

Department of Education and Early Learning

Mental Health Investments Overview

July 11, 2024



Purpose

- Provide update to Council on current DEEL Mental Health investments

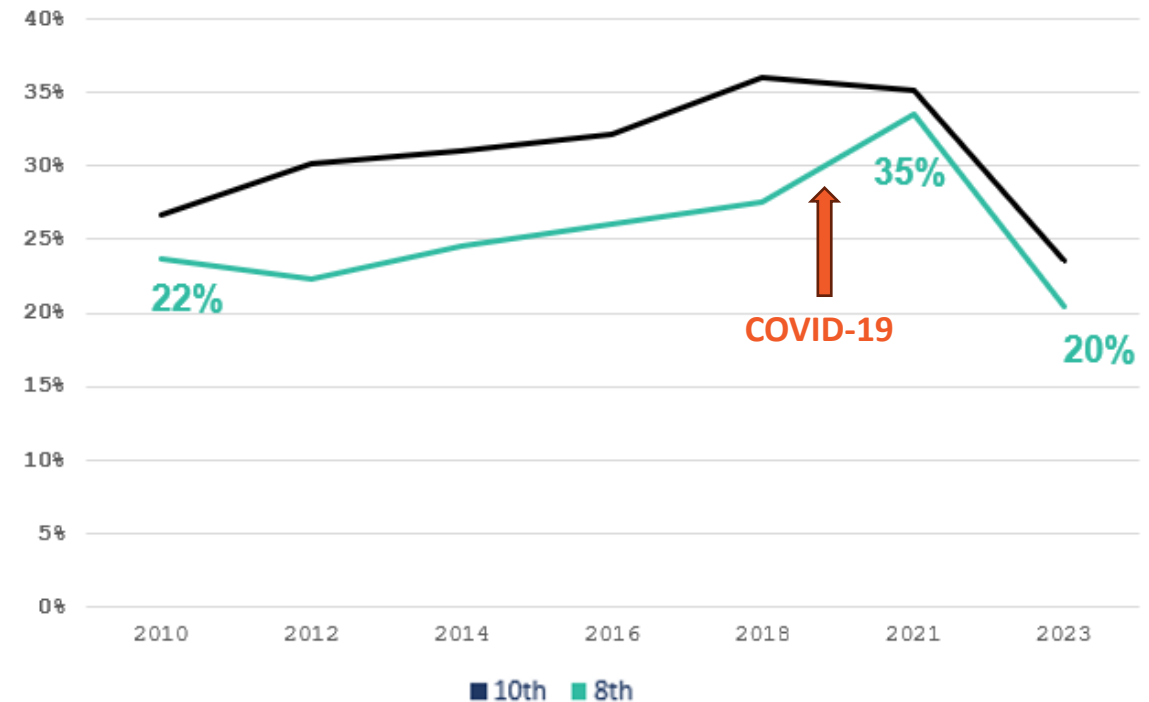


A Franklin High School student graduates at the end of the 2024 school year

Status of Youth Mental Health

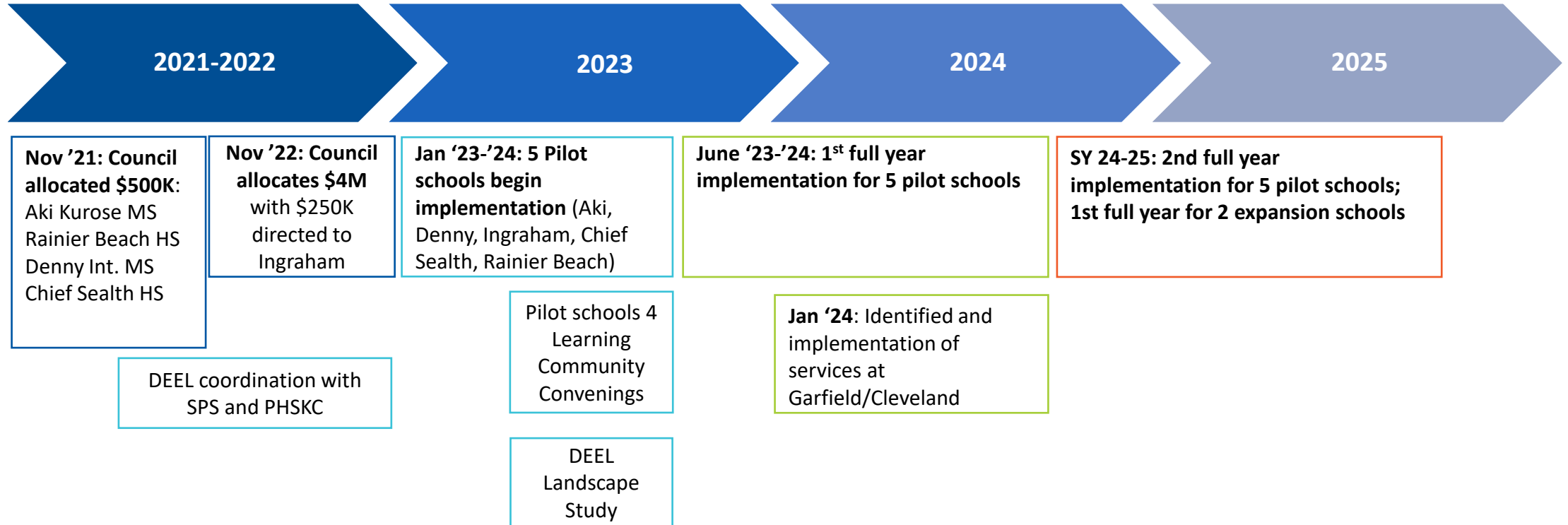
- From 2010-2021, Youth mental health problems increased and were exacerbated due to the COVID-19 pandemic
- Mental health outcomes are improving

Percent of 8th and 10th Graders Experiencing Depressive Feelings by Year (King County)



Source: [Washington State Healthy Youth Survey](#)

