

# Presentation to D97 School Board June 11, 2019

Community Mental Health Board of Oak Park Township  
&  
DePaul University



**Community Mental Health Board  
of Oak Park Township**



# CMHB Background & RFP Introduction

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- The CMHB is responsible for planning, developing, coordinating, evaluating
  - Mental health, substance abuse, and intellectual/developmental disability systems of care in Oak Park Township
- The 2018 Oak Park-River Forest Community Health Plan identified several health priority areas including behavioral health services for youth and families
- The goal of the RFP is to meet the needs of 6th - 8th grade students who have complex behavioral health and social needs

# Individualized Education Plan (IEP) Data

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- IEP Data at District 97 School
  - 2018 ISBE report card shows black students at D97 have a disproportionately higher number of IEP's than the percentage of black students represented in total school population (31% vs 17.2%)

District	Student Categories	White	Black	Hispanic	Asian	Two or More Races
District 97	All Students	53.9%	17.2%	12.5%	3.8%	12.5%
District 97	All Students with IEPs	43%	31%	12%	3%	11%

# Illinois Youth Survey Data

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- 2016 Illinois Youth Survey Data showed 24% of 8<sup>th</sup> grade students report “experiencing depression in the past 12 months”
- Trends from 2016 – 2018 for “feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities” scores significantly increased from 22% to 33%

# Key Stakeholder Data

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- Interviews with D97 faculty yielded these top issues:
  - Anxiety
  - Depression
  - Electronic Addiction
  - Access to Child Psychiatry and Neuropsychology
  - Home visits for “opportunity gap” families
  - Executive Functioning training for parents and students

# Support4U Data



LEAD Text-A-Tip

Oak Park River Forest  
USAGE ANALYTICS  
01/01/18 - 03/31/19

2018	1st Quarter (1/30/18 - 3/31/18)				2nd Quarter (4/1/18 - 6/30/18)				3rd Quarter (7/1/18 - 9/30/18)				4th Quarter (10/1/18 - 12/31/18)			
	HOPE	HELP	SAFE	TOTALS	HOPE	HELP	SAFE	TOTALS	HOPE	CARE	SAFE	TOTALS	HOPE	CARE	SAFE	TOTALS
Total Number of Users	0	0	0	0	30	1	1	32	42	11	3	56	18	19	1	38
Total Number of Texts	0	0	0	0	266	11	8	285	357	998	28	1383	162	187	3	352
Repeat Users	0	0	0	0	5	0	0	5	19	2	0	21	8	2	0	10

- D97 Middle Schools (HOPE) had higher user and repeat user rates that D90 and D200 in 2018

# Academic Performance Data

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- According to 2018 ISBE School report card the two middle schools in Oak Park received a summative designation of **Underperforming**
- Middle school students are showing increased mental health issues in conjunction with a decrease of academic performance
- Key stakeholders recognize a connection between students' mental health and their school performance, specifically in school attendance rates and class participation

# CMHB Special RFP Award

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- December 2018 RFP released to public
  - Up to \$100,000 was available
- CMHB & D97 reviewed eight (8) proposals
- May 2019 DePaul University *Mindful Middle-Schoolers: Resiliency Skills for Anxiety, Depression and Executive Functioning* was selected



