

Project DeLAWARE Quarterly Newsletter

Coaching Community

The Delaware PBS-Project acts as Project DeLAWARE's technical assistance for a Multi-Tier System of Support (MTSS) and Interconnected Systems Framework (ISF). The team has assembled a "Coaching Community" with the District-level MTSS coaches for the Project DeLAWARE grant schools. Within this community, the District MTSS coaches will have the opportunity to build relationships and exchange ideas with the other Project coaches. All members are reading the book, "The Art of Coaching Teams" by Elena Aguilar and participating in a book study to further develop their coaching skills. This group meets monthly, alternating meetings in person and via Zoom.

"This discussion group will allow district MTSS coaches to have the time and space to build relationships and exchange ideas with other coaches, utilize self-reflection to enhance personal growth, and enrich their collaborative teaming skills." – Brynn Fallah, CDS MTSS Coach



(Susan, Nicole, Cathy, and Brandi)

Project DeLAWARE Year One

- ❖ Universal Screener Committee agreed on a Decision-Making Guide that will support schools/Districts in selecting screening tools.
- ❖ All state-level and District-level MTSS coaches have been identified and have started meeting on a regular basis.
- ❖ 15 staff representing Project DeLAWARE have been trained as Youth Mental Health First Aid Instructors.
- ❖ A Project DeLAWARE logo and webpage have been created.
- ❖ Colonial assisted the Nemours Kids in Crisis program with creating an Outside Agency Parent Guide to help support the standardization of care with children in crisis in our schools.
- ❖ Wilbur Elementary is rolling out Second Step in their school during school year 2019-2020
- ❖ All Project DeLAWARE positions are currently filled!
- ❖ Grant staff meet virtually with the Evaluation team once a month to review data collection on Grant goals and indicators.
- ❖ NAMI has indicated a number of programs they can host to help us support our Grant schools.
- ❖ The internal team will be requesting that additional funds left from year one be carried over to year 2. Those funds will be equal to or greater than \$450,000.
- ❖ Capital grant staff have brought innovative ideas to our team for data collection for the grant.

Meet the Indian River Grant Team!

Susan Bennett is the Community Project Manager. Nicole Luther is the Cognitive Behavior Intervention for Trauma in Schools (CBITS) clinician. Cathy Rose is the Mental Health Professional. Brandi Ciamarra is the Functional Family Therapy (FFT) clinician.

This team supports the systems in Long Neck Elementary, Millsboro Middle, and Sussex Central High School.

Universal Screening Updates

What is Universal Screening?

Currently, all schools have systems in place to identify students whom need support through teacher/parent referral, and academic, behavior, and attendance data. These are all types of screening that happen universally, for all students in a particular group.

Project DeLAWARE’s Screening Committee meets to discuss the possibility of enhancing these systems to include a focus on mental health, similar to the ways we screen for vision and hearing. The goal of this committee is to support the Grant Districts in the selection of a screening tool that can be used to identify all students with mental health needs, especially those we often miss (e.g. students with internalizing behaviors associated with anxiety and depression).

Indian River School District is working with Project DeLAWARE’s Screening Committee members to select a universal screening tool and develop an implementation process for their schools to use. Indian River will be our first grant District to pilot the process.

We hope to use the information learned in working with Indian River to guide all of our Grant Districts. It is our goal that each District will select and implement a universal mental health screening tool by the fall of 2020, which supports goal number 4 of Project DeLAWARE.

COMING UP...

- 10/24/19** 8:30am-3:30pm Tier 3: Prevent-Teach-Reinforce (PTR) Training hosted by the PBS Project
- 10/29/19** 8:30am-3:30pm Tier 1: School-wide PBS Framework Overview hosted by the PBS Project
- 10/30/19** 2pm-3pm Parent Peer Support: Better Outcome for Children, Youth, & Families [Register](#)
- 11/4/19** 1:30pm-3:30pm Project DeLAWARE Quarterly LEA Meeting
- 11/6/19-11/9/19** Advancing Mental Health in School Conference in Austin, Texas
- 11/4 & 11/21** 2-part evening opportunity for FBA/BIP Workshop hosted by the PBS Project
- 12/10/19** 6pm-7pm ISF 201: When School Mental Health is Integrated Within an MTSS - What's Different [Register](#)
- 12/31/19** End of Year 2, Quarter 1
- 1/21/19** 6pm-7pm ISF 301: Installing an Integrated Approach [Register](#)

NEW PROJECT DELAWARE WEBSITE
[HTTPS://WWW.DOE.K12.DE.US/DOMAIN/588](https://www.doe.k12.de.us/domain/588)

Mental Health Facts from the Centers for Disease Control and Prevention (CDC)

Percentage of high school students who engaged in suicide-related behaviors, by type of grades earned (mostly A's, B's, C's, or D's/F's) — United States, National Youth Risk Behavior Survey, 2015					
Suicide-Related	Percentage of students who engaged in each risk behavior, by type of grades mostly earned in school†				Significant Association*
	A's	B's	C's	D's/F's	
<i>Suicide-Related Behaviors</i>					
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	23	30	36	47	Yes
Seriously considered attempting suicide (during the 12 months before the survey)	14	16	22	36	Yes
Made a plan about how they would attempt suicide (during the 12 months before the survey)	11	14	18	28	Yes
Attempted suicide (one or more times during the 12 months before the survey)	6	7	12	21	Yes
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2	2	4	9	Yes

† Percentage of students who engaged in each risk behavior, by type of grades mostly earned in school (mostly A's, B's, C's, D's/F's) are row proportions from cross-tabulations. The percentage of students who did not engage in each risk behavior are not shown. However, the total row proportions for the percentages of students who did and did not engage in each risk behavior, by type of grades mostly earned in school sum to 100%.

*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.05.