

ENHANCING THE MODEL OF BEHAVIORAL HEALTH PARTNERSHIPS: PROVIDING CONSULTATION AND PROFESSIONAL DEVELOPMENT TO EDUCATORS & SCHOOL COMMUNITIES

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Program Director
Boston Children's Hospital Neighborhood Partnerships



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BCHNP

- Community behavioral health program in the Department of Psychiatry
- Began in 2002
- Team of 20 staff members (social workers, psychologists, psychiatrists)
- Partnering with 17 Boston schools



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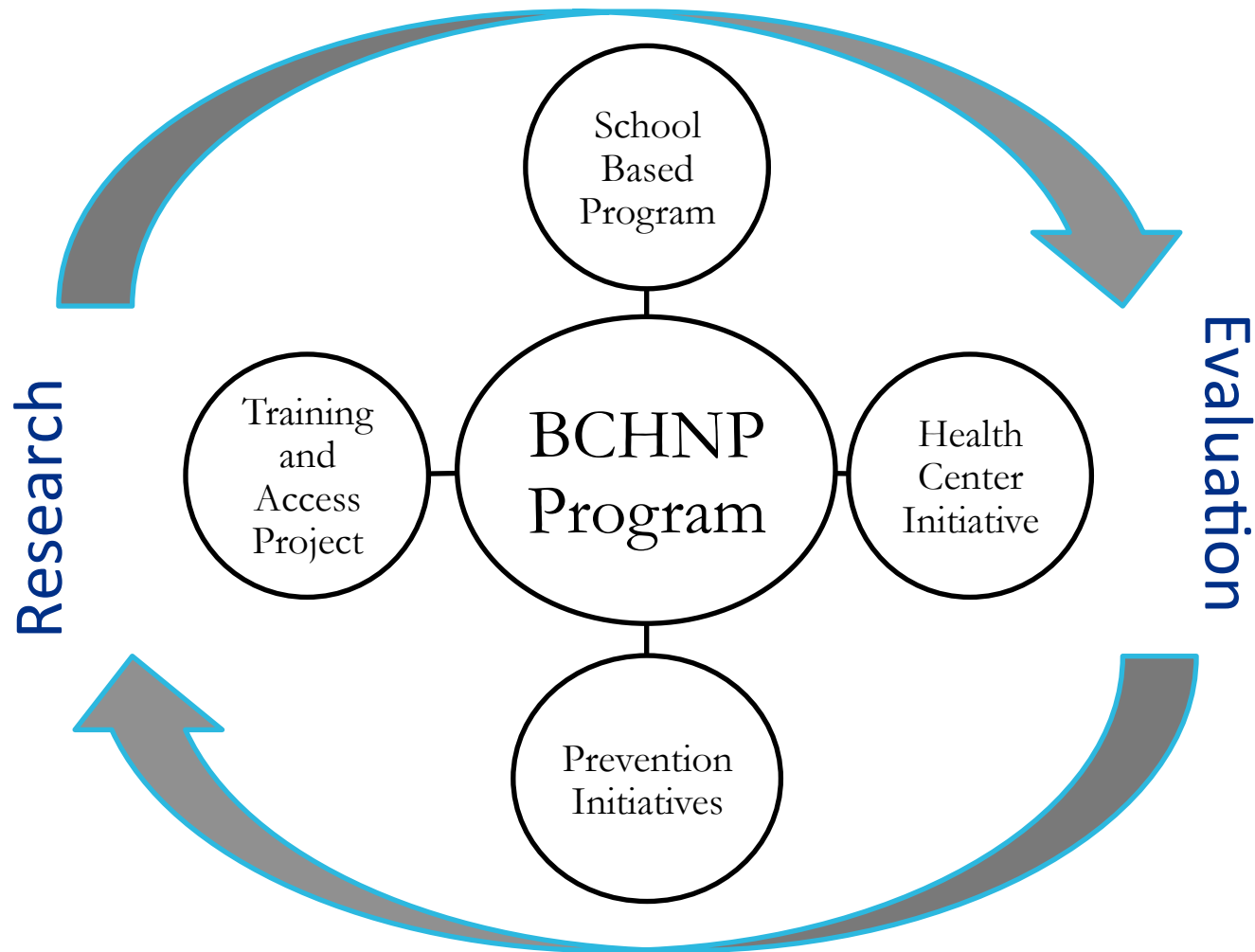


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Program Overview



Why Schools?

