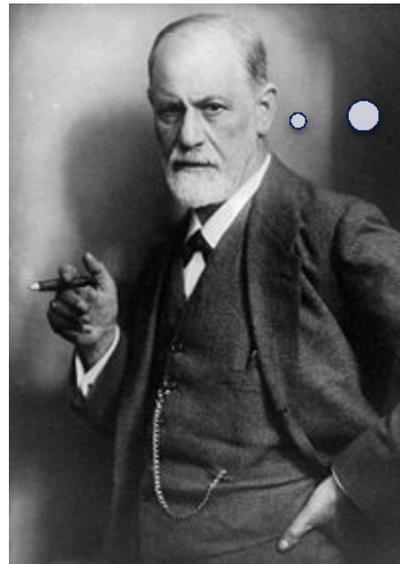


# What Would Freud Think?

## The Development and Impact of a Coordinated School Health, Mental Health Tool



Sigmund Freud, by Max Halberstadt, 1921, from [http://en.wikipedia.org/wiki/Sigmund\\_Freud](http://en.wikipedia.org/wiki/Sigmund_Freud)

Isabelle Barbour, MPH  
Oregon Public Health Division

# Here are my plans for you!

- Reflect on your experiences with CSH, school mental health or combining the two
- Name two benefits of using Coordinated School Health (CSH) to address mental health
- Describe one strength and one limitation of Oregon's School Mental Health Inventory (SMHI).



## Pair Share

- Do you have experience with Coordinated School Health?
- Do you have experience with school mental health?
- Have you addressed school mental health using CSH?

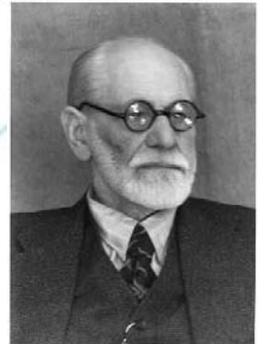
"I think schools are becoming more understanding of this mental health piece, we have to look at that because that has such an impact on the academic piece. It is so interlaced that you can't pull it apart."

- *Assistant Principal, High School,  
Oregon / Focus group 2010*



# Oregon's CSH Program

- Healthy Kids Learn Better ([hk1b.org](http://hk1b.org))
- Started 2001
- CDC Cooperative agreement 2003-2008
- Seated in the Public Health Division



# Why mental health?

This (CSH) is great but can you help me with mental health?

- Oregon Educator

More than half of U.S. adolescents who fail to complete high school have a diagnosable psychiatric disorder

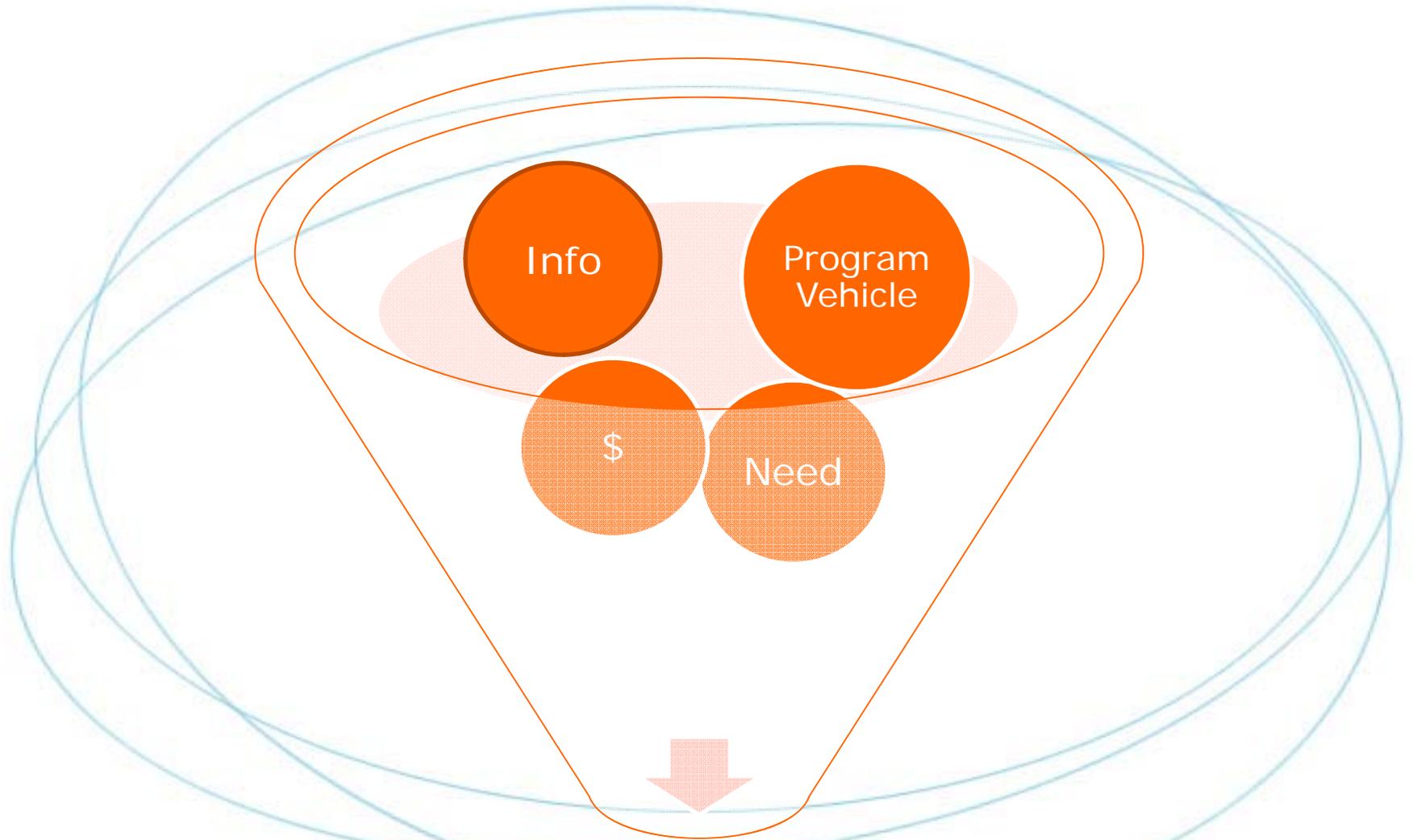
-Stoep, Weiss, Kuo, Cheney, Cohon  
2003

