



FLORIDA DEPARTMENT OF  
**EDUCATION**  
fldoe.org



# 2023-24 Mental Health Application

## Part I: Youth Mental Health Awareness Training Plan

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## Introduction

### Mental Health Assistance Allocation Plan

s. 1006.041, F.S.

#### MHAA Plan Assurances

##### The Charter School Assures

One hundred percent of state funds are used to establish or expand school-based mental health care; train educators and other school staff in detecting and responding to mental health issues; and connect children, youth and families with appropriate behavioral health services.

Yes

Mental health assistance allocation funds do not supplant other funding sources or increase salaries or provide staff bonuses or incentives

Yes

Other sources of funding will be maximized to provide school-based mental health services (e.g., Medicaid reimbursement, third-party payments and grants).

Yes

Collaboration with FDOE to disseminate mental health information and resources to students and families.

Yes

A system is included for tracking the number of students at high risk for mental health or co-occurring substance use disorders who received mental health screenings or assessments; the number of students referred to school-based mental health services

Yes

Curriculum and materials purchased using MHAA funds have received a thorough review and all content is in compliance with State Board of Education Rules and Florida Statutes.

Yes

##### A charter governing board policy or procedure has been established for

Students referred to a school-based or community-based mental health services provider, for mental health screening for the identification of mental health concerns and students at risk for mental health disorders are assessed within 15 calendar days of referral.

Yes

School-based mental health services are initiated within 15 calendar days of identification and assessment.

Yes

Community-based mental health services are initiated within 30 calendar days of referral.

Yes

Individuals living in a household with a student receiving services are provided information about behavioral health services through other delivery systems or payors for which such individuals may qualify if such services appear to be needed or enhancements in those individuals' behavioral health would contribute to the improved well-being of the student.

Yes

District schools and local mobile response teams use the same suicide screening instrument approved by FDOE pursuant to s. 1012.583, F.S., and Rule 6A-4.0010, F.A.C.

Yes

Assisting a mental health services provider or a behavioral health provider as described ins. 1006.041, F.S., respectively, or a school resource officer or school safety officer who has completed mental health crisis intervention training in attempting to verbally de-escalate a student's crisis situation before initiating an involuntary examination pursuant to s. 394.463, F.S. Such procedures must include strategies to de-escalate a crisis situation for a student with a developmental disability as that term is defined ins. 393.063, F.S.

Yes

The requirement that in a student crisis situation, the school or law enforcement personnel must make a reasonable attempt to contact a mental health professional who may initiate an involuntary examination pursuant to s. 394.463, F.S., unless the child poses an imminent danger to self or others before initiating an involuntary examination pursuant to s. 394.463, F.S. Such contact may be in person or using telehealth, as defined ins. 456.47, F.S. The mental health professional may be available to the school district either by contracts or interagency agreements with the managing entity, one or more local community behavioral health providers, the local mobile response team, or be a direct or contracted school district employee. Note: All initiated involuntary examinations located on school grounds, on school transportation or at a school sponsored activity must be documented in the Involuntary Examinations and Restraint and Seclusion (IERS) platform.

Yes

Parents of students receiving services are provided information about other behavioral health services available through the student's school or local community-based behavioral health service providers. Schools may meet this requirement by providing information about and internet addresses for web-based directories or guides for local behavioral health services.

Yes

The Mental Health Assistance Allocation Plan must be focused on a multitiered system of supports to deliver evidence-based mental health care assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and to students at high risk of such diagnoses. s. 1006.041, F.S.

