



# Children and Youth Subcommittee Meeting – Commission on Mental Health and Substance Use Disorder

**March 15, 2024**



FLORIDA DEPARTMENT OF  
**EDUCATION**  
fldoe.org

[www.FLDOE.org](http://www.FLDOE.org)

# Agenda

- Building Resiliency
- Student Support Pathways for Resiliency
- Rule 6A-1.094124, Florida Administrative Code (F.A.C.), Required Instruction Planning and Reporting
- Youth Mental Health Awareness Training (YMHAT)
- Rule 6A-4.0010, F.A.C., Youth Suicide Awareness and Prevention
- Mental Health Assistance Program (MHAP)



# Resiliency Updates

# BUILDING *Resiliency*

## RESILIENCY EDUCATION STANDARDS

- ✓ Character
- ✓ Personal Responsibility
- ✓ Mentorship and Citizenship
- ✓ Critical Thinking and Problem Solving

### SCHOOL STAFF TRAINING

80% or more of school staff receive youth mental health awareness training.

### MENTAL HEALTH ASSISTANCE ALLOCATION AND FLORIDA SAFE SCHOOLS ASSESSMENT TOOL

District funding and planning tools to strengthen school safety and support school staff training, services and resources.

### RESILIENCY TOOLKIT

Dynamic resources for students, parents/caregivers, educators and community partners.

### FLORIDA SPECIFIC YOUTH SURVEY

Results on students' resiliency and behaviors will inform student instruction, resources, supports, and staff training.

### RESILIENCY EDUCATION, CIVIC AND CHARACTER EDUCATION AND LIFE SKILLS EDUCATION

School districts provide 5 hours of data-driven instruction annually to students in grades 6-12 related to resiliency, character development, and mental health.



# Student Support Pathways for Resiliency

## Building Resiliency

- Currently in development are two pathways of student support and mentorship:
  - Resiliency Coach
  - Resiliency Endorsed Educator
- [March 22, 2023, Press Release](#)



# Required Instruction

## **Rule 6A-1.094124, F.A.C., Required Instruction Planning and Reporting**

- An amendment to the Required Instruction Planning and Reporting rule updated the resiliency education, civic education and character education components of required instruction.
- Resiliency Education: Civic and Character Education and Life Skills Education shifts how Florida supports the health and well-being of its students by empowering resilient students.



## **Rule 6A-1.094124, F.A.C.**

### **Required Instruction Planning and Reporting**

#### **(4) Resiliency Education: Civic and Character Education and Life Skills Education.**

(a) Civic and character education, and life skills education that builds confidence and supports mental health, are combined to develop and prepare more resilient students. The purpose of aligning these two components of statutorily required instruction is to initiate a first-in-the-nation approach to connecting the concepts of students' readiness, resiliency and, when necessary, response and recovery.

(b) School districts must annually provide a minimum of five (5) hours of data-driven instruction to students in grades 6-12 related to civic and character education and life skills education through resiliency education using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards. The instruction will advance each year through developmentally appropriate instruction and skill building and must address, at a minimum, the following topics:

## **Rule 6A-1.094124, F.A.C., Required Instruction Planning and Reporting Updates**

1. Strategies specific to demonstrating resiliency through adversity, including the benefits of service to the community through volunteerism;
2. Strategies to develop healthy characteristics that reinforce positive core values and foster resiliency such as:
  - a. Empathy, perseverance, grit, gratitude and responsibility;
  - b. Critical thinking, problem solving and responsible decision-making;
  - c. Self-awareness and self-management;
  - d. Mentorship and citizenship; and
  - e. Honesty.
3. Recognition of signs and symptoms of mental health concerns;

## **Rule 6A-1.094124, F.A.C., Required Instruction Planning and Reporting Updates**

4. Promotion of resiliency to empower youth to persevere and reverse the harmful stigma of mental health by reframing the approach from mental health education to resiliency education;
5. Strategies to support a peer, friend or family member through adversity;
6. Prevention of suicide;
7. Prevention of the abuse of and addiction to alcohol, nicotine and drugs; and
8. Awareness of local school and community resources and the process for accessing assistance.



