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# **Student Mental Health & Supportive School Climates:**

## **A TX Lege Policy Update**

August 13, 2019

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# Who We Are

**Shannon Hoffman, MSW, LCDC**

## **The Hogg Foundation for Mental Health**

The Hogg Foundation for Mental Health works to improve the mental health of Texans through grant giving, influencing public policy, investing in research and sharing knowledge, promoting mental health awareness and education, building capacity and mobilizing communities, and influencing other funders.



<http://hogg.utexas.edu/>

**Alissa Sughrue, MSSW**

## **National Alliance on Mental Illness (NAMI) Texas**

NAMI Texas is a non-profit organization affiliated with the national NAMI whose membership is made up of individuals living with mental illness, family members, friends, and professionals, working to help improve the lives of people affected by mental illness through education, support, and advocacy.



<https://namitexas.org/>

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**Tiffany Williams, LMSW**

**Coalition of Texans with Disabilities (CTD)**

CTD is the largest and oldest member-driven cross-disability organization in the state, envisioning a future where all Texans with all disabilities may work, live, learn, play, and participate fully in the community of their choice by working in governmental advocacy, public awareness activities, and professional disability consulting.



<https://www.txdisabilities.org/>

**Josette Saxton, MSSW**

**Texans Care for Children**

Texans Care for Children is a statewide, non-profit, non-partisan, multi-issue children's policy organization that works on developing policy solutions, produce research, and engaging Texas community leaders to educate policymakers, the media, and the public about what works to improve the well-being of Texas children and families.



<https://txchildren.org/>

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## **Adrian Gaspar, MPaff**

### **Disability Rights Texas**

Disability Rights Texas works to help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society through providing legal assistance, advocating in the courts and justice system, informing policy makers, informing individuals and family members about their rights, and making referrals to programs and services.



<https://www.disabilityrightstx.org/>

## **Nataly Saucedo, LMSW**

### **United Ways of Texas**

United Way is a local movement of volunteers, advocates, partners, and donors committed to advancing the common good by mobilizing communities around education, financial stability, and health by working with individuals, businesses, school districts, private foundations, the public sector, and more.



<https://www.uwtexas.org/>

# Agenda

## The Big Picture

## Legislative Budget Decisions

## New State Laws Addressing:

- Educating Students, Engaging Families
- Suicide Prevention & Intervention
- Trauma Informed Practices
- Staff Training
- Safe & Supportive Schools - District Plans & Procedures
- Connecting Students to Services
- Responding to Student Behavior

## Key Considerations

## Opportunities & Resources

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# Student Mental Health & School Safety: The Big Picture

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# The Big Picture

- **Momentum to address student mental health leading into the 86th Legislative Session**
  - Hurricane Harvey Task Force on School Mental Health
  - Governor's Roundtables and Report on School Safety following Santa Fe Tragedy
- **Parallel Approaches**
  - School hardening & emergency response
  - School climate & student mental health

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# Legislative Budget Decisions

## Funding Requests and Decisions = State Agency and Legislative Priorities

- What did the Texas Education Agency ask for?
  - \$37.5 million dedicated support student mental health and school climate
- What did the Legislature Decide to Fund?
  - School Safety Allotment (\$9.72 per student in average daily attendance)
  - School “Hardening” (\$100 million in one-time only funding)
  - Communities in Schools ( funding to serve additional 3,000 students)
  - Texas Children’s Mental Health Consortium (\$99 million to university medical & health science schools to improve community-based psychiatric treatment)

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# School Safety Allotment Allowances

All districts are estimated to receive \$9.72 per student in average daily attendance.

Districts choose how they will use it.

