

# Grant Wood AEA Mental Health SUPPORTS



The Grant Wood AEA pilot initiatives address many of the reasons students are not receiving effective treatment:

- symptoms going unrecognized
- family is unable to connect with services
- school is left to provide interventions (often without needed expertise and resources)
- it is challenging for educators to support students outside the school
- it is challenging for community providers to support students in the school environment

## Grant Wood AEA is Piloting Solutions to Help Districts and Students

### Crisis Intervention Mental Health Counseling (J-FAST)

Grant Wood AEA is partnering with local mental health organizations to form a consortium for crisis intervention counseling services for school districts.

The Juvenile and Family Assistance and Stabilization program, called J-FAST, is a joint effort between Foundation 2, Horizons, Area Substance Abuse Council (ASAC), Abbe Center, Tanager Place, and St. Luke's Hospital. J-FAST works with Linn County families of youth (ages 5-17) at risk of hospitalization, committal, or residential placement.

When a call for assistance is made to J-FAST, counselors are dispatched to quickly intervene and help parents or schools in situations where youth are struggling with depression, violent behavior, substance abuse, self-harm and/or thoughts of suicide.

The team's focus is to stabilize school-based crisis situations and connect students with immediate services.

This support model has been used on a limited basis among a few Linn County metro districts and was funded through Linn County Decategorized funds. Grant Wood AEA has initiated memorandums of understanding that outline Grant Wood AEA as the fiscal agent and partner in bringing Foundation 2's J-Fast services to rural districts as well.

### Site-Based Mental Health Counseling

Grant Wood AEA has helped fund partnerships between rural school districts and existing mental health counseling providers to ensure student counseling services are available in a school-based setting. This model was based on successful partnerships that have been in

existence for several years in metro areas. By creating consortiums in GWAEA's rural settings, the AEA has successfully improved student access to mental health counseling across its seven-county service area.

**20%**  
"Twenty percent of children and youth have a clearly identified need for mental health service but only about one-third of these children receive any help at all."\*

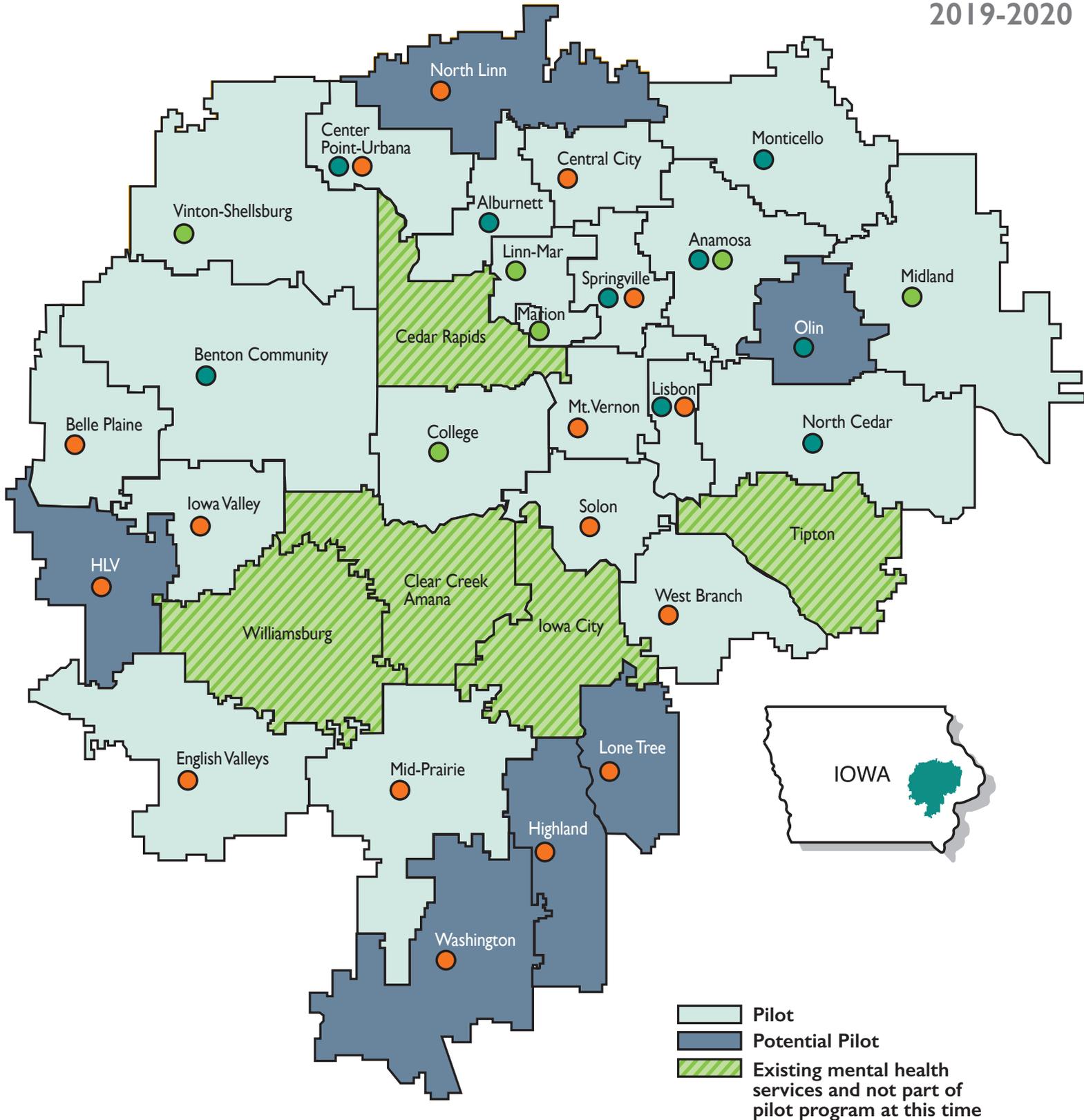
### Interconnected System Framework (ISF) Sites

