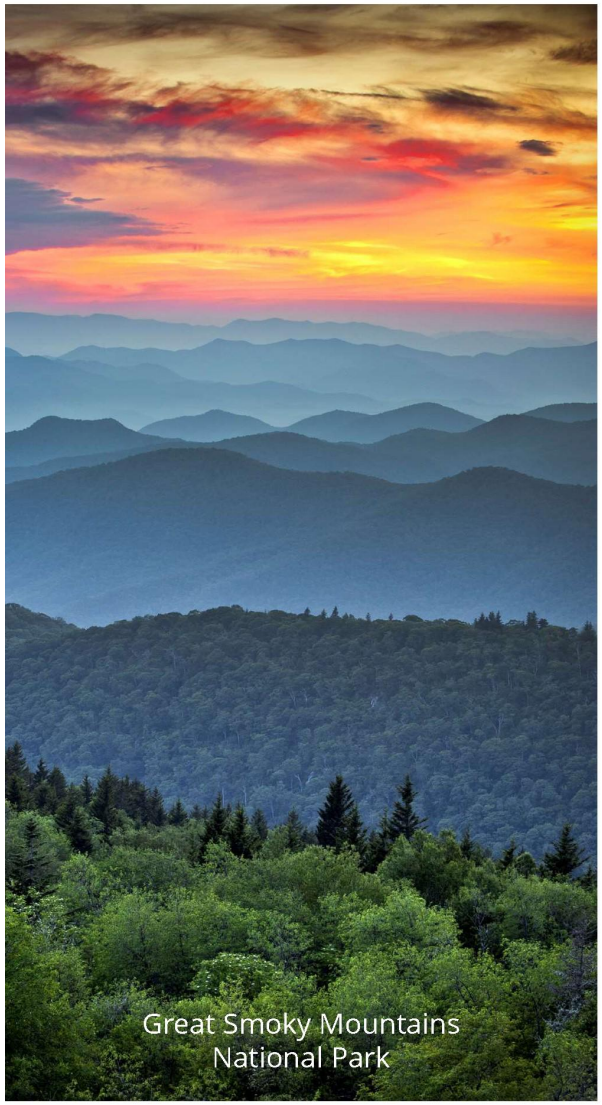


Mental Health Services for K-12 Students

Presented to: House Education Instruction Committee

February 27, 2024

TN Department of Mental Health & Substance Abuse Services

Tennessee v. Meta
Case No. 23-1364-IV
PX-10027

TN Department of Mental Health & Substance Abuse Services

OUR MISSION:

Creating

COLLABORATIVE PATHWAYS TO

RESILIENCY, RECOVERY, and INDEPENDENCE

for Tennesseans living with mental illness and substance use disorders

OUR VISION:

A STATE

of resiliency, recovery, and independence

IN WHICH

TENNESSEANS

living with mental illness and substance use disorders

THRIVE

Department of Mental Health & Substance Abuse Services

AS A DEPARTMENT, WE VALUE:

CUSTOMER FOCUSED:
An unwavering commitment to keep patients and those who serve them ***at the forefront of every decision.***

INTEGRITY:
Honesty and truth in all we do.

INSPIRED PURPOSE:
The ***call to action*** in service of a cause greater than one's self.

EXCELLENCE:
The ***highest standards*** for services, efficiency, and conduct.

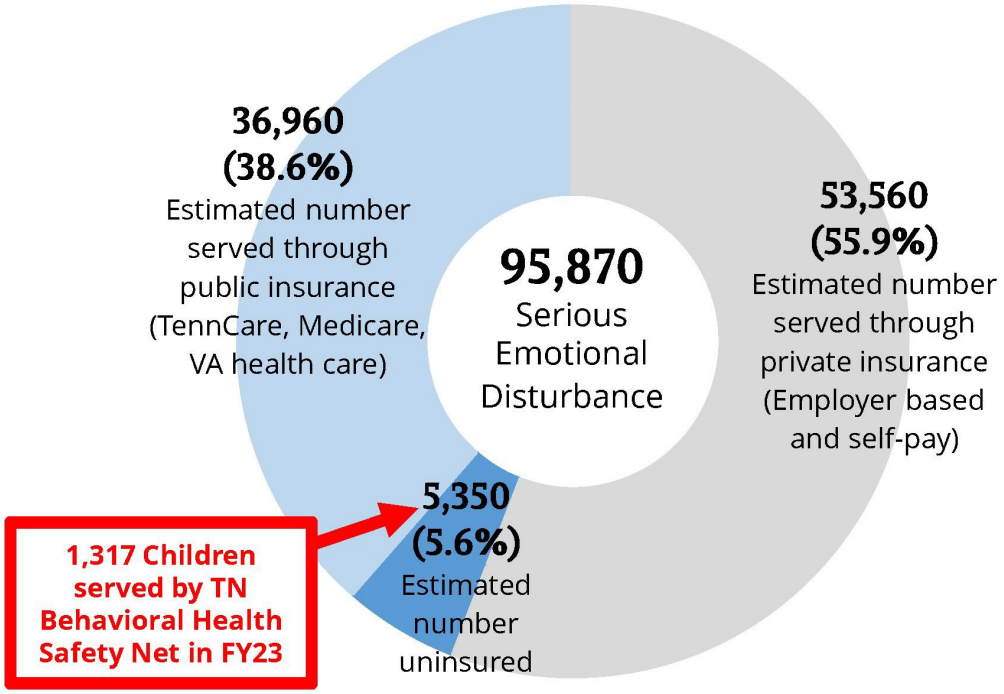
COMPASSIONATE AND EFFECTIVE LEADERSHIP:
The commitment to ***make effective decisions and inspire others*** through active listening and empathy.

