The center helps schools and community members develop safe and supportive environments to reduce bullying, harassment and other mean-spirited behavior.

Established by the Safe and Supportive Minnesota Schools Act, the center provides resources, training and technical assistance to schools, students, and families in creating safe and supportive school communities.

URL: [www.education.mn.gov/safeschools](http://www.education.mn.gov/safeschools)
The center provides these services for the following topics

- Bullying and harassment,
- School Climate improvement,
- Restorative practices,
- Social emotional learning,
- Discipline policy, procedures and practices,
- Comprehensive school mental health,
- School safety and
- Inclusive school practices.
“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou
Think about one school staff person that made you feel most supported during your K-12 school years?

What was it about them or what did they do to make you feel supported?
Comprehensive School Mental Health Systems:

Comprehensive school mental health systems provide a full array of supports and services the promote positive school climate, social emotional learning, mental health and well-being, while reducing the prevalence and severity of mental illness.
In a classroom of 30 students...

1 in 5 will experience a mental health problem of mild impairment

1 in 10 will experience a mental health problem of severe impairment

Up to 60% of students who need them do not receive services.
Why does CSMH matter?

• Of youth receiving mental health services, 75% access those services in school

• Students who participate in SEL programs improve their academic performance by 11%

• Positive school climate integrated with SEL improves school safety and reduces bullying

• Youth are 6X more likely to complete mental health treatment in schools than in other community settings.
Core Features of CSMHS

• Well-trained educators and specialized instructional support personnel
• Family-School-Community Collaboration and teaming; youth and families
• Needs assessment and resources mapping
• Multi-tiered System of Supports
• Mental Health Screening
• Evidence Based and emerging best practices
• Data outcomes, systems and data-driven decision-making
• Funding
School Mental Health & Academic Outcomes

School Mental Health services and supports have been demonstrated to improve:

- academic achievement
- discipline referrals
- graduation rates
- attendance
- teacher retention
- school climate
School Health Assessment Performance and Evaluation (SHAPE)

A free, private, web-based portal that offers districts and schools a virtual work space to document and track advances made in their school mental health systems.

URL: www.theshapesystem.com
SHAPE Domains

Quality Domains

- Teaming
- Needs Assessment and Resource Mapping
- Mental Health Promotion for All (Tier 1)
- Early Intervention and Treatment Services and Supports (Tiers 2/3)
- Screening
- Impact
- Funding and Sustainability
SHAPE functions

Map school mental health services and supports

Assess system quality using national performance standards

Receive customs reports and strategic planning guidance and resources

Utilize additional features including Screening and Assessment Library and Trauma Responsive School Implementation Assessment

Use district and state dashboards to collaborate with other schools and districts in your region
Welcome to SHAPE! Explore all that SHAPE has to offer to improve your school mental health system.

**School Mental Health Profile**
Teams are encouraged to start with the School Mental Health Profile, which asks about the structure and operations of your school mental health system. This Profile is part of the National School Mental Health Census, an effort to capture the status of school mental health nationally.

**Quality Assessment**
The Quality Assessment will help your team assess the quality of your school mental health system based on seven domains. Teams receive a custom report based on responses.

**Resource Center**
The Resource Center includes publicly available resources selected by school mental health experts. The library is divided by key components of a comprehensive school mental health system. Teams are encouraged to use custom reports from the Quality Assessment to navigate the resource library and guide the selection of appropriate resources.

**Screening and Assessment Library**
The Screening and Assessment Library offers an extensive list of free and low-cost measures related to school mental health.

**Trauma Responsiveness**
The Trauma Responsive Schools Implementation Assessment (TRES-IA) is an evidence-informed self-assessment. Feedback reports and comprehensive guides will be generated to support schools and districts as they work to enhance their trauma-responsive programming.
School District Mental Health Profile

Understanding this Summary
This report is generated based on the information you provided for your School District Mental Health Profile.
This profile provides a snapshot of the structure and operations of your school district's comprehensive school mental health system.

About Your School District Mental Health Report
Congratulations! Your district's team has been named in the National School Mental Health Census and achieved Bronze SHAPE recognition for completing the School Mental Health Profile. Complete the National School Mental Health Performance Measure on SHAPE (the Quality Assessments) to achieve Silver and Gold SHAPE Recognition.
Schools and districts who register with SHAPE aspire toward having strong school-community-family partnerships that provide a multi-tiered continuum of evidence-based mental health services to support students, families, and the school community.

Number of schools in your district
10
Number of students in grades K-12
10,000

Services and Supports
- Mental health licensing: ✓
- Type 1 services and supports: ✓
- Type 2 services and supports: ✓
- Evidence-based practices and programs: ✓
- Community partnerships: ✓

This profile was developed by the Center for School Mental Health for The SHARE System.
Page 1 of 6
The Resource Center houses publicly available resources representing key components of comprehensive school mental health. Teams are encouraged to use custom reports from the Quality Assessment to navigate the Resource Center and guide the selection of appropriate resources.

Filter by Criteria

Teaming
- All Teaming Resources
- Partners
- Structure/Process

Needs Assessment/Resource Mapping
- All Needs Assessment/Resource Mapping Resources
- Needs Assessment
- Resource Mapping and Implementation
- Alignment

Screening
- All Screening Resources
- Collaboration

Showing 228 of 228 resources.

Per page: 25

A Blueprint for Using Data to Reduce Disparities/Disproportionalities in Human Services and Behavioral Health Care

A Framework for Effectively Implementing Evidence-Based Programs and Practices (EBPs)
The Screening and Assessment Library offers an extensive list of free and low-cost measures. Use the filters to locate an appropriate measure for your needs. Each measure includes an information sheet, scoring details, and access to the measure.
Trauma Responsiveness

What is the TRS-IA?

The Trauma Responsive Schools Implementation Assessment (TRS-IA) is a quality improvement tool developed by the NCTSN Treatment and Services Adaptation Center for Resilience, Hope, and Wellbeing in Schools and the National Center for School Mental Health. The TRS-IA is an evidence-informed self-assessment tool consisting of eight key domains that focus on whole school safety planning, prevention planning, trauma programming, and classroom strategies. The TRS-IA is an evidence-informed self-assessment that comprises eight key domains of trauma-responsive schools and districts:

- Whole school safety planning
- Whole school prevention planning
- Whole school trauma programming
- Classroom strategies

Administration time is less than 20 minutes. Automatically generated feedback reports support schools and districts working to enhance their trauma responsiveness.
Panel discussion

• What are some of your district’s strengths and challenges related to CSMH?

• How did participation with the CoIN help to improve CSMH in your district?

• What are some of the lessons you learned from participating in the CoIN?

• Why would you recommend participating in a CoIN?

• What are your recommendations for how to continue future CSMH CoINs in Minnesota?

• What do districts need in place to participate in a future CoIN?
Please indicate in the chat box:

What ideas do you have for using CoIINs to move comprehensive school mental health forward in Minnesota?

What would it take for a school mental health CoIIN to gain momentum in your district?
Thank you!

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