Timeline



Budget Overview

Calendar year	Budget	Fund Source
2022	\$500,000	Originally GF then swapped with FEPP for 2022
2023	\$2,000,000	\$1M PET \$500K GF \$500K FEPP
2024	\$2,000,000	\$1M PET \$500K GF \$500K FEPP
Total	\$4,500,000	

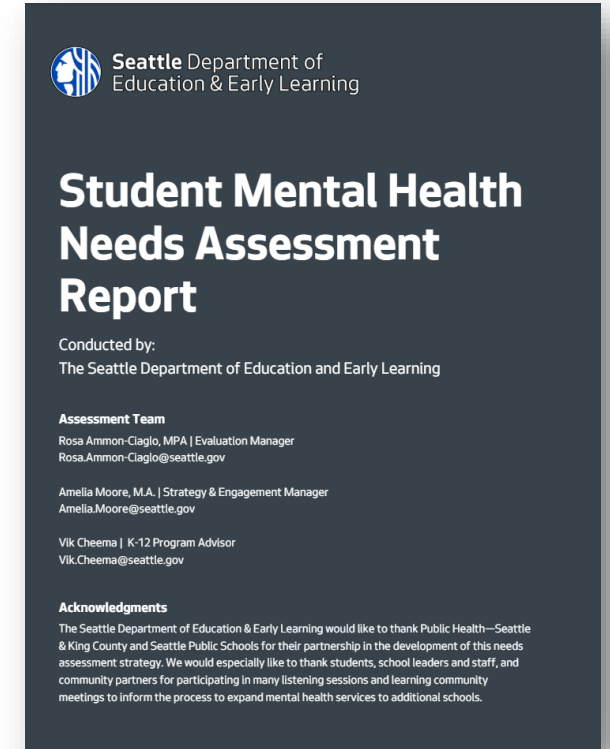
**Mental health screening, counseling, treatment and referral is a key activity identified in the FEPP Implementation and Evaluation Plan ([CB 120398](#))*



Designing the \$4.5M Investment

To inform investment design and the selection of additional schools in SY 23-24, DEEL conducted a needs assessment leveraging existing research and community stakeholders

