

# Supporting Student Mental Health Needs

December 2022



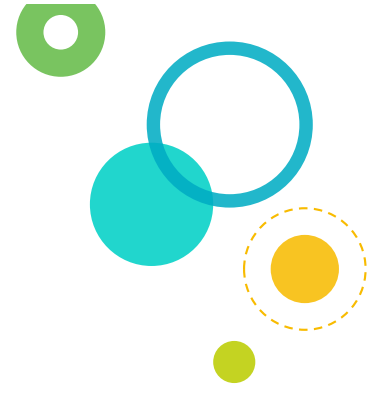
Montgomery County  
Department of  
Health and Human Services

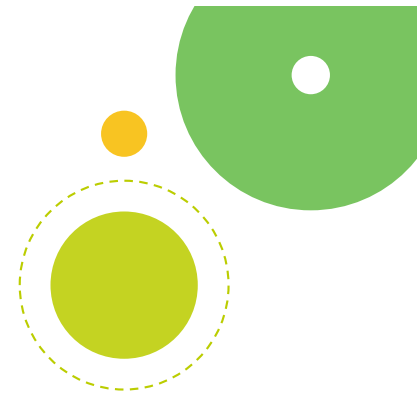
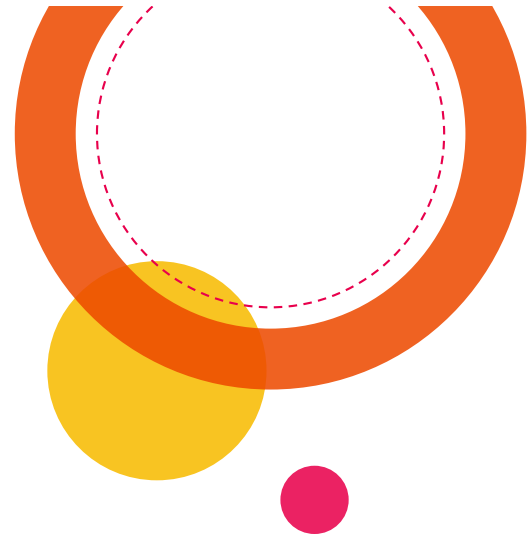
Office of Mental Health/Developmental  
Disabilities/Early Intervention



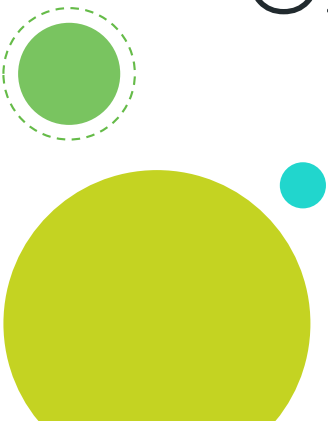
# Agenda

- 1) OMH Intro
- 2) 2021 PAYS
- 3) Current Challenges
- 4) Resources





# Office of Mental Health Intro



# Department of Health and Human Services Office of Mental Health

The OMH is committed to:

- the development of an integrated system of care that empowers youth, families, and all systems to be responsible and accountable for outcomes that lead to the fulfillment of hopes and dreams; and
- focusing on the promotion of mental wellness, prevention, and reducing the stigma associated with mental health issues.

The Office of Mental Health (OMH) partners with the Offices of Managed Care Solutions (OMCS) and Drug and Alcohol (ODA) and Magellan Behavioral Health of Pennsylvania (MBH) to support children, adolescents and their families to enhance mental wellness and to support those who need help with social, emotional, behavioral, and drug and alcohol challenges.