- **Securing School Facilities**
    - Physicality of building like barriers and infrastructure
    - Purchase and maintenance of technology like security cameras or systems
  - **Security for the District**
    - MOUs with law enforcement for School Resource Officers (SROs)
    - School marshals
    - Security guards
  - **School Safety Training and Planning**
    - Active shooter response training
    - **Prevention and treatment related to Adverse Childhood Experiences (ACEs)**
    - Prevention, identification, and management of emergencies and threats, including
      - **Providing mental health personnel and support**
      - **Providing behavioral health services**
      - Establishing threat reporting systems
  - **Programs related to suicide prevention, intervention, and postvention**
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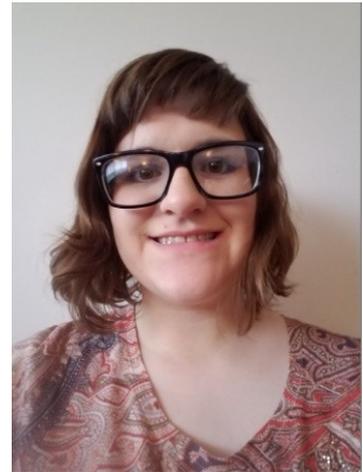
# Other Funding Available to Schools

| Item                    | Amount  | Description  |
|-------------------------|---|--|
| SB 500<br>Section 31    | \$10,930,000<br><b>One Time Funding</b>             | Creates a grant for a school district that experienced a school shooting resulting in one or more fatalities after Fiscal Year 20 19.  |
| SB 500<br>Section 32    | \$100,000,000<br><b>One Time Funding</b>            | <p>Appropriates funds from the “Rainy Day Fund” for public schools to fund school hardening activities, limited to:</p> <ul style="list-style-type: none"> <li>·Exterior doors with push bars</li> <li>·Metal detectors at school entrances</li> <li>·Erected vehicle barriers</li> <li>·Security systems that monitor and record entrances, exits and hallways</li> <li>·Campus-wide active shooter alarm systems (separate from fire alarms)</li> <li>·Two-way radio system</li> <li>·Perimeter security fencing</li> <li>·Bullet-resistant glass or film for school entrances</li> <li>·Door locking systems</li> </ul> |
| HB 19<br>(Price/Watson) | \$4,600,000<br><b>On-Going Funding<br/>Expected</b> | Creates grants for HHSC to support 20 non-physician mental health professionals at each LMHA to serve as mental health and substance use resources for Education Service Centers (ESC)   |

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# Major Student Mental Health and School Climate Legislation

Alissa Sughrue, MSSW  
Policy Coordinator  
National Alliance on Mental Illness  
(NAMI), Texas chapter



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# Major Student Mental Health and School Climate Legislation

[Senate Bill 11](#) - By Sen. Larry Taylor. Relating to policies, procedures, and measures for school safety and mental health promotion in public schools and the creation of the Texas Child Mental Health Care Consortium.

[House Bill 18](#) - By Rep. Four Price. Relating to consideration of the mental health of public school students in training requirements for certain school employees, curriculum requirements, counseling programs, educational programs, state and regional programs and services, and health care services for students and to mental health first aid program training and reporting regarding local mental health authority and school district personnel.

[House Bill 19](#) - By Rep. Four Price. Relating to mental health and substance use resources for certain school districts.

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# Teaching Students About Mental Health

School districts required to offer health curriculum that includes instruction on:

- Mental Health Conditions
- Substance Abuse
- Social Emotional Skills
- Risk Factors and Warning Signs of Suicide

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# Teaching Students About Substance Use

- The State Board of Education required to adopt TEKS that address the science, risk factors, and causes of substance abuse (including illegal drugs, abuse of prescription drugs, abuse of alcohol, inhaling solvents, and other forms of substance abuse).
- TEA is required to compile a list of evidence-based substance abuse awareness programs from which a district must choose to use in middle/junior/high school health curriculum

- HB 18 by Rep. Four Price

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# Educating & Engaging Families

- School districts are required to:
  - Develop strategies to increase their education and engagement with parents around their children's mental health issues and trauma-informed care.
  - Hold public hearings on multi hazard emergency operations plan.