Existing Research	Students	Learning Community	PHSKC & SPS
<ul style="list-style-type: none">• PHSKC reports• CDC data trends• National Institutes of Health• U.S. Surgeon General's Advisory• Academic journals	<ul style="list-style-type: none">• Listening Sessions at 5 pilot schools (Aki, Denny, Ingraham, Chief Sealth, Rainier Beach)	<ul style="list-style-type: none">• In-person & virtual convenings with principals, student supports staff, students, & CBO partners delivering MH supports• Surveys & worksheets• Spring site visits	<ul style="list-style-type: none">• Co-design of pilot structure & approved uses of funds• Join Learning Community as MH experts



[View full report here](#)

Investment Strategies

- Expand student mental health services in Seattle Public Schools (SPS)
- Prioritize culturally specific and responsive (CSR) approaches for BIPOC youth
- Provide student a continuum of support services, grounded in research on effective strategies for improving youth mental health

Direct Clinical
Care

Mental Health
Screenings &
Referrals

Prevention
(e.g., Social-emotional
Learning, Climate,
Relationships)

Investment Goals

- **Reduced rates of anxiety, depression, and post-traumatic stress**
- **Strengthened mental health protective factors:** social-emotional skills, access to trusted adults, improved school climate
- **Mitigated risk factors:** substance use/abuse, isolation and disengagement from school, food and housing insecurity

Available data sources provide school-level trends on outcomes listed above: Washington State [Healthy Youth Survey](#), Seattle Public Schools (SPS) [Climate Survey](#), SPS attendance data.

School Selection Criteria

- Pilot Year 1
 - Aki Kurose MS
 - Chief Sealth HS
 - Denny International MS
 - Ingraham HS
 - Rainier Beach HS
- Year 2
 - Cleveland HS
 - Garfield HS

Identifying Schools of Greatest Need

1. **Healthy Youth Survey:** Suicidal ideation, Depression, Anxiety, Adverse experiences, Substance use, Hope, Trusted adult
2. **SPS Data:** Chronic absence, School Climate
3. **SPD Crime Map:** Community-level violent crime rates
4. **WA Office of Superintendent of Public Instruction:** Student demographics (e.g., race/ethnicity, English language learners)

Implementation Model

- School principals and teachers partner with students and families to identify their school community needs
- Schools design proposed services meet needs within an annual budget
- Proposal is modified based on DEEL feedback in alignment with public health research and best practices

Centered Students & School Communities



- Quarterly budget and implementation check-ins with DEEL Program Advisor
- DEEL site visits and meetings with students and community providers
- Ongoing budget monitoring

Fiscal Accountability & Oversight



- Quarterly convenings with all participating schools in Learning Community to continue pilot learning and relationship building while strengthening coordination among partners (schools; community-based partners; students and families)

Partner Coordination



- Monitoring & Reporting plans customized to their mental health strategies
- SY 23-24 emphasized service fidelity and quality monitoring
- Data infrastructure to evaluate outcomes expected SY 24-25

Evaluation Planning



Monitoring & Evaluation Schedule

Data Points	Reporting timeframe
Outputs: Quantity of program activities and number of students served	July 2024
2-year Evaluation Report	July 2025

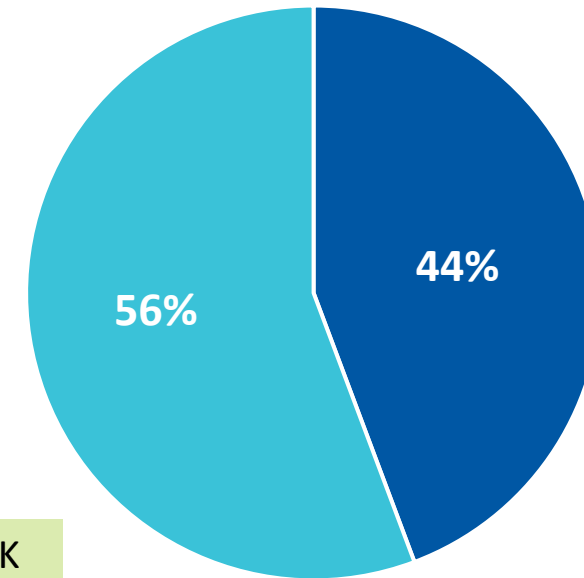
Available data sources provide school-level trends on outcomes listed above: Washington State [Healthy Youth Survey](#), Seattle Public Schools (SPS) [Climate Survey](#), SPS attendance data.

