



# Comprehensive School Mental Health and Substance Use Prevention: Highlighting the Gap

Presented at: Alcohol and Drug Policy Council:  
Prevention Sub-Committee Meeting  
11/21/2022

# Presenters



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# Child Health and Development Institute

CHDI is a bridge to better behavioral health and well-being for children.

## Our Vision

All children grow up healthy thrive

## Our Mission

Advance effective, integrated health and behavioral health systems, practices, and policies that result in equitable and optimal health and well-being for children, youth, and families.

## Our strategic process powers systems, policy, and practice improvement



# CT Project AWARE

- Advancing Wellness and Resilience in Education
- 5 year, SAMHSA-funded
- Awarded to SDE, in partnership with DCF, CHDI
- Middletown, Naugatuck, Windham school districts

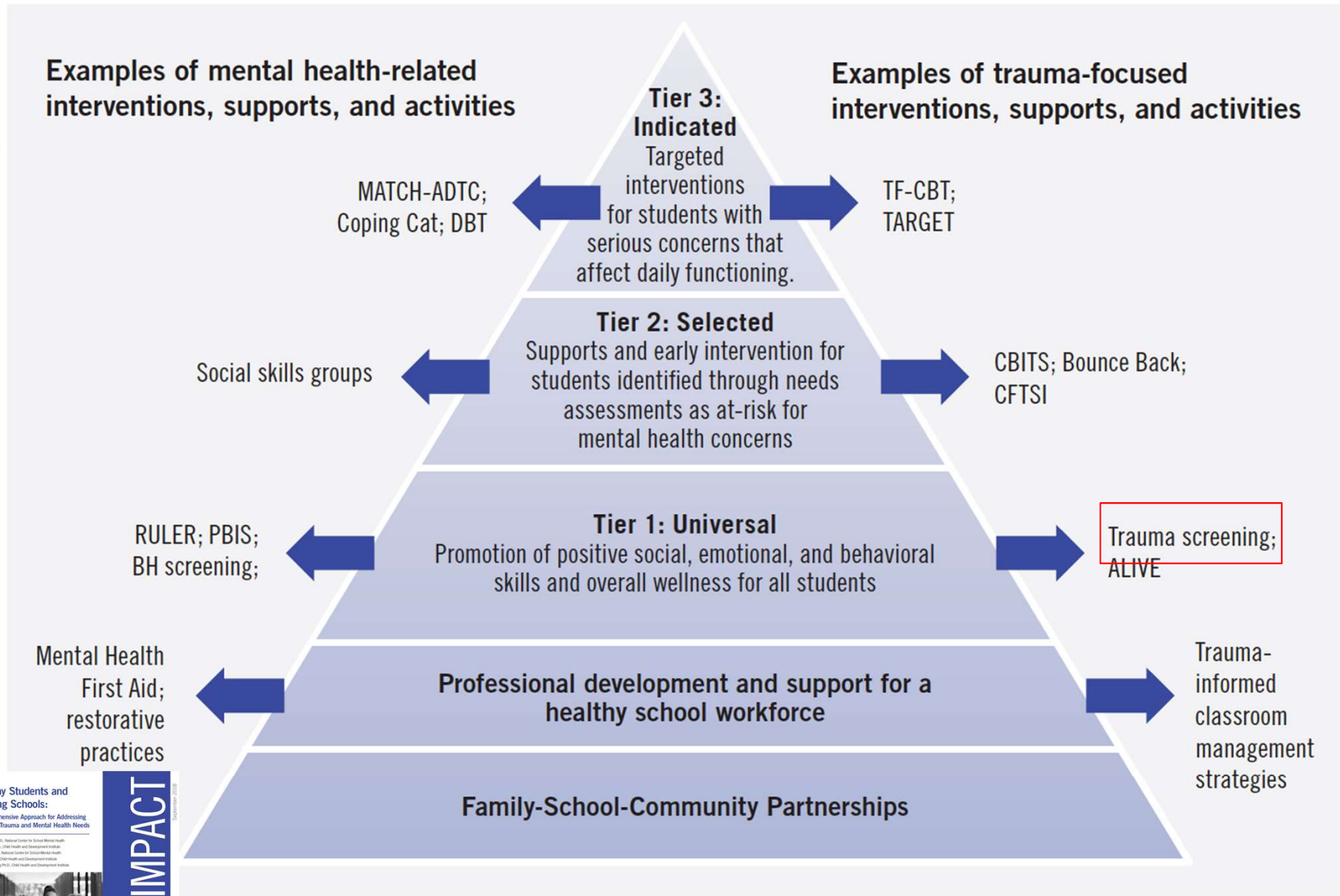


# AWARE Advisory Board

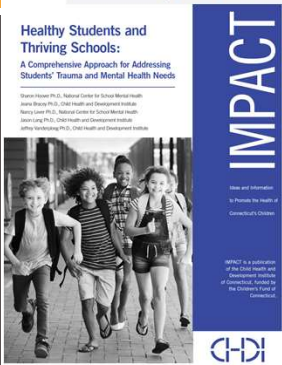
Agencies/Organizations represented on the board:

- CT State Department of Education
- Department of Children and Families
- Department of Public Health
- Department of Mental Health and Addiction Services
- UConn Collaboratory on School and Child Health
- Clifford Beers
- Beacon Health Options
- FAVOR
- Connecticut Children's
- CT United Way
- RESC Alliance (CREC, EASTCONN, ACES)

