

# BUILDING RESILIENCY

A PEDIATRIC  
MENTAL HEALTH SUMMIT



**#BuildingResiliency19**



**MIKE DEWINE**  
GOVERNOR OF OHIO



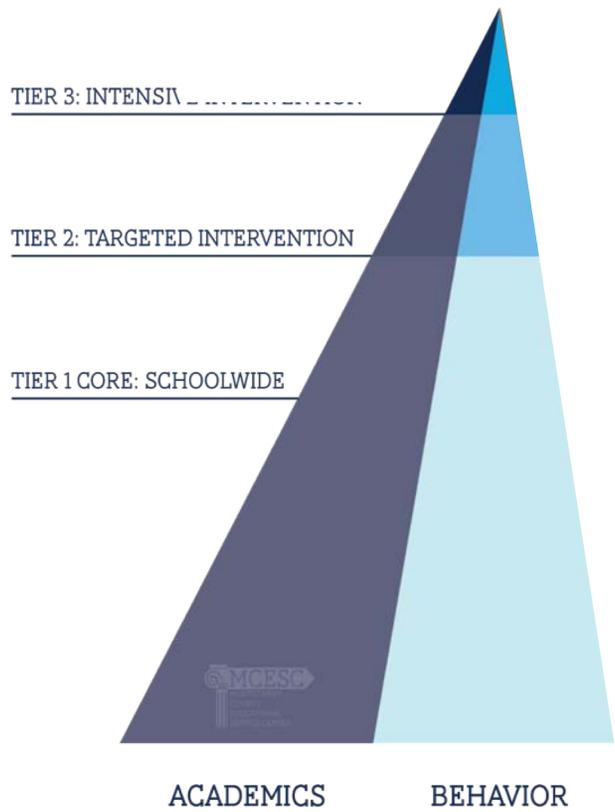
# A Meeting of the Minds: Partnering for Successful Prevention in Schools



