Anne Arundel County Public Schools
Mental Health Task Force

November 22, 2019
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&
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Task Force
Expectations

- Learn
- Lean In
- Bring Ideas
- Share Knowledge
Who Attended?

69 of the 78 invited Task Force members and AACPS Support Staff attended the meeting.

28 members of the public were present for the meeting.
Mental Health Needs
Pre-Assessment
What are the biggest mental health needs for children right now in Anne Arundel County?
• Assessing and Identifying Mental Health Needs
• Trauma
• Stress
• Stigma
• Social Media
• Peer Pressure
• Limits of Insurance
• Self-Esteem
• Generational Mental Illness
• Lack of Sleep
• Trauma Experienced by Immigrant Families
• ACES

• Anxiety
• Depression
• Lack of Access to Mental Health Practitioners
• Bullying
• Fear to Seek Help
• ADHD
• Understanding How to Access Resources
• Lack of Coping Mechanisms
• Emotional Regulation
• Social and Academic Pressures
• PTSD
What is contributing to the increase in the mental health needs of children in Anne Arundel County?
• Exposure to Trauma and Violence
• Fear of School Shootings
• Effects of Opioid Crisis
• Violence in Schools Across America
• Lack of Teaching Basic Social Skills
• Dysfunctional Family Systems
• Financial Struggles
• Witnessing Domestic Violence
• Our Political Climate and the Intolerance of Other Viewpoints
• Parents Who Are Obsessed with Work and Technology
• Poverty
• Child Abuse

• High Stakes Testing
• Parental Mental Health Issues
• Social Media
• Pressure to Succeed
• Poverty
• Increased Stress in Society
• Anxiety
• Lack of Parenting Skills and Supervision
• Overparenting
• Mental Health Stigma
• Chronic Sleep Deprivation
• Peer Pressure
• Parental Substance Abuse Issues
• Peer, Parental, and Societal Pressure to Be the Best at Everything
What are your feelings about the level of collaboration and coordination of organizations around the mental health needs of children in Anne Arundel County?
Collaboration and Coordination Around Mental Health

- **Awesome!**: 28.40%
- **Pretty Good!**: 38.70%
- **So, So**: 14.80%
- **Not Great**: 4.50%
- **Terrible**: 0%
What is available right now to address the mental health needs of the county?
• Mobile Crisis
• Anne Arundel Medical Center
• Crisis Hotlines
• School Social Workers
• School Counselors
• School Psychologists
• School Nurse
• Health Department
• Police Department
• Expanded School-Based Mental Health Pathways
• RRP
• PRP
• OMHC
• Private Practice
• NAMI
• Pupil Personnel Workers

• Mental Health First Aid
• CRICT
• Arundel Lodge
• Adolescent Clubhouses
• Crisis Response Mentoring Program
• In-Home Therapists
• BWMC
• Project Chesapeake
• Early Identification
• Mental Health Substance Abuse Providers
• 504 Plans
• Mental Health Curriculum
• SROs
• Teachers
• Administrators
• Mental Health Agency
• Specialized Clinics
• Collaboration Between Crisis Response, the Judicial System, and the School System
• Trauma-Informed Professional Development
• Employee Assistance Program
• Addiction and Prevention Education for Adolescents
• Parents
• Medical Assistance
• Funding for Medication
• Therapists
• IEPs

• Outpatient Clinics
• Volunteers
• DSS
• Alternative Education Options
• Substance Abuse Providers
• Partnership for Children, Youth, and Families
• Students
• Care Coordination
• Psychoeducation
What do you think needs to happen in the future to further support the mental health needs of children in AA County?
<table>
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<th>Access</th>
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<tr>
<td>More in-school resources and accessible mental health care</td>
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<td>Wrap-around services</td>
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<td>Understand gaps in mental health care delivery</td>
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<td>Increase the number of qualified mental health professionals</td>
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<td>Assistance with transportation</td>
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<td>Assistance with insurance and co-pays</td>
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<td>More psychiatric beds for children</td>
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<td>Support for families in their native language</td>
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<td>Centralized, on-demand mental health service for children</td>
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<td>Communication and Collaboration</td>
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<td>Increased and better communication between parents, schools, and community agencies</td>
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<td>Better coordination inside and outside of the school system</td>
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<td>Support and positive relationships between all stakeholders</td>
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<td>Bridging agencies and the school system with communication that is transparent and protects students’ rights</td>
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<td>More awareness of resources that are available</td>
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Early Intervention