**Figure 1: Trauma-Informed Multi-Tiered System of Supports for School Mental Health**

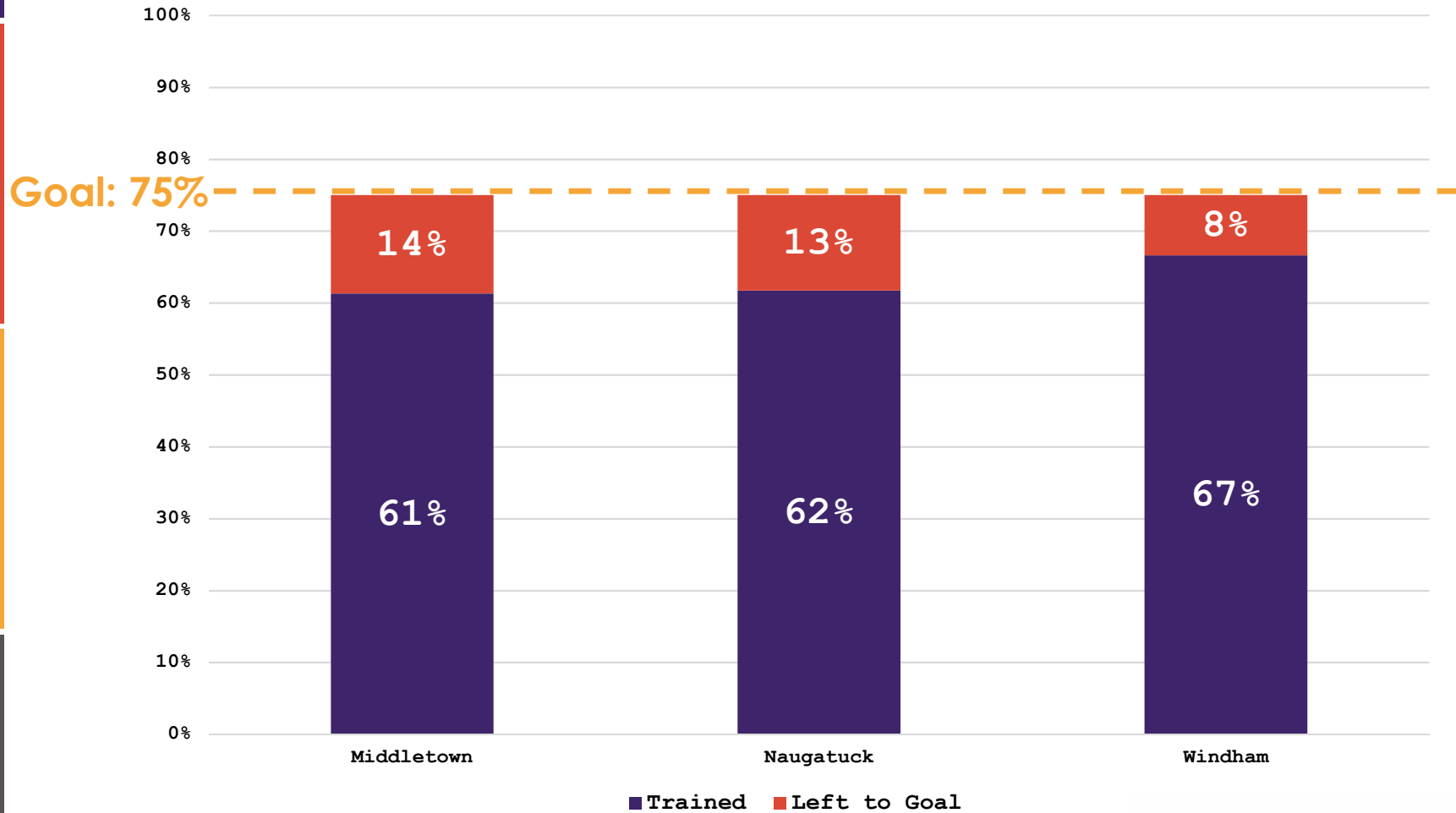


Source: Hoover, S., Bracey, J., Lever, N., Lang, J., & Vanderploeg, J. (2018)