## Partnering for Healthy Kids and Communities



# Prevention in School Systems

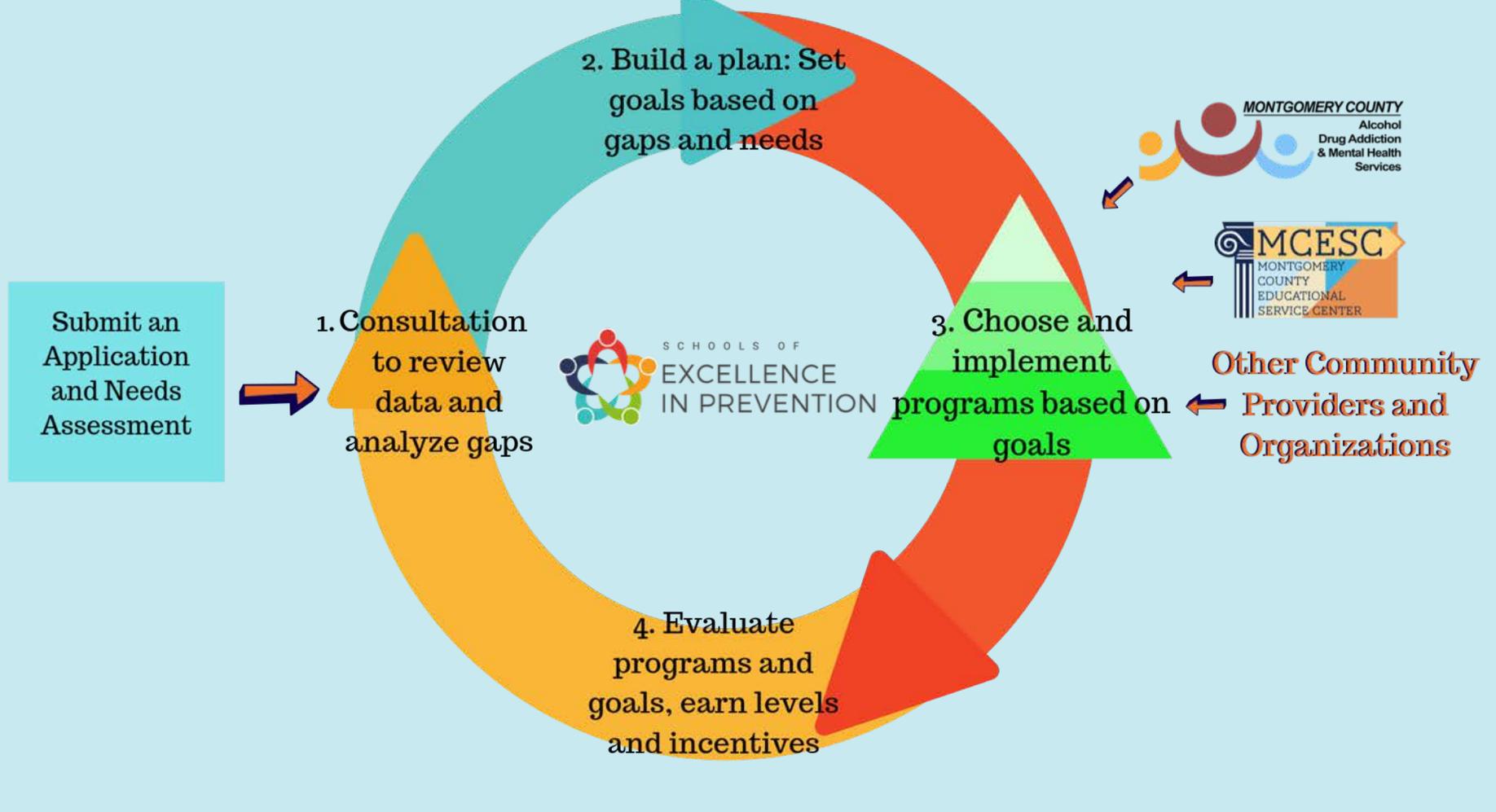


**→ Indicated Prevention**

**→ Selective Prevention**

**→ Universal Prevention**

## Schools of Excellence in Prevention Process

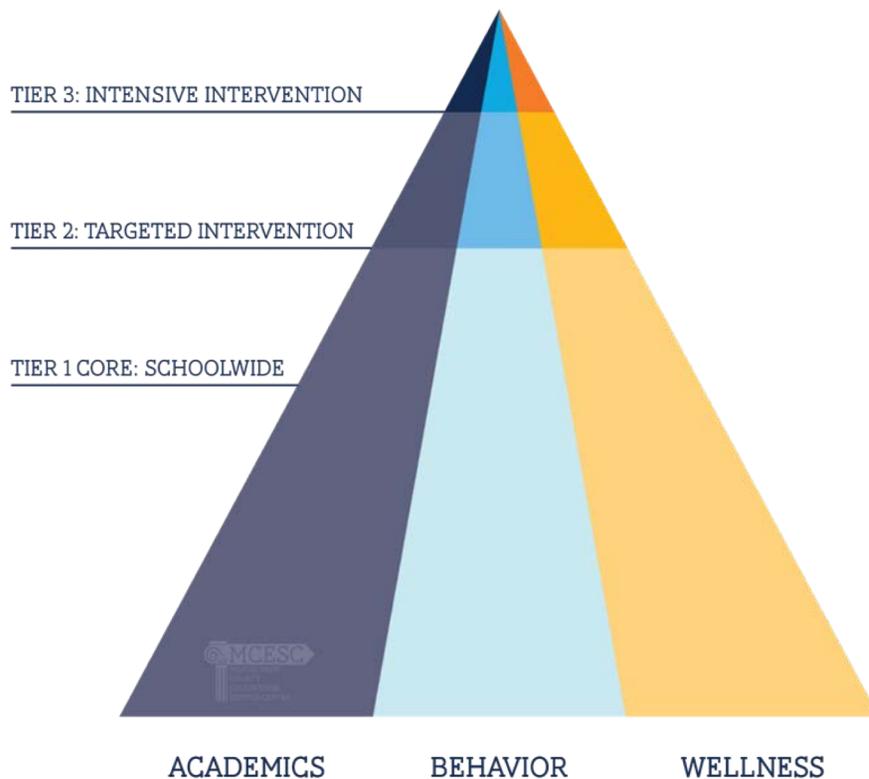


# Montgomery County ADAMHS Prevention Programs

| Provider   | Program   |
|--|---|
| Artemis Center   | Mentors in Violence<br>Safe Dates   |
| Montgomery County ESC  | Suicide Prevention, Vaping Prevention, Children Impacted by Addiction, PAX GBG, Drug and Alcohol Prevention |
| Comp Drug/Youth to Youth International                         | Youth Led Prevention  |
| DayBreak   | Prevention Services to LGBTQ Youth  |
| Miami University   | Prevention Services to LGBTQ Youth  |
| Omega Community Development Center                             | Too Good for Drugs and Violence, Signs of Suicide   |
| Public Health--Dayton and Montgomery County/Addiction Services | Risky Business, Strengthening Families  |
| Samaritan Behavioral Health                                    | Signs of Suicide, QPR, SBIRT, Second Step   |
| South Community  | Signs of Suicide, QPR, SBIRT  |
| Wright State University/School of Professional Psychology      | PECE-PACT, Second Step, Raising Safe Kids   |



# ADAMHS Funded ESC Prevention



- ★ PAX Good Behavior Game
- ★ Vaping Prevention
- ★ Children Impacted by Addiction
- ★ Suicide Prevention
- ★ Drug and Alcohol Prevention
- ★ SBIRT Service



