***Attachment D***

***Project Proposal Name*** School Based Mental Health Program (SBMH) at IHS ***Name of Agency or Individual*** Ron Lorenz, Indianola CSD

***County*** Warren County ***Amount Requested*** $10,000

# Indianola DCAT Mini Grant Projects

# RESULTS MATRIX FY16

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| **Goals** **&****Objectives** | Program/ServiceComponents | Action StepsandTime Frames | Program/Service Outcome & Performance Measures*(What is the expected measurable result? How will it be measured throughout the project period?)* |
| 1. Create a school based mental health program (SBMH) at Indianola High School in partnership with UnityPoint that will provide on-site counseling services to students and family members and provide referrals for long term clinical support or specialty provider care. **Accomplished**
2. Mental health experts will collaborate with school personnel to develop and implement academic interventions based on the unique needs of individual students. **Accomplished and ongoing**
3. Services will enhance the social, emotional, and mental health of students, so they may remain engaged in school and derive benefit from the educational program. **Accomplished and ongoing**
 | 1. Continue to monitor the Iowa Youth Survey as a benchmark component. **Accomplished and ongoing.**
2. The SBMH program will serve students in grades 9-12 at IHS starting in the fall of 2015. Our hope is the program continues indefinitely. **Accomplished and ongoing.**
3. UnityPoint will be our community partner. **Accomplished and ongoing.**
4. IHS counselors and teachers will work closely with trained counselors to provide student or family referrals. **Accomplished and ongoing.**
5. Privacy, confidentiality and trust are of utmost importance to the success of the program. **Accomplished and ongoing.**
 | 1. Establish and promote program in the 2015-16 school year. **Accomplished and ongoing**
2. Coordinate with UnityPoint and ICSD staff during the summer months to determine program specifics, location of offices and tracking mechanisms.

 **Accomplished**1. Provide summer/pre-service training for staff on triggers for referrals, essential of counseling services, and developing generalizing therapeutic supports in the classroom. **Ongoing**
2. Incorporate SBMH programs into IHS’s multi-tiered system of supports (MTSS) plan. **Accomplished and ongoing**
3. Implement system by August 24, 2015. **Accomplished**
 | 1. The ICSD and UnityPoint clinics will monitor the number of staff (FTE) and service hours that are allocated to the SBMH throughout the 2015-2016 school year. **1st QTR 8 hrs; 2nd QTR 15 hrs (23 hrs total)**
2. The ICSD will monitor the number of dollars (both district funds and DCAT allocations) that are invested during the 2015-16 school year**. 1st QTR** **$0; 2nd QTR $0** **($0 Billed)**
3. The ICSD will monitor the number of high school students who are referred to the SBMH program during the 2015-16 school year. **1st QTR 10 students; 2nd QTR 15 students (25 students total)**
4. The ICSD will monitor the number of high school students who are served through the SBMH program during the 2015-16 school year. **1st QTR 4 students; 2nd QTR 5 students (9 students total)**
5. The ICSD and UnityPoint Clinics will monitor the average number of hours of services provided per students served. **2.56 hrs per student. (Includes both new and returning students for 1st and 2nd quarter)**
6. The ICSD will monitor the number of students served through the SBMH program who dropout during the 2015-16 school year, relative to the percentage of other At-Risk students. **1st QTR 0 students; 2nd QTR 0 students (0 students total)**
7. The ICSD will monitor the number of students served through the SBMH program that are suspended or expelled during the 2015-16 school year, relative to the percentage of other At-Risk students. **1st QTR 0 students; 2nd QTR 2 students suspended, 0 expelled (2 students suspended, 0 expelled total)**
8. The ICSD will monitor absenteeism and truancy rates among students served through the SBMH during the 2015-16 school year, relative to the percentage of other At-Risk students. **Ongoing**
9. The ICSD will monitor the number of students served through the SBMH program who fail one or more classes during the 2015-16 school year, relative to the percentage of other At-Risk students. **Ongoing**
10. The ICSD will monitor the number of students served through the SBMH program who receive discipline referrals for serious offenses (i.e., acts/threats of violence, weapons violations, bullying/harassment, drug or alcohol use/possession) during the 2015-16 school year, relative to the percentage of other At-Risk students. **1st QTR 0 students; 2nd QTR 1 student (1 student total)**
11. The ICSD will monitor the number of students served through the SBMH program who are referred to residential placements during the 2015-16 school year, relative to the percentage of other At-Risk students. **1st QTR 0 students, 0 students (0 students total)**
12. The ICSD will monitor trend data from the Iowa Youth Survey to determine the percentage change in students experiencing feelings of depression, suicidal ideation, and self-injurious behaviors. **1st QTR Ongoing; 2nd QTR Ongoing**
13. The ICSD will survey high school staff regarding the efficiency and benefits of the SBMH program at the conclusion of the 2015-16 school year. **1st QTR Not Applicable; 2nd QTR Not Applicable**
14. The ICSD will survey students and families served through SBMH program regarding its regarding its benefits at the conclusion of the 2015-16 school year. **1st QTR Not Applicable; 2nd QTR Not Applicable**
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**Indianola DCAT Mini Grant—FY16—1st-2ndQuarter Narrative**