Common sense and respect for our fellow humans tells us that a focus on the positive aspects of mental health demands our immediate attention.

- Mental health: a report of the Surgeon General. 1999

# This project was organized around: Coordinated School Health





Mental Health Demonstration Project

# School Health Index

## Purpose

**The School Health Index will help schools:**

- Identify the strengths & weaknesses of a school's policies, procedures, & programs related to physical activity, nutrition and tobacco use prevention, asthma, and safety.
- Develop an action plan for improving health efforts at a school.
- Involve teachers, families, students, and the community in improving school policies, programs & services.

# SMHI Development

Research

Partnership

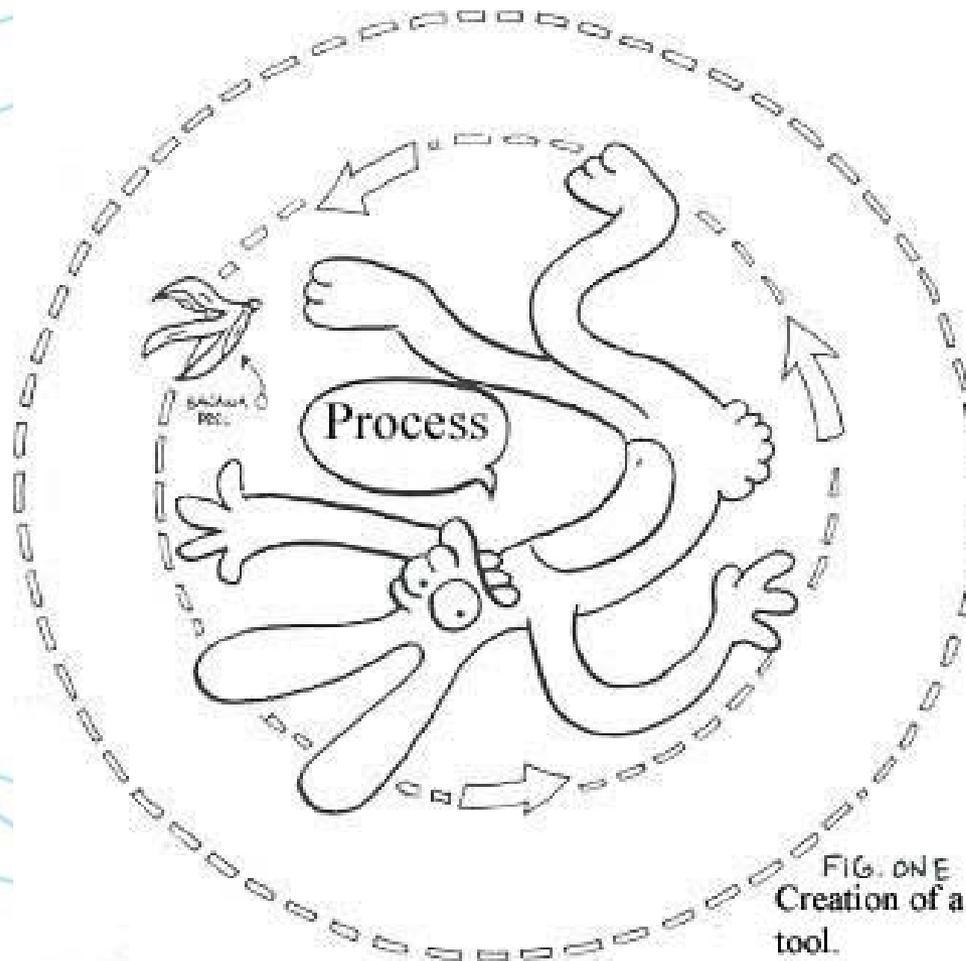
Advisory Groups

Revision

Repeat, Repeat, Repeat. . .



# Participation Early and Often



Adapted from Matt Groening 1990

# Tool Implementation

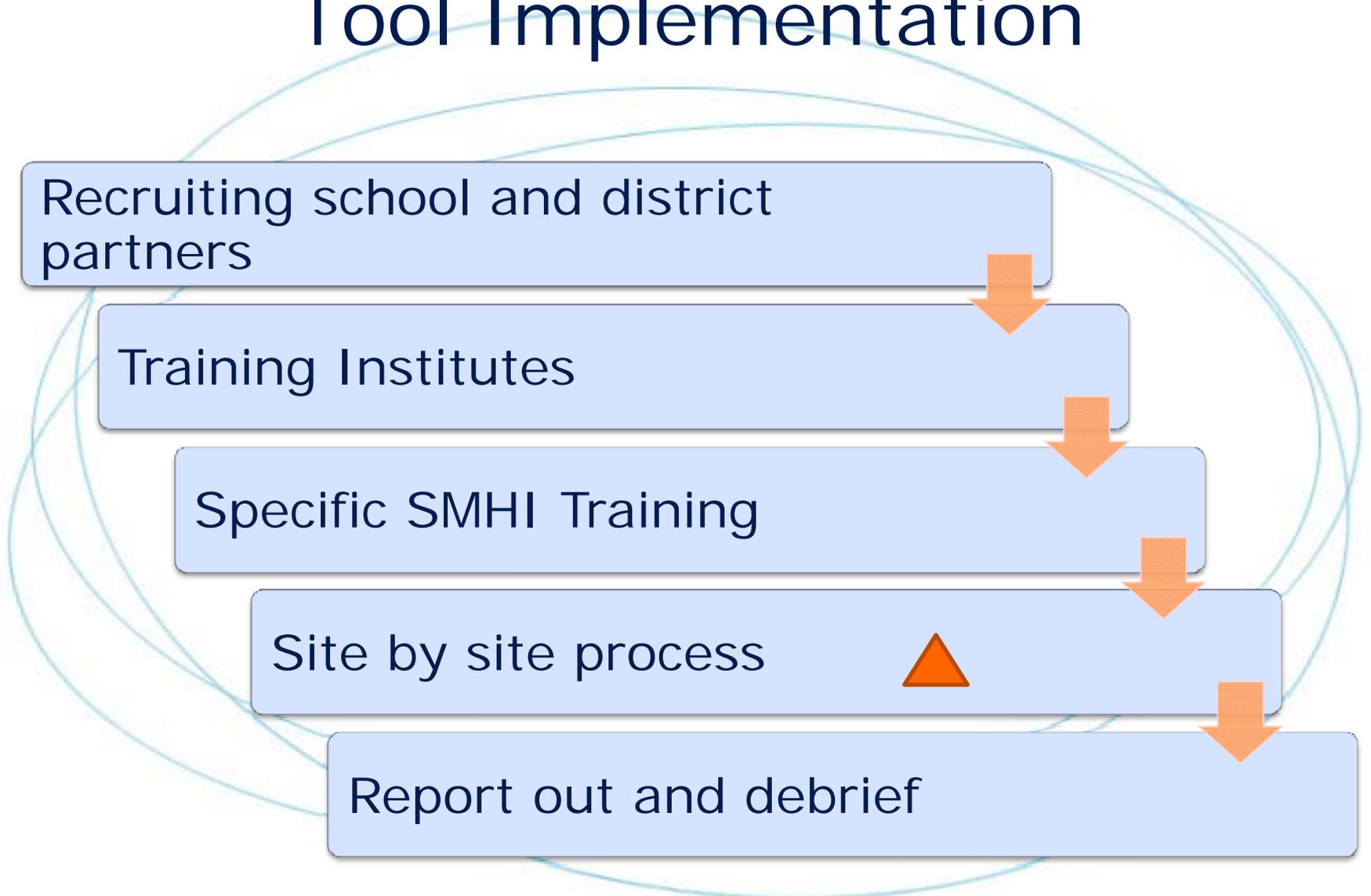
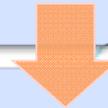
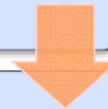
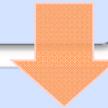
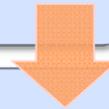
Recruiting school and district partners