## For More Information

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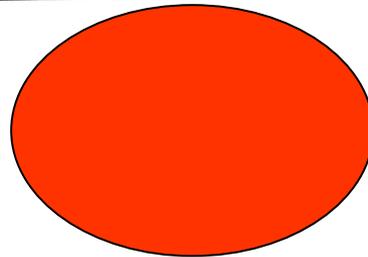




**Screening  
Brief  
Intervention  
Referral to  
Treatment**

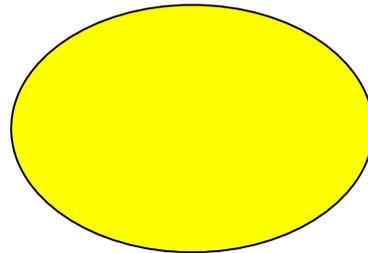
# The SBIRT Model

**Substance Dependent**



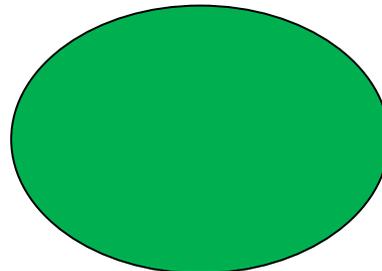
**Screening**  
**Traditional Treatment**  
**Abstinence**

**Excessive Use**



**Screening**  
**Brief Intervention**  
**Brief Therapy**

**No Problem**



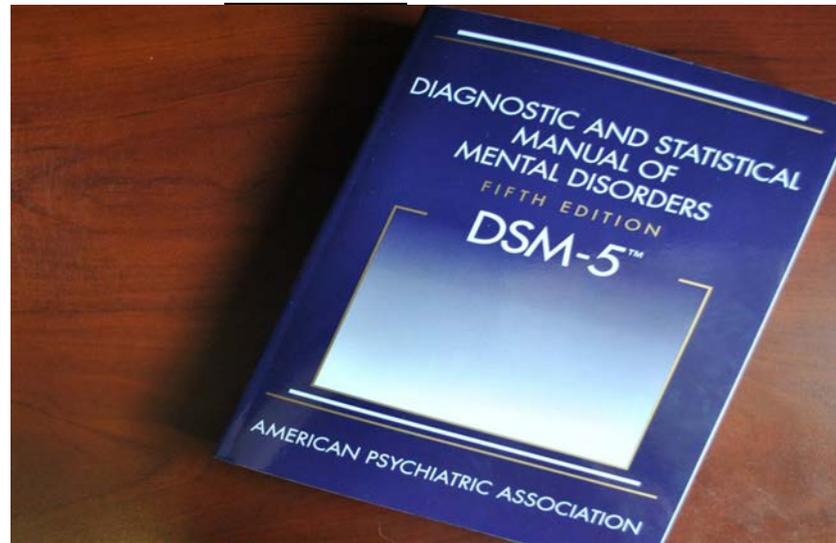
**Primary Prevention**  
**Screening and Feedback**  
**Drink Responsibly**



# Screening

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A Screen Does NOT Provide a Diagnosis



# What's a Brief Intervention?

- A conversation that raises awareness in patients who score above low risk limits on screening tools.
- Usually lasts about 10 minutes
- Can be conducted by any skilled staff member\*

# How do I refer to treatment?

- Keep a list of specialty providers in your area – there's one here:  
mha.ohio.gov and here:  
<https://www.emeraldjennyfoundation.org/>
- Get to know your providers!
- Call the provider for an appointment
- Discuss transportation and directions

# For More Information

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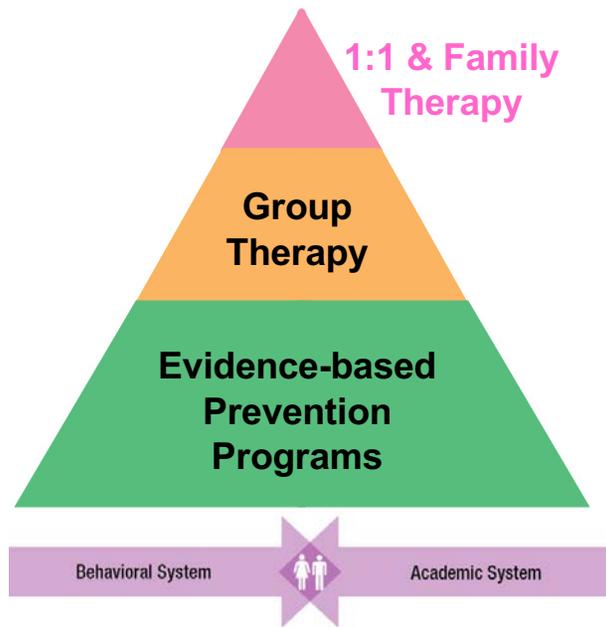


# Care Connection

Expanding  
comprehensive health and  
wellness services through  
school-based care



# School-Based Behavioral Health



## Evidence-Based Prevention Programs

- **PAX Good Behavior Game**- a strategy that teaches students self-regulation and self-management in context of collaborating with others.
- **Signs of Suicide** – prevention program including screening and education.