- 8-10 year is average delay in behavioral health treatment between symptom onset and intervention
- 70% of youth who need care are not receiving services
- Opportunity to expand services and supports for all children
- Student often are first identified at schools for needing help – entry into a system of care starts here
- Reduction of stigma
 - The role of school in the lives of families
 - Approach can be inclusive – preventative – integrated
 - Social emotional learning in all classrooms
- While waiting for services (or services aren't enough), youth are with us in schools
- Impact on academic performance and life success



Educators

Teachers are often the first person children turn to when they are in crisis, and yet they are, as a profession, woefully unprepared to identify students' behavioral health issues and connect them with the service they need – even when those services are provided at school.

(Lahey, 2016)



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School Communities

State of professional development today

Building on what already works in schools



Clough Foundation Training and Access Project (TAP)

- Five K-5/K-8 schools participate each school year
- Two year commitment
- 25 schools will participate in TAP over five years
- Schools will join a network of schools that continues beyond the two year program participation

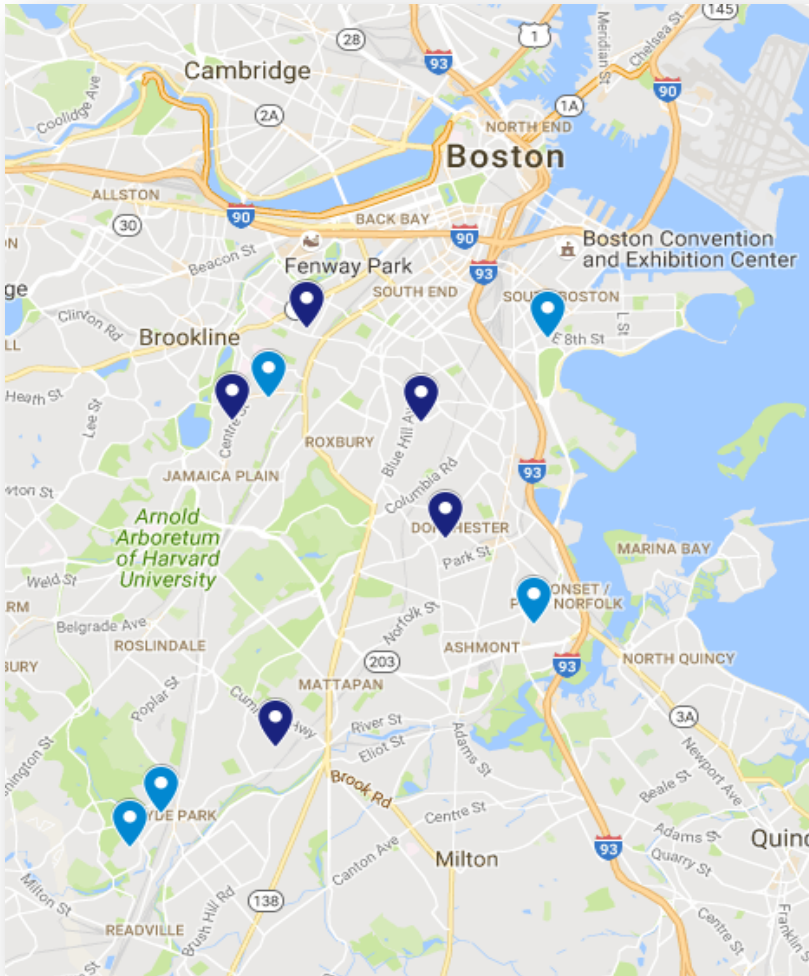


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10 Partnering Schools



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TAP *Program Components*

1. Professional development on social, emotional, and behavioral health related topics
 - Teams of 4-5 representatives from each school
 - Learning Collaborative Model
 - 11 trainings over two years
2. Consultation to help build the capacity of the school to better address behavioral health
 - Goal selection and progress monitoring
 - On site consultation
 - 120 hours of consultation over two years

