

Our Behavioral Health Work: **COMPREHENSIVE SCHOOL MENTAL HEALTH**

CHDI helps schools promote healthy development and identify and treat behavioral health concerns so students can reach their full potential.

Schools play an important role in identifying youth in need of help and linking them to school- and community-based services. CHDI applies research-based strategies and practices to guide schools in effectively and equitably addressing the trauma and behavioral health needs of students.



CURRENT INITIATIVES

School-Based Diversion Initiative (SBDI)

The School-Based Diversion Initiative (SBDI) is a model co-developed by CHDI that reduces exclusionary discipline and juvenile justice involvement among youth with behavioral health needs. Since 2009, CHDI has partnered with the State of Connecticut to implement the model in 65 schools. Nationally, CHDI has helped districts in over six states adapt and adopt the SBDI model, as well as guided implementation and supported quality improvement for participating schools.

Comprehensive School Mental Health

CHDI is helping several school districts develop comprehensive school mental health systems through Connecticut's Project AWARE initiative, state-funded collaborations, and partnerships with local districts. Utilizing a multi-tiered system of support for addressing the behavioral health needs of students, CHDI provides training, technical assistance, implementation, and quality improvement to participating schools.

School Health Assessment and Performance Evaluation (SHAPE) System

CHDI is helping schools and districts in Connecticut use the online SHAPE tool to assess needs and strengths, prioritize resources, and develop strategies and plans to guide and support student mental health. The initiative is a collaborative statewide partnership between CHDI, the State of Connecticut, and the National Center for School Mental Health at the University of Maryland (host of the SHAPE tool).

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back

CBITS and Bounce Back are school-based group interventions shown to reduce PTSD and depression symptoms in children who have experienced trauma. CHDI is partnering with the State, provider agencies, school systems, and school-based health centers to disseminate CBITS and BounceBack across Connecticut.

**CHDI provides consultation to schools on comprehensive school mental health and diversion strategies.*