- Address issues that give rise to poor mental health outcomes
- Education to parents on the signs of mental health concerns
- Healthy recreational outlets for children
- Restorative practices in every school
- Identifying children who have been exposed to trauma and adverse experiences
- Therapeutic alternative education program for elementary students
- Social-Emotional Learning curriculum in all levels in order to develop appropriate coping skills
- Mental health screenings at key milestones. Tracking and periodic checks of infant and toddlers with developmental delays.
Parent Education

- Understanding how to be a partner in the school process
- Coordination of community mental health services
- Reducing the pressures of standardized testing
- Mental illness and how to support children with mental health needs
- Parenting structures and boundaries at home
- Support for kinship caregivers
- Mental health stigma
<table>
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<th>Policy and Budget</th>
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<td>Mobile Crisis intervention stationed in school buildings to handle the volume of mental health needs</td>
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<td>Stronger consequences for bullying and support for the victims</td>
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<td>Addressing bullying on social media</td>
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<td>Sufficient sleep by delaying school start times</td>
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<td>Less academic competition around class rank</td>
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<td>Less standardized testing</td>
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<td>Funding for more mental health professionals</td>
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<td>Affordable childcare</td>
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More awareness of mental illness
Early identification of ACES
LGBTQ awareness and sensitivity
Trauma-informed
Suicide prevention
Mental Health First Aid
Appreciating cultural differences
De-escalation techniques and awareness
Mental health stigma
Student Education

- Mental health stigma
- Better marketing school-based mental health resources
- Social-Emotional Learning
- Mental health education
Understanding the Contributing Factors to the Increase in the Mental Health Needs of Children and Adolescents
Increase in the Mental Health Needs of Children and Adolescents

Social Media

- Less face-to-face interaction
- Less sleep
- More social pressure

Root Cause Analysis
Increase in the mental health needs of children and adolescents due to contributing factors like childhood trauma, opioid use, social media, lack of access, isolation, and self-harm leading to impact factors such as stigma, anxiety, depression, cultural differences, and increased poverty.

Contributing Factors:
- Childhood Trauma
- Opioid Use
- Social Media

Impact:
- Increase in the mental health needs of children and adolescents

Impact Factors:
- Stigma
- Suicide
- Depression
- Cultural Differences
- Poverty

Other factors include:
- Abuse
- Violence
- Poverty
- Isolation
- Exclusion
- Self-harm
Results of the Closing Survey

50/52 respondents felt as though the first meeting was “Pretty Good” or “Awesome.”

17 respondents would be interested in leading a subcommittee

20 respondents would be interested in presenting at a future meeting

Contributing Factors that are Impacting the Increase in Mental Health Needs:
- Social Media: 28
- Anxiety/Depression: 35
- Trauma: 38
- LGBTQ: 16
- Racism: 25
- Parental Substance Abuse: 19

Other Contributing Factors Mentioned: Poverty, Relationships, Bullying, Academic Pressures, Lack of Mental Health Screenings, Lack of Parenting Skills, Systemic Coordination of Services, Health Education, Lack of Coping Mechanisms, Insecure Attachment
Go to [www.nearpod.com](http://www.nearpod.com) on your phone or an AACPS Chrome Book.

Enter the code on the screen.

Type your name.

Start answering the questions.
Intensive

Targeted

Universal

Tier III

Tier II

Tier I
Anne Arundel County Public Schools Mental Health Task Force Subcommittees
Discrimination, Bias, and Cultural Barriers
Trauma
Poverty
Social Media
Parental Substance Abuse
Stress and Pressure
Lack of Access to Resources and Mental Health Providers
Mental Health Stigma
Timeline and Tasks of the Subcommittees

Examine the contributing factor and establish where the gaps exist.

Jan.–Mar. 2020
Research best practices around this contributing factor.

Mar.–May 2020
Provide recommendations around the contributing factor that will support children, families, and the community.

May 2020
The Co-Chairs will develop an action plan based on the work of the subcommittees to be presented to the Board of Education.
TIME TO WORK
Next Steps

• Review Parking Lot questions.
• The co-chairs will take the information gathered from today’s meeting and add this information to the Google Drive.
• Between now and the next meeting, each committee can work on their identified next steps through e-mail, Google Drive, and/or face-to-face. Each subcommittee should prepare up to a six-minute report to share with the group at the January meeting.

Next Meeting

Friday, January 24th from 1:30-3:30 pm
Thank you...