School districts use Positive Behavioral Interventions and Supports (PBIS) or a similar program to proactively teach and reinforce positive behavior strategies. GWAEA has helped districts using PBIS to implement a structure and process to integrate efforts from the district, Grant Wood AEA, and community mental health partners through a model called Interconnected System Framework (ISF). This new framework allows district, AEA, and community partners to receive cross training to ensure all organizations learn about one another's systems. It also provides a structure that promotes student and family participation in interventions, when needed. To the extent possible, the team is able to holistically consider the needs of the child and accounts for home, school, and community data during its system-wide decision making processes.

\*Source: <https://www.pbis.org/school/school-mental-health/interconnected-systems>

# Grant Wood AEA Mental Health Pilot Programs

2019-2020



A grayscale photograph of a modern building with large windows and a stone wall in the foreground. The building has a logo and text that reads "GRANT WOOD AREA EDUCATION AGENCY".

# MENTAL HEALTH

## PILOT PROGRAMS AND SUPPORT INITIATIVES

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Grant Wood Area Education Agency



**GRANT WOOD**  
**AREA EDUCATION AGENCY**

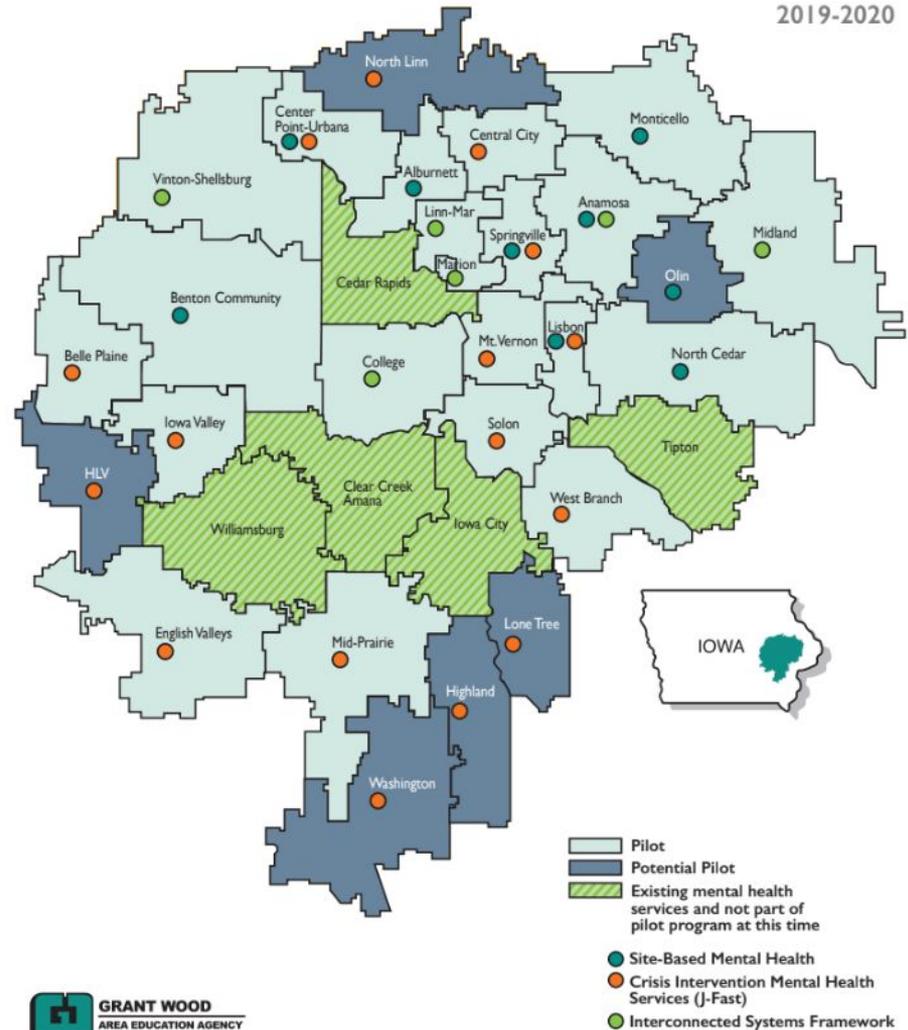
Grant Wood Area Education Agency is committed to ensuring content is accessible and usable to everyone. Please let us know if you encounter accessibility barriers related to Grant Wood AEA materials by calling 319-399-6700 or emailing us at [grantwoodaea@gwaea.org](mailto:grantwoodaea@gwaea.org).

# PILOT INITIATIVES

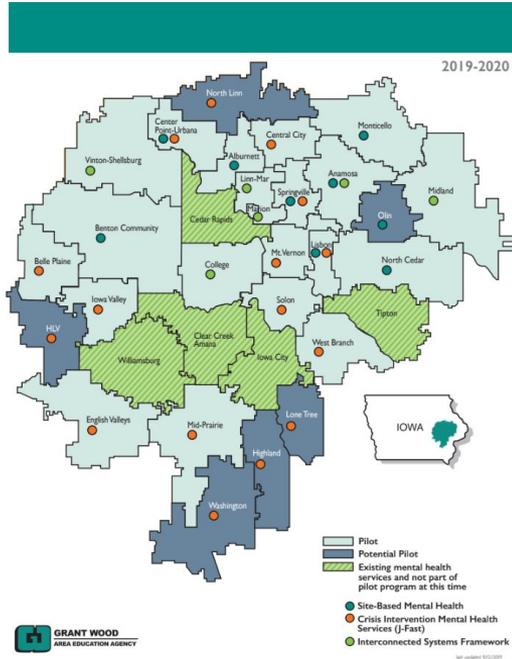
## GRANT WOOD AEA

Pilots were designed to:

- Utilize existing community resources
- Expand opportunities to rural communities
- Provide immediate support to both students and educators through training, structure and resources