- SB 11 by Sen. Larry Taylor

- District-level School Health Advisory Councils (SHACs) are required to develop recommendations on increasing parental awareness and engagement around issues of:
  - Suicide prevention
  - Mental health issues
  - Trauma
  - Substance abuse

- SB 11 by Sen. Larry Taylor

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# Suicide Prevention

School districts required to:

- Develop plans to address suicide in schools across prevention, intervention, post-vention, and student re-entry. - HB 18 by Rep. Four Price
  - Include suicide prevention and trauma/grief-informed practices as part of their multihazard emergency operations plan. - SB 11 by Sen. Larry Taylor
  - Require threat assessment teams respond to suicide risk in accordance with district policies. - SB 11 by Sen. Larry Taylor
  - Track number and percentage of personnel trained in suicide prevention, mental health first aid, and grief- or trauma-informed practices. - HB 18 by Rep. Four Price
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# Suicide Prevention

- Suicide prevention and mental health now included in student health curriculum.
- School safety allotments may be used to fund suicide prevention/mental health efforts.
- Broader suicide prevention study bill (HB 3980) expected to help reduce suicide across high-risk populations, including youth.

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# Trauma-Informed Practices

- Districts required to have policy that provides for **integrating trauma-informed practices** in each school environment
- **Staff Training** -
  - TEA to develop research-based resources to assist districts
  - Districts may partner with community based organization to deliver training
- Identify **counseling options** for students affected by trauma or grief
- Increase **parental awareness** of trauma
- Texas Education Agency Commissioner to adopt rules

SB 11

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# Mental Health Training & Resources for School Personnel

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# Continuing Education for School Staff

- **Teachers and Principals:** How mental health conditions and trauma affect learning and behavior; educating students affected by mental health concerns, trauma/grief, or substance abuse (every 5 years)
  - HB 18 by Rep. Four Price
- **School Counselors:** Counseling students concerning mental health conditions and substance abuse, grief/trauma, crisis management, suicide prevention, and implementing a comprehensive school counseling program (every 5 years)
  - HB 18 by Rep. Four Price



## HB 18: Mental Health Training

| TEC 21.054 Statutory Changes   | Teachers | Principals | Counselors |
|--|----------|------------|------------|
| Requires at least 25% of CPE hours in specific instructional areas.  | X        | X          | X          |
| Provides specificity on educating students eligible to participate in special education programs.            | X        | X          |            |
| Adds specific instruction regarding grief and trauma informed instruction with specific training components  | X        | X          |            |
| Adds comprehensive counseling program to required training   |          | X          | X          |
| Adds mental health programs addressing mental health condition   |          | X          |            |
| Adds counseling students with mental health conditions and substance abuse                                   |          |            | X          |
| Provides mental health first aid or grief/trauma informed programs to count 2x the CPE hours, up to 16 total | X        | X          | X          |

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# Staff Development Provided by District

Districts must provide training on:

- Suicide prevention
- Recognizing signs of mental health conditions and substance abuse
- Strategies for establishing and maintaining positive relationships among students
- How grief and trauma affect student learning and behavior
- Preventing, identifying, responding to, and reporting incidents of bullying

Districts must also include strategies for training school personnel on these topics in their Multihazard Emergency Operation Plans - SB 11 by Sen. Taylor

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# Mental Health Resources at Each ESC

Partnership between Local Mental Health Authorities (LMHAs) and Education Service Centers (ESCs)

- Mental health professional employed by an LMHA will be located at each of state's 20 ESCs to be a dedicated resource for schools
- Assist school personnel in understanding and responding to mental health, substance use, and trauma/grief concerns among students through training, consultation, and identification of resources
- Will NOT provide clinical services to students.

- HB 19 by Rep. Four Price

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# Safe and Supportive Schools

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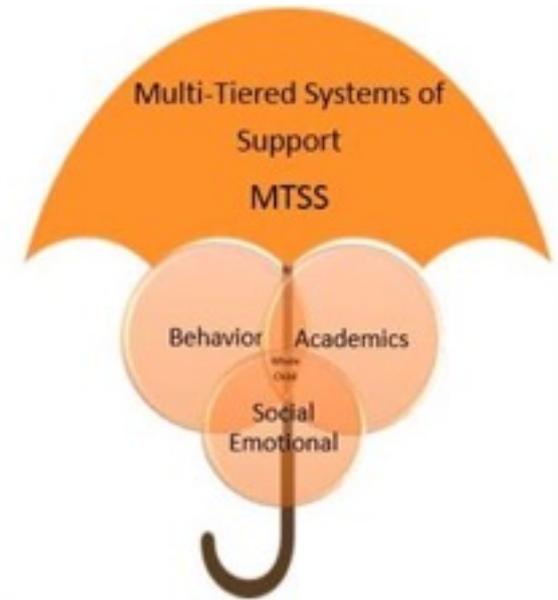