Budget Allocation by Strategy

- Funds available for direct school spending = ~\$200-225k per school annually
- 44% of funds allocated **directly to mental health counseling** staff & contracts
- **Social-emotional Learning (SEL) & Coordination** activities including all non-counseling supports such as preventive services, screening, referrals and administration
- The next slides provide details about funded strategies

SY 23-24 Funding Allocation

■ Direct Counseling ■ SEL & Coordination



Avg. ~\$95K per school

Avg. ~\$120K per school



Mental Health Counseling

Activities

- In-person, 1-1 mental health counseling
- Group therapy
- Drug & alcohol counseling
- Service providers include Southwest Youth & Family Services, Atlantic Street Center, Asian Referral & Counseling Services, and Odessa Brown School Based Health Center

Funded at 7 schools

Participants: 204* students

Access: +34 students avg. per school

**results across 6 schools, pending confirmation of participant counts at the 7th.*

“Providing counseling services to students is one thing but getting them to agree to take advantage of those services is another. By having mental health providers working out of offices in our school, students were able to watch them, listen to them, hear from their friends and other adults – essentially [vetting] the clinicians prior to [seeking out counseling for themselves].”

– Chief Sealth School Representative

Mental Health Screening & Referrals

Activities

- Case management to screen **students exhibiting mental health risk factors** such as chronic absences or disciplinary incidents (e.g., 0.6 FTE Spanish speaking student family advocate at Denny)
- Administrative staff supporting **outreach, triage, student referrals, and follow up** to maintain student connection to services (e.g., 0.3 FTE counseling secretary at Chief Sealth)
- **Culturally specific family outreach** to support mental health awareness and encourage use of counseling services

Funded at 6 schools

Reach: 312 students and families

"Our Multi-Tiered Systems of Support team looks for students who might not outwardly exhibit behaviors but are showing needing mental health support by missing class, acute negative grade change, and dissociation from school activities."

- Ingraham High School Representative

Prevention: Social-emotional Learning, Climate, Relationships

Activities

- Culturally-relevant **social-emotional learning programs** (e.g., The Good Foot at Rainier Beach)
- Enrichment activities to **promote pro-social behavior and belonging** (e.g., Bayfest Youth Theater at Chief Sealth)
- **Staff and peer training** to increase school community mental health capacity (e.g., Huayruro's Circle Keeper training for students)

Funded at 5 schools

Participation: 544 students

"Student feedback continues to ascribe that supporting mental health is more than traditional therapy but incorporates mentoring programs and building relationships with trusting adults."

- Rainier Beach High School Representative

Investments in Action: Aki Kurose MS

Mental Health Counseling

CBO partner Asian Counseling & Referral Services provides individual & group counseling 2x/week

Prosocial Engagement

SPR expanded Community Learning Center offerings to serve more students with expanded arts, sports, and mentorship programming

Social Emotional Learning

CBO partner The Good Foot guides students with the CLAY violence prevention curriculum to promote healthy relationships and prosocial behavior

DATA HIGHLIGHTS

Participation	66 students engaged in counseling, 109 individual & group sessions
Retention	48% of students attended at least 10 sessions
Mental Health Learning	84% of participants in Saturday Academy workshops indicated an increased understanding of mental health

“This grant has significantly impacted the variety and depth of the mental health services at Aki this year. We were able to sustain and improve the programming with Good Foot Art Collective, ACRS (LGBTQ+ Support), City Year and Intramurals and add Drama, Family events, Saturday Academy [mental health workshops]. Our approach at Aki is to work collaboratively with the mental health supports in place (school counselors, Kaiser clinic therapist, Aki staff and outside therapists) to enhance and diversify our outreach.”

