Mental Health/Emotional Support Proposal

Presented by Dr. Tania Herzog
Director of Special Services
April 16, 2019
National increase in Mental Health Related Concerns for Teens

STUDENT DEPRESSION ON THE RISE

An analysis of a federal survey shows increasing rates of teen and young adult respondents reporting a major depressive episode in the last 12 months. Rates have stayed more consistent among older adults.

SOURCE: Journal of Abnormal Psychology
Mental Health Facts
CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹

- 20% of youth ages 13-18 live with a mental health condition¹
- 11% of youth have a mood disorder¹
- 10% of youth have a behavior or conduct disorder¹
- 8% of youth have an anxiety disorder¹
Mental Health By The Numbers

**Impact**
- 50%: 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.
- 10 yrs: The average delay between onset of symptoms and intervention is 8-10 years.
- 37%: 37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.
- 70%: 70% of youth in state and local juvenile justice systems have a mental illness.

**Suicide**
- 3rd: Suicide is the 3rd leading cause of death in youth ages 10 - 24.
- 90%: 90% of those who died by suicide had an underlying mental illness.
A Local Perspective

• 27% of referrals for special education services in 18-19 primarily related to emotional concerns
• Many other referrals for academic weaknesses describe social and emotional issues as secondary concerns
• In the past two years, 5 students were placed out of district for therapeutic services and several more students have been identified with a similar level of need
• 14 students were placed on Home Instruction in 18-19 due to psychiatric hospitalizations or participation in short term therapeutic day programs for crisis situations
• Counselors and CST have provided mental health referrals to families of more than 50 students district wide so far this year.
• High performing students, average level students, and struggling learners are equally impacted
• Mental health issues are directly impacting academic achievement, social relationships, behavior and attendance
• 40% of K-12 districts in Middlesex County have implemented a Mental Health program
Effective School Solutions

Program to be implemented at MHS starting May 2019 for a select group of students

1. Comprehensive Program Protocols
2. School Avoidance Interventions
3. Behavioral Student Programming
4. Family Services
5. Multiple Layers of Supervision
6. Clinical Documentation
7. Quality and Risk Management
8. Professional Development and Psychoeducation for Teachers
9. Objective Measurement of Performance
10. Highly Experienced, Highly Qualified Clinicians
Successes

“ESS is making such a difference for our students and our district. ESS students are attending classes, getting involved in school and are now able to benefit from all that our district can provide.”

Michael Weismann, Assistant Superintendent, Westfield, NJ

“I don’t know what we would have done without you guys; you took so much time and provided comprehensive support and clinical expertise. We were ready to give up and take him out of school.”

Parent
Proposal for Services with Additional Funding

❖ Therapeutic interventions at Campbell and Edgar Middle School, similar to what we will be implementing this year at MHS
❖ Expanded School Psychologist services at all 4 schools
❖ Increased CST availability by providing clerical support staff
❖ Expanded behavior intervention services by Board Certified Behavior Analysts
❖ Academic support in the core areas of Reading and Math
❖ Intervention focused on teaching study skills and organizational strategies to address executive functioning
Cost of Proposal

• With input from the Finance Committee, a separate budget proposal for $700,000 is recommended for these services.

• If passed, the taxes on the average home would increase $133 per year or $11 per month.

• In total, school taxes will have risen just 2% over a 2 year period.

<table>
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<th>Year</th>
<th>Tax Rate Per Hundred</th>
<th>School Taxes</th>
<th>Tax Increase</th>
<th>Percent Change</th>
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<td>2017</td>
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<td>$7,526</td>
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<table>
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<tr>
<th>Year</th>
<th>2019 Introduced</th>
<th>2019 with separate proposal</th>
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<tbody>
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<tr>
<td>Percent Change</td>
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Summary and Next Steps

• This proposal is designed to provide intervention services for students with emotional issues that impede their academic performance and to reduce the impact of anxiety secondary to academic struggles.
• This preliminary draft plan is based on the input of CST, School Counselors, building administrators, and parents.
• This proposal would directly support students, teachers, families, and administrators.
• Over the next few months, we plan to shape this proposal more firmly based on input from a variety of stakeholder groups and communicate a final plan with more specificity.