## District Information

Miami-Dade County  
School District

Lee County  
School District

# Mental Health Assistance Program

Miami-Dade County  
Public Schools

Sally J. Alayon,  
*Assistant Superintendent,  
Office of Mental Health and  
Student Services*

The background of the slide features a large, stylized compass rose. The compass has a silver-colored metal frame and a blue arrow pointing towards the top right. The word "WELL-BEING" is written in large, bold, blue capital letters along the top right curve of the compass face. The background is composed of several overlapping geometric shapes in shades of blue and green, creating a dynamic, modern look.

WELL-BEING

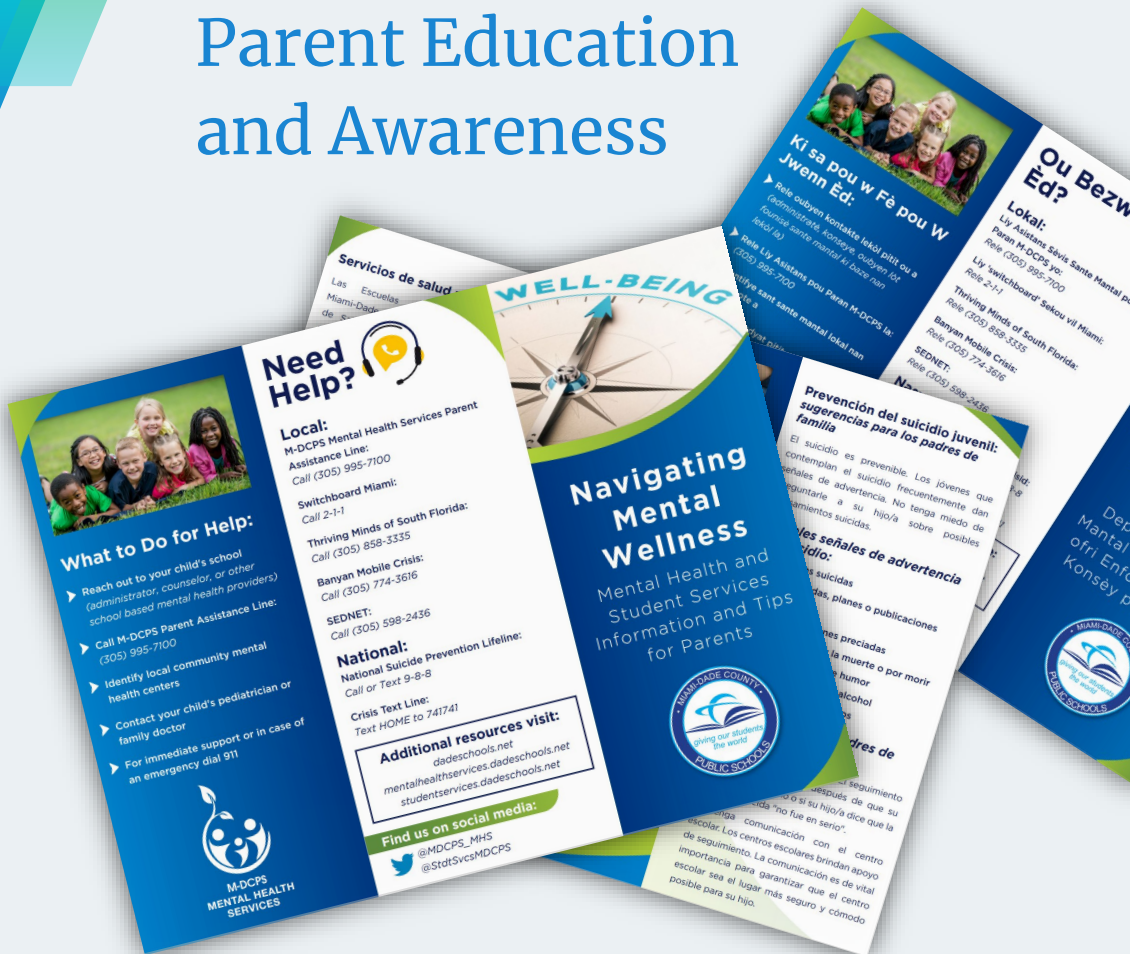
## 5 -Hour Required Instruction Implementation

- Required topics are run through Language Arts classes with the certified teacher and a mental health professional
- Utilize Suite360, research-based lessons that includes:
  - Recognition of signs and symptoms
  - Prevention of Suicide
  - Prevention of the abuse of and addiction to alcohol, nicotine, and drugs
  - Awareness of local school and community resources and the process for accessing access

Additional communication via supplementary programs, presentations, resources fairs etc.