Investments in Action: Ingraham HS

Mental Health Counseling

CBO partner Hallowell provides on-campus clinical interventions for students then supports SSW to develop support plans

Substance Use Counseling

CBO partner Center for Human Services provides on-campus services and outpatient navigation to students and their families

Coordination & Referrals

0.5 FTE SSW increased to 1.0FTE; identifies & refers students for mental health and/or substance use counseling in addition to regular duties/caseload

DATA HIGHLIGHTS

Participation	48 students engaged in counseling, 580 therapy sessions
Climate:	+5% positive sentiments about belonging and adult support +11% positive sentiments about school behavior, discipline, and safety norms
Discipline:	33% decrease in disciplinary actions*

*Student interpersonal incidents that triggered a disciplinary response

"The grant has had a profound impact on mental health services at Ingraham. Under the guidance of our Social Worker, financed through the grant, we established a protocol to pinpoint students at risk and who would greatly benefit from mental health services. This leads to our community partner, Hallowell, and Social Worker to intervene. This on-site clinical service has led to improvements in attendance, grades, discipline, and student climate survey data."

- Ingraham High School Representative

School Narrative & Data Reports

Successes

- **Increased use of services:** Schools reported an increase in share of BIPOC students willing to engage in counseling. This increase is in part due to added funding for in-person counseling, especially culturally and linguistically diverse counselors
- **Improving mental health awareness & combatting stigma:** Funding for case management staff and community engagement boosted capacity to promote mental health opportunities, educate students and families, and begin to reduce stigma around mental health
- **Improved school climate:** Schools noted improvements in student attendance and school climate resulting from a combination of case manager relationship-building and social emotional learning enrichment

Challenges

- **Delayed staffing & contracting:** While some schools exceeded their goals for student participation and program delivery, others faced delays with CBO contracts, hiring counselors, and staff turnover that led to gaps in services
- **Addressing emerging needs:** For schools facing incidents of violence, the need for community response led to pivots in services or reduced capacity for coordination and reporting

School Based Health Centers (SBHC) Coordination

All seven schools have a SBHC onsite and schools implement strategies that weave together supports from school, SBHC, and CBO staff

This includes a goal to implement cultural specific and responsive healthcare and hiring practices within clinical care supports and SBHCs

SBHC staff are an extension of school staff and help school leaders determine which supports to fund to extend capacity of SBHCs and build a system of multi-tiered supports

SBHC's serve as a key referral source to Pilot services with staff assessing the level of care a student needs and connecting them to appropriate resources

Strategy Overview

School Based Health Centers

- SBHCs provide comprehensive medical and mental health care services using evidence-based practices, cultural responsiveness, and gender-affirming care
- School nurse investments support coordination between SPS nursing program and SBHCs
- School-wide and targeted health education
- Health insurance information and enrollment support
- Portable dental and oral health services
- First funded in 1990 Families & Education Levy

Eligibility

- Seattle Public School students access to 29 SBHCs citywide
- No income requirement
- Accessible during school hours

Snapshot: SBHC Access Data SY 22-23



7

Provider Agency
Partners



29

School-Based
Health Centers



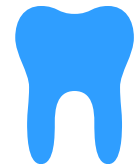
17,500+

Medical Health
Care Visits



14,500+

Mental Health
Care Visits



1,300+

Portable Dental
Services

SBHC Provider Agency Partners

Health Care Sponsor	Elementary School	Middle School	High School
Neighborcare Health	<ul style="list-style-type: none"> • Bailey Gatzert • Dearborn Park • Highland Park 	<ul style="list-style-type: none"> • Roxhill • Rising Star • West Seattle 	<ul style="list-style-type: none"> • Madison • Mercer • Robert Eagle Staff • Chief Sealth • Lincoln • Roosevelt • West Seattle
Odessa Brown Children's Clinic a clinic of Seattle Children's Hospital	<ul style="list-style-type: none"> • Beacon Hill International 	<ul style="list-style-type: none"> • Lowell 	<ul style="list-style-type: none"> • Garfield
Kaiser Permanente		<ul style="list-style-type: none"> • Aki Kurose • Washington 	<ul style="list-style-type: none"> • Franklin • Interagency Academy • Nathan Hale
Seattle Roots formerly Country Doctor Community Health		<ul style="list-style-type: none"> • Meany 	<ul style="list-style-type: none"> • Nova
International Community Health Services			<ul style="list-style-type: none"> • Seattle World School
Public Health - Seattle & King County		<ul style="list-style-type: none"> • Denny International 	<ul style="list-style-type: none"> • Cleveland • Ingraham • Rainier Beach
Swedish Medical Center			<ul style="list-style-type: none"> • Ballard High School

