

School-Based Mental Health Services

Youth Mental Health: A Public Health Crisis

#1 Alaska

Alaska is ranked **1st** in the nation for youth suicide.¹



1 out of every 5 children in Alaska will attempt suicide.



Of all lifetime cases of mental illness, **50%** begin by **age 14** and **75%** begin by **age 24**.



80% of youth with mental health diagnoses have unmet mental health needs.

Barriers to Mental Health Care in Alaska



Transportation



Financial or lack of coverage



Lack of mental health services in the community



Social stigma and limited awareness



Unsure how to access services



Racial barriers and disparities

The Department of Justice recently determined that **Alaska has insufficient community-based support for youth mental health services.**

Solution: School-Based Mental Health Services

Based on decades of research, other states have implemented mental health services in schools. In partnership with the Anchorage and Kodiak Island Borough School Districts, Providence Alaska and Volunteers of America Alaska (VOA Alaska) offer **school-based mental health integration services in 15 Anchorage schools and 3 Kodiak schools** during the 2022/2023 school year.

School-based clinicians partner with school support staff to provide school-wide prevention, early intervention and intensive mental health services.

Current number of Providence and VOA school-based clinicians

15

Anchorage

3

Kodiak

This collaboration between community agencies and school districts is a gold standard.

Your previous financial investment is resulting in real, positive outcomes for students, families and school staff.

99 students received crisis interventions, and only 1 student needed escalation to a higher level of care.²

87% of students in school-based services say **"the changes I am making help me feel better about my future"**.³

96% of school partners view on-site mental health clinicians as **positive resources at their school**.³

With embedded mental health professionals in schools in Anchorage and Kodiak, **students face fewer barriers to accessing care at low or no cost.**

¹ Alaska Public Health Analytics ² Fall 2022 Semester ³ December 2022

Well-funded mental health services create the opportunity for students to be **healthier, prevent more severe symptoms, and reduce future costs** for youth, families, and the community.

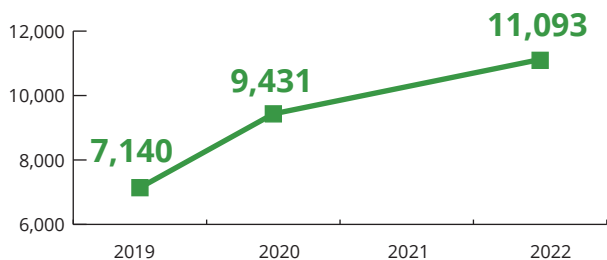
Alaska lacks sustainable funding mechanisms to increase integrated mental health programs in schools. Through partnership and collaboration of government, provider and school partners, **we can braid funding streams to fund prevention and early intervention.**

Funding solutions to consider:

Increase state plan clinic service reimbursement for school-based services to account for other non-reimbursable services provided through evidence based frameworks such as the Multi-Tiered System of Support.

Create an 1115 service specific to school-based services that will cover the cost of services for community providers to sustain and grow the impact.

Number of students with access to on-site VOA/Providence clinicians



Numbers are approximate due to fluctuating enrollment throughout the school year.

Program Cost and Funding Sources

\$130,000

Cost for one school clinician

70-80%

Revenue from Grants/Private Funding

- Government Grants
- Foundations
- Community Donors



20-30%

Revenue from Reimbursable Services

- Medicaid & Private Insurance (only for intensive services in Tier 3)

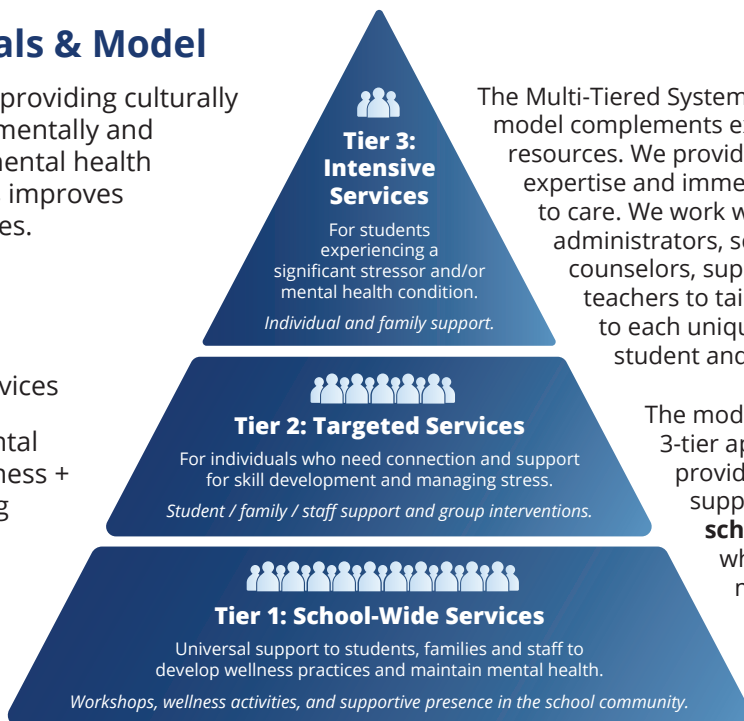
Cost inclusive of clinician, clinical supervision, program management, and administrative support

Program Goals & Model

Studies show that providing culturally sensitive, developmentally and age-appropriate mental health services in schools improves education outcomes.

The goals of this partnership are:

- 1 Accessible Services
- 2 Increased Mental Health Awareness + Understanding
- 3 Safe + Caring School Environments



The Multi-Tiered System of Support model complements existing school resources. We provide clinical expertise and immediate access to care. We work with administrators, school counselors, support staff and teachers to tailor strategies to each unique school, student and family.

The model operates on a 3-tier approach that provides broad support to the **entire school community** while also offering more **intensive services to the students who need it.**

Desired Outcomes

Improved mental health and well-being

Improved academic performance

Improved staff satisfaction

Improved school climate

Improved family engagement