SOLUTIONS AND OUTCOMES-ORIENTED:
The ***commitment to positive outcomes and meaningful changes*** in response to the critical needs of the Tennesseans we serve.

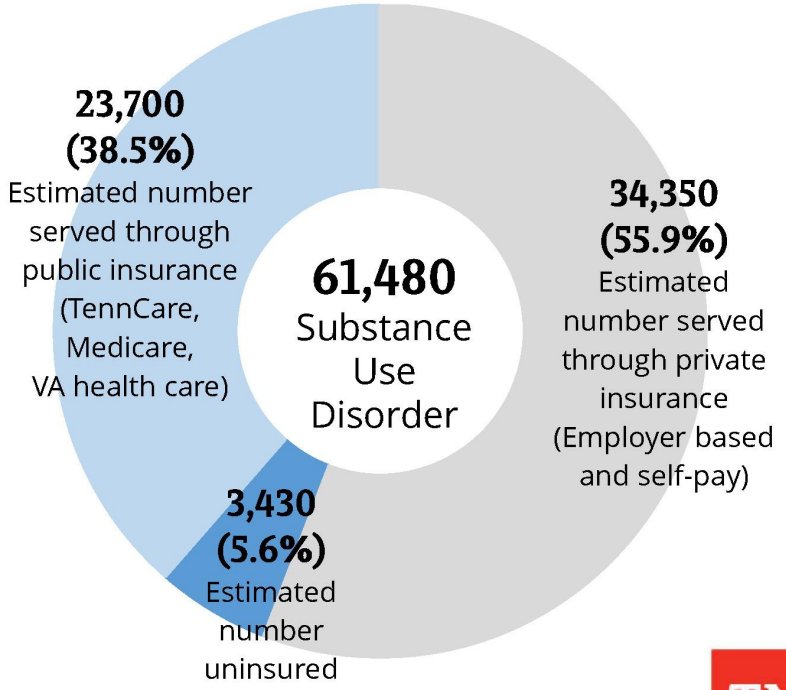
PARTNERSHIP:
Beyond teamwork, ***collaboration based on mutual success*** to the benefit of the Tennesseans we are blessed to serve.

Continued Efforts to Close the Gap

2021 Tennesseans, **children and youth ages 9-17**:
95,870 estimated with Serious Emotional Disturbance (SED)
(12.0% of 798,956 Tennesseans ages 9-17)



2021 Tennesseans, **children and youth ages 12-17**:
61,480 estimated to have a substance use disorder (SUD)
(11.6% of 532,270 Tennesseans ages 12-17)



Sources: SAMHSA/Hendall 2021, National Survey on Drug Use and Health 2021, U.S. Census population estimates for Tennessee 2021. Upper Confidence Limit used to calculate estimates.

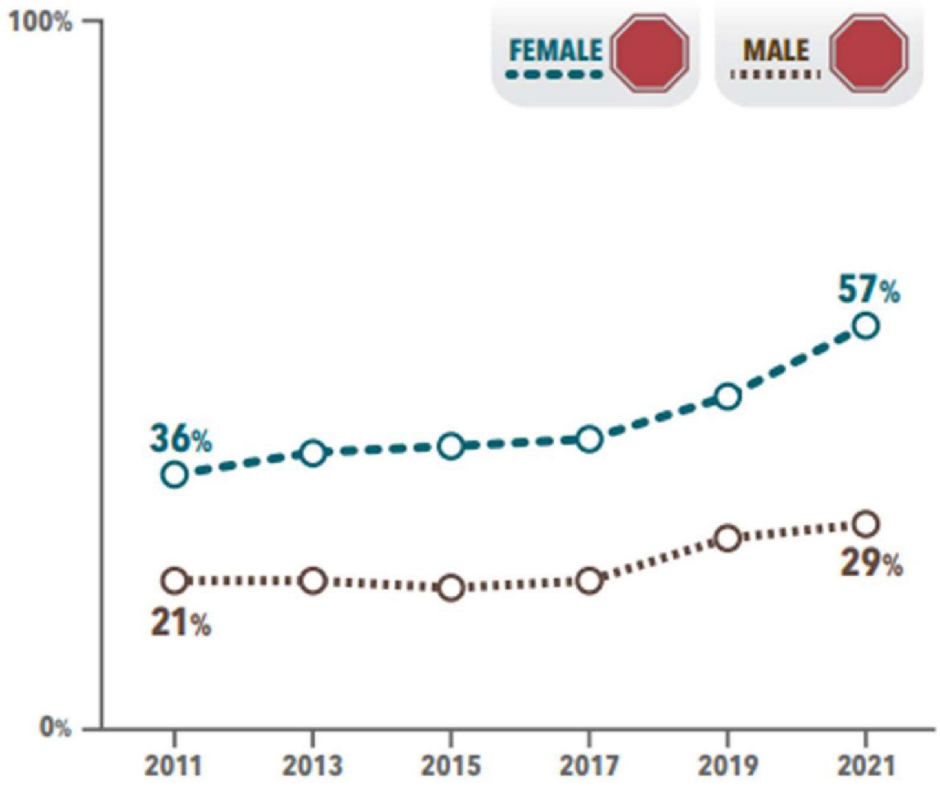
Persistent Sadness or Hopelessness

Continuing Pre-Pandemic Trends
More and more high-school age youth are reporting feelings of persistent sadness or hopelessness in the past year.

