



TO: Oak Park Community Mental Health Board (CMHB)
D97 Board of Education

FROM: Cheryl Potts, Executive Director CMHB
Dr. Ushma Shah, Superintendent D97

DATE: November 14, 2023

RE: Mindfulness Matters Partnership

Our Ultimate Goal

As colleagues sharing investment into the youth of Oak Park, we share a commitment to ensuring that our Village models best practice in the delivery of excellent and equitable behavioral health services to all youth, and especially those for whom public access is likely the only entry to this support.

With the pandemic behind us and lessons learned about exacerbated equity and access gaps for our students and families, this memo:

- proposes a continued funding partnership for the Mindfulness Matters Program (MMP) in SY24. The MMP has been beneficial to individual students and families as well as to the district’s social-emotional support systems since its inception in 2020.
- begins to outline a forward-looking data-informed and listening-grounded approach to evolving the essential partnership between CMHB and D97. We look to continue to leverage the expertise of DePaul University expertise in this process.

Our aim is to ensure that public resources are used strategically and in alignment with cross-agency collaboration. We recognize that when school district professionals have access to learning alongside high-quality expert and external clinicians, we can build the core instruction capacity of D97 staff in a manner that serves all students well, mitigating disproportional and unchecked referral of students of color to higher levels of intervention.

The MMP Partnership Context

The MMP is an evidence-based approach that generates capacity to address the mental health needs of elementary- and middle-school-aged students and families. Administered with experts from DePaul University, the program strengthens the caregiving systems within public schools. In SY23, the Mindfulness Matters Program in D97 served 476 participants via Community Talks (family workshops); 97 students via therapeutic groups; 82 students via care coordination, and 5 students via individual therapy.

SY24 D97 Funding Request

District 97 is grateful for CMHB’s investment in collaborating to care for our community’s youth. We are seeking continued D97 funding for the Mindfulness Matters Program partnership currently in place at

both Julian and Brooks Middle Schools. The district’s SY23 funding commitment totaled \$90,000. On October 10, 2023, the Board of Education was made aware of a funding request of \$56,250 which was prorated for the remainder of the year. The district administration seeks an additional \$33,750 to ensure level funding for the current school year. The ESSER III grant is projected as the funding source.

The historical funding distribution between Oak Park Elementary School District 97 and the Community Mental Health Board is outlined in the table below:

	Community Mental Health Board	District 97
2019-2020	\$62,830	\$0
2020-2021	\$70,000	\$0
2021-2022	\$228,334	\$0
2022-2023	\$295,533	\$90,000
2023-2024	\$270,000	\$90,000 (Proposed)

Next Steps

In meeting with the Oak Park Community Mental Health Board, we have outlined the areas below for consideration as we continue to build a sustainable, long-term plan for addressing the mental and behavioral health needs of our students:

Area of Work	Details	Key Dates
Impact analysis	<p>The Community Mental Health Board will lead an efficacy study with the following outcome indicators:</p> <ul style="list-style-type: none"> ● Therapeutic Groups <ul style="list-style-type: none"> ○ Change in student scores on the anxiety and depression scales ○ Change in symptoms ○ Change in student scores on the Functioning, Hopefulness, Satisfaction, and Problem Severity Scales. ● Care Coordination <ul style="list-style-type: none"> ○ Identifying the need for referral ○ Was the referral actualized? ○ Was the need met? ● Individualized Therapy <ul style="list-style-type: none"> ○ Change in symptoms ○ Satisfaction with services 	Research has begun in SY24, results expected in summer 2024

	<ul style="list-style-type: none"> o Was the presenting need met through therapy or a warm handoff to a longer-term therapist? 	
Inventory and increased capacity of our internal D97 resources	<p>D97 currently invests public resources critical to student social emotional wellness within the structure of school (school social workers, school psychologists, student success coaches, etc.).</p> <p>With expertise central to students' social-emotional wellbeing, professional educators in these roles make a significant impact on student experience. As we leave the pandemic behind, we recognize that our students would benefit from inventorying the investments that currently exist and creating clear alignment and equitable student access at all three tiers of intervention.</p> <p>We need to ensure that we are maximizing dynamic culturally and linguistically responsive core instruction wellness in our within-school investments. We would look to continue to partner with CMHB to engage with an academic institution, ideally DePaul University, as a key partner in building D97 capacity to strengthen our baseline wellness culture and delivery systems.</p>	Ongoing
Mapping of community behavioral health resources/ equity-focused community needs assessment	<p>CMHB and D97 have determined the need to better understand the mental health needs of our students and families. We seek to collaborate with each other and with our community stakeholders to map resources that align with student needs in real-time to determine where resource gaps (and potential overlap) exist in each area of our community. We have discussed targeted listening and learning with students in D97's focal student cohort. CMHB has already convened a monthly Youth Behavioral Health Consortium; D97 participates in this group.</p>	Ongoing