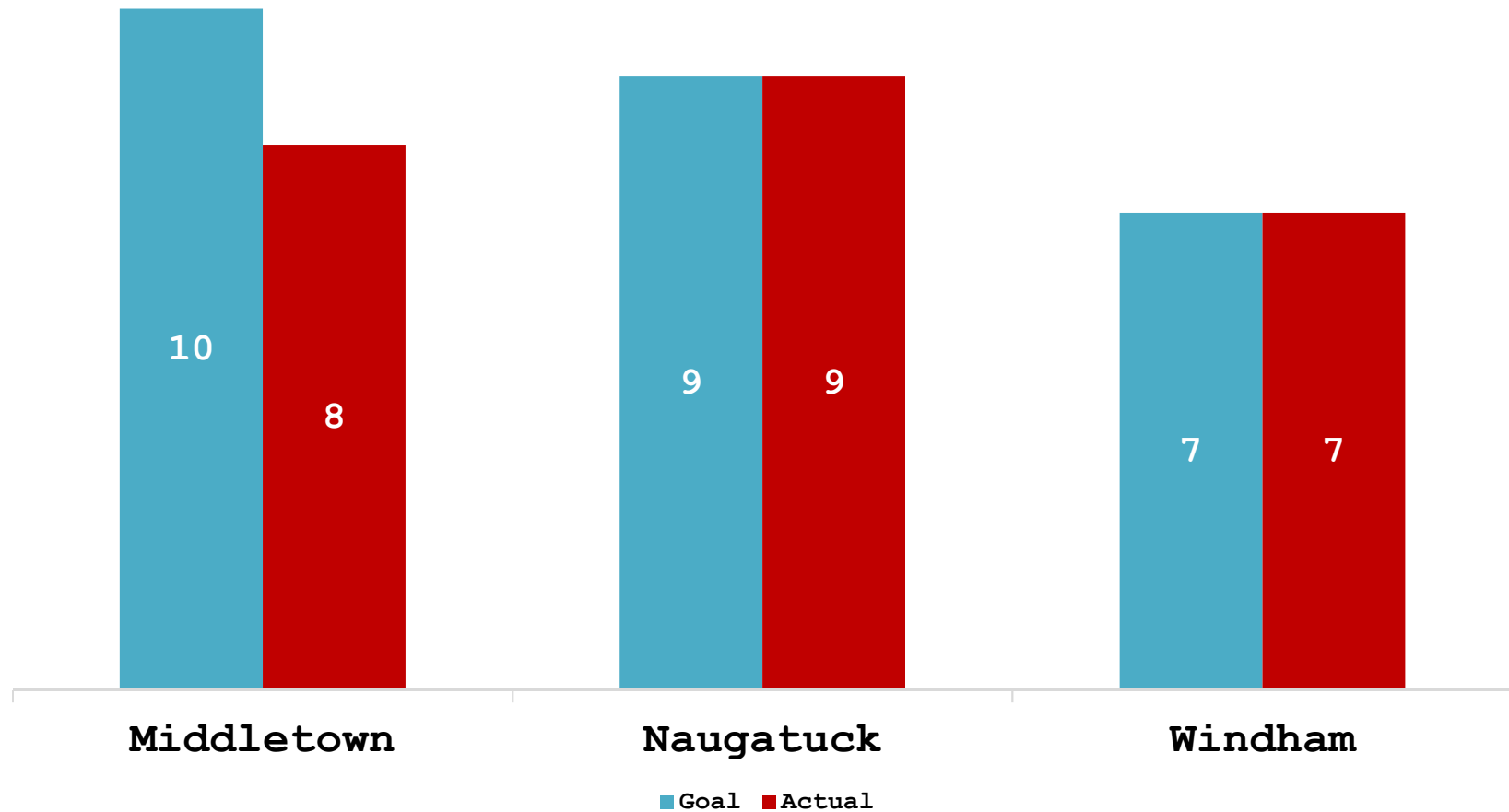
# Goal 1.1: Train 75% of staff on QPR

QPR Staff Training



# Goal 2.2: All Schools are Gold Status by Year 2

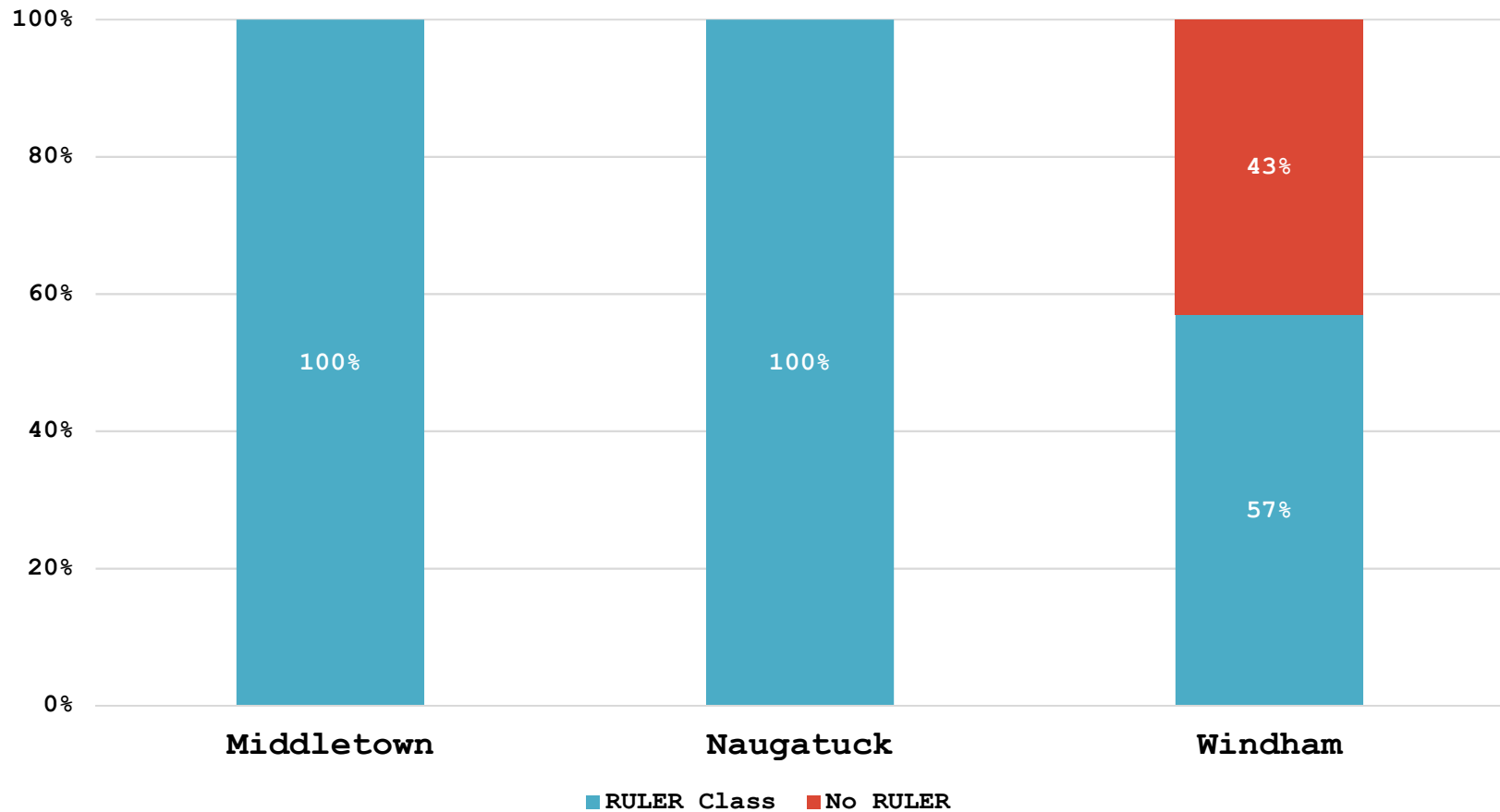
## SHAPE Gold Status Schools



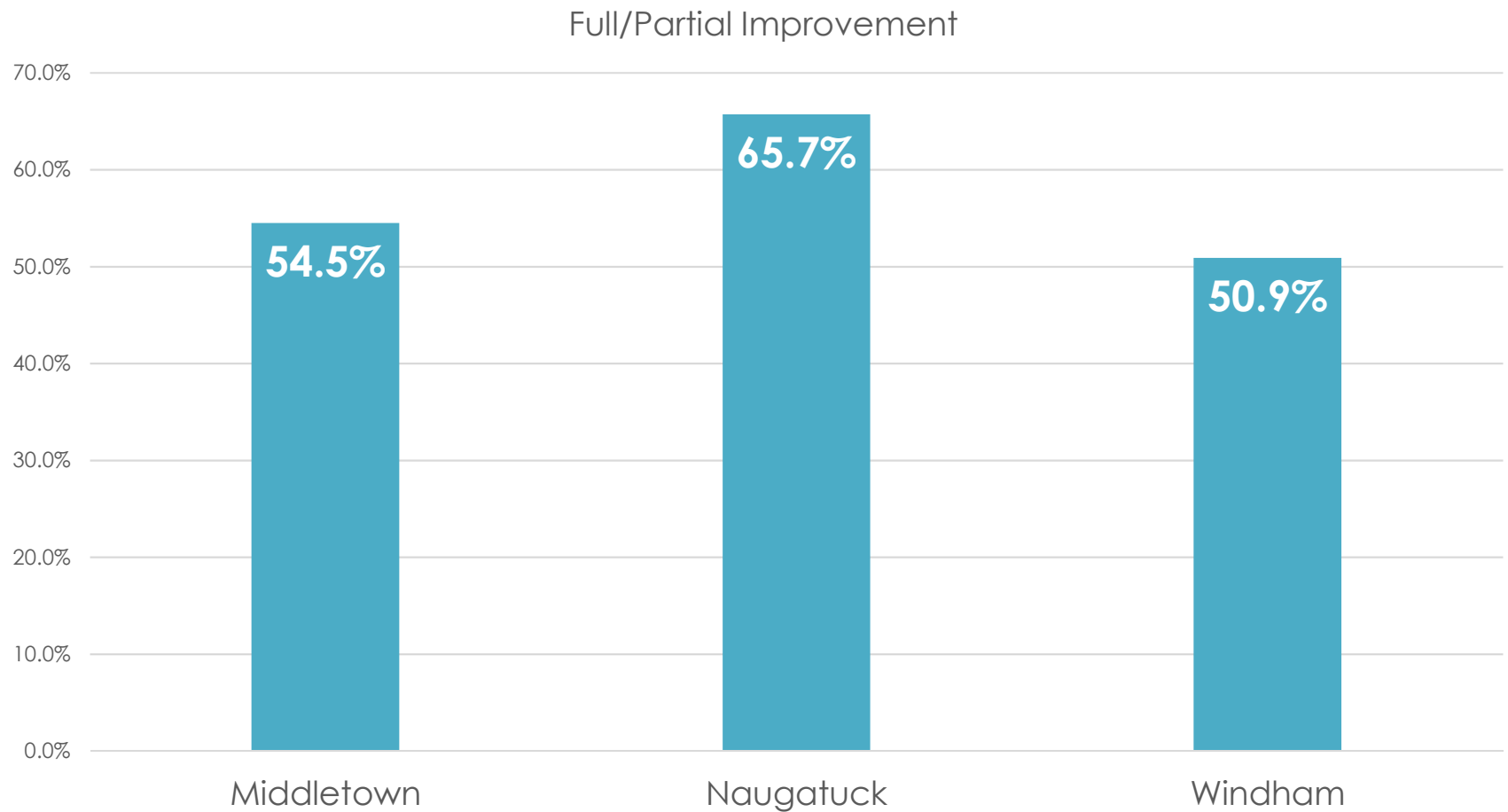


# Goal 4.3: 100% of Classrooms will implement RULER by the end of year 5

Classrooms Implementing RULER

