



Comprehensive School Mental Health Academy 2023-2024



What are Comprehensive School Mental Health Systems?

Comprehensive School Mental Health Systems (CSMHS) provide a continuum of supports and services that promote positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness and substance use. CSMHS are integrated into the existing Equitable Multi-Level System of Supports built through the lens of the guiding principles of trauma sensitive schools and in strategic collaboration with students, families, and community health and mental health partners. These systems also assess and address the social, political, and environmental structures, including public policies and social norms, that influence mental health outcomes. Wisconsin's vision for *Comprehensive School Mental Health* is outlined in the [Wisconsin School Mental Health Framework: Building and Sustaining a Comprehensive System](#). The framework includes six components of a CSMHS and provides guidance on implementing them from a trauma sensitive lens.

Why participate in the Comprehensive School Mental Health Academy?

It is an action-oriented workshop: Academy design allows for monthly active participation by teams, shared learning with peers doing the work, and supportive coaching.

Ongoing technical assistance in school mental health: Teams will receive professional development, coaching, and technical assistance provided by state-level consultants and peers participating in the academy.

Improve access to and quality of school mental health: Academy teams will have the opportunity to develop data-driven strategies to improve access to and quality of mental health prevention, promotion, and intervention services and supports in their local schools and districts.

Join a network of peers, create partnerships, and improve the visibility of your work: In-person meetings, group webinars, and online exchanges provide opportunities to exchange ideas with other leaders from different districts that are passionate about improving school mental health.

Get a better handle on your data: Participating teams will receive training and peer support in collecting, sharing, and using data for improvement. Teams will learn more about data tracking systems and how to most effectively use student, school, and district data to document impact of school mental health.



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Academy Teams

Academy teams will be district-level teams with commitment from one school in the district that will carry out monthly Plan, Do, Study, Act cycles.

Academy teams should register 6-10 team members representing each of the following roles:
Required:

- Director of pupil services/special education/student services
- Administrator of the participating school building
- Pupil services staff

Recommended:

- District administrator
- Teacher(s), including special education
- Other district-level leaders
- Community mental health partners

Teams will improve their CSMHS using [The SHAPE System](#); a free online portal used to assess school mental health quality and to obtain targeted resources to support improvement and test best practices for innovation and improvement around key areas of school mental health quality. Teams will focus on any of the following areas of school mental health quality including: teaming; needs assessment and resource mapping; mental health referral pathways/screening; mental health promotion; mental health early intervention and treatment; funding and sustainability; and impact/data. Improvements and innovation demonstrated in each of the teams are intended to inform best practices and strategies for other schools in their district and for learning within the academy.

Teams are not expected to have all aspects of CSMHS in place locally to participate. Instead, teams should be motivated to make quality improvements in specific target areas of school mental health quality during the academy that will support their progress toward more comprehensive school mental health systems.

Team Expectations

District teams will be expected to:

- Identify a team member to lead or co-lead the academy work
- Participate in a 60 minute virtual orientation call
- Complete the district-level SHAPE Quality Assessment (no cost, www.theSHAPEsystem.com)
- Participate in 3 in-person learning days
- Participate in 6, 60 minute virtual action calls
- Report on the impact of participation and share experience, progress, and outcomes
- Complete and submit at least 1 small test of change per month completed at the site or district level



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Cost and Registration

\$455 for WCASS and/or AWSA Members

\$605 for Non-Members

Note: Wisconsin School-Based Mental Health grantees can use grant funds to attend the Comprehensive School Mental Health Academy.

Questions and Contacts

Questions about **Academy Content**: Please contact DPI - Liz Krubsack, School Mental Health Consultant, elizabeth.krubsack@dpi.wi.gov Phone: (608) 264-6719, or Jess Frain jessica.frain@dpi.wi.gov, Phone: (608) 266-0986

Questions about **Registration**: Please contact AWSA at awsa@awsa.org, Phone: (608) 241-0300

Timeline of Activities

2023-2024 Academy Schedule		
September 12, 2023	1:00-2:00 pm	Orientation Webinar
October 16-17, 2023	8:00-3:00 pm	In-person learning sessions*
November 21, 2023	1:00-2:00 pm	Virtual Action Call**
December 19, 2023	1:00-2:00 pm	Virtual Action Call
January 16, 2024	1:00-2:00 pm	Virtual Action Call
February 20, 2024	1:00-2:00 pm	Virtual Action Call
March 19, 2024	1:00-2:00 pm	Virtual Action Call
April 16, 2024	8:00-3:00 pm	In-person learning session
May 21, 2024	1:00-2:00 pm	Virtual Action Call

**Learning sessions will focus on specific quality improvement methods and best practices in school mental health services.*

***Action calls will focus on reviewing data submitted within and across teams. Teams will discuss activities related to school mental health quality improvement.*