Trauma-Informed

Strengths-Based

Least Restrictive

Youth & Family Empowered

Multi-System Involved

Diverse, Equitable, & Inclusive





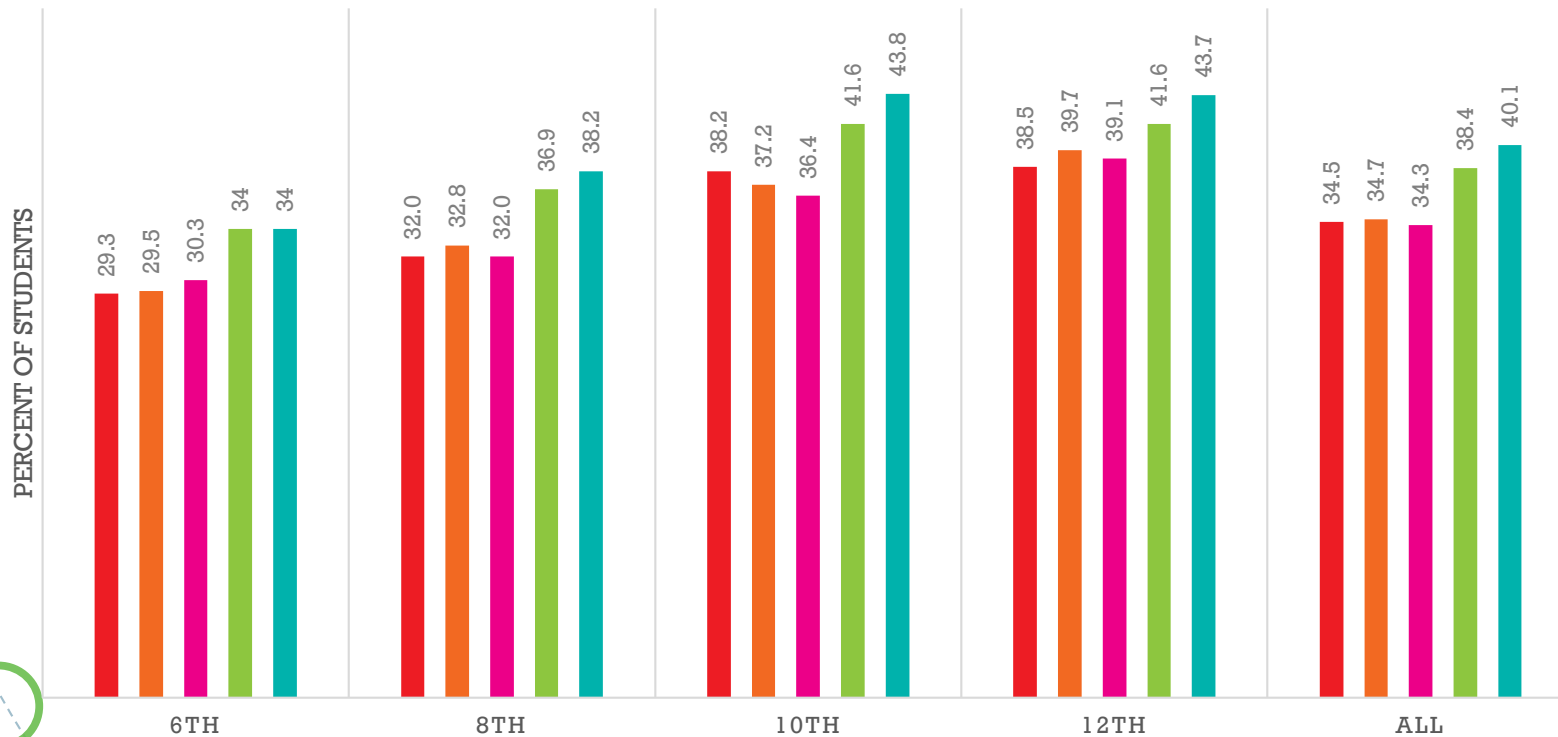
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# Pennsylvania Youth Survey