Higher Prevalence Among Teenage Girls
Latest study shows rates for females to be about double that of males.

Data from 2021 YRBS released February 2023.

TN Department of Mental Health & Substance Abuse Services



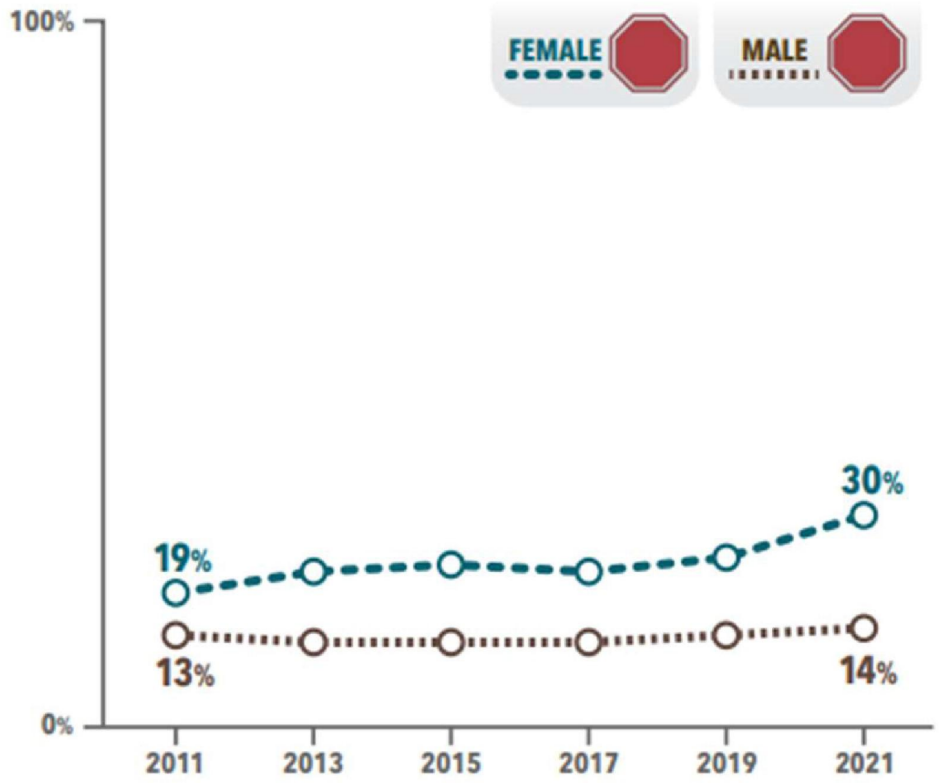
Youth Seriously Considering Suicide

Continuing Pre-Pandemic Trends
About one in three high-school aged girls report having **seriously considered attempting suicide** in the last 12 months..

Higher Prevalence Among Teenage Girls
Significant increase among high school aged girls while rates among boys have stayed about the same.

Data from 2021 YRBS released February 2023.

TN Department of Mental Health & Substance Abuse Services

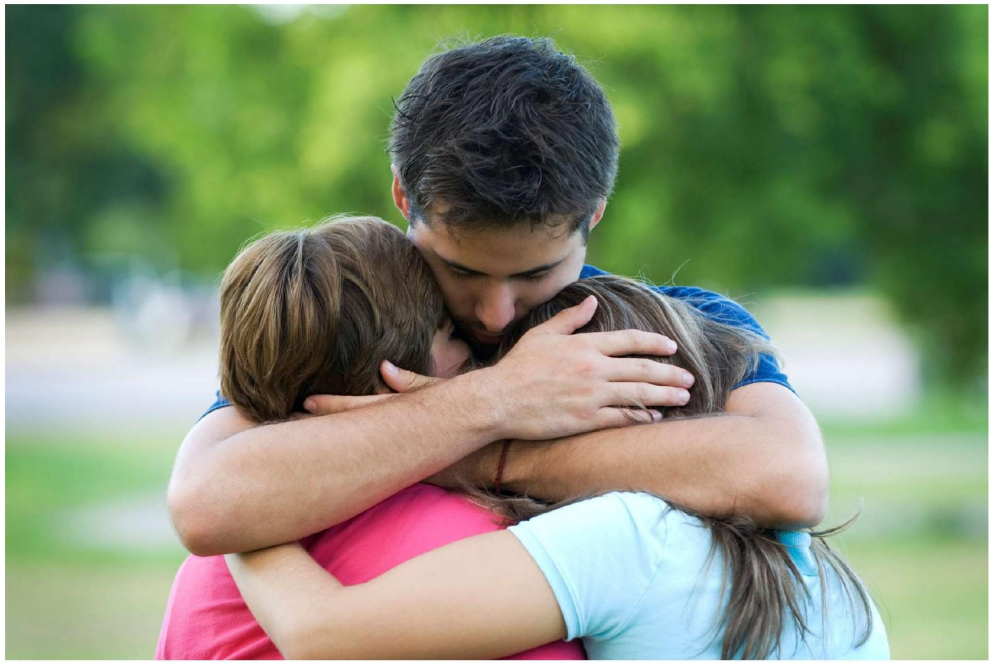


Top Overall Concerns

43% Education and school quality

39% Bullying, including cyberbullying

37% Child mental health and suicide



Top Education Concerns

51% My child's learning and educational progress

50% My child's social and emotional well-being

38% My child's feelings of safety at school

Top Concerns of Tennessee Parents

Department of Mental Health & Substance Abuse Services

Data from Vanderbilt Center for Child Health Policy 2024 Child Health in Tennessee Poll

