

# School Mental Health Spotlight

ARROWHEAD UNION HIGH SCHOOL

MAR 2020

## Arrowhead Partners with SaintA

### Introduction & Background

Arrowhead partners with SaintA's to provide in-school mental health treatment that has replaced the need to send students to alternate placement because they are not yet ready to attend school full-time with their peers. Students are placed into the program as part of a team decision that includes family and student input, and are usually in the program because their anxiety, depression, and/or trauma is not allowing them to participate full-time in the regular education environment.

Placing the program in the school allows for flexibility in services and success in the reintegration to the regular education environment. For example, the program runs 8am-12pm and students may be in the program for that full period of time or just one or two class periods. This allows students to not only remain in their school building but practice transferring the skills they learn in the program to a one or more classes throughout the day.

SaintA's uses the principles of Trauma Informed Care, as well as, heavy reliance on Dialectical Behavioral Therapy. This in combination with great collaboration with staff and families has produced wonderful outcomes for our students over the past 7 years.

### Key Players at the Table

School Administration, Nurses, Counselors, Psychologist, Special Education Teachers, Regular Education Teachers, Administrative Assistants, Families, and Students.

### Universal Approaches to Wellness

Arrowhead relies on the 3 main components of Trauma Sensitive Schools that were taught to us as part of the state pilot program.

- Listen
- Build Rapport
- Co-Plan

### Improving the Referral Pathway

"We have a reoccurring email referral form emailed to staff every two weeks that if filled out goes to our Student support team. We universally screen the mental health of our 9<sup>th</sup> and 11<sup>th</sup> graders using BESS and contract with NAMI Waukesha to have a mental health systems navigator work with families who are exploring the field of mental health or county services for the first time. Finally, we have SaintA's provide private therapy to students on campus via a school based Clinic office."

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### Outcomes

Students who have initially found difficulty in the regular education environment integrate and find success in high school and beyond. Other outcomes include newly open lines of communication with families and students around mental health and huge reductions in barriers to students accessing the services they need.

### Student Experience & Family Partnerships

"We have action steps that work for the kids. They find that if they are open and willing, things can get better for them. All staff works with all our students, believes in all our students, and help them find strengths they did not know they had."

### Serving Underrepresented Students

Our model works to take down any barrier that may be in the way. In working with families with less resources there can be more barriers to services. Our School Success is part of school and is free to families, as well as, access to our mental health navigator who will work with families to find solutions to their child's mental health especially if finances are a barrier. SaintA offers a sliding scale for individual clinic based services, and accesses private and state insurances.

SUBMIT YOUR SCHOOL MENTAL HEALTH SPOTLIGHT STORY

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**School Mental Health Spotlight**

a partnership of the Coalition for Expanding School-Based  
Mental Health in Wisconsin/Wisconsin Department of Public  
Instruction

[www.schoolmentalhealthwisconsin.org](http://www.schoolmentalhealthwisconsin.org)



Coalition for Expanding  
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