Training Institutes

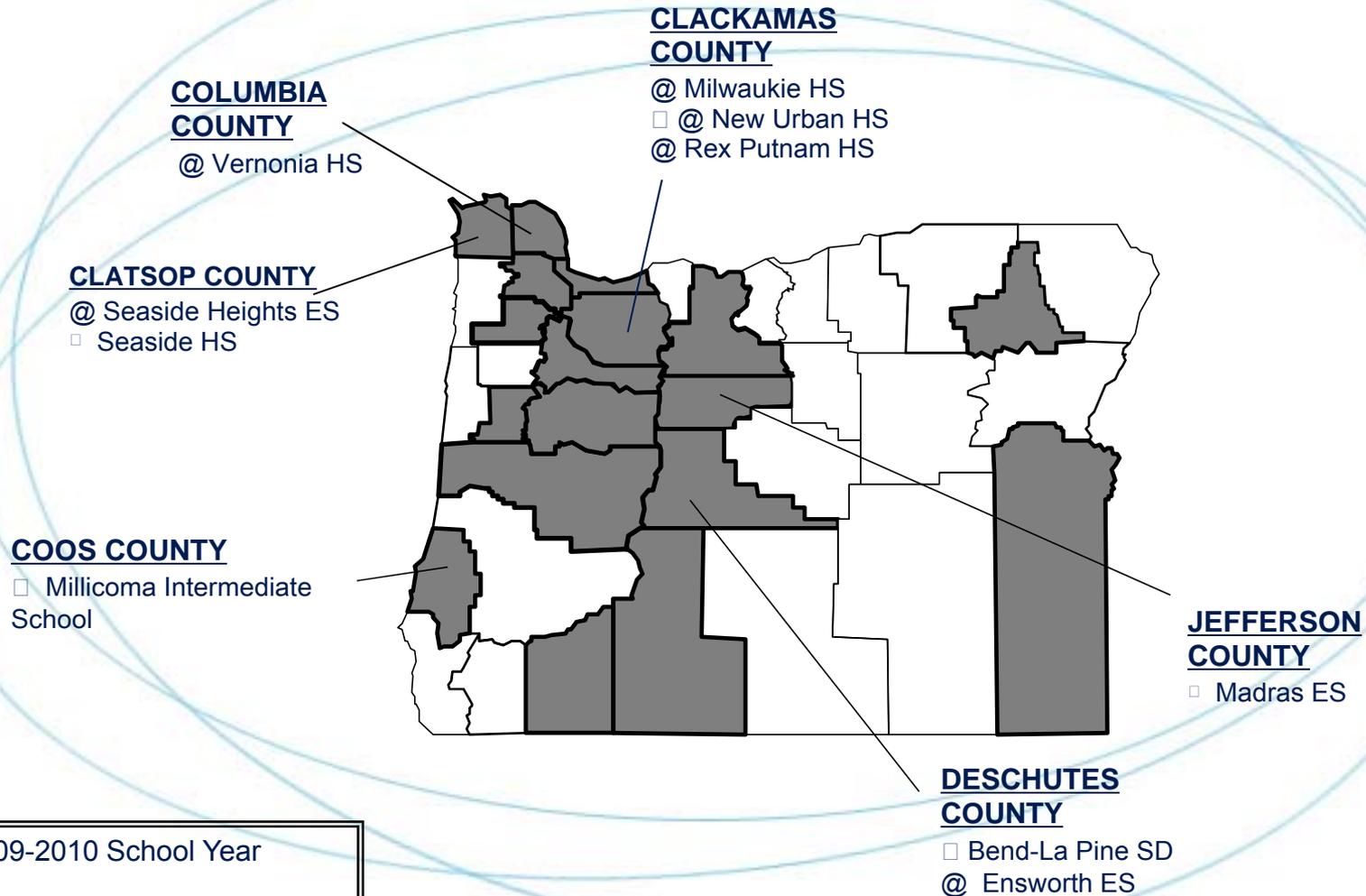
Specific SMHI Training

Site by site process

Report out and debrief



# CSH- Mental Health Demonstration Schools



# 2009-2010 School Year

@ 2008-2009 School Year

□ 2006-2007 School Year

# Healthy Kids Learn Better Institute Steps

**Mobilize (SHAC)**



**Analyze (Data & SMHI) ■**



**Strategize (Evidence-Based  
Practice)**



**Prioritize (Action Plan)**



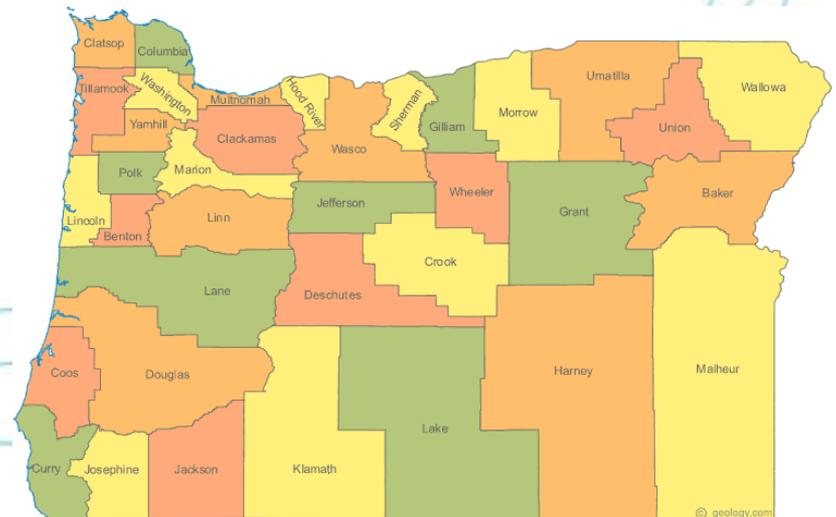
**Implement/Evaluate (SMART)**

# Evaluation

- Institute Evaluations
- Focus Group 2008 
- SMHI Module review sheets 2009-2010
- Focus Groups 2010
- Key Informant Interviews 2010

# The North Clackamas Cohort

- 3 high schools, 1 district
- Train the Trainer Model
- Coordinator
- 2008-2010



# SMHI-School Level Project Examples

- Implementation of evidence-based suicide prevention program
- Student leadership retreat