2021

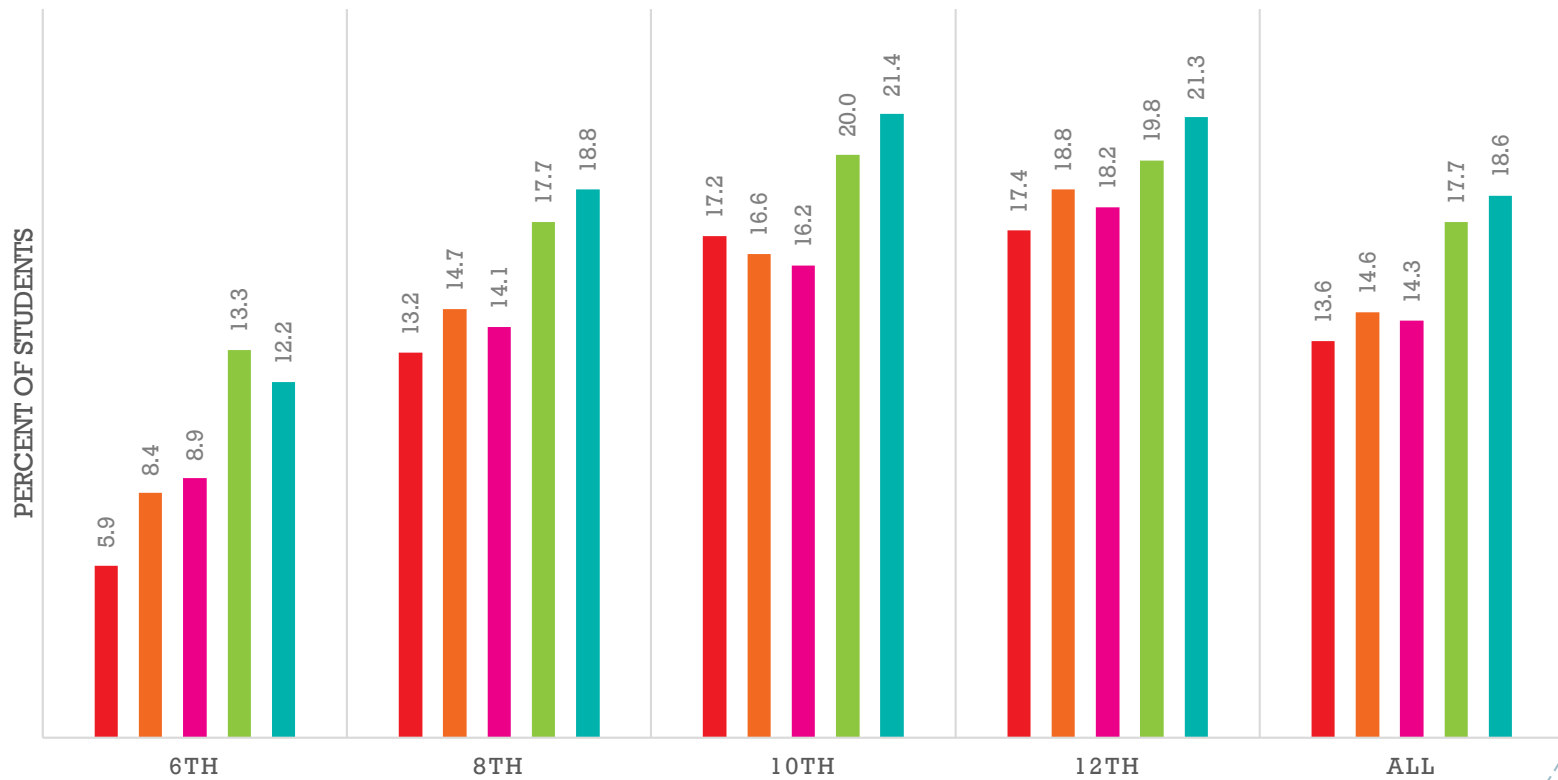
# IN THE PAST 12 MONTHS HAVE YOU FELT DEPRESSED OR SAD MOST DAYS, EVEN IF YOU FEEL OK SOMETIMES?

