

# Seton in Schools and Integral Care - AISD Campus-Based Mental Health Centers

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## Overview

Beginning late 2013, Seton Healthcare Family contracted Integral Care to operate fourteen on-campus mental health clinics across AISD as part of the 1115 Waiver initiative, which has just completed its sixth demonstration year.

Campuses covered are Austin High School, Bedichek Middle School, Burnet Middle School, Dobie Middle School, Eastside Memorial & International High School, Fulmore Middle School and Fulmore Magnet, Gus Garcia YMLA, Lanier High School & Lanier GPA, LBJ and LASA High School, Martin Middle School, McCallum High School, Reagan Middle School, Sadler Means YWLA, and Travis High School and Travis GPA.

Integral Care is the Local Mental Health Authority for Travis County, providing crisis and ongoing services to adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities.

## On-Campus Service Overview

Youth are typically referred to Integral Care on-campus mental health services by school staff. Once referred, youth receive a comprehensive assessment delivered by an Integral Care licensed clinical mental health provider. This assessment uses a multi-system instrument called the Children's and Adolescent Needs and Strengths (CANS), which measures overall life functioning. The CANS screens for mental health diagnostics, safety, family functioning, overall health, school functioning and peer relationships. The CANS also measures child strengths and caregiver needs and strengths. In addition to the CANS, Integral Care delivers a focused screening for depression using the Life Satisfaction Scale, and a focused screening for risk for self-harm via the Columbia Suicide Severity Rating Scale (C-SSRS). As part of the assessment process a treatment plan is developed with youth and family with specific life, health and treatment goals.

In accordance to the treatment plan, youth and families then receive evidence-based therapies, which correspond to treatment plan goals. These therapies include, but are not limited to, Cognitive Behavioral Therapy, Seeking Safety, PAYA (Preparing Adolescents for young Adulthood), ART (Aggression Replacement Training), Skills Streaming and the Nurturing Parent Program. Treatment planning is regularly updated and a new CANS is delivered at 90-day intervals. Embedded within the treatment of youth and families is ongoing case management.

In addition to assessments, therapy and case management, on-campus Integral Care clinicians deliver psychoeducational “mini-lessons” to students in class or at school events. Mini-lessons provide information to students about mental and emotional health.

## Integral Care Value-Added Services

In addition to on-campus services, Integral Care offers an array of supports to schools, youth and families. These supports include the **Mobile Crisis Outreach Team** to respond to mental health crisis on campus or in the community, **Psychiatric Emergency Services**, which is a mental health crisis clinic where youth and adults can walk in for services, **Mental Health First Aid** training that provides ISD staff and other interested persons with skill-based education regarding mental illness, **clinic-based ongoing psychiatric services**, which operates out of three Austin locations, **RAISE**, a specialized program that helps people ages 15-30 who have experienced their first episode of psychosis, **YES Waiver**, a wraparound support for youth experiencing significant functioning challenges, **Strengthening Families**, an evidence-based substance use prevention curriculum, and deep integration into the Travis County youth and families system of care via the **Travis County Children’s Mental Health Plan**, where Integral Care sits on the steering committee.

## Data Snapshot 2016/17 Academic Year

For academic year 2016-2017, 2595 youth enrolled in Austin ISD received behavioral health services through Integral Care’s AISD School Based Services – Seton in Schools. A total of 684 students received comprehensive assessment, and psychotherapy-based services. Psychoeducational mini-lessons reached 1911 students.

2016/17 Academic Year Therapy Services and Encounters		
CAMPUS	Individual's Served	Encounters
Austin HS	72	775
Bedichek MS	37	543
Burnet MS	61	694
Dobie MS	59	960
Eastside Memorial & International HS	55	750
Fulmore MS & Fulmore Magnet	29	392
Gus Garcia YMLA	39	685
Lanier HS & Lanier GPA	31	283
LBJ & LASA HS	53	715
Martin MS	57	713
McCallum HS	43	674
Reagan HS	59	680
Sadler Means YWLA	50	848
Travis HS and Travis GPA	36	378
Students enrolled in other AISD schools	3	33
Totals	684	9123

### 2016/17 Diagnostic Breakdown:

<b>Individual's Primary Diagnosis Category</b>	
<b>Major Depression/Other Depressive Disorder</b>	<b>265</b>
<b>Conduct/Explosive/Oppositional/Disruptive Behavior Disorders</b>	<b>122</b>
<b>Anxiety Disorder</b>	<b>104</b>
<b>Adjustment Disorder</b>	<b>86</b>
<b>Attention Deficit Disorder/ADHD</b>	<b>73</b>
<b>Other Mood Disorder</b>	<b>0</b>
<b>PTSD</b>	<b>20</b>
<b>Other Psychiatric Disorder</b>	<b>29</b>
<b>Abuse/Neglect</b>	<b>7</b>
<b>Asperger's D/O</b>	<b>7</b>
<b>Bipolar Disorder</b>	<b>4</b>
<b>Cannabis Use Disorder</b>	<b>1</b>
<b>Identity Disorder</b>	<b>1</b>
<b>Psychotic Disorder</b>	<b>1</b>
<b>Eating Disorder</b>	<b>1</b>
<b>Obsessive Compulsive Disorder</b>	<b>0</b>

## Data Snapshot 2015/16 Academic Year

For academic year 2015-2016, 2834 youth enrolled in Austin ISD received behavioral health services through Integral Care's AISD School Based Services – Seton in Schools. A total of 737 students received comprehensive assessments and psychotherapy-based services. Psychoeducational mini-lessons reached 2097 students.