- Integration of Mental Health in a school's mission statement
- District Suicide Prevention Protocol



# 2010 Focus Group Themes

- Increased Communication 
- Shifting the focus to mental health 
- Directing Attention towards Potential Solutions 
- Time Limitations 

# State Level Results

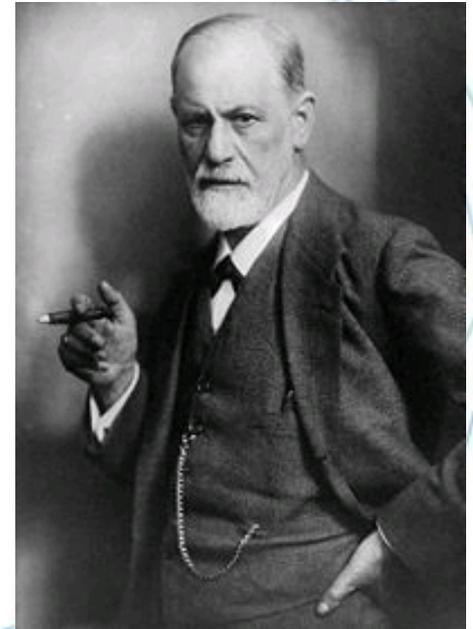
- Increased partnership with Addictions and Mental Health Partners
- Increased attention on public health expertise in mental health
- National Partnerships

“I think schools are becoming more understanding of this mental health piece, we have to look at that because that has such an impact on the academic piece. It is so interlaced that you can't pull it apart.”

- *Assistant Principal, High School,  
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# Questions?

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**971-673-0376**  
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