Yes

## District Program Implementation

<b>Evidence-Based Program</b>	Cognitive Behavior Therapy (CBT)
<b>Tier(s) of Implementation</b>	Tier 2, Tier 3
Describe the key EBP components that will be implemented.	
Cognitive behavior therapy is a psychotherapy that is effective for a variety of diagnoses including depression, anxiety, substance abuse and co-occurring disorders. CBT focuses on feelings, thoughts, and behaviors by challenging negative thoughts or beliefs, changing destructive behavior patterns, and focusing on solutions. It is appropriate for children and adolescents.	
Explain how your district will implement evidence-based mental health services for students to improve the early identification of social, emotional, or behavioral problems or substance use disorders, as well as the likelihood of at risk students developing social emotional or behavioral problems, depression, anxiety disorders or suicidal tendencies, and how these will assist students dealing with trauma and violence.	
As students are referred to the Licensed Mental Health Counselor and/or Mental Health Coordinators through the MTSS process, as well as the referral form completed and signed by the parent(s); individual counseling can be provided utilizing the evidence-based therapy. The number of sessions and frequency will vary per student and severity of concerns. Sessions will be 20-30mins during the school day. There are multiple techniques that can be applied such as play therapy, modeling, role playing, restructuring and exposure. Student will be encouraged to actively participate in each session and with goal setting.	
Explain how the supports will deliver evidence-based mental health care assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and to students at high risk of such diagnoses.	
<p>Engaging with CBT can help students reduce stress, cope with complex relationships, deal with grief, and face many other common life challenges. It gives them tangible ways to take control and empower themselves. CBT can also help students control self-defeating thoughts and can engage them in new coping skills.</p> <p>Students participating in CBT based counseling will improve coping skills, manage behaviors and improve academic success as reported by students, parents and teachers and measured by discipline referrals and grades.</p>	

<b>Evidence-Based Program</b>	Solution-Focused Brief Therapy
<b>Tier(s) of Implementation</b>	Tier 2, Tier 3
Describe the key EBP components that will be implemented.	
SFBT is a short-term, solution-focused treatment appropriate for all ages. The focus is on creating goals and a vision for the future, then identifying the necessary skills, abilities, and resources to meet these goals.	
Explain how your district will implement evidence-based mental health services for students to improve the early identification of social, emotional, or behavioral problems or substance use disorders, as well as the likelihood of at risk students developing social emotional or behavioral problems, depression, anxiety disorders or suicidal tendencies, and how these will assist students dealing with trauma and violence.	
As students are referred to the Licensed Mental Health Counselor and/or Mental Health Coordinators through the MTSS process, as well as the referral form completed and signed by the parent(s); individual counseling can be provided utilizing the evidence-based therapy. The number of sessions and frequency will vary per student and severity of concerns. Sessions will be 20-30mins during the school day. The student will be encouraged to actively participate in each session and with setting goals. A variety of techniques can be employed, i.e., specific questions that encourage the student to focus on the present with coping skills they already possess. The focus is on what they can change and control.	
Explain how the supports will deliver evidence-based mental health care assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and to students at high risk of such diagnoses.	
This type of therapy emphasizes the skills, strengths, and abilities that students already have and focus on a solution in the present and/or for the future, rather than the problem and/or the past. Students participating in SFBT based counseling will improve coping skills, manage behaviors and improve academic success as reported by students, parents and teachers and measured by discipline referrals and grades.	

<b>Evidence-Based Program</b>	Youth Mental Health First Aid
<b>Tier(s) of Implementation</b>	Tier 1
Describe the key EBP components that will be implemented.	
Youth Mental Health First Aid (YMHFA): This training is designed to teach adults who work with youth - parents, caregivers, teachers, school staff, neighbors, and other caring citizens how to help children/ adolescents who may be experiencing a mental health crisis.	
Explain how your district will implement evidence-based mental health services for students to improve the early identification of social, emotional, or behavioral problems or substance use disorders, as well as the likelihood of at risk students developing social emotional or behavioral problems, depression, anxiety disorders or suicidal tendencies, and how these will assist students dealing with trauma and violence.	
The Mental Health Facilitator is a trainer in Youth Mental Health First Aid. She will provide this required training to all school staff. These trainings will be offered multiple times through out the year. Participants will be able to register and receive professional development points for their participation. Maximum of 18 participants per training.	
Explain how the supports will deliver evidence-based mental health care assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and to students at high risk of such diagnoses.	
Increase mental health literacy, confidence in providing first aid, and a reduction in stigmatizing attitudes. As a result of these trainings, there is an increase in participants' knowledge of signs, symptoms, and risk factors of mental health problems; an increase in participants' confidence to help someone experiencing a mental health crisis; and an increase in overall mental wellness.	