■ 2015 ■ 2017 ■ 2019 ■ 2021 ■ State 2021



# DURING THE PAST 12 MONTHS, DID YOU EVER SERIOUSLY CONSIDER ATTEMPTING SUICIDE?

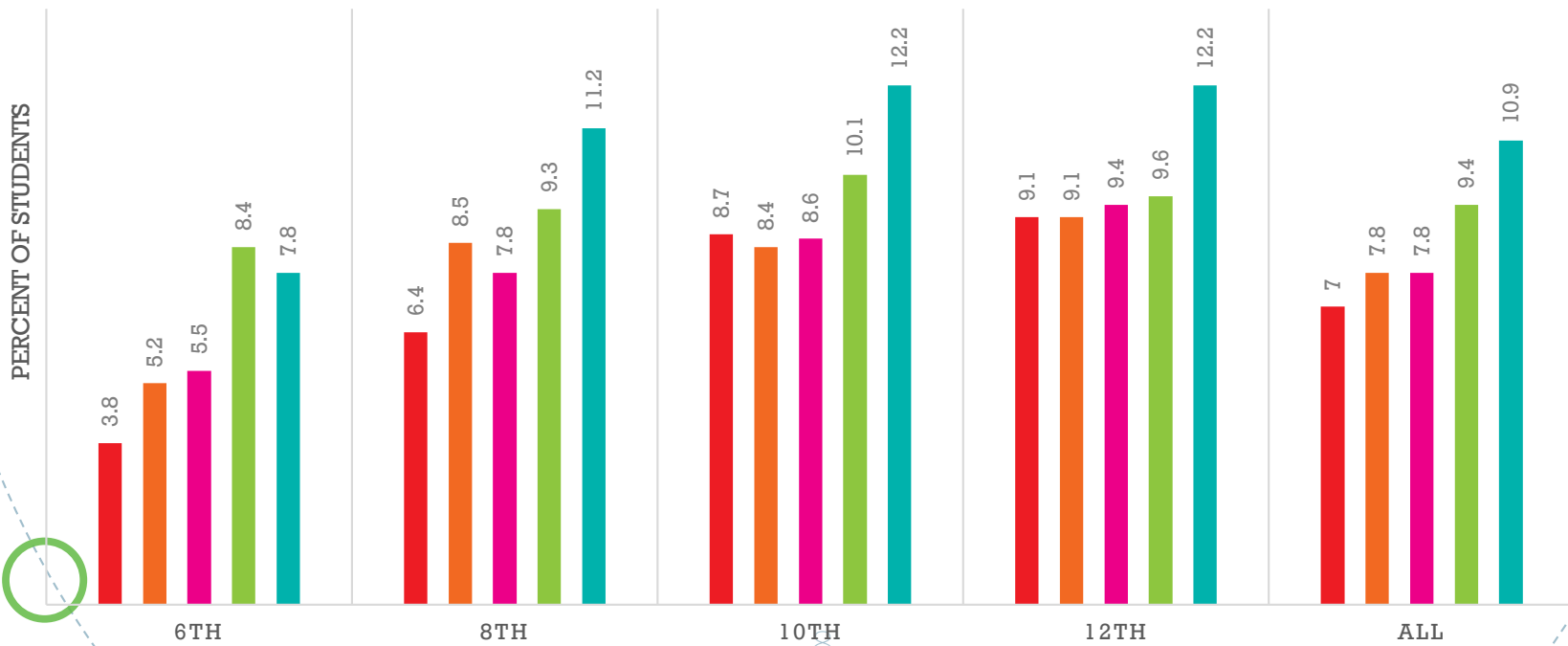
■ 2015 ■ 2017 ■ 2019 ■ 2021 ■ State 2021



