School-Based Behavioral Health Services

Kresge Foundation Project Developed by the Calvert County Public Schools and the Calvert County Health Department
### Scope of Drug Use: Calvert Schools

Met with RECEPTIVE school administrators

<table>
<thead>
<tr>
<th>CALVERT COUNTY</th>
<th>Tobacco/Vaping</th>
<th>Alcohol (ever)</th>
<th>Binge Drinking</th>
<th>Marijuana</th>
<th>Prescription Med Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle Schoolers</td>
<td>6.4%</td>
<td>19%</td>
<td>N/A</td>
<td>3.6%</td>
<td>5.0%</td>
</tr>
<tr>
<td>High Schoolers</td>
<td>31.1%</td>
<td>34.4%</td>
<td>20.0%</td>
<td>18.7%</td>
<td>15.1%</td>
</tr>
<tr>
<td>(total)</td>
<td></td>
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<tr>
<td>12th Graders</td>
<td>40.6%</td>
<td>48%</td>
<td>31.7%</td>
<td>23.6%</td>
<td>20.2%</td>
</tr>
</tbody>
</table>

Ecstacy, cocaine, heroin, and methamphetamines were all reported as used by 4-5% of high schoolers. Synthetic marijuana 11.5%.

*All data is from the 2014 Youth Risk Behavior Survey Stats are use in the last 30d unless indicated*
Potential Roadblocks

- Finding licensed counselors trained in both mental health and substance use in the adolescent population
- Money to pay licensed counselors
  - Student confidentiality (can’t bill parents)
  - Treat all regardless of ability to pay
  - Kresge Foundation grant $125,000
- Historical concerns from school administrations
  - Admitting that “those sorts of things” happen in our schools
  - Potential complaints from parents about providing screening and treatment services without their knowledge
Overall, students were referred by:

- School Counselor - 36%
- Parent - 22%
- Principal/Vice Principal - 22%
- Teacher - 5%
- Self - 5%
- School Psychologist - 4%
- Family Member - 2%
- Health Department - 2%
Number of Students Treated in Year One: 160
Current Number of Students Treated: 450*

- Mill Creek and Southern Middle: 84 students
- Calvert High: 76 students

- Average student received 21.5 counseling sessions since Fall 2015
- No show rate: <5%

* If Calvert had the population of Montgomery, this would translate to ~5,000 students receiving services
Reasons for referral

- The most common reasons for referral were:
  - peer/social Issues (18%)
  - class problems (13%)
  - depression (12%)
  - family (9%)
  - substance use (9%)

Depression was the most common reason for referral at the high school level, whereas peer/social issues and class problems were the most common reasons for referral at the middle school level.
Number of calls, emails, and letters from concerned or angry parents: 0
VISION FOR THE FUTURE

✓ Provide integrated substance use and mental health counseling in all county middle and high schools within 3 years

• Strengthen health department data collection to improve the quality and impact of services

• Engage families in counseling services

• Increase awareness of behavioral health issues and services available among school staff, parents, and students
  • Health curriculum
  • Parent education and outreach
  • In-school outreach to students and staff through school programs
  • Staff development