# Parent Education and Awareness



## Mental Health Parent Assistance Line (305) 995-7100



**HOURS OF  
OPERATION**

**8:00 a.m. - 8:00 p.m.  
7 Days a Week**

**FIND US ON SOCIAL MEDIA:**



**@MDCPS\_MHS**  
#MDCPSMentalHealth

[mentalhealthservices.dadeschools.net](http://mentalhealthservices.dadeschools.net)



**M-DCPS  
MENTAL HEALTH  
SERVICES**



# School District of Lee County Mental Health Services

*Lori Brooks, Director  
School Counseling & Mental Health Services*



**PERSONAL | PASSIONATE | PROGRESSIVE**





# Five-Hour Required Instruction Implementation



- One Wednesday per month district-wide
- District developed video lessons
- Student Wellness Plan
- Parental involvement:
  - Monthly parent/guardian communication
  - Lesson video posted for parents/guardians
  - Family engagement in their student's learning
- Facilitated by certified teachers
- Support from school mental health team



# Youth Mental Health Awareness Training

## Section (s.) 1012.584, Florida Statutes (F.S.), Continuing education and in-service training for YMCHAT

- (1) Beginning with the 2018-2019 school year, **the Florida Department of Education (FDOE) shall establish an evidence-based youth mental health awareness and assistance training program** to help school personnel identify and understand the signs of emotional disturbance, mental illness and substance use disorders, and provide such personnel with the skills to help a person who is developing or experiencing an emotional disturbance, mental health or substance use problem.

## **Section 1012.584, F.S., Continuing education and in-service training for YMHA, continued**

- (2) The FDOE shall select a national authority on youth mental health awareness and assistance to facilitate providing youth mental health awareness and assistance training, using a trainer certification model, to all school personnel in elementary, middle and high schools. Each school safety specialist shall earn, or designate one or more individuals to earn, certification as a youth mental health awareness and assistance trainer. The school safety specialist shall ensure that all school personnel within his or her school district receive youth mental health awareness and assistance training.**

## Section 1012.584, F.S., Continuing education and in-service training for YMCHAT, continued

- (5) **No later than July 1, 2023, and annually thereafter by July 1**, each school district shall **certify** to the Department, in a format determined by the Department, **at least 80 percent of school personnel in elementary, middle and high schools** have received the training required under this section.



## **Rule 6A-4.0010, F.A.C., Youth Suicide Awareness and Prevention**

## **Rule 6A-4.0010, F.A.C., Youth Suicide Awareness and Prevention**

- The purpose of this rule is to set forth the suicide risk assessment instruments approved for use; to require that school districts and local community-based mental health services providers use the same instrument; to provide criteria for continuing education and in-service training materials covering youth suicide awareness and prevention; and to set forth criteria for Suicide Prevention Certified Schools.
- Rule 6A-4.0010, F.A.C., Youth Suicide Awareness and Prevention, was approved by the State Board of Education on October 19, 2022.