Your Investments Make a Difference

Tennessee ranks #1 Youth Mental Health Care

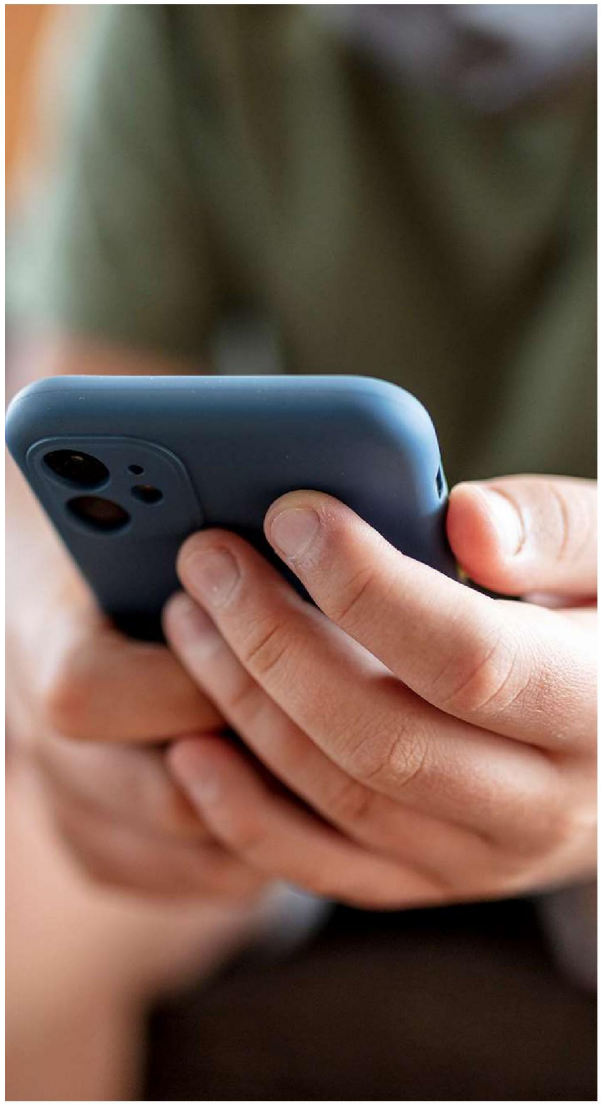
Overall ranking based on access to and cost of mental health care and lower rates of mental health issues among Tennessee youth.



Link to Rankings

Study looked at data from SAMHSA, CDC, National Center for Health Statistics, US Census Bureau, and Google Trends search volume.

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External Impacts on Student Mental Health

Examining Social Media, Smartphones, and More

[Information and Data from U.S. Surgeon General's Advisory on Social Media and Youth Mental Health]

TN Department of Mental Health & Substance Abuse Services

Adolescent and Teen Social Media Use

95% 13-17 Year-olds use social media, **33%** of them say they use it **"almost constantly"** and **40% of 8-12 year-olds** use social media even though the age restriction is technically 13, but the research paints a mixed picture with negatives and positives for young people.

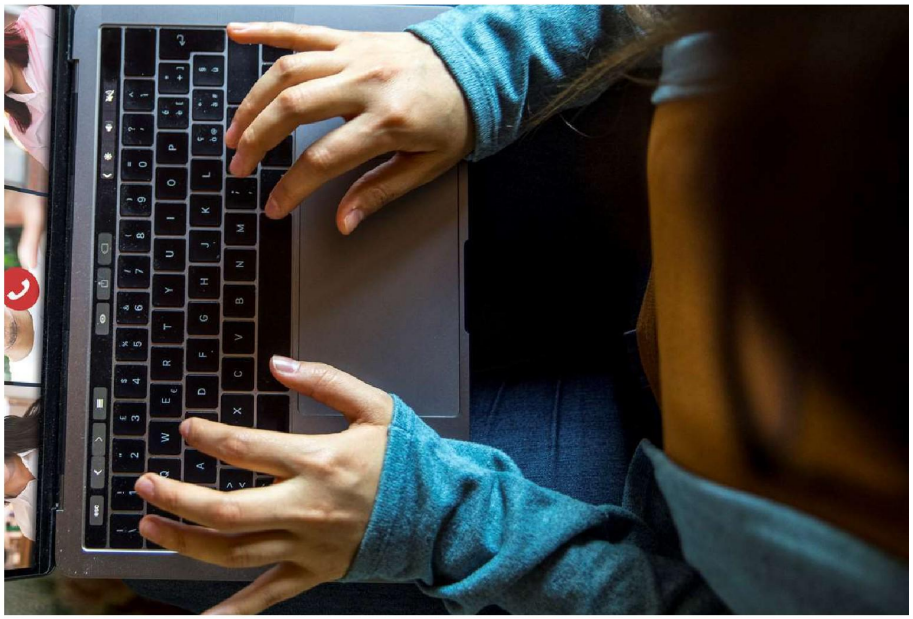
Potential Benefits

- Feeling Accepted
- Feeling Supported
- Easier Connection with Friends
- Easier time showing personality or creativity

Potential Concerns

- Disruption of Healthy Living: Sleep, Physical Activity, Eating
- Time Spent on Devices
- Concerning Content
- Open to Negative Interactions

