Connecting Schools to Care IV Students:

School Mental Health Resource and Support Guide

connectingtocarect.org
plan4children.org

Partner Organizations

Connecting to Care is a partnership that focuses on coordinating access to quality care through a youth-guided and family-driven approach. To improve behavioral health outcomes for children in Connecticut. Connecting to Care seeks to change the way the system operates so that all children have the opportunity to thrive.

About This Toolkit

Connecticut has been working diligently over the last decade to build a robust behavioral health system to support youth and families in need. Each child in our state is unique, and therefore when they are experiencing a behavioral health need, services cannot be one-size-fits-all. Often, **discovering and accessing the appropriate behavioral health services takes time and effort**.

Given the number of services regionally and statewide, we have put together this toolkit for all 201 school districts across the state of Connecticut to help school staff, youth, and families increase their awareness of these services. This toolkit can **serve as a resource for your district** when you encounter a student in need of behavioral health support and you are not sure where to start.

Another important purpose of this toolkit is to **provide resources for families** to strengthen their understanding and knowledge of the CT behavioral health system, while also offering **opportunities for training and education**.

There is so much to know and learn about this ever-changing system, and we hope that school staff and families can use this toolkit to learn more about resources within their region.

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Resources to Help Navigate CT's Behavioral Health System

Various resources are available online to connect families and youth to appropriate behavioral health treatment and supports in CT. While not exhaustive, the following resources may be of assistance to school staff, families, and caregivers.

Children's Mental Health Resource Lists *by Region, in Multiple Languages*

Community-based supports and service lists are available by region. Regional lists include mental health evaluation and treatment resources, along with related supports and services. **These lists include community-based care coordination.**

Resource lists:
www.connectingtocarect.org/supports-services/find-services/

Community-based care coordination:
www.connectingtocarect.org/supports-services/wrapct/care-coordination/

Connect4Families Toolkit

This toolkit simplifies access to behavioral health services and provides guidance on collaboration among families, providers and schools, including tips from parents/caregivers and youth for school, behavioral health and pediatric practitioners.

Where to find it? plan4children.org/resources/toolkit/

Other Key Resources:

- Crisis Resources for Children, Youth and Families:

  988 Urgent Crisis Centers Mobile Crisis

- Youth Substance Use Intervention Services
- Assisted Intervention Matching (AIM) tool: This tool will guide you through a series of questions to help you find services well-matched to the specific behavioral health needs of a child (mental health and/or substance use) or parent-focused services to promote child wellbeing.

Carelon Behavioral Health (formerly Beacon Health Options)

Child and Family Division Resources

The Carelon Behavioral Health, Child and Family Division can be your first point of contact for connection to mental health, substance use, and parenting services in CT. Carelon BH CT connects families to the range of existing community programs and services needed to build a youth and family-driven, trauma-informed, resilience-focused system of care. The Child and Family Division programs are available for all families, regardless of insurance.

Find information about all programs within the Child and Family Division**:** www.carelonbh.com/ctcfd

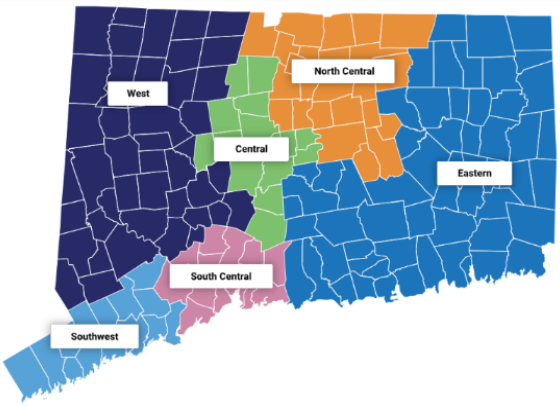
Community Pathways: Click here for more information.

What is it? A non-emergency, warm line that can help connect families to supports for children up to age 18, including mental health services, substance use treatment, in-home supports, and parenting assistance. This is a resource for all families, **regardless of insurance**.

How do I use it? Between 8:30am-5:00pm, M-F, dial 877-381-4193, option 1 to connect, or email referral form to CPathways@carelon.com or fax it to 860-707-1003

Connecticut Behavioral Health Partnership (CTBHP)

To find mental health, substance abuse, and Autism Spectrum Disorder (ASD) providers who accept HUSKY, visit www.ctbhp.com.
Connect with your Network of Care (NOC) Manager for additional assistance!