# Early Childhood Mental Health Prevention

- Early Childhood Mental Health Consultation
- Positive Parenting Program (“Triple P”) series
- Ohio Preschool Expulsion Prevention Partnership Hotline & in-class consultation



# Primary Care

## Mobile Care Centers



## School-Based Health Centers (SBHCs)



↑  
Before



↑  
After

# Integrated Model of Care

- **Primary Care Mental Health**

- Diagnosis and treatment of ADHD, anxiety & depression
- Referrals to Behavioral Health services
- Collaborative care with school-based Behavioral Health
- Consultation with school-based Psychiatry when needed



- **Traditional Primary Care**

# Integrated Model of Care

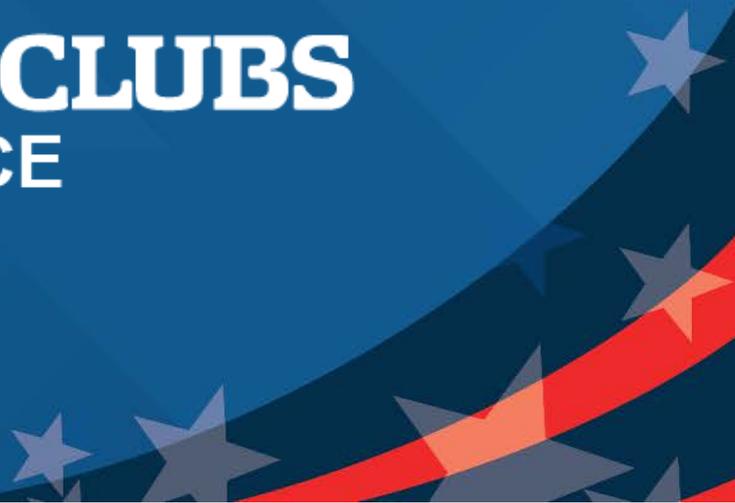
## Collaboration with school staff:

- Absence Intervention Team
- PBIS
- Special Education identification
- Health plans with school nurses
- Consultation with teachers





**BOYS & GIRLS CLUBS**  
OHIO ALLIANCE



NEXT  
**BIG**  
SAFETY IDEA



## Reducing Youth Violence and Creating Healthy, Resilient and Safe Club Communities



## Boys & Girls Clubs Youth Suicide Prevention Program

- Youth suicide is the second leading cause of death among young people. The most recent Youth Risk and Behavioral Survey found that 17.7% of high school students seriously considered suicide; 14.6% made a plan for suicide; 8.6% attempted suicide one or more times; and 2.8% made a suicide attempt that had to be treated by a doctor or nurse.
- In response to the youth suicide crisis, Boys & Girls Clubs of Columbus has partnered with youth suicide prevention experts at the Center for Suicide Prevention and Research at Nationwide Children's Hospital and the American Association of Suicidology to create the gold standard youth suicide prevention program for the out-of-school time space. The model provides both staff training and youth programming to increase awareness of suicidal risk factors and behaviors in youth and improve the ability to respond during crisis.
- The program will be piloted at Boys & Girls Clubs of Columbus in the summer of 2019. Then, using a train-the-trainer model, the program will be replicated at Boys & Girls Clubs of Cleveland and Boys & Girls Clubs of Greater Cincinnati before scaling nationally across the Boys & Girls Clubs Movement.

### Core Program Components

#### Gatekeeper Training

All Club staff complete a 90 minute Gatekeeper Training that provides essential youth suicide prevention knowledge and skills including:

- Statistics and trends
- Myths and misconceptions
- Risk factors and warning signs
- Protective factors
- Maintaining a trauma informed approach
- How to respond during a crisis

#### Facilitator Training

Select Club staff complete a Facilitator Training to ensure the youth suicide prevention program modules are delivered with fidelity. This training also supports participants in increasing their comfort with discussing youth suicide in accordance with safe messaging guidelines, skill building in recognizing warning signs, responding during a crisis and linking young people to resources.

#### Youth Program

The youth program consists of five modules derived from best practice strategies in youth suicide prevention. Modules are approximately two hours in length and delivered by a Boys & Girls Clubs trained facilitator. Modules include:

1. Youth awareness and peer learning
2. Core mindfulness
3. Emotion regulation
4. Interpersonal effectiveness
5. Managing crisis and universal safety planning



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