

BEHAVIORAL HEALTH A-TEAM

Action Report 2020-2021

About the Behavioral Health A-Team & Mental Health 101

Since 2011, the Behavioral Health Alignment Team has worked to promote the embedding of social emotional skill development into Metro Nashville Public Schools and explored systemic solutions to the ever-increasing demand for mental health supports and services for children in public schools.

One component of this strategy was first introduced by the A-Team in 2011 as *"The Other Side of the Report Card,"* a campaign designed to create awareness about emotional wellness and prepare any and all school or district personnel to identify and address students' mental health concerns by connecting them to the appropriate resources.

In 2020, the A-Team identified a critical need for updated training material and created a tactical plan to begin working toward this goal. A thorough review and thoughtful update was initiated with the purpose of creating a timely and relevant training for use by MNPS staff, teachers, and administrators across the district.

In December 2020, the Behavioral Health A-Team launched the district's new **Mental Health 101 Training** as an online learning module accessible to anyone within Metro Nashville Public Schools!

What's New with Mental Health 101?

- The training was reimagined and updated by A-Team members, experts on the topic of children's mental health, to include new information and resources that are readily available to school faculty and staff.
- Student voice and a strong equity framework helped to guide the revision of the material, making it more relevant and authentic to their day-to-day lives in MNPS.
- Strategies for adult self-care were integrated to encourage district personnel to seek support as needed for themselves.
- The training was originally designed as an in-person professional development. However, due to COVID-19, the Team pivoted to creating it as a virtual, asynchronous online learning module accessible through Schoology.
- Thanks to buy-in from district leadership, *Mental Health 101 Training will be required for all Metro Nashville Public Schools staff during the 2021-22 school year!*

“ THE OUTCRY FOR MORE TRAINING AND SUPPORT AROUND MENTAL HEALTH HAS BEEN LOUD AND CLEAR FOR YEARS. **MENTAL HEALTH 101 HELPS US TO ENSURE THAT, THROUGHOUT THE DISTRICT, EVERYONE HAS SHARED LANGUAGE AND FOUNDATIONAL UNDERSTANDING WHEN IT COMES TO HELPING SOMEONE IN NEED. ”**

—Kathy Gracey, Co-Chair, Behavioral Health A-Team

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Mental Health 101 Outcomes & Goals

Through analysis of demographics and pre- and post-survey data, the Behavioral Health A-Team was able to measure the success of the Mental Health 101 training based on the following goals created by the team:

Provide training to 1500 teachers & staff in the first year.

✓ Due to accessibility and demand, the A-Team dramatically exceeded this goal with more than **7,400** completing the module in the first half of 2021!

60% Classroom Teachers	15% School Support Staff
5% School Administrators	6% District Support Staff
3% Counselors/ MH Providers	11% Other Professionals

Increase teacher & staff awareness about mental health.

✓ **95%** of post-assessment respondents agreed that the training program was effective in increasing awareness about mental health and wellness.

Increase teacher & staff knowledge of how to recognize and respond to mental health issues.

✓ After training, **90%** of respondents felt confident in their ability to recognize mental health issues and **95%** said they were more confident in what to do when they arise.

Increase teacher & staff awareness about community and school-based resources related to mental health.

✓ **96%** of participants said they knew how to access mental health resources for students following the Mental Health 101 training module.

Long-Term Impact of Mental Health 101

The Behavioral Health Alignment Team plans to adapt the training for families and community partners in 2021-2022. In the long-term, the A-Team believes that continued district-wide implementation of the Mental Health 101 training will help to generate the following benefits:

- Increase in students receiving referrals for services through the collaborative referral system.
- Increase in faculty and staff trained in trauma-informed care and mental health first aid.
- Decrease in suicidal thoughts and attempts within the general student population and high-risk sub-populations.

2020-2021 Behavioral Health A-Team Members

Alignment Team Co-Chairs:

Kyla Krengel, Metro Nashville Public Schools
Kathy Gracey, Vanderbilt University Medical Center

Alignment Team Members:

DeMonica Coverson, Metro Nashville Public Schools
Dr. Mary Crnabori, Metro Nashville Public Schools
Charity Ingersoll, Vanderbilt University Medical Center
Dr. Carrie Mason, Nashville Education Rights Project
LaSeanda Sanders, Metro Nashville Public Schools
Dr. Khushbu Shah, Vanderbilt University Medical Center
Derrick Williams, Metro Nashville Public Schools

Alignment Team Staff:

Glen Biggs, A-Team Manager, Alignment Nashville
Lwam Tecleab, A-Team Data Manager, Alignment Nashville