# HOW MANY TIMES DID YOU ACTUALLY ATTEMPT SUICIDE?

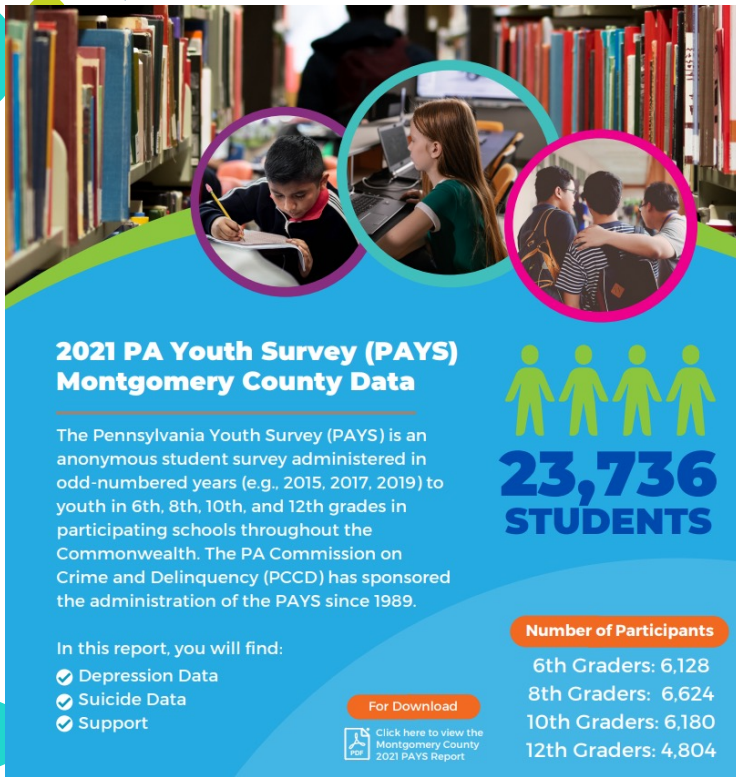
## THESE DATA COMPARES THE PERCENT OF STUDENTS AT EACH GRADE LEVEL MARKING ONE OR MORE SUICIDE ATTEMPTS

■ 2015 ■ 2017 ■ 2019 ■ 2021 ■ State 2021





# PAYS Mental Health Resources | Montgomery County, PA – Official Website ([montcopa.org](http://montcopa.org))



**2021 PA Youth Survey (PAYS)  
Montgomery County Data**

The Pennsylvania Youth Survey (PAYS) is an anonymous student survey administered in odd-numbered years (e.g., 2015, 2017, 2019) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the Commonwealth. The PA Commission on Crime and Delinquency (PCCD) has sponsored the administration of the PAYS since 1989.

**23,736 STUDENTS**

**Number of Participants**

- 6th Graders: 6,128
- 8th Graders: 6,624
- 10th Graders: 6,180
- 12th Graders: 4,804

In this report, you will find:

- ✓ Depression Data
- ✓ Suicide Data
- ✓ Support

**For Download**


Click here to view the Montgomery County 2021 PAYS Report

## Depression Data

TOP KEY FINDINGS & TAKE-AWAYS

**Key Findings:** 8th graders are struggling the most.

**In the past 12 months have you felt depressed or sad MOST days, even if you feel OK sometimes?**



Since 2015, all grades have seen increases in this area until 2019, which showed a slight decrease. These numbers went up again in 2021, and all grades are experiencing higher rates of feeling sad or depressed.

**Sometimes I think that life is not worth it.**

**6,409** of surveyed **27%** students agreed with this statement

Similar to kids feeling sad or depressed, all grades have shown an increase in this area until 2019, which again showed a slight decrease. However, 8th graders have shown a steady increase since 2015, and are overall 1.5 times more likely to feel like life is not worth it.

**At times I think I am no good at all.**

**8,924** of surveyed **37.6%** students agreed with this statement

Since 2015, all grades have seen an increase in this area. 8th graders are struggling the most. The rate in which this is experienced also seems to taper off as a child gets older and moves into higher grade levels.

## How Youth and Families Can be Supported

Scan the QR code or visit <https://bit.ly/3ps8t11> to learn more about these resources!