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# Safe and Supportive School Program

Districts required to develop and implement a program using research-based practices that provides for: - SB 11 by Sen. Larry Taylor

- Physical and **psychological safety**
- A multiphase and multihazard approach to **prevention**, mitigation, preparedness, response, and recovery in a crisis situation
- **Multi-tiered support system** that addresses school climate, the social and emotional domain, and behavioral and mental health
- Assess risks and threats in schools and **provide appropriate interventions**



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# District Plans and Procedures

- Districts required (by 2020-21 school year) to have plans/procedures in place addressing:
  - Mental health, substance abuse, and suicide prevention and intervention
  - Building social emotional skills among students
  - Positive and supportive school climates
- Plans/procedures are to be included in District Improvement Plans and Student Handbooks

- HB 18 by Rep. Four Price

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# Comprehensive School Counseling Program

- School counselors are required to work with district staff, students, parents, and the community to implement a program that conforms to the **Texas Model for Comprehensive School Counseling Program**. - HB 18 by Rep. Four Price
- Online postsecondary education and career counseling academies for school counselors (Texas OnCourse Academy ) may include **social-emotional counseling tools** to identify and address potential mental health issues that may arise at the schools they serve. - SB 504 by Sen. Kel Seliger

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# Connecting Students to Services

- Multi-tiered support systems - SB 11
- TEA and HHSC to develop guidelines for school districts regarding partnering with community mental health and substance abuse services providers - HB 18
- School-based health centers authorized to provide treatment for mental health conditions and treatment for substance abuse - HB 18
- Assisting students returning to school following mental health treatment - HB 18

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# Responding to Student Behavior

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# Responding to Student Behavior

*Threat Assessment Teams*

*SRO Duties and Training*

*Classroom Removals*

*School Marshall - Josette will draft brief blurb*

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# Threat Assessment Teams

- Threat assessments are methods for determining the appropriate and proportional response to threats of violence or violent, harmful, or threatening behaviors. Threat assessment teams must evaluate these behaviors when they occur to determine what type of response is necessary. Those responses could range from simple correction, to services referrals, or more serious responses that require immediate intervention.
- Teams must evaluate whether or not a student needs a referral to a mental health professional, a mental health assessment (with parent or guardian permission), or if the student may need a referral for evaluation for special education services.
  - Suicide threats and substance use issues should be handled by the appropriate suicide prevention or substance use district plans.

- SB 11 by Sen. Larry Taylor

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## Responses to Student Behavior

- School districts are required to use school resource and peace officers for law enforcement duties and may not assign them routine student discipline or school administrative tasks. - SB 1707 by Sen. Lucio
  - Districts are no longer limited in the number of school marshals that can be appointed to a campus. - HB 1387 by Rep. Hefner
  - Mandatory placement of student in a disciplinary alternative education program if the student engages in harassing behaviors against a school employee. -SB 2432 (Taylor)
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# Training for School Resource Officers

- All school resource officers - no matter the size of the district - are required to be training in working with youth within 6 months of hire or by 8/2020 for current SROs
  - Previously, this training was only required for districts of 30,000 or more students.
- 28% of students in Juvenile Alternative Education Placements are students with disabilities. The same disproportionate rates apply to students of color.

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## School Discipline

- Alternative Education Placements (AEPs) are required to work with school districts to assist students returning from AEPs to their home classrooms.
- School districts are required to develop a personalized transition plan for students returning from AEP that is informed by school counselors and social workers (among others) and may include recommendations for counseling or mental health services.

