

# Advocacy Strategies to Promote Sustained and Equitable Access to Comprehensive School Mental & Behavioral Health Services

September 14, 2022

## Presented by

Kelly Vaillancourt Strobach, PhD  
Director of Policy & Advocacy, NASP



## Moderated by

John Kelly, PhD      Jeremy Glauser  
School Psychologist      Founder/CEO, eLuma

# Introduction

# Agenda

Introduction	1:00 pm EST (5 minutes)
Presentation	1:05 pm EST (25 minutes)
Discussion	1:30 pm EST (20 minutes)
Q&A	1:50 pm EST (10 minutes)

# This Webinar

## A few facts:

- ▶ Part of our Webinar Series, "Office Hours with Dr. John Kelly."
- ▶ Register for upcoming webinars or the entire series at:  
<https://eluma.com/webinars/>
- ▶ Recording link, Slide Deck and Certificate of Attendance will be sent after the webinar.

eLuma MTSS & Mental Health Webinar Series  
**FALL OFFICE HOURS WITH DR. JOHN KELLY**

				
John Kelly 8/25	Kelly Vaillancourt 9/14	Shauna Rader Kelly 10/27	Maurice Elias 11/17	Pola Morrison 12/14

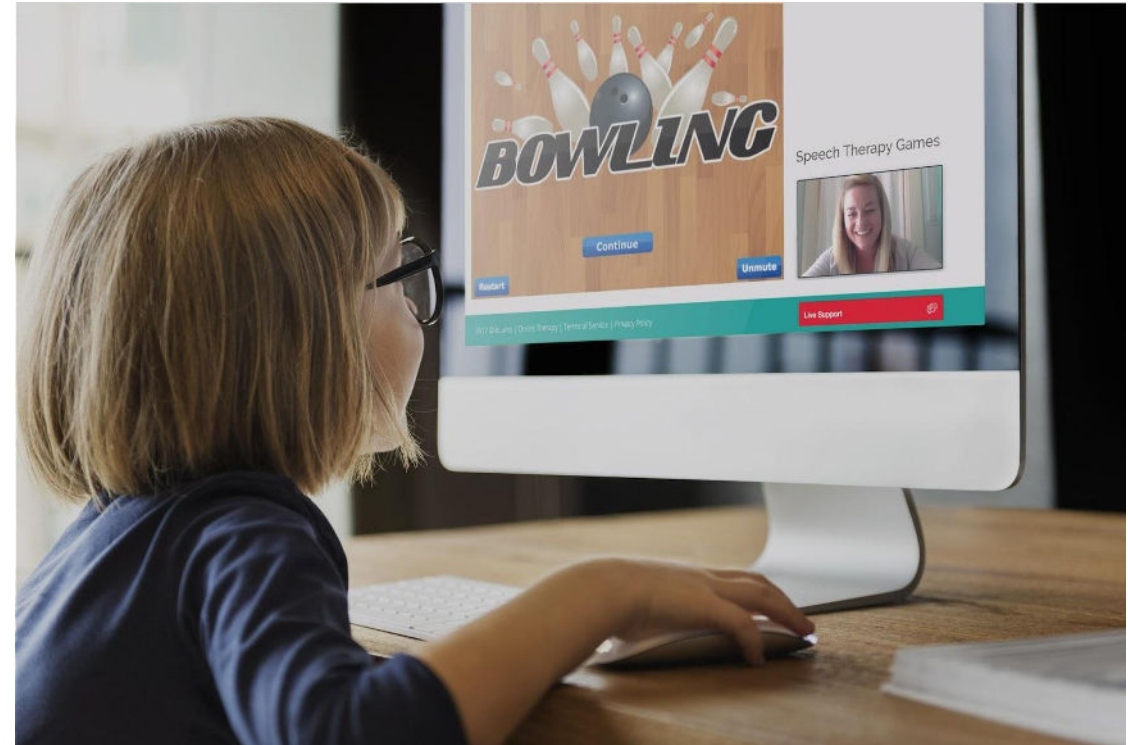
 **Aug 25 - Dec 14, 2022**  
1:00 PM EST

Watch in-person or on-demand

# Who is eLuma?

## eLuma

- ▶ Dedicated to helping students achieve their full potential. We strive to provide a systemic solution in the areas of mental health and special education.
- ▶ Provides live services online with dedicated therapists
- ▶ Founded in **2011**
- ▶ Comprised of **300+ dedicated team members**
- ▶ Over **33,000 students served** in 36 states
- ▶ Twitter **@eLumaTherapy**
- ▶ Facebook **@facebook.com/elumatherapy/**



# Want to learn more?

If you would like to learn more about how eLuma can help support your students and program with our industry-leading mental health and school psychology services, we invite you to schedule a 30-minute consultation at:

<https://eluma.com/mental-health-consultation/>

Schedule today and we'll donate \$50 to the National Alliance on Mental Illness (NAMI) in your name.