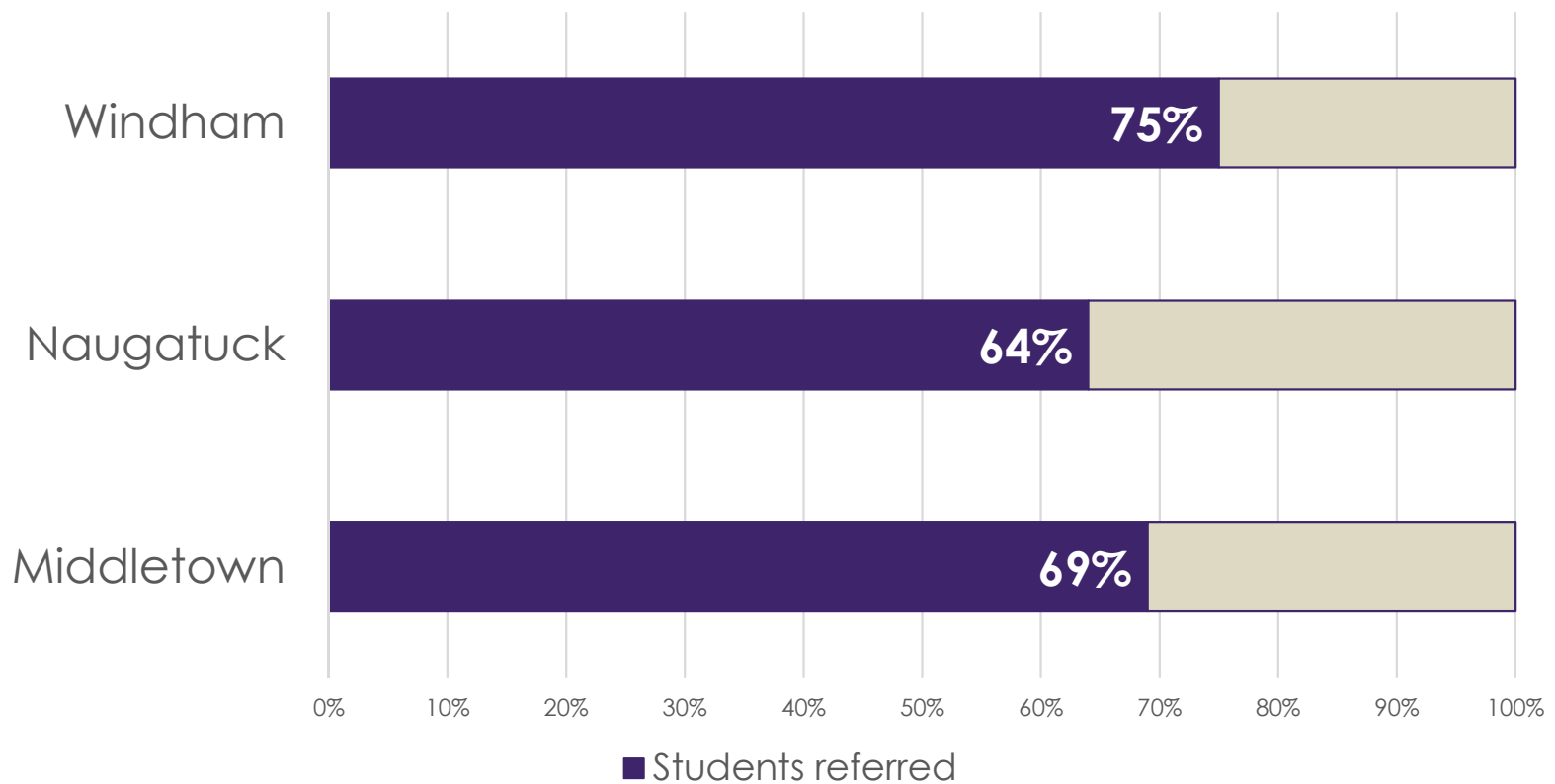


# Goal 5.4: Partial/Full Improvement of Symptoms



## Goal 6.3: Students in crisis with be referred

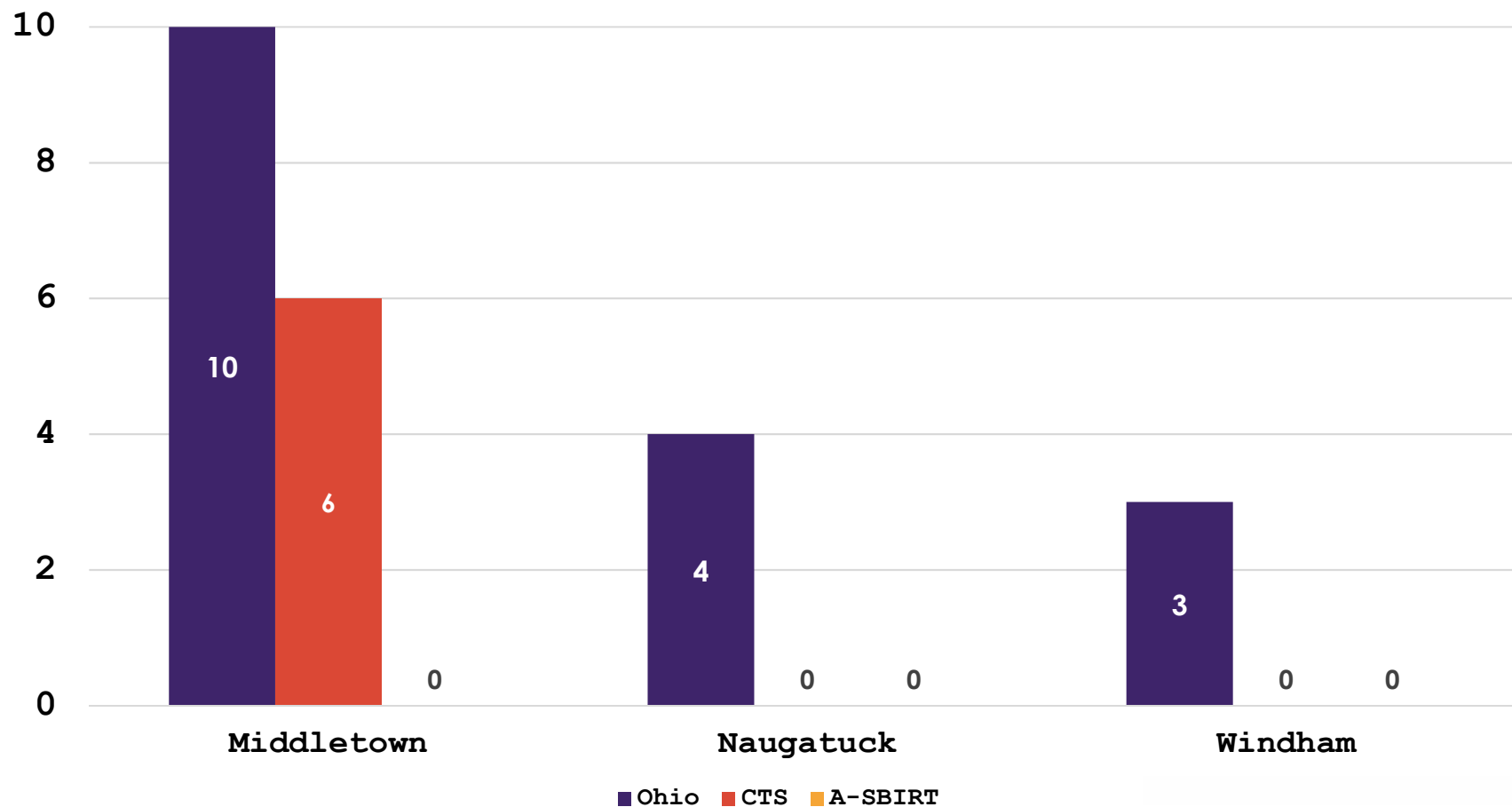
Students in crisis receiving referrals



# Goal 3.1: All schools screen students

## Screeener Implementation

All screeners are self-report\*



# Substance Use Prevention/Recovery-Friendly Schools

Middletown	Naugatuck	Windham
<ul style="list-style-type: none"><li>Substance use prevention via health class</li></ul>	<ul style="list-style-type: none"><li>Nothing</li></ul>	<ul style="list-style-type: none"><li>Heroin Education Team (HEAT Program)</li></ul>
		<ul style="list-style-type: none"><li>Substance use prevention via health class</li></ul>

# Recommendations/Next Steps

- Invest in a state-wide behavioral health screening portal
- To prevent silos in substance-use prevention and mental health, identify substance use prevention/ early interventions and train school staff in how to implement and encourage recovery-friendly spaces
- Have schools sign MOAs to work with local agencies doing substance use prevention/encourage recovery-friendly spaces

# Stay in touch

Please visit us at [www.chdi.org](http://www.chdi.org) and join our email list for publications and information on solutions that improve outcomes for children and their families.



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