# The Mindful Middle-Schoolers Program (MMP): Resiliency Skills for Anxiety, Depression and Executive Functioning

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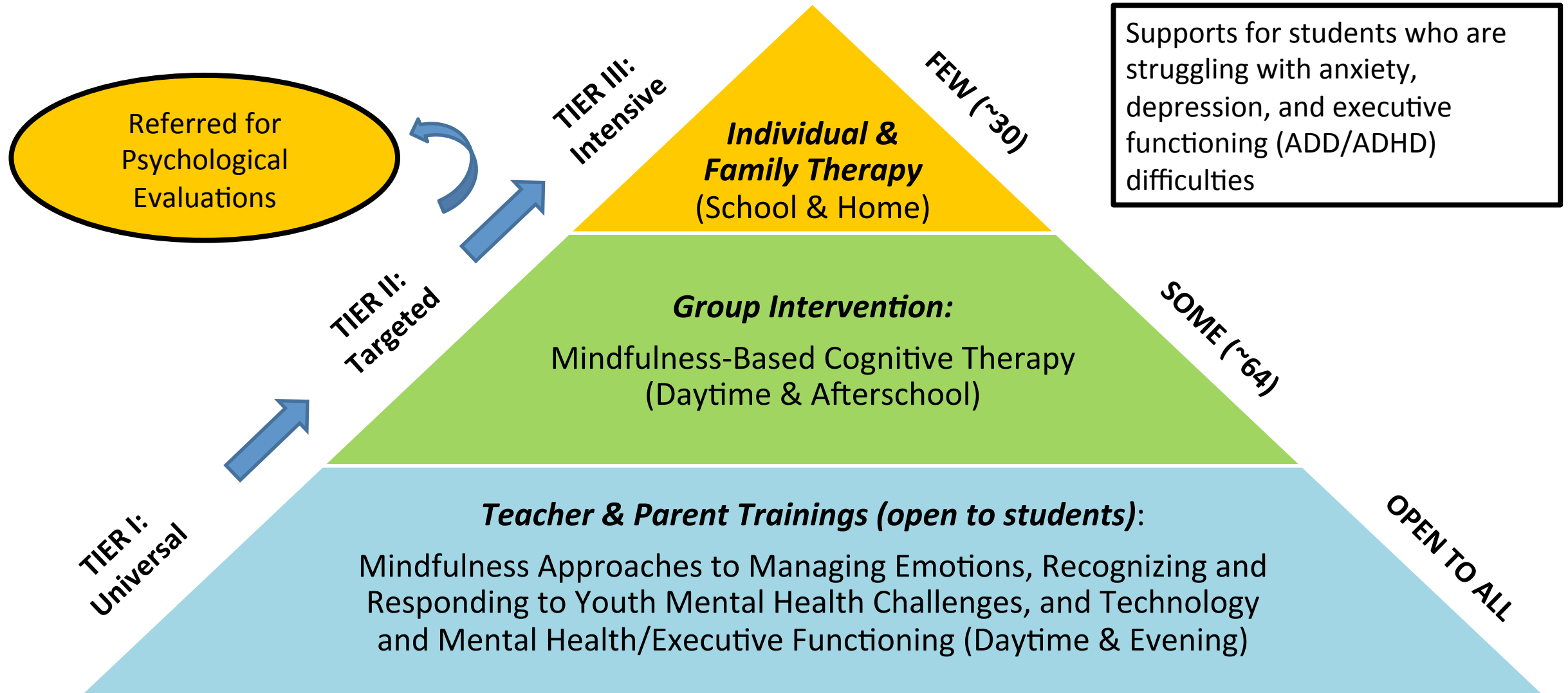
# DePaul Family and Community Services

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- In 1974 DePaul University Family and Community Services (DFCS) was created as a university-affiliated community mental health center.
- Our mission is to strengthen and empower families and communities through *innovative, evidenced-based services* and to train *culturally-competent, socially responsible* professionals.
- DFCS is *accredited* by Commission on Accreditation of Rehabilitation Facilities (CARF).
- DFCS is paneled with a variety of *Medicaid-Managed-Care* and *Private Insurance* companies.
- DFCS provides *school-based* individual, group, family therapy, and training for school staff and parents at over 16 schools.
- DFCS provides *clinic-based* services (therapy and psychological evaluations) to over 400 (annually) children (ages 2 to 17) and their parents who are experiencing behavioral and/or emotional difficulties.



# Multi-Tiered System of Support (MTSS)



# Mindfulness-Based Cognitive Therapy for Children (MBCT-C)

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- *Evidenced-based approach* for children with symptoms of anxiety, depression and difficulties with attention;
- Format is *12-week groups* (can also be adapted to individual therapy)
- Goals of MBCT-C:
  - Enhance emotional resiliency;
  - Promote positive changes in how the child relates to their own thoughts and emotions;
  - Learn to distinguish thoughts that are judgmental from those that simply describe one's experience;
  - Recognize that judgements often escalate mood disturbances which can trigger maladaptive behaviors;
  - Cultivate self-acceptance and acceptance of those things that cannot be changed;
  - Expand awareness of personal emotional and behavioral choices.

# Timeline

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- **April 1, 2019-August 30, 2019** – Planning: DePaul University will work collaboratively with both middle schools to plan for the service offerings that will be implemented in the fall of 2019. This will involve establishing referral protocols and teaming structure.
- **September 1-March 31, 2020** – Implementation: Each clinician (2) will provide two 7-hour days per week to this project and will provide TIER I, II, and III services. Dr. Morrison will also provide TIER I training.
- **Evaluation/Outcome Tracking:** Quarterly Data Reports; # of school staff/caregivers trained; # of trainings completed, caregiver qualitative and quantitative feedback, teacher/caregiver increases in knowledge; child, parent, and teacher Behavior Assessment System for Children, Third Edition (BASC-3) pre- and post- group/treatment measures. If parent/guardian consent is obtained from parents/guardians and D97, we would also like to track academic outcomes such as grade point averages (GPA), school attendance rates and other measures of academic success.