**nami**

**National Alliance on Mental Illness**



## Kelly Vaillancourt Strobach, PhD

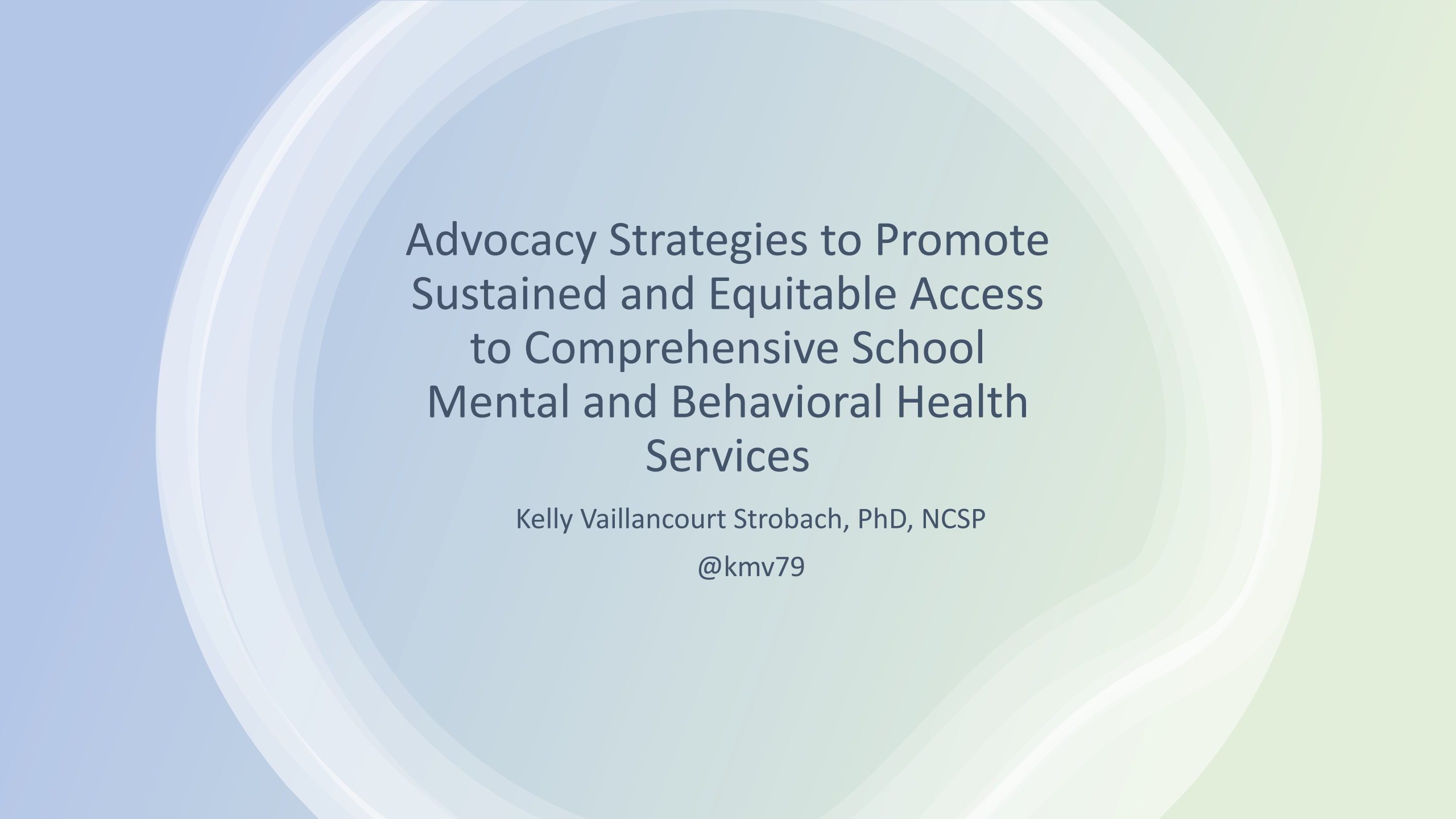


- ▶ Dr. Kelly Vaillancourt Strobach is a Nationally Certified School Psychologist and is currently the Director of Policy and Advocacy at the National Association of School Psychologists.
- ▶ Dr. Strobach consults with, advises, and collaborates with members of Congress, the Department of Education, and other key federal partners and national organizations to advance the availability of comprehensive school psychological services, promote safe schools, promote comprehensive school mental and behavioral health services, address the shortages in school psychology, and other education related issues.
- ▶ Dr. Strobach has developed, authored, and coauthored numerous articles and resources, including NASP's Framework for Safe and Successful Schools and has presented nationally on issues related to school safety, school mental health, effective discipline policies, and the relationship between education policy and school practices.

## The Big Ideas

- Tremendous opportunity, and federal investments, exist to increase access to school mental health professionals and comprehensive services.
- We can build upon existing evidence-based resources, models, and initiatives to guide work in our local communities.
- This work requires ongoing partnerships with families, school leaders, school mental health professionals, educators, community partners, and professional organizations.
- Ongoing advocacy created the current opportunities, and thus will be necessary to sustain progress over the long term.

# The Presentation



# Advocacy Strategies to Promote Sustained and Equitable Access to Comprehensive School Mental and Behavioral Health Services

Kelly Vaillancourt Strobach, PhD, NCSP

@kmv79

# What is School Mental and Behavioral Health?

- School mental and behavioral health :
  - Is not limited to students with disabilities
  - Promotes mental wellness and resiliency
  - Supports early identification and early intervention
  - Ensures students have access to a full range of supports