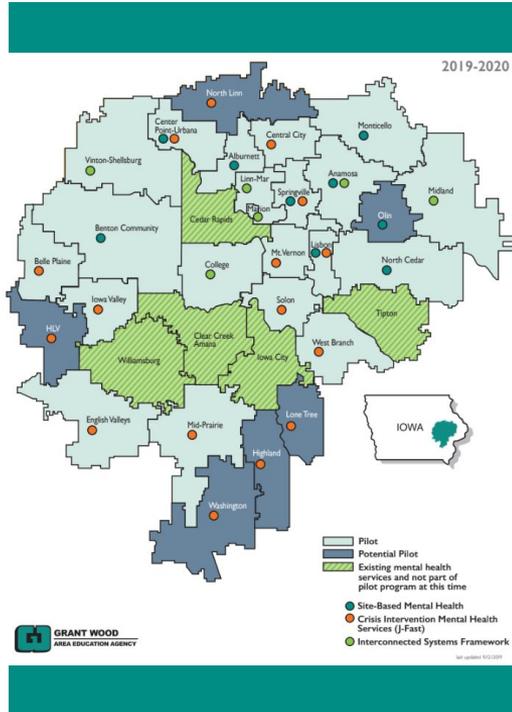


# CRISIS INTERVENTION (J-FAST) MENTAL HEALTH COUNSELING



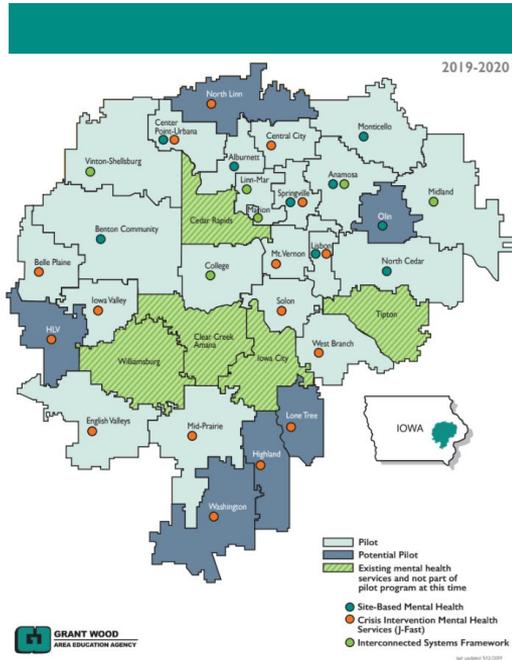
- Current Pilot: Central City, Center Point-Urbana, Springville, Lisbon, Mt. Vernon, Belle Plaine, English Valleys, Iowa Valley, Mid-Prairie, West Branch, Solon, Central City
  - GWAEA expanded successful J-FAST response model to non- Linn County school districts
  - Provides rapid response to school building when student is in crisis
  - Launched with \$65,000 from GWAEA general fund, school district funds, and legislative appropriation