Components of the Learning Collaborative

- Each school is required to send their identified team to all trainings
 - Teams of 4-5 representatives from each school
- Each workshop incorporates:
 - Psychoeducation
 - Alignment with BPS model for social, emotional, and behavioral health
 - Strategies, resources and tools
 - Family and community engagement
 - Impact on academics and learning
 - Incorporates culturally responsive and child/family-centered approaches
 - Educator and school voice (honoring perspectives from different roles)



Learning Collaborative Structure

- Expectations of the Collaborative
 - Defining a Learning Collaborative
 - Common Commitments
- Activities/Structure of the workshops
 - Didactic presentation
 - Demonstration/modeling of techniques
 - Large group discussion
 - Small group work
 - Student and family examples
 - Turn and talk (with someone from their school or another school)
 - Team reflection time



Professional Development Year 1

TOPICS BY MONTH

September 2016	An Overview of Social Emotional Development: What Can We Expect in the Classroom?
October 2016	Strategies for Supporting Students in the Classroom
November 2016	What is Behavioral Health? Symptoms and Systems
January 2017	Tips and Tools for Crisis Intervention and Management
March 2017	Stress Management and Self Care for the Educator
April 2017	Understanding Trauma and the Impact on Learning
June 2017	Developing Dissemination Strategies for Addressing Social Emotional and Behavioral Health



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Professional Development Year 2

TOPICS BY MONTH

October 2016	Implementing School Wide Initiatives: Planning for Success
December 2016	Building Effective Teams to Address Social, Emotional, and Behavioral Health
February 2017	Strategies for Sustainable Change in Schools
May 2017	Agents of Change: Keeping the Work Going



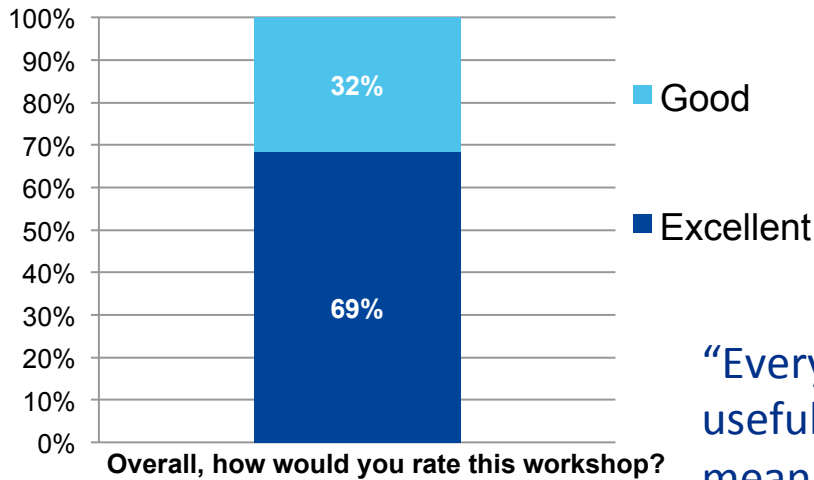
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Learning Collaborative Model

TAP workshop satisfaction



“I loved the sharing across schools.”



“Every minute was useful and meaningful.”

“The vibe was good- felt like a safe space to talk about students.”

“I appreciate our experience being honored and included.”



“It’s nice to have best practices reinforced and to get resources.”

“The strategies provided were clear and realistic for schools and classrooms.”