2015/16 Academic Year		
CAMPUS	Individual's Served	Encounters
Akins HS	1	1
Austin HS	64	509
Bedichek MS	52	572
Burnet MS	66	657
Dobie MS	59	763
Eastside Memorial & International HS	75	628
Fulmore MS & Fulmore Magnet	43	959
Gus Garcia YMLA	29	330
Lanier HS & Lanier GPA	50	632
LBJ & LASA HS	53	653
Martin MS	41	523
McCallum HS	41	615
Reagan HS	56	503
Sadler Means YWLA	39	360
Travis HS and Travis GPA	61	779
Students enrolled in other AISD schools	7	7
Totals	737	8491

## 2015/16 Diagnostic Breakdown

<b>Individual's Primary Diagnosis Category</b>	
<b>Major Depression/Other Depressive Disorder</b>	<b>287</b>
<b>Conduct/Explosive/Oppositional/Disruptive Behavior Disorders</b>	<b>134</b>
<b>Anxiety Disorder</b>	<b>115</b>
<b>Adjustment Disorder</b>	<b>97</b>
<b>Attention Deficit Disorder/ADHD</b>	<b>91</b>
<b>Other Mood Disorder</b>	<b>20</b>
<b>PTSD</b>	<b>20</b>
<b>Other Psychiatric Disorder</b>	<b>17</b>
<b>Abuse/Neglect</b>	<b>9</b>
<b>Asperger's D/O</b>	<b>7</b>
<b>Bipolar Disorder</b>	<b>7</b>
<b>Cannabis Use Disorder</b>	<b>4</b>
<b>Identity Disorder</b>	<b>3</b>
<b>Psychotic Disorder</b>	<b>3</b>
<b>Eating Disorder</b>	<b>1</b>
<b>Obsessive Compulsive Disorder</b>	<b>1</b>

## Analysis

Total numbers served are higher in the 2015/16 academic year, primarily due to number of youth receiving mini-lessons.

For both academic years for most campuses, youth roughly averaged about ten encounters, meaning ten sessions. This is an average however. Some youth will only need or want (or be available for) a few contacts while others will stay in service for months.

For both academic years the diagnostic breakdown is similar. The primary diagnostic category for youth receiving on-campus services is Major Depressive/Other Depressive Disorder. The second largest category is Conduct/Explosive/Oppositional/Disruptive Behavior Disorders. A close third for both academic years is Anxiety Disorder. Also highly represented are Adjustment Disorder and ADHD.

Diagnostic areas that typically result in a referral for clinic-based psychiatric services are Major Depressive Disorder, PTSD, some anxiety disorders, some behavior disorders, ADHD, Bipolar Disorder, and psychotic disorders. Major Depressive Disorder Severe, PTSD (with acute symptomology), Bipolar Disorder and psychotic disorders will always result in connection to psychiatric services. A heightened risk for self-harm will also mandate a referral for psychiatric evaluation. Integral Care on-campus clinicians will connect other youth to psychiatric services whether or not youth fall into any of the above categories if the need is clinically indicated. On-campus clinicians and Integral Care psychiatric providers share client charts and both contribute treatment planning.

## Crisis Services Overview

During FY17, Integral Care delivered over 900 crisis assessments to Travis County youth via both the Mobile Crisis Outreach Team and the Psychiatric Emergency Services clinic. Crisis assessments evaluate mental health needs and connect youth to the most appropriate, least-restrictive level of care.

For FYs 16 and 17 combined the MCOT youth breakdown is:

Referral source: "SCHOOL"	149
Referral Source: "CFS Division"	9
Referral source: "AISD"	47
Referral source: "AISD POLICE"	31
Referral source: "DELL VALLE ISD"	5
Referral source: "EANES ISD"	0
Referral source: "MANOR ISD"	3
Referral source: "PFLUGERVILLE ISD"	13

In March, 2017, Integral Care and AISD launched a pilot program for selected AISD campuses, Casey, Maplewood, Metz, Norman, Travis Heights and Paredes, where youth would be taken by MCOT to the

Integral Care Riverside outpatient clinic for crisis assessment in a family-friendly environment. Below is a breakdown regarding referrals for the 2016/17 academic year for this pilot.

<b>Number of Referrals:</b>	20
<b>Average MCOT Response Time:</b>	36 minutes

<b>Reason for referral:</b>	Suicidal Ideations	45%
	Behavioral-Other	45%
	Self-Injurious Behaviors	10%

<b>Dispositions:</b>	MCOT Follow-Up	60%
	Linked to Ongoing CFS Clinic Services	15%
	Ongoing Services Declined	10%
	Linked to Community Resources	10%
	MCOT to Psychiatric Hospital	5%

The bulk of referrals came from Metz and Paredes. This pilot can accommodate more crisis referrals. Integral Care is in communication with AISD to identify additional campuses.

## Summary

Integral Care is pleased to work with Seton and AISD to deliver the on-campus (and other) services described above. We regard on-campus mental health services as a best-practice. Integral Care is deepening collaborative relationships with other on-campus support service providers since coordinated service delivery across systems is key to maximizing student wellness. Generic historical challenges to delivering on-campus mental health services have included competing imperatives regarding a student's class schedule and standardized testing time demands, and varying degrees of buy-in from individual campuses. Almost universally across AISD campuses however, school staff have welcomed on-campus mental health services into normal school functioning. We are very much appreciative of the work AISD staff have done and are still doing in this regard, and of the larger investment AISD is making in on-campus mental health services. We are also appreciative of the relationship with Seton Healthcare Families as our two organizations have worked closely together on this initiative.