# SITE-BASED MENTAL HEALTH COUNSELING FOCUSED ON RURAL COMMUNITIES



- Current Pilot: Center Point-Urbana, Alburnett, Monticello, Anamosa, Springville, Benton, Lisbon, North Cedar
  - GWAEA built consortium of rural districts
  - Using existing community mental health providers
    - Costs vary based on school structure and time spent in direct counseling services.
    - \$10-23,000 per counselor funded from GWAEA general fund, school district funds, and legislative appropriation.
    - Partially billable to Medicaid and private insurance.

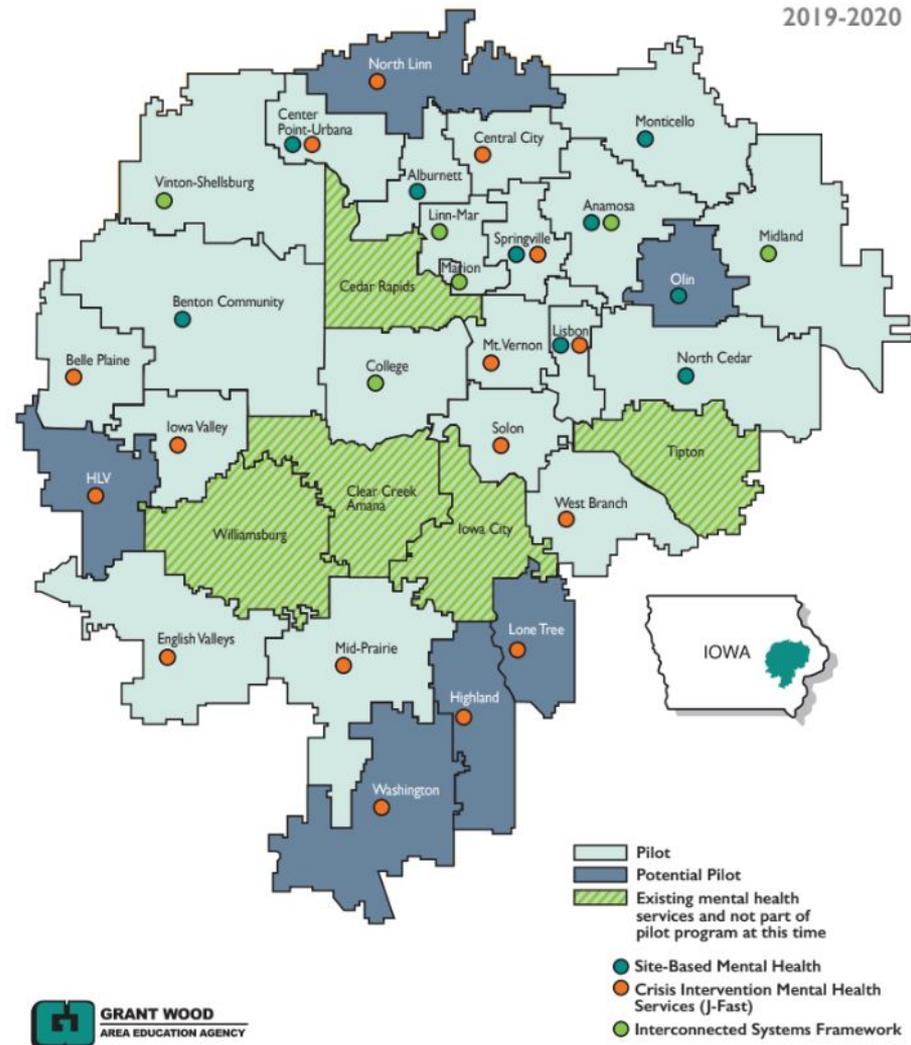
# INTERCONNECTED SYSTEM FRAMEWORK SITES (ISF)