**KEY LEGEND:** Youth, Caregiver, School Staff, In-person, Virtual, Fees, No Fees, 24 Hours/7 Days A-Week

YOUTH AND FAMILY			
SERVICE	CONTACT INFORMATION	SUPPORT OFFERED	KEY
Mobile Crisis	Phone: 1-855-634-HOPE (4678) Website: <a href="http://www.accessservices.org/service/mobile-crisis">www.accessservices.org/service/mobile-crisis</a> Email: <a href="mailto:mc@accessservices.org">mc@accessservices.org</a>	24/7 support to help with immediate crisis situations and help reduce and manage recurring crisis	☑️📞📍🌐
Teen Talk Line	Phone: 691-805-8960   Hours: 1:00 - 9:00pm Text: 215-733-8411 Website: <a href="http://www.accessservices.org/teen-talk-line">www.accessservices.org/teen-talk-line</a> Email: <a href="mailto:teen-talk@accessservices.org">teen-talk@accessservices.org</a>	Warm line where teens can speak or text anonymously with a peer about any issues without fear of judgment	📞📍🌐
FamilyWork	Phone: 610-618-2050 Website: <a href="http://www.familywork.org/what-we-do/familywork/">www.familywork.org/what-we-do/familywork/</a> Email: <a href="mailto:LeadOff@familywork.org">LeadOff@familywork.org</a>	Team members work together to support parents and caregivers as someone who has been in their shoes	📞📍🌐
NAMI	Phone: 215-361-7784 Website: <a href="http://www.montcopa.org/education/">www.montcopa.org/education/</a> Email: <a href="mailto:office@namimontcopa.org">office@namimontcopa.org</a>	Offers community resources, participate in programming, and gain understanding of mental illness through community awareness and advocacy events	📞📍🌐

IN SCHOOL/COMMUNITY MENTAL HEALTH			
SERVICE	CONTACT INFORMATION	SUPPORT OFFERED	KEY
Student Assistance Program (SAP)	Phone: N/A SE Region School Districts: Adersgate Youth Service Bureau: (215) 657-4545 Central Region School Districts: Carson Valley Children's Aid: (215) 233-1960, extension 305 Western Region School Districts: Creative Health Services: (610) 327-1503 Central-Eastern School Districts: Merakley: (215) 368-2022 Email: N/A	Individual & Group Support in Schools Signs of Suicide: Teaches students how to identify signs of depression and suicide in themselves and their peers. MS and HS The Blues Program: Teaches youth how to reframe negative thoughts and other strategies that support symptoms of depression	📞📍🌐
Hope 4 Tomorrow	Phone: N/A Email: <a href="mailto:twilliams@accessservices.org">twilliams@accessservices.org</a> or <a href="mailto:mtumely@accessservices.org">mtumely@accessservices.org</a>	Innovative assembly program that helps youth focus on the importance of their own health and wellness for youth 14 and older	📞📍🌐
Question, Persuade, Refer (QPR)	Phone: N/A Email: Community Email: <a href="mailto:slewis@montcopa.org">slewis@montcopa.org</a> Schools Email: <a href="mailto:twilliams@accessservices.org">twilliams@accessservices.org</a> or <a href="mailto:mtumely@accessservices.org">mtumely@accessservices.org</a>	Training teaches 3 simple steps that anyone can learn to help save a life from suicide	📞📍🌐
Ending the Silence	Phone: 215-361-7784 Email: <a href="mailto:office@namimontcopa.org">office@namimontcopa.org</a>	Students learn about mental health through an interactive presentation. MS and HS	📞📍🌐
Say It Out Loud	Phone: 215-361-7784 Email: <a href="mailto:office@namimontcopa.org">office@namimontcopa.org</a>	Gives adults the tools they need to hold conversations about mental health with teens	📞🌐

**VIRTUAL & IN-PERSON MENTAL HEALTH SERVICES**

Commercial Insurance – Contact insurance provider and ask for behavioral health services



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# Current Challenges

Mental Health Treatment  
Mental Health Support in Schools





# Current Challenges to Mental Health Treatment



- ◎ Staffing Crisis
  - ◎ Effecting all levels of care and at all staffing levels.
  - ◎ Results in long waitlists for community-based services and ED boarding.
- ◎ Crisis System Parity
  - ◎ Private insurance does not currently fund crisis services. The County subsidizes payments for anyone that does not have Medical Assistance.
- ◎ Mental Health Base Funding
  - ◎ There has not been a cost of living increase in base mental health funding since 2007/08.
  - ◎ Yields a 40% loss of purchasing power.
  - ◎ MH Base Funding finances Student Assistance Program & Mobile Crisis Services

