

# Strategies to Support School-Based Youth Behavioral Health

Tuesday, June 17, 2025

2:00 to 3:00 p.m. ET

# Submitting Questions and Comments

- Submit questions by using the questions-and-answer (Q&A) feature.
- If you experience any technical issues during the webinar, please message us through the chat feature or email [bphc-ta@bizzellus.com](mailto:bphc-ta@bizzellus.com).

# Continuing Education (CE)

- We offer **behavioral health** (BH) continuing education units (CEUs) for participation in BH/substance use disorder (SUD) integration technical assistance (BH/SUD TA) events.
- You must attend the event and complete the online Health Center TA Satisfaction Assessment Form after the event (2–3 minutes).
- A link with instructions will be provided at the end of the session.
- CE certificates will be sent within 5 weeks of the event from the Health Center BH/SUD TA Team via Smartsheet <user@app.smartsheet.com>.



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# Presenters



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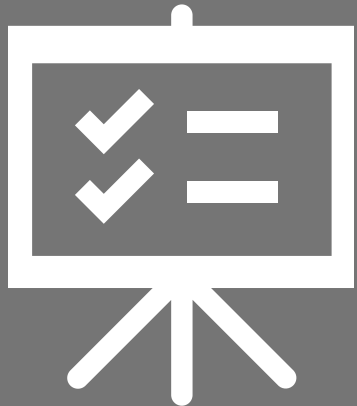
# Objectives



## Participants of this webinar will be able to:

- Identify the complexity between federal and state laws it pertains to the privacy of data.
- Discuss staffing models to deliver integrated behavioral health care in school-based settings.

# Course Outline



- Creating a Safe, Supportive School Environment
  - Education/medical team alignment
  - Strategies for honoring confidentiality
- Staffing for Behavioral Health Services
  - Defining the problem to solve
  - Staffing mix to implement screening and treatment
  - Considerations for your school-based health center (SBHC)
- Hear from Your Colleagues at SBHCs
- Q&A

# Polling Question #1:

**What topic area(s) does your organization most need support with to deliver integrated behavioral health to youth?**

- Access to services
- Confidentiality
- Referrals
- Staffing
- Other...tell us in the chat



# Creating a Safe, Supportive School Environment

Addressing behavioral health in a school-based setting requires buy-in and engagement from the following groups to **build trust**.

- Administration
- Clinical staff
- School nurses and guidance counselors
- Teachers
- Parents
- Students





# Strategies Supporting Education and Medical Team Collaboration

## **A SBHC may work with the school to:**

1. Support the health care needs of chronically absent students.
2. Provide care to students with an asthma management plan.
3. Support students with Individualized Education Programs (IEPs) and 504 plans and be present at meetings with school administration when these students' cases are discussed.
4. Be present at meetings with school administration and school-sponsored social workers and nurses when issues of behavioral health and substance use are discussed.
5. Be part of the solution at the school, grade, and individual level for problems concerning behavioral health and substance use.

## Polling Question #2:

**Does the principal at your school consider the SBHC to be an integral part of the academic team?**

- Yes
- No



# Honoring Confidentiality

- Everyone needs to understand the confidentiality laws that apply to health information.
  - Different staff may be subject to different confidentiality and disclosure processes
- Federal and state laws vary. School districts may also have policies.
- Knowing what rules apply to whom helps promote trust, safety, and transparency.