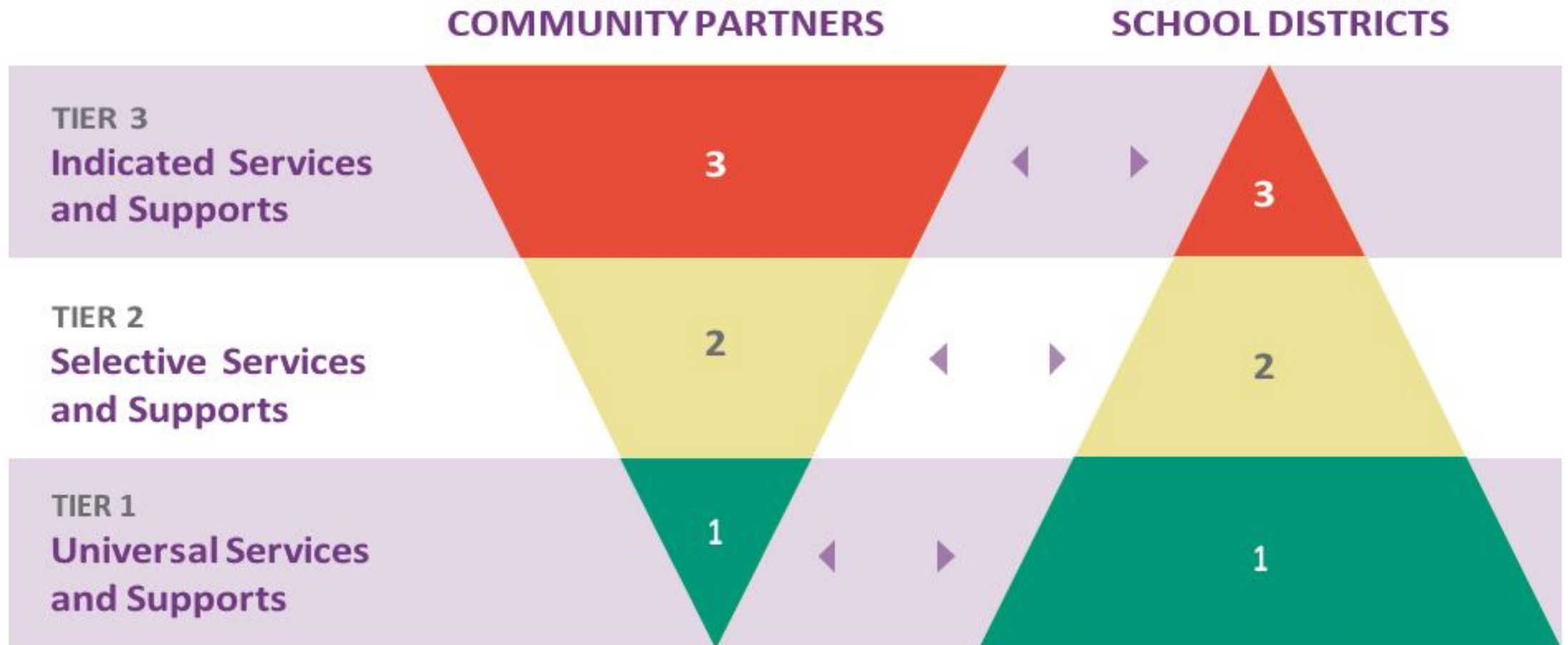


# Why Mental Health in Schools

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- By 7<sup>th</sup> grade, **40% of students** will have experienced a mental health issue (e.g depression, anxiety); and each year **20% of students** meet clinical criteria for a mental health disorder ([CDC, 2019](#))
- Untreated mental health disorders are related to negative academic, health, and social outcomes for children and youth. ([Radez, et al., 2021](#))
- Approximately **75 to 80 percent of children and youth in need of mental health services do not receive them**. Of those who do receive assistance, the vast majority (70% to 80%) receive mental health services in schools.
- **Youth are six times more likely to complete evidence-based treatment when offered in schools** than in community settings.
- **Schools are often considered the natural and best setting** for comprehensive prevention and early intervention services for all students, including those with and without identified education disabilities.

# School-Community Partnerships to Support Students Across a Multi-Tiered System of Support





## Key Federal Funding Streams and Current Opportunities

- **COVID Emergency Funds; American Rescue Plan (Time limited)**
- **Title I-A, Title II-A, and Title IV-A of ESSA**
- **School Based Mental Health Services Grant Program**
- **School Mental Health Services Professionals Demonstration Grant**
- **IDEA**
  - **Coordinated early intervening services**
- **School Based Medicaid**

# How Do **You** Become an Effective Advocate?

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- Increase your knowledge on public policy, professional, social justice issues
- Identify a legislative, professional, or social issue to advocate for
- Enhance your knowledge of effective advocacy strategies
- Talk about your issue
- Be prepared to offer solutions to the proposed issues
- Discuss the benefits of your proposed solutions
- Always be positive, enthusiastic, and friendly