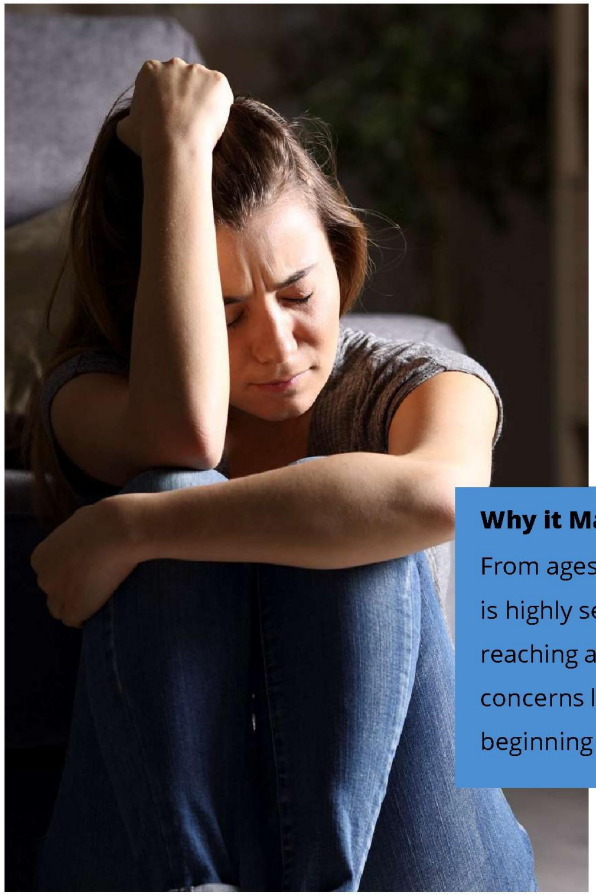
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Social Media Effects

In a large cohort study and systematic review of the limited research that exists, adolescent social media use is **predictive of a decrease in life satisfaction** for girls 11-13 and for boys 14-15

3+ Hours of use per day led to **double the risk of poor mental health outcomes** including symptoms of depression and anxiety.



Why it Matters

From ages 10-19, brain development is highly sensitive with risk-taking reaching a peak and mental health concerns like depression and anxiety beginning to emerge.

TN Department of Mental Health & Substance Abuse Services

Mixed Results

46% Said social media makes them **feel worse**

14% Said it makes them **feel better**.

Unique Impacts for Teen Girls

6 in 10 Girls say they have been contacted by a stranger on social media in ways that make them feel uncomfortable.

1/3 Of girls 11-15 say they feel addicted to social media

Devices Drive Sleep Deprivation

1 in 3 adolescents surveyed report a negative impact on sleep.



Social Media Effects on Teens

In a large representative survey of 13-17 year-olds, researchers noted several concerning impacts of social media.

TN Department of Mental Health & Substance Abuse Services

Key Takeaways

The U.S. Surgeon General's Advisory on Social Media and Youth Mental Health does a great job of aggregating the research and identifying gaps where effects are still unknown. Access the report at this link: HHS.gov/surgeongeneral/priorities/youth-mental-health/social-media

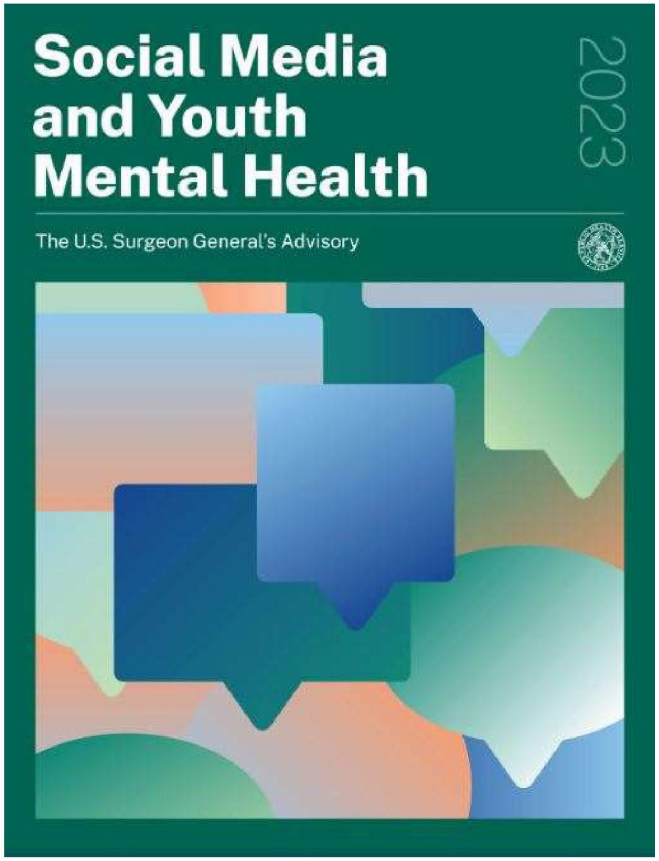
For Parents

- Create a family media plan
- Create Tech-Free Spaces
- Encourage In-Person Relationships
- Model Responsible Social Media Behavior
- Report Cyberbullying and Online Abuse and Exploitation

For Policymakers

- Strengthen protections and develop age-appropriate safety standards
- Require higher standards of data security for children
- Limit access and minimize risk of harm to children

TN Department of Mental Health & Substance Abuse Services




Key Investments in Children's Mental Health
TN
Department of
Mental Health &
Substance Abuse Services
Little Pigeon River, East Tennessee

Investments in Children's Mental Health

The Lee Administration and the Tennessee General Assembly have made immense and life-changing investments in mental health services for Tennessee's Children and youth. The FY24 TDMHSAS budget represents **more than $52.7 million** dedicated to mental health and substance use services for children and youth.