# Confidentiality – Health Insurance Portability and Accountability Act (HIPAA)

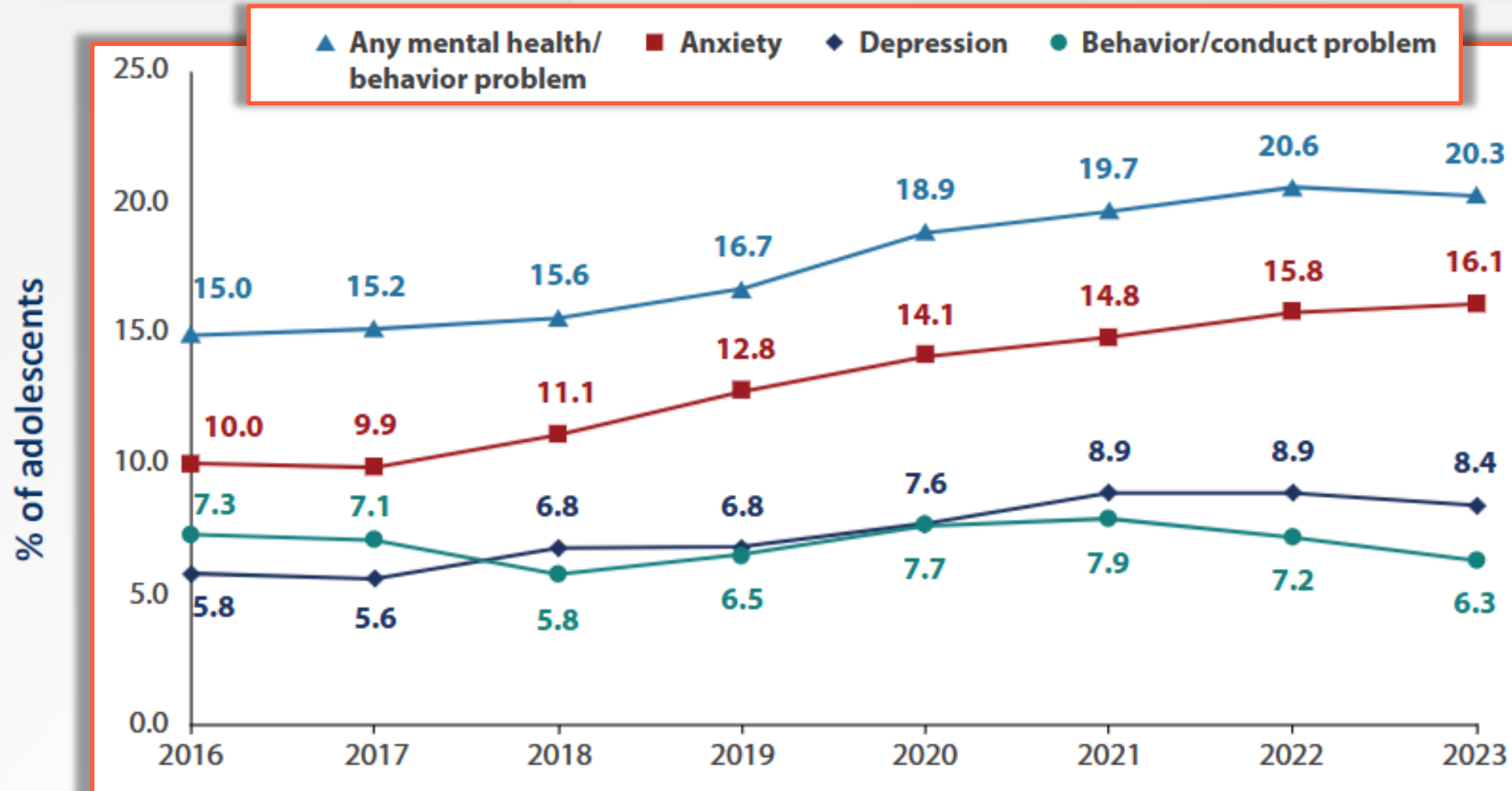
## **HIPAA and minors:**

- Generally, HIPAA considers a minor's parent or guardian as their "personal representative" with the right to access their medical information.

## **State laws and exceptions:**

- Integral to understand your particular state laws on confidentiality.

# What Problem Are You Trying to Solve?



Trends in diagnoses of anxiety, depression, and behavior/conduct problems among adolescents, 12-17 years, 2016 to 2023

# Staffing Considerations



## **Tailor behavioral health integration to school needs.**

- What does your organization want to accomplish?
  - What services do you want to offer?
    - 1:1 counseling? Group counseling?
    - Crisis intervention (acute care)?
  - What resources are available in your school / community?
- 



## **School/student needs drive staffing recruitment and billing strategies.**

- Who can bill for the services you want to offer?
- What expertise is needed? What training is needed?

# Staffing for Behavioral Health: Screening

- ✓ What screening tool(s) will you use?
- ✓ When will the screening occur?
- ✓ Who will administer the screening?
- ✓ What is done with the screening result?
- ✓ What is the pathway for referral or treatment?



**About 1 in 5 adolescents have a current, diagnosed mental or behavioral health condition.**

[Resource: Screening and Assessment Tools Chart](#)

# Staffing Categories



**Residents, students, interns.** Collaborate with community health providers and universities.



**Non-behavioral health-licensed professionals.** Medical Assistants (MAs), administrative staff, nurses, community health workers, and other para-professionals can assist the BH provider by performing outreach, screening, and referrals.



**Medical provider.** Consider a medical provider (MP) on staff such as an advanced registered nurse practitioner or primary care physician.



**Behavioral health provider.** Collaborate with MP, residents, students, interns and/or others to deliver prevention and intervention services at the top of their licensure.



# Staffing – Practical Tips

## **Ratio of 1 behavioral health provider per every 500 students.**

- Assume roughly 10% will need BH services.

## **Consider a mix of staff to support screening and treatment.**

- Rely on nurses, case managers, and other health-licensed professionals for screenings and referrals.
- Licensed Clinical Social Workers (LCSW), Licensed Mental Health Counselors (LMHC), Behavioral Health Clinicians (BHC), or Licensed Professional Counselors (LPC) may conduct the behavioral intervention.

## **Develop relationships with local qualified behavioral health partners.**

## **Recruit from the community being served.**

- Understands and relates to your population's needs; may be more committed to role/community. Residents, students, and interns are other options.

# Panel Discussion

# Panelists



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Q&A



# Accessing Training and TA Opportunities



## EMAIL US

<mailto:bphc-ta@bizzellus.com>



## VISIT THE TA PORTAL

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## SUBSCRIBE TO THE HUB IN FOCUS

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# Health Center Satisfaction Assessment

We'd love your feedback on today's session!

Please take 2 minutes to complete the Health Center TA Satisfaction Assessment.

**Thank you for your time!**



<https://www.surveymonkey.com/r/CoP1Session2>

# Resources/References

- Centers for Disease Control and Prevention. (n.d.). *HIPAA and FERPA Infographic*. <https://www.cdc.gov/phlp/media/pdfs/hipaa-ferpa-infographic-508.pdf>
- *Delivering Services in School-Based Settings: A Comprehensive Guide to Medicaid Services and Administrative Claiming*. (n.d.). <https://www.Medicaid.gov/medicaid/financial-management/downloads/sbs-guide-medicaid-services-administrative-claiming.pdf>
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- SAMHSA. (2021). *Screening and Treatment of Substance Use Disorders Among Adolescents*. SAMHSA Advisory. Retrieved February 20, 2025, from <https://library.samhsa.gov/sites/default/files/pep20-06-04-008.pdf>
- Sappenfield, O., Alberto, C., Minnaert, J., Donney, J., Lebrun-Harris, L., & Ghandour, R. (2024). *National Survey of Children's Health Adolescent Mental and Behavioral Health*. <https://mchb.hrsa.gov/sites/default/files/mchb/data-research/nsch-data-brief-adolescent-mental-behavioral-health-2023.pdf>

Thank You!