# Current Challenges to Mental Health Support in Schools

Pennsylvania

hopeful  
futures  
campaign

## By The Numbers

**1,802,000**

Number of K-12  
Students (2022  
Projection)<sup>i</sup>

**117,000**

Children with major  
depression<sup>ii</sup>

**57,000**

Children with major  
depression who do not  
receive treatment<sup>iii</sup>

**1:997**

Ratio of School  
Psychologists to  
Students  
(Recommended Ratio  
1:500)

**1:3,416**

Ratio of School Social  
Workers to Students  
(Recommended Ratio  
1:250)

**1:369**

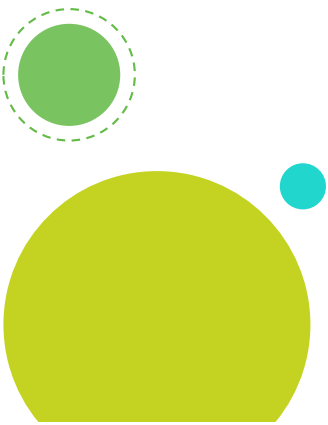

Ratio of School  
Counselors to Students  
(Recommended Ratio  
1:250)



4

# Solutions

American Rescue Plan Act (ARPA)  
Student Assistance Program (SAP)  
Mental Health Services for Children





# American Rescue Plan Act (ARPA)

Through America Rescue Plan Act (ARPA) funds as managed by the [Montgomery County Recovery Office](#), the **Montgomery County Office of Mental Health** applied for and received **\$5 million** for school-based behavioral health services, which will enable school districts throughout Montgomery County to access funding to create school-based programming ([Draft Recovery Plan](#)).



# ARPA Funded School Based Services

- ◎ All school districts will be eligible to submit a proposal that will support partnership with a mental health provider for the following purposes:
  - ◎ Increase and enhance access to support children who need additional behavioral/mental health support throughout the school day
  - ◎ Decrease the number of referrals to out of school placements.
- ◎ Districts will receive technical assistance from the Offices of Mental Health, Managed Care Solutions, and Drug & Alcohol.
- ◎ Sustainability: Similar programs have shown (after the initial startup costs are covered) districts are able to maintain programs with the cost savings from no longer sending students to out-of-school placements.

# Student Assistance Program



OMH in partnership with the Office of Drug & Alcohol funds four SAP liaison providers who collaborate with the SAP teams at each school building for every district in the county.

SAP services include:

- behavioral health screenings,
- referral and connections to in school and community supports,
- individual and group support for students, and
- parent and teacher consultation.



# SAP Provider & School Districts

## Aldersgate Youth Services Bureau

215.657.4545

- Abington School District
- Cheltenham School District
- **School District of Jenkintown**
- Lower Moreland School District
- School District of Upper Moreland
- School District of Springfield Township
- Wissahickon School District

## Carson Valley Children's Aid

215.233.1960;  
extension 305

- Colonial School District
- Lower Merion School District
- Methacton School District
- Norristown Area School District
- Upper Merion Area School District

