate culturally responsive practices into your school-based mental health framework;

**STAFF COMPETENCIES** outline what skills and training staff need to effectively support the implementation of your comprehensive school mental health framework;

**RESOURCES & LINKS** provide additional information and tools to support your further development;

Lastly, the **CHAPTER SUMMARY** includes a set of reflection questions intended to prompt you and your school team to pause and plan actionable steps as you prepare for successful implementation.
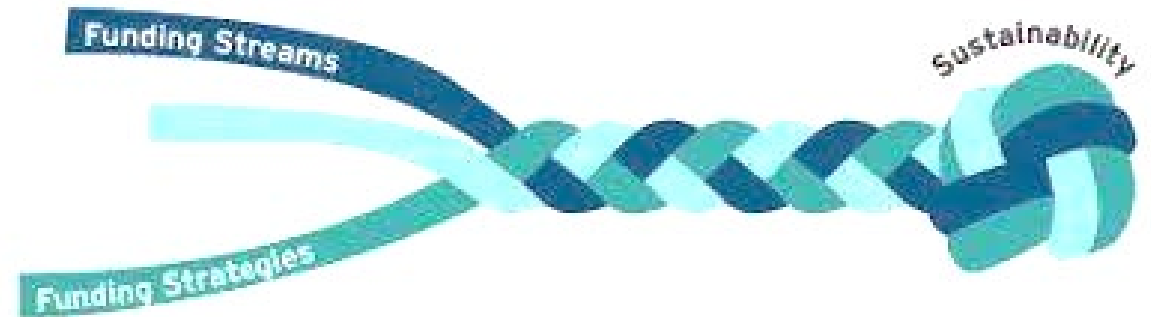
# Funding the Implementation of the Guide
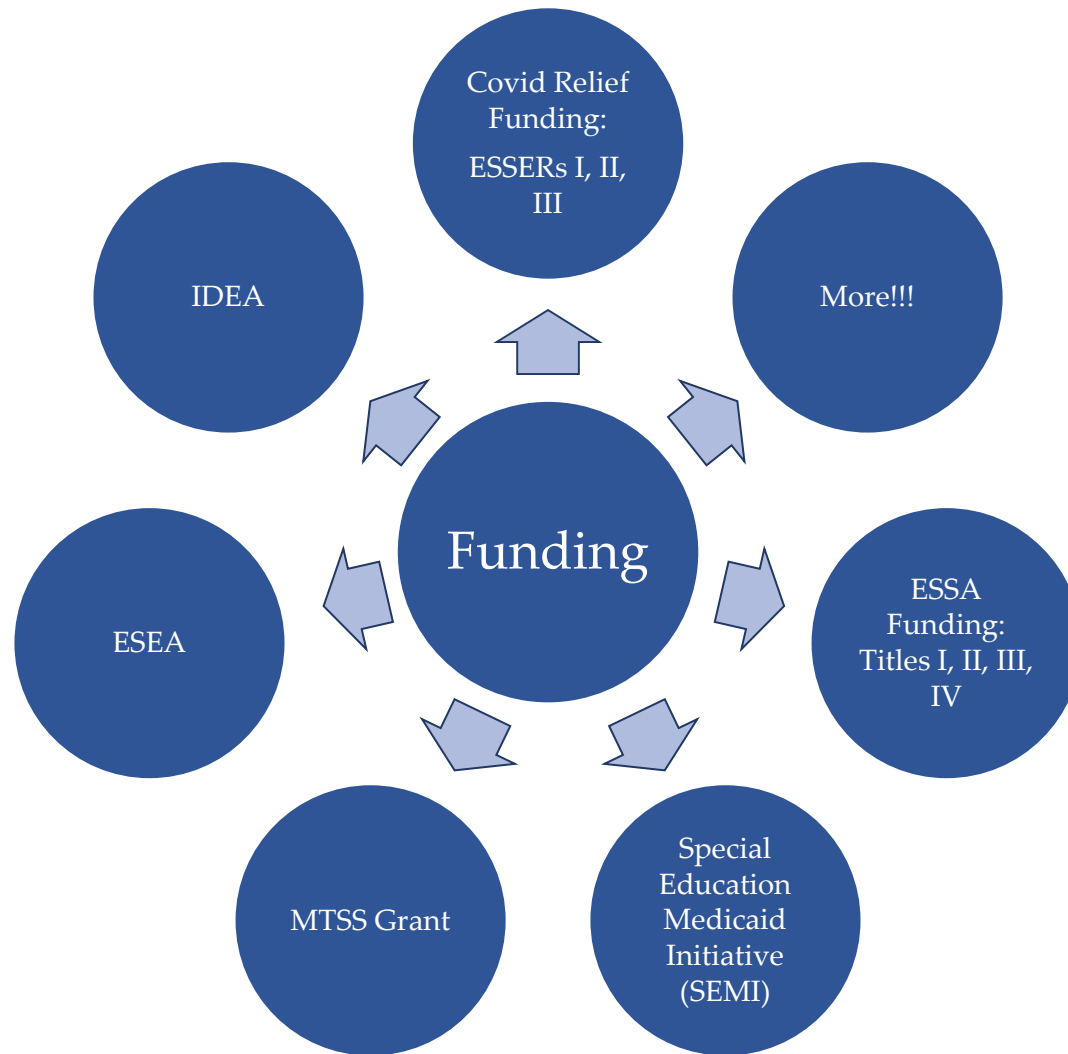
# Funding Strategy #1

## Braid Funds

"Braiding" occurs when different funding streams are used together to leverage the support provided for different needs while maintaining documentation to support the charging and allocation of costs to multiple separate funding streams or programs.

# Potential Funding Sources



- Covid Relief Funding: ESSERs I, II, III
- More!!!
- IDEA
- ESSA Funding: Titles I, II, III, IV
- ESEA
- Special Education Medicaid Initiative (SEMI)
- MTSS Grant
- Funding

# **Funding Strategy #2**

Use data-based decision making

- An effective tiered framework embeds the use of data in all aspects.

- Consult your needs assessment, resource map, or other decision-making tool, to inform team decisions to fund a particular intervention or mental health/wellness tool.

# Funding Strategy #3

Establish Community Partnerships
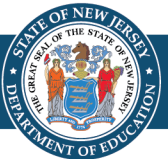
A critical strategy to increase opportunities for:

- In-kind supports.

- Additional streams of funding.

- Collaboration to meet the needs of staff, students, and families.

# Pouring the "Foundation"



- The Guide is just the beginning…

- Website content based upon the guide

- Updated "editions" based on updated resources and feedback from implementers

# Questions?

# Thank You!

New Jersey Department of Education: nj.gov/education

Contact Us:

safesupportiveschools@doe.nj.gov

**Follow Us!**

Facebook:
@njdeptofed

Twitter:
@NewJerseyDOE

Instagram:
@NewJerseyDoe