- Work on your listening and communication skills
- Continue to engage in advocacy events and trainings



# Upcoming Webinars



**Mitchell J. Samet,  
Ph.D.**

## Effective Suicide Policy/Procedures for Administrators

Thursday, September 22, 2022 at 1 pm EST

In this webinar, Dr. Samet will examine current trends in youth suicide, and present an MTSS framework for helping school districts to keep kids safe – with discussion of strategies at all three tiers. This workshop will provide tons of useful programs, techniques and tools for helping to improve your district's suicide policies & practices.

\*Register for this webinar and/or the entire series at: <https://eluma.com/webinars/>

# Upcoming Webinars



**Dr. Greg Hudnall**

## Suicide 101 – What We Know About Youth Suicide and What We Don't Know

Wednesday, September 28, 2022 at 1 pm EST

Dr. Hudnall a former high school principal and associate superintendent will share the latest research concerning youth suicide. His presentation focuses on what we know about kids trying to take their lives by suicide. He shares personal experiences from his expertise as a first responder and team leader of a state-wide crisis team that has responded to over twenty-five youth suicides, including the death of a fourth grader on a school campus. He has trained over seventy-five thousand educators, therapists, parents, and others in suicide prevention, intervention, and postvention.

\*Register for this webinar and/or the entire series at: <https://eluma.com/webinars/>

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**National Alliance on Mental Illness**



# Thank You

For more information contact:

**[www.eluma.com](http://www.eluma.com)**



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# Want to learn more?

If you would like to learn more about how eLuma can help support your mental health, speech therapy, OT, and school psychology services, we invite you to schedule a demo.

[eluma.com/consultation/](https://eluma.com/consultation/)

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