- Current Pilot: Vinton-Shellsburg, Anamosa, Linn-Mar, Marion, Midland, College Community
  - Districts have a current PBIS structure in place to support positive behavior strategies
  - Pilot expands PBIS framework to connect GWAEA staff, community partners and school district staff using same language, strategies and approach when helping students
  - Provides data to inform system decisions and consistent implementation of positive supports and quality interventions.
  - Utilizes existing community health providers

# SUSTAINING SUPPORT FOR STUDENTS

- Pilots are designed to integrate existing mental health providers in the construct of our schools
- Braided local and AEA funding streams for pilots is a short-term strategy as we look ahead at future expansion.
- Consistent, dependable mental health funding is necessary to move from pilots to full-scale, permanent solutions.



# SUPPORT FROM IOWA'S AEAs

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Iowa's Area Education Agencies (AEAs) are supporting Iowa Schools to meet the requirements of SF 2113

- Suicide Prevention and Postvention
- Identification of Adverse Childhood Experiences (ACEs) and strategies to mitigate toxic stress response in students
- Youth Mental Health First Aid

For more information:

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Chief Administrator

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319-399-6700



**GRANT WOOD**  
**AREA EDUCATION AGENCY**



## Experience the Next Generation of Researching Digital Content with AEA Scout! AEA Scout: One login. One search. One interface.

AEA Scout is a new online portal that provides access to many of the digital resources provided by Iowa's AEA's: AEA Digital Library, American History in Video, Encyclopedia Britannica, Gale, Learn 360, Mackin VIA, PBS Learning Media, SIRS Researcher and Teen Health & Wellness. Initially, 5th - 12th grade students will benefit from a one-stop-shop for their research needs, and teachers can rest easy knowing their students are searching the quality content they've come to know and trust.



### Accessing AEA Scout

Visit the [AEA Scout website](#) today! Mobile apps coming soon!

- Educators can log in using their "AEA Login" -- the same username and password they use to login to trainings via the AEA Learning Online system.
- While we're working on a more seamless way for students to access AEA Scout, they can use their school-issued email address and a special building code provided by their AEA librarian or media consultant to log in. If districts would like to provide the code themselves to their students, they can contact [support@aealearningonline.org](mailto:support@aealearningonline.org) or (800) 255-0405 ext. 14702.

Individual access is still available for these digital resources that currently aren't able to be integrated into AEA Scout. Visit your AEA's website or the [Iowa's AEA's website](#) for these great resources.

- CultureGrams
- iClipArt for Schools
- Soundzabound
- BookFLIX
- TrueFLIX
- FreedomFLIX
- ScienceFLIX
- TeachingBooks.net

### Reminder to Check TLC Fund Balances

[This end of the year report](#) from the Iowa Department of Education summarizes Iowa districts' TLC implementation for the 2018-19. This report summarizes the data provided in end-of-year reports submitted by all 329 school districts during the 2018-19 school year. Districts are encouraged to review their TLC fund balances to ensure they are maximizing these funds and to spend down unspent balances. As a reminder, [there are six categories of allowable uses for TLC funds that are summarized here](#).