Mental Health Services Provided at SBHCs in SY 22-23

Service Type	Students Served	Service Category	Description of Services
SBHC Mental Health	1,539	Treatment (Counseling; Clinical Care)	<ul style="list-style-type: none"> Behavioral health – individual, family, group therapy Behavioral health services support anxiety, depression, trauma, behavior + academic concerns
SBHC Other	538	Prevention (Coordination; Well-being; Basic Needs)	<ul style="list-style-type: none"> Nutrition counseling Health Education Apple Health (Medicaid) enrollment Care coordination and connection to community resources

**Students may receive more than one service; sums of services or unique students per service will be greater than counts of unique students*



Next Steps for 24-25 SY

Mental Health Investment

- 7 Schools are poised to begin services at the start of SY 24-25; 1st year of full implementation across all schools
- Schools continue many existing services that are already in place
- Schools continue to expand student & family outreach & coordination to ensure awareness of services
- Expand implementation and fidelity tracking to include outcome & continuous quality improvement measures

SBHCs

- PHSKC & DEEL continue to partner to further leverage mental services options at SBHCs, including additional mental health providers and increased resource coordination and student/family outreach

Thank You and Questions



Appendix

School-by-School Investment Plans



Garfield HS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by Seattle Children's Odessa Brown, the Student Mental Health grant (**\$500K for SYs 23-24 and 24-25**) supports the following:

SY 23-24

Note: Services did not begin until Jan 24

- **UW Doctoral Program in Clinical Psychology/CALM Clinic** – Doctoral students offer in-person mental health services
- **Puget Sounds Education Services District, Creative Justice, Space Between** – These organizations offer staff and student leader training to increase social emotional skills among Garfield HS community members
- **Urban League** – Full-time employee based at GHS who focuses on family outreach and service/referral/wrap supports coordination
- **Seattle Children's/Odessa Brown** – Planned & laid the groundwork for addition of 1.0 FTE mental health provider for SY 24-25
- **Expanded Summer 2024 supports for student athletes** – Implementation partners include Urban League, Y-Scholars, Space Between, and the University of Washington; Partners will train student leaders to offer peer-to-peer support to their classmates as well as develop education workgroup specifically for fall student athletes who practice in the summer

SY 24-25*

- **Seattle Children's/Odessa Brown** – Additional 1.0 FTE mental health provider in SBHC
- **School Social Worker** – Add additional 0.3 FTE for increased service coordination to students
- **Continuation of these SY23-24 services** –
 - UW Doctoral program/CALM clinic;
 - SEL Trainings;
 - Urban League

**Note: Garfield will have flexibility to adjust services based on school community needs in response to recent tragedy*

Denny MS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by NeighborCare, the Student Mental Health grant (\$125K for SY 22-23; \$500K for SYs 23-24 and 24-25) supports the following:

SY 22-23

Note: Services did not begin until Jan 23

- **Southwest Youth & Families Services (SWYFS)/Sound Mental Health**- 2 MH therapists onsite, providing CSR-focused 1:1 therapy sessions, referrals to outpatient care, & small group drop-in sessions
- **SEE at Emory/Trauma Informed Practices PD/Collective Voices** - Provide Social-emotional learning and community circle teacher professional development & trainings
- **Grade Level Mental Health Days** - Student-led mental health days with outdoor and cultural activities