## Direct Employment

### MHAA Plan Direct Employment

#### School Counselor

*Current Ratio as of August 1, 2023*

**1 assigned K-6th, 2 assigned 7th-12th**

*2023-2024 proposed Ratio by June 30, 2024*

**1 assigned K-6th, 2 assigned 7th-12th**

#### School Social Worker

*Current Ratio as of August 1, 2023*

**N/A**

*2023-2024 proposed Ratio by June 30, 2024*

**N/A**

#### School Psychologist

*Current Ratio as of August 1, 2023*

**1 assigned to 2 campuses, 1 assigned to other campus**

*2023-2024 proposed Ratio by June 30, 2024*

**1 assigned to 2 campuses, 1 assigned to other campus**

#### **Other Licensed Mental Health Provider**

*Current Ratio as of August 1, 2023*

**1 assigned to all 3 campuses**

*2023-2024 proposed Ratio by June 30, 2024*

**1 assigned to all 3 campuses**

#### **Direct employment policy, roles and responsibilities**

**Explain how direct employment of school-based mental health services providers (school psychologists, school social workers, school counselors and other licensed mental health professionals) will reduce staff-to-student ratios.**

Having a licensed Mental Health Counselor on staff reduces the time that other staff members spend with students at tier 2 & 3.

**Describe your district's established policies and procedures to increase the amount of time student services personnel spend providing direct mental health services (e.g., review and revision of staffing allocations based on school or student mental health assistance needs).**

Student Success Specialists have been employed at each campus, totaling 4, to work closely with our school counselors and the Licensed Mental Health Counselor.

Mental Health Coordinators have been employed at each campus, totaling 3, to work closely with our school counselors and the Licensed Mental Health Counselor.

**Describe the role of school based mental health providers and community-based partners in the implementation of your evidence-based mental health program.**

The school based mental health providers will be involved at all levels of the MTSS process and will assist in implementing the evidence-based SEL programs. As well as, conducting appropriate assessments and coordinating appropriate interventions at each tier. Community-based partners such as CAT teams/Crisis Mobile Units will assist at tier 3 as needed.

#### **Community Contracts/Interagency Agreements**

**List the contracts or interagency agreements with local behavioral health providers or Community Action Team (CAT) services and specify the type of behavioral health services being provided on or off the school campus.**

Crisis Response Team from Peace River Center provide Crisis Intervention & CAT Team services. Counselors from the Bethany Center/Good Shepherd provide individual and group therapy.

#### **MHAA Planned Funds and Expenditures**

##### **Allocation Funding Summary**

**MHAA funds provided in the 2023-2024 Florida Education Finance Program (FEFP)**

**Unexpended MHAA funds from previous fiscal years**

**Grand Total MHAA Funds**



### **MHAA planned Funds and Expenditures Form**

Please complete the MHAA planned Funds and Expenditures Form to verify the use of funds in accordance with (s.) 1006.041 Florida Statutes.

The allocated funds may not supplant funds that are provided for this purpose from other operating funds and may not be used to increase salaries or provide bonuses. School districts are encouraged to maximize third-party health insurance benefits and Medicaid claiming for services, where appropriate.

The following documents were submitted as evidence for this section:

*No files were uploaded*

### **Charter Governing Board Approval**

This application certifies that the **Polk County Public Schools** governing board has approved the Mental Health Assistance Allocation Plan, which outlines the local program and planned expenditures to establish or expand school-based mental health care consistent with the statutory requirements for the mental health assistance allocation in accordance with section 1011.62(14), F.S.

### **Governing Board Approval Date**

Pending