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School Consultation Services

Consultation helps the team apply what they learned during the training and strategize on how to bring it back and integrate into their school community

Goals:

- Build capacity of school staff to better address behavioral health
- Bolster systems, structures, and supports for students, families and staff
- Connect with existing priorities, mandates, and goals
- Help schools with action plans around identified goals



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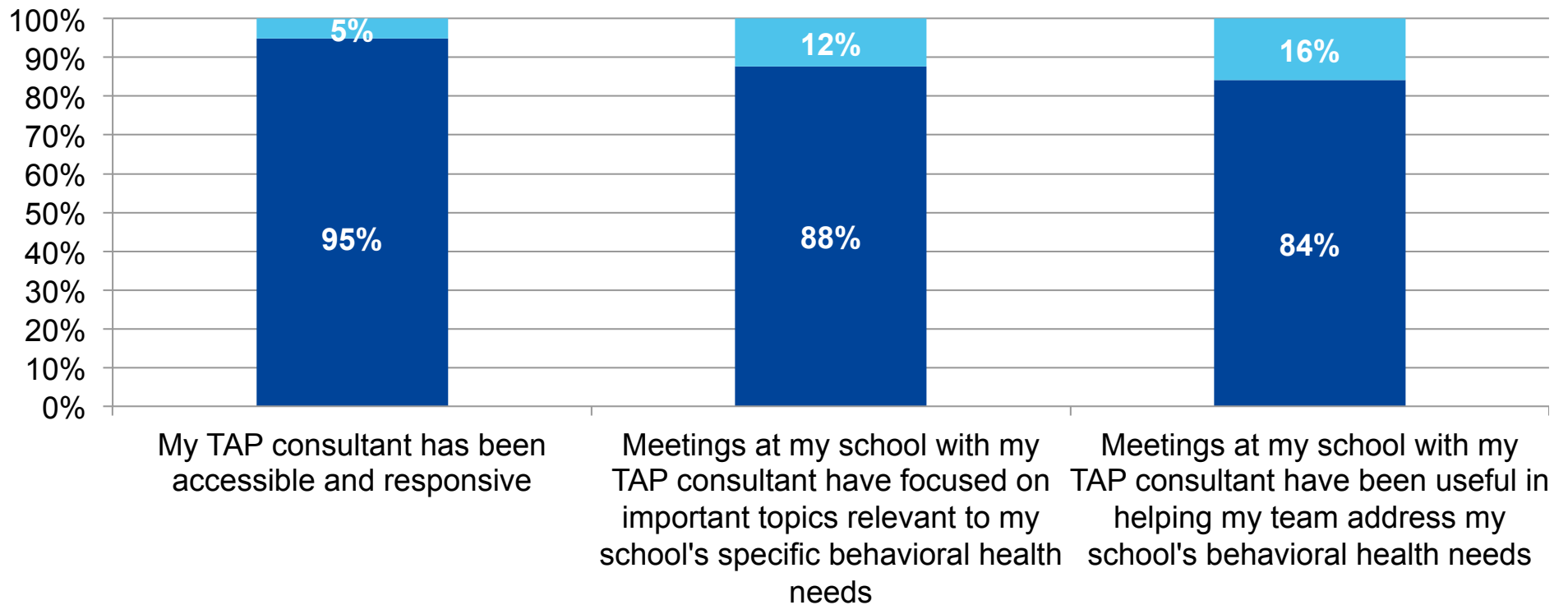


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Overall Satisfaction with Consultation

(N=59 Surveys)

■ Strongly Agree ■ Agree



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Individualized Consultation

“So much time and research has been given to us.”



“Consultation is what helps us complete our action steps the most.”

“The best thing has been having solution focused conversations with goals to work on.”

“Consultation provides focused, productive discussions with validation and opportunities to share.”



“Our consultant is fantastic and so responsive and helpful. She has given us resources we SO desperately need.”

“Having space and time for authentic dialogue.”



“What has worked best is the individual, respectful openness to our needs and positive reframing of strengths and validating our needs.”