SY 23-24

- **Youth Services Assistant** - 1.0 FTE for Re-Entry support for disconnected students, including Tier 3 case management
- **Student Family Advocate** - 0.6 FTE focused on coordination & connecting students & families to wrap supports within & outside of school.
- **WA Ethnic Studies Now/Ripple Effects/Huayuro/Elevate with Purpose** - Community groups focused on identity affirmation, trauma informed practices, CSR supports, SEL skills, and restorative practices
- **Zane Counseling** - Multi-Lingual clinical therapist onsite 1-2 days per week to provide clinical supports to a caseload of students
- **Continuation of these SY22-23 services** -
 - Southwest Youth & Families Services

SY 24-25

- **School Social Worker** - Additional 0.3 FTE for 1:1 MH check-ins & group lessons on healthy relationships, grief, mental health, & youth violence prevention
- **Continua Consulting Group** - provide Trauma-Informed Multi-Tiered Systems of Support through professional learning, planning, and facilitation, while emphasizing universal mental health and implementation of evidence based academic, behavioral, and social-emotional practices
- **Continuation of these SY23-24 services** -
 - Student Family Advocate;
 - Ripple Effects;
 - Elevate with Purpose;
 - Zane Counseling

Chief Sealth HS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by NeighborCare, the Student Mental Health grant (\$125K for SY 22-23; \$500K for SYs 23-24 and 24-25) supports the following:

SY 22-23

Note: Services did not begin until Jan 23

- **Spanish Language Interventionist** - Works with chronically absent youth, primarily from the Latinx student population (the largest BIPOC student demographic at Sealth), to re-engage them into the school community, connecting students to MH supports & their families to additional wrap support resources
- **Esperanza Counseling & Consulting/Crisálida Healing & Transformation/La Roxay's Xingona University** - Provide community-based BIPOC clinicians at school providing art therapy + cultural healing strategies during and after school and over school breaks
- **CHOOSE 180** - Provide Restorative Practice training for students and staff

SY 23-24

- **Southwest Youth & Families Services (SWYFS)**- 2 Licensed MH therapists, each on-campus 3-days a week, providing CSR-focused 1:1 therapy session & small group community circles
- **Bayfest Youth Theatre/Community Teaching Artists** -Provide art-based therapy focused on SEL, reducing stress, mindfulness, and creating a community of belonging.
- **Counseling Secretary** - Additional 0.3 FTE for community provider coordination with School Social Workers and students, crisis triage, and identifying students in need of Tier 2 and Tier 3 services.
- **Continuation of these SY22-23 services** -
 - Spanish Language Interventionist

SY 24-25

- **School Counselor** - Add 0.1 FTE for additional time for counselor to conduct mental health check-ins and screenings
- **Continuation of these SY23-24 services** -
 - SWYFS;
 - Counseling Secretary;
 - Spanish Language Interventionist

Aki Kurose MS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by Kaiser, the Student Mental Health grant (**\$125K for SY 22-23; \$500K for SYs 23-24 and 24-25**) supports the following:

SY 22-23

Note: Services did not begin until Jan 23

- **Asian Counseling Referral Services** - Addition of 3 onsite staff to provide community-based BIPOC clinicians at school, student & family referrals to free counseling, & specific supports for LGBTQ+ students
- **Good Foot Arts Collective** - Provide youth programming in elective course focused on identity development, leadership, and youth violence prevention
- **Family Support Workshops** - Workshops for families to strengthen familial support and increase families' understanding of navigating the school system & strengthening communication

SY 23-24

- **Counselor** - Additional 0.1 FTE to offer individual and group counseling sessions to address students social and emotional needs, including self-esteem, stress management, conflict resolution, bullying prevention, goal setting, and decision-making.
- **MH Saturday Academy** - Students participate in workshop lessons & panel discussions w/ guest speakers focused on drug and alcohol prevention, depression, anxiety, and resources awareness.
- **City Year/Parks & Rec** - Support after-school enrichment & recreation programs, assist with school-wide initiatives/challenges, and attend school evening family events to create positive and encouraging relationships
- **Continuation of these SY22-23 services** -
 - Asian Counseling Referral Services;
 - Good Foot Arts Collective

SY 24-25

- **Continuation of these SY23-24 services** -
 - Asian Counseling Referral Services;
 - Good Foot Arts Collective;
 - Counselor;
 - MH Saturday Academy
 - City Year;
 - Parks & Rec