Investing in Direct Services

$11M School-Based Behavioral Health Liaisons – program expanded twice with investments in FY21 ($3M) and FY24 ($8M).
$7.6M Behavioral Health Safety Net for Uninsured Children (FY21). These services include assessment, therapy, care coordination, medication management, family support services, pharmacy assistance and coordination.
$6.5M Tennessee Resiliency Project (FY22) – Funded early childhood mental health, school-based programming, and enhanced crisis care.

Investing in Crisis Services

$10M Children and Youth Crisis Stabilization Units/Walk-In Centers ($5M in FY24 and $5M in FY25)

Investing in Prevention & Mental Health Promotion

$625,000 TN Suicide Prevention Network Expansion (FY20)
$500,000 Youth and Young Adult Mental Health Promotion (FY20)

TN Department of Mental Health & Substance Abuse Services



School-Based Behavioral Health Liaisons

Department of Mental Health & Substance Abuse Services

Expanding, Again!

With a **$3M investment in FY21**, we were able to place at least one liaison in every county. **In FY23, we reallocated $4M** to increase the number of positions to 159.5. **With $8M investment in FY24**, we are adding 114 positions for a total of **273.5 Liaisons.** Governor Lee has included an additional **$6M** investment in his FY25 budget and an additional **$2M** from the K-12 Mental Health Trust Fund.

FY23 Numbers Served

(July 1, 2022 – June 30, 2023)

23,438 Students Served

93,658 Total Interventions

3,489 Referrals to Community Supports

1,023 Referrals to Behavioral Health Services



Because liaisons are connected to community mental health centers, they can connect families to services and serve as a resource for teachers.

School-Based Behavioral Health Liaisons

Lee Administration Investments

FY21	FY23	FY24
+$3M	+$4M	+$8M

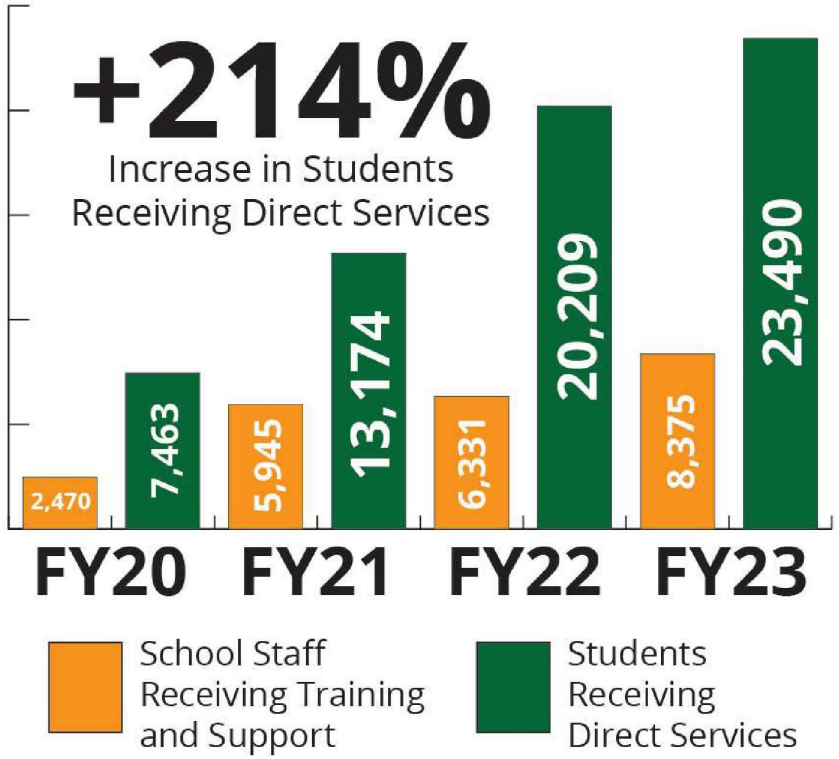
CURRENT FY24 FUNDING (STATE & FEDERAL) **$23M**

TOTAL LIAISONS 274

Outcomes that Matter

- Reduced Discipline Rates
- Reduced Truancy
- Increased Academic Success
- Increased Graduation Rates