## Search and Compare Products with the New AEA Purchasing Marketplace



The "[AEA Purchasing Marketplace](#)" is picking up speed! Our new purchasing platform makes it easier than ever to search and compare products across all our purchasing contacts! Ordering doesn't have to be difficult. No longer are you shopping contract to contract with multiple windows open on your screen. Everything you need to know is now accessible in one place!

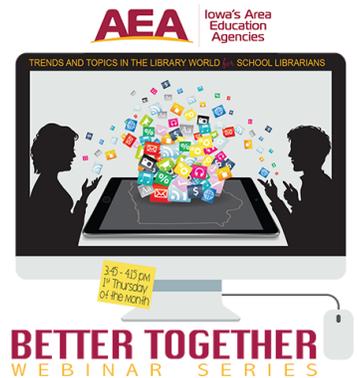
With quick access to multiple vendors and flexible payment options (PO, credit card, P-card), AEA Purchasing Marketplace was built with busy folks in mind! Tutorials on how to shop are available [online](#) and AEA Purchasing staff is just a phone call or email away. Contact [Laurie Hoing](#) for more information on how your buildings and districts can benefit.

In Zoom news, AEA Purchasing now has a way for school districts to save on Zoom licenses! Schools can now save 10 percent on Zoom's EDU 20 package, which includes 20 licenses and other features, for \$1,800 per year. For more information, contact [Joni Puffett](#).

## Iowa Teacher Librarians Again Have Opportunity to Collaborate During Monthly Online Sessions

Iowa's AEAs are again offering Iowa school teacher-librarians the opportunity to network, share ideas and "talk shop." The "Better Together: Collaborative Conversations" is a series in which an AEA teacher-librarian and a guest expert will facilitate a monthly online discussion about a predetermined topic with time built in for networking and Q & A. This year's sessions will focus on the Iowa School Library Program Standards.

And the best part? No cost, no long agenda and no drive time! Check out this [online flyer](#) for all the details.



## Save the Date: AEA Legislative Advocacy Event is Feb. 10-11, 2020

Iowa's AEAs will host its annual Legislative Advocacy Event on Feb. 10-11, 2020 at Prairie Meadows. Registration and additional details will be released in December.

## Meeting the Requirements for Suicide Prevention Legislation

The following document includes the new URL for additional trainings that are listed in the technical assistance guidance created by the Iowa Department of Education.

# Meeting the requirements of recent mental health legislation



Iowa's Area Education Agencies (AEAs) are providing support to Iowa schools to meet the requirements of Senate File 2113. This legislation requires school districts to provide annual employee training and protocols in two areas:

- 1 Suicide Prevention and Postvention
- 2 Identification of adverse childhood experiences (ACEs) and strategies to mitigate toxic stress response

Iowa's AEAs also offer Youth Mental Health First Aid (YMHFA) training that focuses on how to help students experiencing a mental health, addiction challenge, or crisis. YMHFA is a nationally recognized curriculum.

Additional trainings are listed in the technical assistance guidance created by the Iowa Department of Education ([https://educateiowa.gov/sites/files/ed/documents/GuidanceSF2113\\_0.pdf](https://educateiowa.gov/sites/files/ed/documents/GuidanceSF2113_0.pdf)). The list is not exhaustive and school districts are not required to select from the list. School districts have the authority to select the evidence-supported training that best meets the needs of their district.

## Suicide Prevention and Postvention Training

An online course for district personnel supporting students, and knowing when and how to make referrals to school or community-based mental health providers.

- One hour
- Required annually
- AEA Learning Online, <https://training.aealearningonline.org>

## Identification of Adverse Childhood Experiences (ACEs) and Strategies to Mitigate Toxic Stress Response

This training focuses on learning the risk and protective factors, outcomes associated with ACEs, and evidence-based strategies to reduce or eliminate the impact of ACEs and stop them from occurring in the first place.

- One hour
- Required annually
- Contact your AEA for training information

## Youth Mental Health First Aid

YMHFA is a course that focuses on how to help students experiencing a mental health, addiction challenge, or crisis. It is a quality, evidence-based training, but participation is not required of Iowa schools. YMHFA meets the suicide prevention training part of the legislation when it is completed along with the postvention module available on AEA Learning Online.

- Face-to-Face
- 6-8 hours
- Contact your AEA for training information
- AEA Learning Online Postvention Module, <https://training.aealearningonline.org>

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*Within the AEA Learning Online suicide modules, districts have the opportunity to personalize the content and add their own resources. Contact AEA Learning Online for information.*

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