Rainier Beach HS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by PHSKC, the Student Mental Health grant (**\$125K for SY 22-23; \$500K for SYs 23-24 and 24-25**) supports the following:

SY 22-23

Note: Services did not begin until Jan 23

- **School Social Worker (SSW)** - Additional 0.5 FTE for a BIPOC SSW who is a trained mental health clinician focused on providing 3 Tiers of SEL& MH support
- **Good Foot Arts Collective** - Provide youth programming in elective course focused on identity development, leadership, and youth violence prevention
- **Boys & Girls Club/South East (SE) Network** - Staff & student peer mentor training in Restorative Practices, including circle keeping & conflict de-escalation

SY 23-24

- **Re-Entry/Intervention Specialist** - Additional 0.3 FTE to provide support & interventions to identify & address root causes of chronic absenteeism with coordination of services & family engagement
- **Private therapists** - South end culturally responsive therapists run 6-week small group therapy sessions, three times a year
- **SEL Advisory Lessons** -Develop curriculum for monthly SEL advisory lessons for all 10th graders
- **Continuation of these SY22-23 services** -
 - School Social Worker;
 - Good Foot Arts Collective;
 - SE Network

SY 24-25

- **Student Safety & Wellness Room**- A student requested & designed space in which students can hold MH events & use for MH supportive activities
- **Continuation of these SY23-24 services** -
 - School Social Worker;
 - Good Foot Arts Collective;
 - SE Network;
 - Re-Entry/Intervention Specialist;
 - Private therapists;
 - SEL Advisory Lessons

Ingraham HS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by PHSKC, the Student Mental Health grant (**\$250K for SY 22-23; \$500K for SYs 23-24 and 24-25**) supports the following:

SY 22-23

Note: Services did not begin until February 23

- **School Social Worker (SSW)** - Additional 0.5 FTE for a SSW who is a trained mental health clinician focused on mental health counseling, social-emotional learning, crisis prevention, and intervention, professional case management, and advocacy support for students and parents
- **Center for Human Services/ Hallowell Todaro/ Huayuro/Therapeutic Health Services/Community Passageways**- Community partners provide youth services with specialists in trauma-informed, healing-centered mental health care & treatment, and substance abuse prevention
- **Restorative Services Coordinator** - Coordinate community-based supports among providers and school staff; student and family outreach w/ referral to services; hold monthly circles

SY 23-24

• Continuation of these SY22-23 services -

- School Social Worker;
- Restorative Services Coordinator;
- Center for Human Services - Substance Use Disorder on-campus services, including outreach, assessment, treatment, referral to outpatient treatment, group therapy, family engagement, and staff collaboration
- Hallowell Todaro - Individual therapy provided by on-campus therapists; DBT groups offered during the school day; connecting students & families to wrap around services

SY 24-25

• Continuation of these SY23-24 services -

- School Social Worker;
- Restorative Services Coordinator;
- Center for Human Services;
- Hallowell Todaro

Cleveland HS

In addition to FEPP Levy-funded School Based Health Center (SBHC) operated by PHSKC, the Student Mental Health grant (**\$500K for SYs 23-24 and 24-25**) supports the following:

SY 23-24

Note: Services did not begin until Jan 24

- **Academic Intervention Specialists** – Addition of 1.0 FTE for 2 staff members leading student & family outreach, engagement, and co-design work focused on student & family leadership & agency to co-design MH services that specifically serves the needs of the school community while connecting students & families to wrap support resources
- **Atlantic Street Center** - Onsite clinician 30 hours/week, serving a caseload of 30 students
- **Therapeutic Health Services/Utopia/Bridging Cultural Gaps** - Group counseling sessions focused on serving LGBTQ students, East African students, SE Asian students, LatinX students, students struggling with drug and alcohol abuse, and students struggling with domestic violence

SY 24-25

- **Continuation of these SY23-24 services** -
 - Academic Intervention Specialists;
 - Atlantic Street Center;
 - Therapeutic Health Services;
 - Utopia;
 - Bridging Cultural Gaps