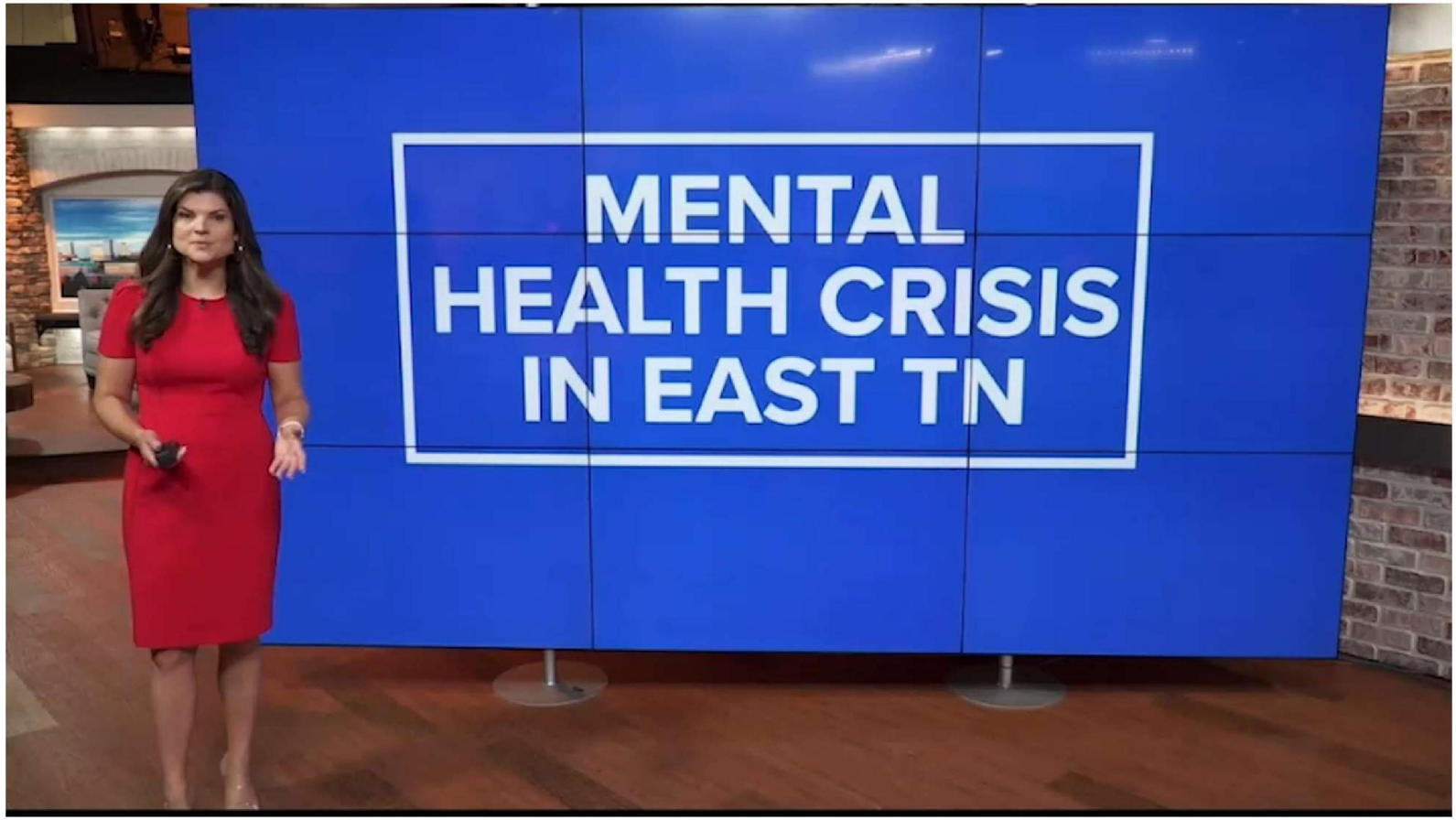
Connection with Behavioral Health Resources



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School-Based Behavioral Health Liaisons

Knoxville Success Story



Project B.A.S.I.C

Project B.A.S.I.C. is a school-based, mental health prevention and early intervention service that focuses on the promotion of mental health in children in the earliest school grades (K-3rd grade). A child development specialist (CDS), employed by a community mental health agency, works full-time in an elementary school to promote Pyramid Model practices and implementation.

Early Intervention for Success

In FY24 YTD, **1,543 Tennessee children received individual or group sessions** in social emotional skill development through the B.A.S.I.C. program.

Program Design

Identification and referral of children with serious emotional disturbance (SED), teacher consultation, student consultation, positive school climate activities & classroom mental health promotion presentations.

TN Department of Mental Health & Substance Abuse Services



Youth Suicide Prevention

Multiple training and awareness programs through Centerstone, the Jason Foundation, Mental Health Association of East Tennessee reached more than 330,000 Tennesseans in FY23.

Erase the Stigma

Presented through a contract with Mental Health America of the Midsouth, this mental health awareness curriculum reached more than 9,500 youth in FY23 YTD.

Violence and Bullying Prevention

Offered for 4th-8th graders at select schools in Middle Tennessee through Centerstone, this evidence-based program reached more than 3,200 students in FY24 YTD.



Youth Mental Health Promotion and Suicide Prevention

TN Department of Mental Health & Substance Abuse Services

Education and prevention work with young people in schools is essential to addressing mental health needs and creating a climate conducive to academic success.

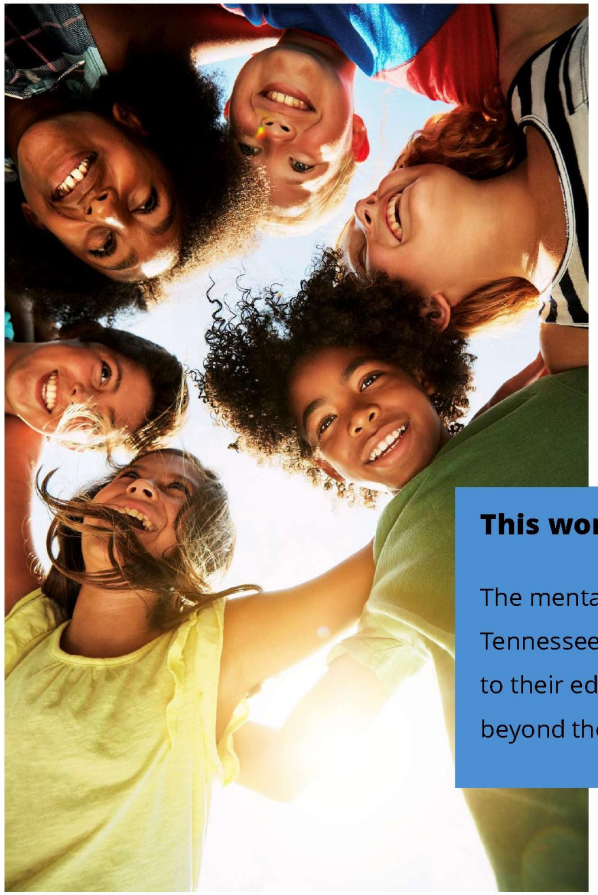
K-12 Mental Health Trust Fund

$250M investment in FY22 Established to provide mental health supports to students in primary and secondary schools in this state for generations to come.