## Creative Health Services

610.327.1503

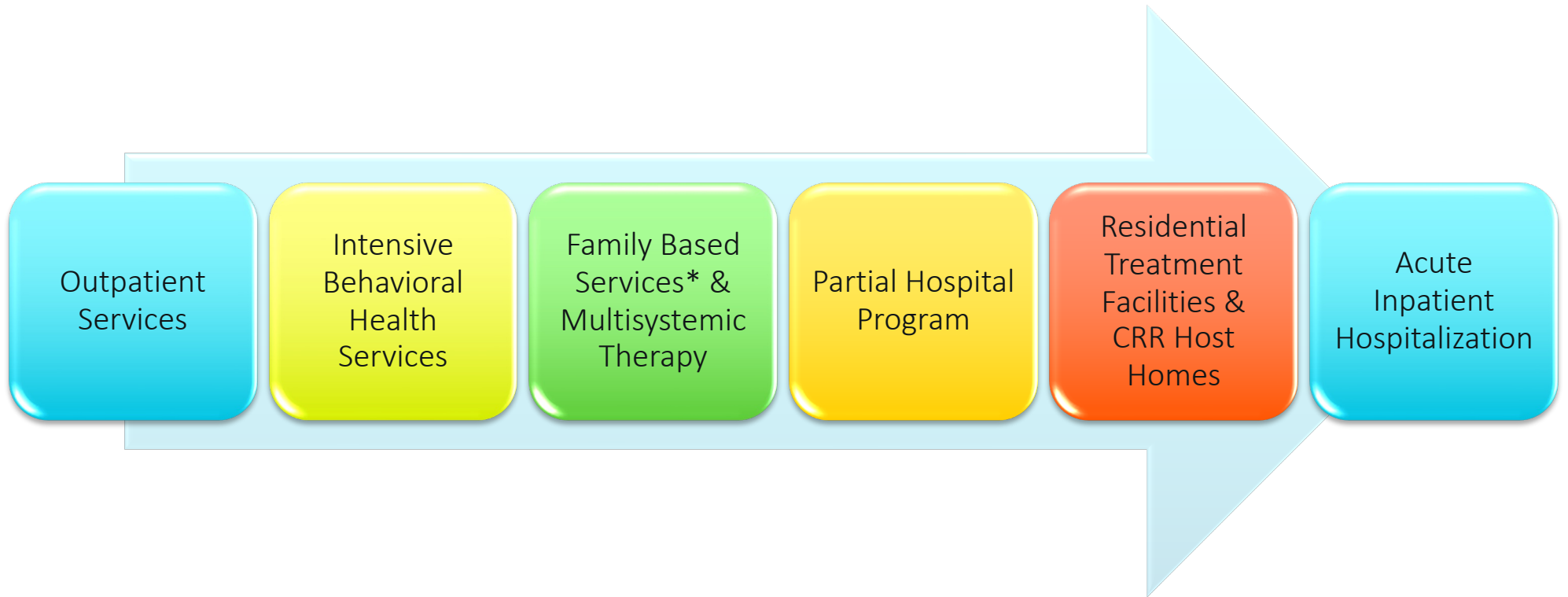
- Perkiomen Valley School District
- Pottsgrove School District
- Pottstown School District
- Spring-Ford Area School District
- Upper Perkiomen School District

## Merakey (formerly NHS)

215.368.2022


- Hatboro-Horsham School District
- North Penn School District
- Souderton Area School District
- School District of Upper Dublin

# Continuum of Care



Link to Children's Guide with detailed descriptions:

[Childrens-Behavioral-Health-Services-Guide-July-21-Electronic-Version \(montcopa.org\)](https://montcopa.org/childrens-behavioral-health-services-guide-july-21-electronic-version)



Youth & Family Support  
Services (No Cost)

# Mobile Crisis Services



## Call 1 (855) 634-HOPE

- Services. 24 hours a day & 7 days a week
- Telephonic and mobile crisis support
- Children, adolescents, and their families
- Intervene and stabilize crisis situations
- Connect to resources
- Can assist in schools, homes, communities, or wherever support is needed
- Engagement services during or after hospitalization
- Provided by Access Services

988: Is the new national crisis hotline. Schools should continue to contact Mobile Crisis directly. 988 can be advertised to the school community.

# Teen Talk Line

- A warm line for youth to talk about things with someone their own age.
- No topics are off limits.
- Calls are private and anonymous.
- Helps youth never feel alone. It gives them someone always ready to listen.
- If a youth is experiencing a crisis, he or she will be connected to the Crisis Hotline for assistance.
- Provided by Access Services
- Seven days a week from 1-9 PM

Call 866.825.5856

Text 215.703.8411

Email:  
[teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)

montgomery county  
peer support  
& teentalklines

# Youth & Family Support Services

## FamilyWorx

- 610-618-2059
- FamilyWorx is an advocacy team comprised of parents and primary caregivers whose children are involved in the public health system. Team members work together to support parents and caregivers as someone who has been in their shoes.
- Helps parents and other family members by providing support, information, referrals, and links to other parents and organizations.
- Hosts support groups for caregivers and parents.



## NAMI Montgomery County

- 215.361.7784
- Part of the National Alliance on Mental Illness (NAMI)
- Made up of volunteers
- Offers many classes for parents and caregivers
- Hosts support groups for youth and family members





# Thanks!

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