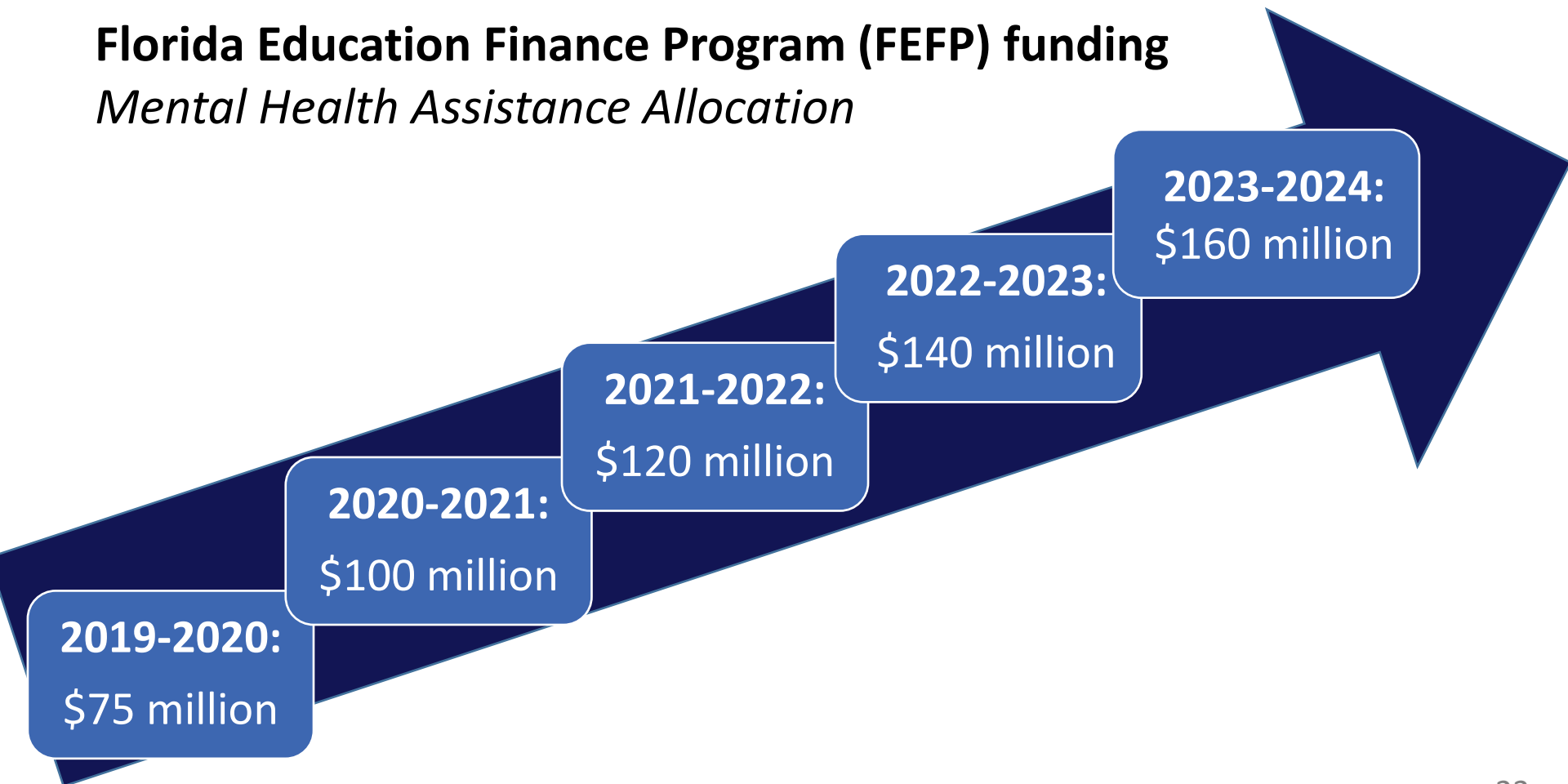


# Mental Health Assistance Programs (MHAP)



# Significant Investments in Mental Health

**Florida Education Finance Program (FEFP) funding**  
*Mental Health Assistance Allocation*



## MHAP Purpose

- [Section 1006.041, F.S.](#) - Each school district must implement a school-based mental health assistance program that includes:
  - Training classroom teachers and other school staff in detecting and responding to mental health issues.
  - Connecting children, youth and families who may experience behavioral health issues with appropriate services.

## MHAP Plan

Plans must be focused on delivering evidence-based mental health care treatment to children and include:

- Provision of mental health assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and students at high risk of such diagnoses.
- Coordination of services with the student's primary care provider and other mental health providers caring for the student.
- Direct employment of service providers or a contract-based collaborative effort or partnership with one or more local community mental health programs, agencies or providers.

## MHAP Plan, continued

- Policies and procedures, including contracts with mental health services providers which will ensure that:
  - Students are referred to a school-based or community-based mental health services provider for mental health screening for the identification of mental health concerns and students at risk for mental health disorders are assessed within 15 days after referral.
    - School-based mental health services must be initiated within 15 days after identification and assessment; and
    - Support by community-based mental health services providers for students who are referred for community-based mental health services must be initiated within 30 days after the school or district makes a referral.

## MHAP Plan, continued

- Parents of a student receiving services are provided information about other behavioral health services available through the student's school or local community-based behavioral health services providers.
- Individuals living in a household with a student receiving services under this subsection are provided information about behavioral health services available through other delivery systems or payors for which such individuals may qualify if such services appear to be needed or enhancements in such individuals' behavioral health would contribute to the improved well-being of the student.