Proceeds from the investment are available to TDMHSAS, in consultation with TDOE, for services for K-12 students.

Conducted comprehensive needs assessment was conducted with school districts, community mental health providers.

TDMHSAS has issued first Announcement of Funding for one-time infrastructure ($4M total available) and will be issuing another AOF for recurring funding ($2M total) soon.



This work is ESSENTIAL!

The mental health of all Tennessee students is essential to their education and success beyond the classroom.

TN Department of Mental Health & Substance Abuse Services

Tennessee Resiliency Project

Governor Lee and the TN General Assembly allocated $6.5M in new state funds in FY22 to create and expand services for children and youth while the Trust Fund was gearing up.

Areas of Focus

- School-Based Services
- Emergency Psychiatric Services
- Early Intervention Services

Allocation Process

Available funding under this announcement was divided proportionally among the department's seven planning regions based on the number of children and youth living in each region.

Local Program Design

Grantees were instructed to collaborate with community stakeholders including local education authorities and other partners to design proposals that would have the greatest impact and address outstanding needs.

TN Department of Mental Health & Substance Abuse Services

Grantee	Program	Amount
Frontier Health (Region 1)	Expanding School-Based Behavioral Health Liaisons and Project BASIC, Enhancing Crisis Care	$424,000
McNabb Center (Region 2)	Creating three Crisis Response Teams which will partner with schools, East Tennessee Children's Hospital, and detention centers	$1.1 Million
Volunteer Behavioral Health (Region 3)	Expanding School-Based Behavioral Health Liaisons and Project BASIC	$900,000
TN Voices (Region 4)	Expanding Child Care Consultation	$623,000
Volunteer Behavioral Health (Region 5)	Expanding School-Based Behavioral Health Liaisons and Project BASIC	$594,000
Prevention Coalition for Success (Region 5)	Integrating a Family Support Specialist into the Family Preservation Initiative to work with youth and families in the juvenile court system	$200,000
Youth Villages (Region 5)	Creating an enhanced crisis coordination team	$426,000
TN Voices (Region 5)	Expanding Child Care Consultation and adding one new School-Based Behavioral Health Liaison	$609,000
Pathways (Region 6)	Expanding observational and consulting services, adding one new School-Based Behavioral Health Liaison and four project liaisons	$500,000
TN Voices (Region 7)	Expanding Child Care Consultation	$1 Million

Behavioral Health Safety Net for Children

Providing Essential Mental Health Services to Uninsured or Underinsured Tennessee Children Ages 3-17. **1,300+ Tennessee youth served in FY23.**

New Service Created in FY21

Gov. Lee and General Assembly invested $7.6M in state funds

Available Services

Evaluation, Individual Therapy, Group Therapy, Family Therapy, Case Management, Transportation, Family Support Services, Psychiatric Medication Management, And Pharmacy Assistance And Coordination

TN Department of Mental Health & Substance Abuse Services



Still image from Children's BHSN Media Campaign

Options in a Crisis

Tennessee is blessed with a robust Crisis Services Continuum, and that extends to our youngest Tennesseans in need of emergency mental health support.

Statewide, 24/7 Youth Mobile Crisis

Statewide, 24/7 mobile crisis services for Tennessee children and youth are provided through Youth Villages, Mental Health Cooperative, Frontier Health, and McNabb Center. Crisis providers conducted **14,000+ assessments** for Tennessee children and youth in FY23 with more than **70% diverted** to less-intensive, clinically appropriate care options.

Increased Connection though 988

In the first year of 988 in Tennessee, people reaching via chat nearly doubled (**10,824 in FY23**) while **text was up nearly 500% (12,087 in FY23).**

TN Department of Mental Health & Substance Abuse Services



Children and Youth CSU and Walk-In Centers

These specialized options offer families a place for assessment and treatment outside of longer-term hospitalization. TDMHSAS has $5M in FY24 to add two new facilities and has $5M for operational funding in the FY25 budget proposal.

Crisis Stabilization Units (CSU) serve children who are experiencing a psychiatric emergency and who are in need of short-term stabilization, up to five days.

Crisis Walk-In Centers offer 24/7/365 crisis triage, assessments, and evaluations and crisis interventions up to 23 hours.

Knoxville Pilot Project: Established with a federal grant and state support for infrastructure, McNabb opened Tennessee's first CSU/WIC for children in 2022 at East Tennessee Children's Hospital in Knoxville (pictured right). 1,875 children and families were served in the first year.

TN Department of Mental Health & Substance Abuse Services



Early Childhood

Early intervention is key to success in working with children. TDMHSAS wholeheartedly believes this and is continuing to invest in early childhood interventions that are evidence-based and impactful. One of the 3 key focus areas for our $6.5M Tennessee Resiliency Project (new in FY22) was early childhood intervention.

Regional Intervention Program

Since 1969, the Regional Intervention Program, RIP for short, has been helping parents and families overcome challenging childhood behaviors.

RIP Outcome Measures

In exit surveys, families rate their child's behavior change at 9.5 on a 10 point scale. 100% of parents at all 9 RIP locations say they would recommend the program.

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Pictured above: The RIP "Mothership" location in Nashville's Crieve Hall neighborhood.

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TN.gov/behavioral-health



Don't hesitate to reach out!

TN Department of Mental Health & Substance Abuse Services

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

– Margaret Mead