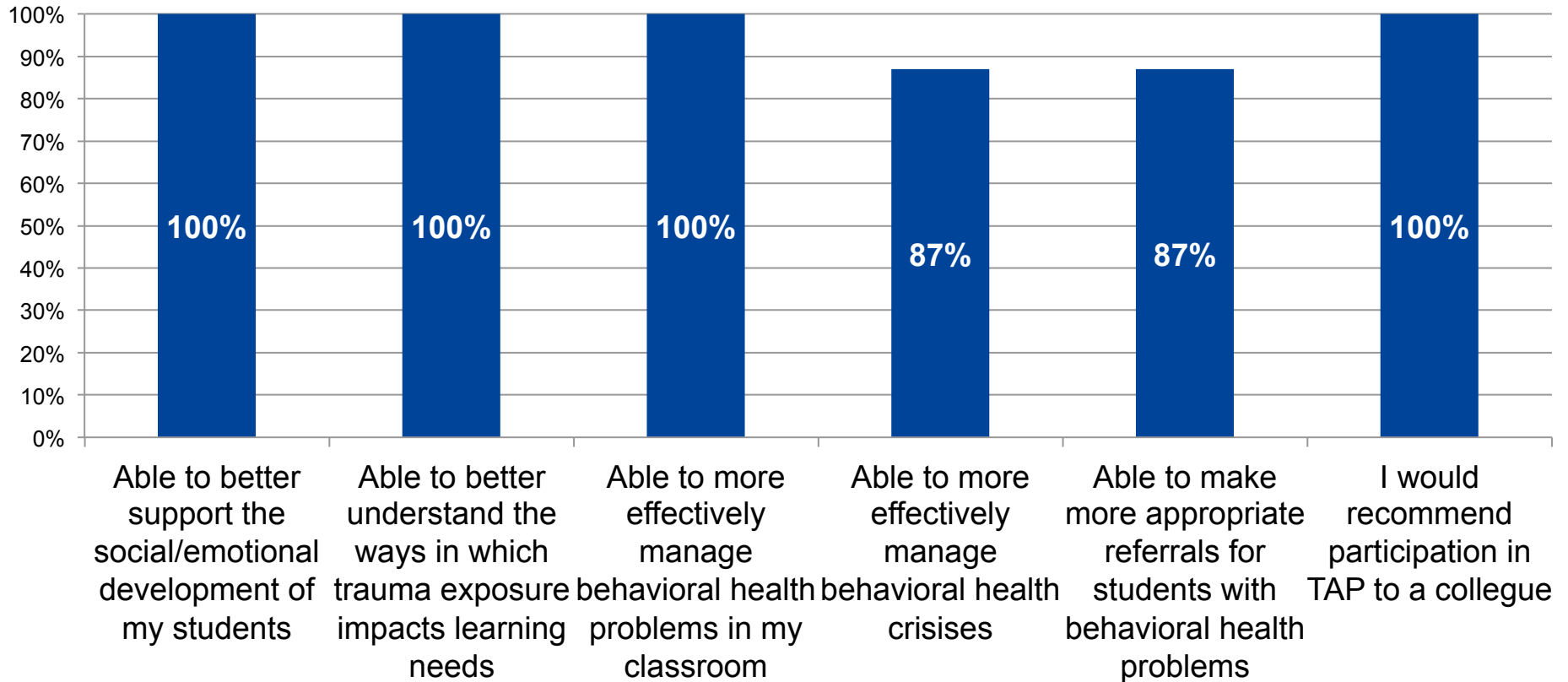


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TAP Program Evaluation



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TAP Phase II: Dissemination

- Development of a free online course designed to build the capacity of educators and administrators to better address the social, emotional and behavioral health of students in their school communities
- Filming a series of TAP workshops in collaboration with BPS staff and community partners
- Sharing high quality information and resources online for educators and school communities



Educators & Schools

- Educators are seeking training in this area
- For strategies to be effective in schools (including PBIS, RTI, MTSS), teachers need sufficient training in the basics and a solid foundation and understanding of social, emotional and behavioral health



Contact Information

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Questions ?



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**"I got in touch with my feminine side.
She's suing me for custody of my inner child."**



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