## MHAP Plan, continued

- Strategies or Programs to:
  - reduce the likelihood of at-risk students developing mental or behavioral health problems;
  - improve the early identification of mental or behavioral health problems or substance use disorders;
  - improve the provision of early intervention services; and
  - assist students in dealing with trauma and violence.
- Procedures to assist a mental health services provider or a behavioral health provider or a school resource officer or a school safety officer who has completed mental health crisis intervention training in attempting to verbally de-escalate a student's crisis situation before initiating an involuntary examination pursuant to [s. 394.463. F.S.](#)
- Policies of the school district must require that in a student crisis situation, school or law enforcement personnel must make a reasonable attempt to contact a mental health professional who may initiate an involuntary examination pursuant to [s. 394.463. F.S.](#), unless the child poses an imminent danger to themselves or others, before initiating an involuntary examination pursuant to [s. 394.463. F.S.](#)



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WELL-BEING



# Mental Health Services Program Implementation

## Integrating Mental Health into MTSS Framework



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### Tier 3 (Individualized/Intensive):

- Individual problem-solving teams
- Coordination of decision—rules and referral and follow-up procedures
- Data and strategy sharing between school and agency staff
- Individualized counseling and intervention, behavior support plans
- Intensive progress monitoring
- Wraparound and crisis prevention and response planning
- Intensified family partnership and communication
- Link intervention to Tiers 1 and 2

### Tier 2 (Supplemental/At-Risk):

- Decision rules for early identification and access
- Evidence-based group social, emotional, and behavioral interventions based on need
- Monitoring of intervention fidelity and student progress
- Link intervention to Tier 1

### Tier 1 (Universal/Prevention):

- Universal screening and progress monitoring of student social-emotional health and school climate
- Alignment and prioritization of initiatives informed by needs assessment and resource mapping
- Reduced Risk Factors
  - Create orderly and nurturing classrooms and public space, fair and positive discipline, curtailed bullying
- Increased Protective Factors
  - Social-emotional skills instruction, positive/secure relationships, predictable environment
- Restorative and Trauma-Informed Practices
- Data-based problem-solving leadership teams
  - Including youth serving agency, youth and family representatives
- Schoolwide mental wellness initiatives to increase awareness and reduce stigma
  - Youth Mental Health First Aid (YMHFA) training, Wellness Fairs, Behavioral Health Campaigns
- Monitor and support well-being of educators

## School-Based Mental Health Professionals



Mental Health  
Coordinators (MHCs)

School Counselors

School Social  
Workers

School Psychologists

Trust Counselors

# Community-Based Mental Health Providers and Partners

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## Health Connect/The Children's Trust Contracted Agencies

- University of Miami
- Community Health of South Florida, Inc.
- Citrus Family Care Network
- Jessie Trice Community Health System
- Borinquen
- Nicklaus Children's Hospital

Thriving Mind of South Florida -  
Managing Entity for Miami-Dade and  
Monroe County

- Ayuda, Inc.
- Chrysalis, Health Inc.
- Citrus Health Network, Inc.
- DTT Coaching Services, LLC
- Empowering Youth, Inc.
- Florida International University
- Healthy Connections CMHC, Inc.
- Invo Healthcare Associates, LLC
- Jewish Community Services of S. Florida, Inc.
- Neurohealth Professionals of FL, LLC
- Prosperity Social & Community Development Group, Inc.
- The Village South/West Care

# Student Mental Wellness Programs/Initiatives and Partnerships

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Teen Mental Health First Aid

Ending the Silence

Great Minds-Great Athletes

Mindfulness Champions

Let Me Show you the Way

Mental Wellness Clubs

Values Matter Miami

Health Information Project

# M-DCPS Resources

[mentalhealthservices.dadeschools.net](https://mentalhealthservices.dadeschools.net)

[studentservices.dadeschools.net](https://studentservices.dadeschools.net)

[parentacademymiami.com](https://parentacademymiami.com)

Parent Assistance Line (305) 995-7100



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# Comprehensive School Mental Health

Based on  
Evidence-Based Best Practices

Multi-tiered  
systems of  
support

Needs  
assessment &  
resource  
mapping

Interdisciplinary  
teaming  
(school, family,  
community)