- HB 2184 by Rep. Allen

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# Key Considerations

## Importance of selecting research-based strategies & implementing them effectively.

- Plans, procedures, and training SHOULD improve identification of and response to mental health, substance use, trauma concerns among students and SHOULD prevent students from being placed into the “School to Prison Pipeline.”
- Threat assessments SHOULD identify concerns, provide appropriate interventions, and separate credible and non-credible threats.
- Benefits of including training on implicit bias in district plans and procedures to address disproportionalities that exist

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## Key Considerations

**Students with disabilities should be helped by new laws - not harmed by them.**

- Opportunities for identification and referral
- Concerns: Inappropriate removals which violate IDEA

**Use data to monitor the effects of new laws.**

- How are districts choosing to spend their School Safety Allotment?
  - What strategies are districts using in their multi-tiered systems of support?
  - Who are threat assessment teams serving and what interventions are provided?
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# Creating Safe and Supportive Schools:

## OPPORTUNITIES

- **Make student mental health a priority.**
  - Ask questions.
  - Encourage district leaders (School Board, Administrators) to invest resources (time, \$\$, planning) on strategies that support student mental health and positive school climates.
- **Engage in your district's planning and the TEA's policymaking processes.**
  - Become involved with your district's school health advisory council (SHAC) or school safety and security committee.
  - Provide public comments on draft rules that will come from TEA.

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# Creating Safe and Supportive Schools:

## OPPORTUNITIES

- **Are you a youth-serving provider?**
  - Reach out to districts in your area and find out how you can help in their efforts to create positive school climates and address mental health concerns among students.
  - Offer to serve as a resource and key stakeholder for your Education Service Center's Mental Health Resource staff.
- **Are you an adult? Connect with a student!**
  - One of the most powerful protective factors for students is a trusting relationship with a caring adult.

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# Creating Safe and Supportive Schools:

## RESOURCES

### Fostering School Connectedness

*For District & Administrators:*

[https://www.cdc.gov/healthyyouth/protective/pdf/connectedness\\_administrators.pdf](https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_administrators.pdf)

*For Teachers & Other School Staff:*

[https://www.cdc.gov/healthyyouth/protective/pdf/connectedness\\_teachers.pdf](https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_teachers.pdf)

### Interconnecting School Mental Health & Schoolwide Positive Behavior Support

<https://www.pbis.org/common/cms/files/Current%20Topics/Final-Monograph.pdf>

### National Child Traumatic Stress Network - Trauma Informed Schools

<https://www.nctsn.org/trauma-informed-care/creating-trauma-informed-systems/schools>

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# Creating Safe and Supportive Schools:

## RESOURCES

### **Suicide Safer Schools in Texas - Texas Suicide Prevention Council**

<https://texassuicideprevention.org/information-library/schools-and-youth-materials/>

### **Addressing Mental Health and Substance Use Issues in Schools**

[https://store.samhsa.gov/system/files/joint\\_info\\_bulletin\\_school\\_based\\_services\\_fina\\_l\\_508\\_6.28.19.pdf](https://store.samhsa.gov/system/files/joint_info_bulletin_school_based_services_fina_l_508_6.28.19.pdf)

### **School Mental Health Referral Pathways Toolkit**

[http://www.esc-cc.org/Downloads/NITT%20SMHRP%20Toolkit\\_11%2019%2015%20FINAL.PDF](http://www.esc-cc.org/Downloads/NITT%20SMHRP%20Toolkit_11%2019%2015%20FINAL.PDF)

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# Creating Safe and Supportive Schools:

## RESOURCES

### **Texas School Mental Health and Behavioral Health Website (TEA)**

[https://tea.texas.gov/About\\_TEA/Other\\_Services/Mental\\_Health/Mental\\_Health\\_and\\_Behavioral\\_Health/](https://tea.texas.gov/About_TEA/Other_Services/Mental_Health/Mental_Health_and_Behavioral_Health/)

### **Texas Behavioral Health Resource Guide for School-Aged Children (HHSC)**

<https://mentalhealthtx.org/sites/mentalhealthtx/files/docs/behavioral-health-resource-guide.pdf>

### **Texas School Safety Center**

<https://txssc.txstate.edu/events/>

### **Mental & Behavioral Health Roadmap/Toolkit for Schools (Meadows Mental Health Policy Institute)**

[https://www.texasstateofmind.org/wp-content/uploads/2018/11/Roadmap\\_and\\_Toolkit-for-Schools\\_R4b.pdf](https://www.texasstateofmind.org/wp-content/uploads/2018/11/Roadmap_and_Toolkit-for-Schools_R4b.pdf)

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**Thank You!**