

BACKGROUND: “Centers of Wellness” (Sacramento School-Based Mental Health)

The Sacramento County Office of Education and Sacramento County Public Health Services are launching a groundbreaking partnership that over the next several years will place mental health clinicians in every school in the county and help make schools “centers of wellness” in their communities.

In this partnership to address student mental health, clinicians will provide direct mental health services and work with school staff to integrate social emotional learning and relationship building strategies into the entire school community.

Vision: Bring the education and health systems together as partners to create a continuum of care for mental health and wellness throughout Sacramento County’s education system(s) which will intervene as early as possible to: eliminate the school-to-prison pipeline, reduce the number of ‘system- involved’ adults and adolescents, and mitigate the onset and impact of mental health disorders in Sacramento County.

Mission: Identify and address the mental health and wellness needs of all students in Sacramento County, by placing a mental health professional in every school and creating a system in which all adults understand their role and contribute to supporting the school-community-continuum-of-care.

Goals: The direct impact that the School Based Mental Health and Wellness Partnership can have includes:

- Improved academic achievement
- Reduced Suspensions
- Reduced Chronic Absenteeism
- Decrease Referrals to Special Education
- Improve early intervention and prevention approaches such that we see a decline in the need for intense clinical interventions over time
- An increase in early identification of mental health disorders/indicators, and therefore an opportunity to address those concerns as early as possible

FAQ

How are we paying for it?

DHS discussed the extension of the County's FQHC billing to the school sites with the State of California, Department of Health Care Services (DHCS) and was told that the services provided at these sites will be billable at the FQHC's reimbursement rate. It is estimated that with the current program model, and even with a reduction factor for some non Medi-Cal eligible students, that the program will generate sufficient revenue to support costs.

What about referrals for more extensive services?

We have been working closely with Sacramento County Behavioral Health (Ryan Quist and Melissa Jacobs). We are documenting and solidifying the referral process, through ACCESS, to FIT providers. The SCSBMH clinicians will be trained in the referral process and encouraged to work within family voice and choice to either administer services on site at the school or facilitate ACCESS referrals. We expect that referrals to FIT providers will go up as a result of our presence in schools, not that we will supplant any community based provider services.

Broader vision for the program

Looking to place a clinician in the school or have access to a clinician for every school in the County within the next several years.

What schools have been chosen for the initial cohort?

High Schools:

- Cordova HS: 1855 enrollment (FCUSD)
- Hiram Johnson HS: 1661 enrollment (SCUSD)

Middle Schools:

- Mills Middle School: 769 enrollment (FCUSD)
- James Rutter Middle School: 927 enrollment (Elk Grove USD)

Elementary Schools:

- Ethel Baker ES: 597 enrollment (SCUSD)
- Isleton Elementary School: 170 enrollment (River Delta USD)
- Noralto Elementary: 478 enrollment (TRUSD)
- Samuel Kennedy Elementary School: 985 enrollment (Elk Grove USD)
- Taylor Street Elementary School: 209 enrollment (Robla SD)
- Woodbridge: 581 enrollment (TRUSD)