Data collection,  
analysis,  
reporting

Evidence-based  
treatments

Funding stream  
diversity



# School Mental Health Team

- *Each school has an interdisciplinary school mental health team*
- *School mental health team members:*
  - School Counselors
  - School Social Workers
  - School Psychologists
  - Licensed Mental Health Professionals (LCSW, LMHC, LMFT)
  - School nurses—recognize somatic complaints and possible mental health concerns
- *Input provided to team by:* Parent/guardian, student, teachers, administrators, community service providers, ESE/ESOL representative and others involved in student's context

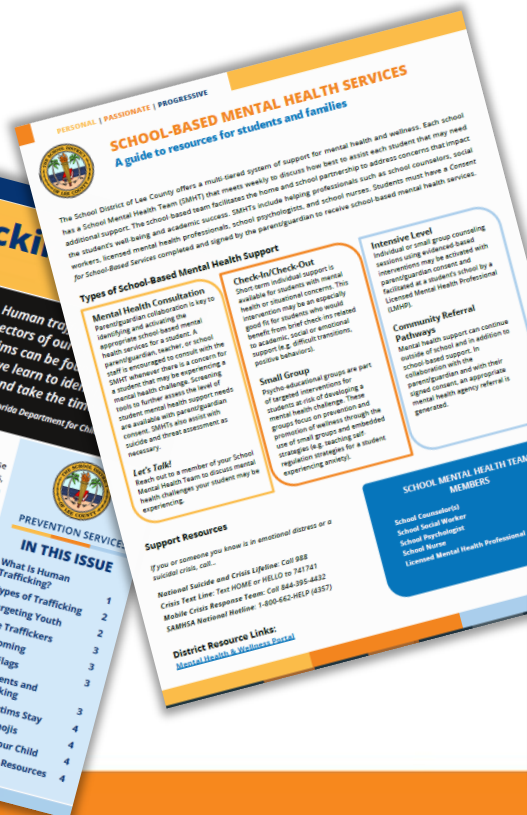




# Community Partnerships



# Parent Awareness & Education



## Mental Health and Wellness Portal

Coping with typical stressors of life



### What is Mental Health?

Coping with mental health concerns negatively impacts young people's ability to meet the many demands of school, including cognitive demands for learning; social and emotional demands for making friends and behaving according to school rules, norms, and expectations; and physical demands for being active throughout the school day. . . . [more information about what is mental health](#)

### Topics Educational and Community Resources

<b>ABCD's for Families</b> Attendance and behavior equals classroom success and dropout prevention.	<b>Baker Act</b> Impairment of the mental or emotional processes that exercise conscious control of one's actions or of the ability to perceive or understand reality.	<b>Bully Prevention</b> Unwanted and repeated written, verbal, or physical behavior, including any threatening, insulting, or dehumanizing gesture, by a student or adult.	<b>Child Abuse</b> Intentional act that could reasonably be expected to result in physical or mental injury to a child.
<a href="#">More Information</a>	<a href="#">More Information</a>	<a href="#">More Information</a>	<a href="#">More Information</a>
<b>Childhood Trauma</b> When a child feels intensely threatened by an event he or she is involved in or witnesses.	<b>Community Resources</b> Available to support families outside of the academic day.	<b>Counseling</b> Mental health professionals that assist families and connect them to community mental health resources.	<b>Crisis Response</b> A team that focuses on addressing the emotional effects that may accompany a traumatic event.
<a href="#">More Information</a>	<a href="#">More Information</a>	<a href="#">More Information</a>	<a href="#">More Information</a>



# MHAP Outcome and Expenditures Reporting Requirements

## Section 1006.041, F.S., MHAP Outcome and Expenditures Reporting Requirements

- The is due September 30 annually.
- Each school district shall submit to FDOE a report on its program outcomes and expenditures for the previous fiscal year that, at a minimum, must include the number of each of the following:
  1. Students who receive screenings or assessments.
  2. Students who are referred to either school-based or community-based providers for services or assistance.
  3. Students who receive either school-based or community-based interventions, services or assistance.
  4. School-based and community-based mental health providers, including licensure type.
  5. Contract-based or interagency agreement-based collaborative efforts or partnerships with community-based mental health programs, agencies, or providers

## Contacts

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