**Program/Service Components**

3. Contract with Unity Point was signed on September 28, 2015 by our school board President Mark Tucker. (1Q)

4. Efforts to continue to improve communication and collaboration between Indianola High School and Unity Point has been identified as a priority for the 3rd quarter. (2Q)

# Action Steps and Time Frames

2. Meetings were held with Unity Point on June 30, 2015 and August 21, 2015 to establish our objectives and work out the logistics of our SBMH program. (1Q)

3. Training for staff is ongoing. With limited time available during pre-service days, Tammy from UnityPoint will be meeting with our staff at the beginning of the second quarter. We felt this was most appropriate now that we have the program up and running and can provide more details to staff about the program, in addition to providing education on the supports teachers can provide student within the classroom. (1Q) Josh Lullmann, Dean of Students, provided staff a brief training during our December staff meetings. Training focused on indicators that would trigger a referral to our SBMH program. The timing of this training was important because we have identified that many students need additional support during the holiday seasons. (2Q)

4. Our MTSS team consists of our guidance staff, Principal, Assistant Principal, Dean of Students, and Juvenile Court Liaison Officer. This group has provided leadership in detection and referral of students who may benefit from mental health services as well as continuing to build mental health services into the three tiers of our MTSS program. (1Q) Based on various forms of data (academic, behavioral, attendance), communication with families and MTSS teams, and referrals to our mental health services, students were provided various supports through our MTSS program. This included two students who were placed into our EPIC alternative academic program for third quarter. (2Q)

# Program/Service Outcome & Performance Measures

\*Data reported includes data from each the first and second quarter as well as cumulative data for both quarters.

1. Per contract with Unity Point, one session is estimated to one hour of service provided. (1Q)
2. As of 10/20/2015, Indianola has yet to be billed by Unity Point (1Q); As of 1/19/2016 a bill by UnityPoint has not been received. (2Q)

4. There were five new students who were seen in our SBMH program during the second quarter. At least 75% of the students who were first seen in the first quarter continued to receive services in the second quarter. Five of 19 students who received information on our program scheduled met at least once with our counselor. Efforts will be made in the third quarter to increase communication to ensure that identified students’ needs are being met. (2Q)

5. Per contract with Unity Point, one session is estimated to one hour of service provided. (1Q)

7. Suspensions include out-of-school suspension only. (2Q)

9-10. Student attendance and grades are on a semester basis. The Dean of Students continues to monitor progress for student attendance and grades and communicates with our mental health therapist. It was reported that one student began seeing our mental health therapist with attendance being the presenting problem. (1Q) At the time of the second quarter matrix report, semester grades were not submitted and verified.

10. One student was suspended from school due to an act of violence. (2Q)

12. Zero students reported to our mental health therapist who felt depressed, were suicidal, or have cut. (1Q) Three students reported to our mental health therapist that they felt depressed; one student reported being suicidal. (2Q)

13-14. Surveys will be taken and data reviewed at the end of the 2015-2016 school year. (1Q)