Region	NOC Managers
1. **Southwest**	Mai Kader (mai.kader@carelon.com)
2. **Southcentral**	Mikhela Hull (mikhela.hull@carelon.com)
3. **Eastern**	Drew Lavallee (andrew.lavallee@carelon.com)
4. **Northcentral**	Lisa Palazzo (lisa.palazzo@carelon.com)
5. **Western**	Jules Calabro (julie.calabro@carelon.com)
6. **Central**	Stephanie Joanis (stephanie.joanis@carelon.com)

How to Get Additional Support for Your School!



If you are interested in receiving **free technical assistance, training, and support** in how to utilize these resources, **Connecting to Care** is currently recruiting K-12 schools and districts across Connecticut to participate!

This initiative is offered at **no cost** to your district and includes training, technical assistance, evaluation, and support.

On the following pages, you will find examples of the support your school can receive by participating in the initiative. As a reminder, these supports are in addition to the resources described above, which are always available to all 201 school districts in the state.

For more information, please reach out to: CONNECT@chdi.org

We look forward to "CONNECTing" with you!

Connecting to Care Components

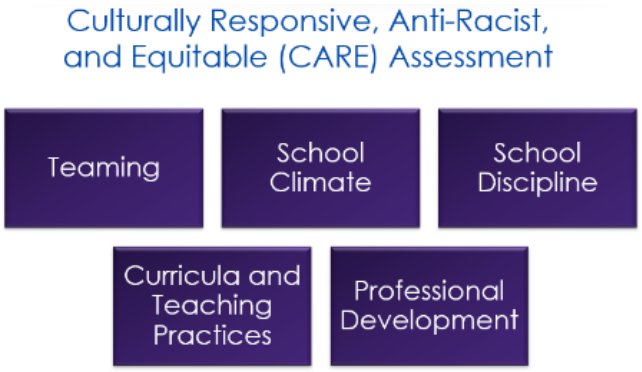
Students Supporting Students Peer Support Program

The Child Health and Development Institute (CHDI) has developed the **Students Supporting Students Peer Support Program.** This program trains middle and high school students to become part of a peer support team with the help of trusted adults in the school setting. Peer team members receive training to recognize mental health signs and symptoms in peers, reduce stigma around asking for help, and encourage help-seeking to trusted adults within the school.

School Health Assessment and Performance Evaluation System (including CARE Assessment)

The School Health Assessment and Performance Evaluation (SHAPE) System is a **public-access, web-based** platform that offers schools, districts, and states a workspace and targeted resources and assessments to support **school mental health quality improvement**. (To learn more, visit the SHAPE website).

Of particular importance when integrating equity more effectively in schools is the **Culturally Responsive, Anti-Racist, and Equitable (CARE) Assessment.**



Schools participating in the **Connecting to Care initiative** will have the benefit of receiving a **unique implementation plan** that intentionally integrates their SHAPE results, along with the school's specific goals and desires**.** The plan will provide **specific action steps** the school team can take to improve their school's overall culturally responsive anti-racist, and equitable practices.

For more information regarding these programs, please contact:
CONNECT@chdi.org

Strengthening Schools as a Component of the System of Care

All the resources included in this guide are a vital component of a system of care. A **System of Care (SOC) can be described as a variety of effective, community-based services and supports** for children and youth with (or at risk for) mental health or other challenges - and their families.

The SOC approach encompasses a collection of child-serving services and supports, including **school mental health, individual therapy**, **medication therapy**, **inpatient psychiatric services**, and **residential treatment**. ***Schools are a vital part of that system of care!*** We hope these resources give you a better understanding of the SOC approach and how it can empower children and their families to thrive.

Systems of Care are…



Connecticut's Mission

Following the Newtown tragedy in 2012, Connecticut began working to better integrate care coordination efforts across the state. This tragedy highlighted a need to expand our infrastructure and service delivery system in Connecticut through expansion and integration of **trauma-informed comprehensive school mental health supports** within the existing **community-based network of care**.

We hope that this toolkit can assist school staff, young people, and their families when they are searching for behavioral health resources in our state and not sure where to begin. This toolkit can serve as an easy entry to find the right care.