

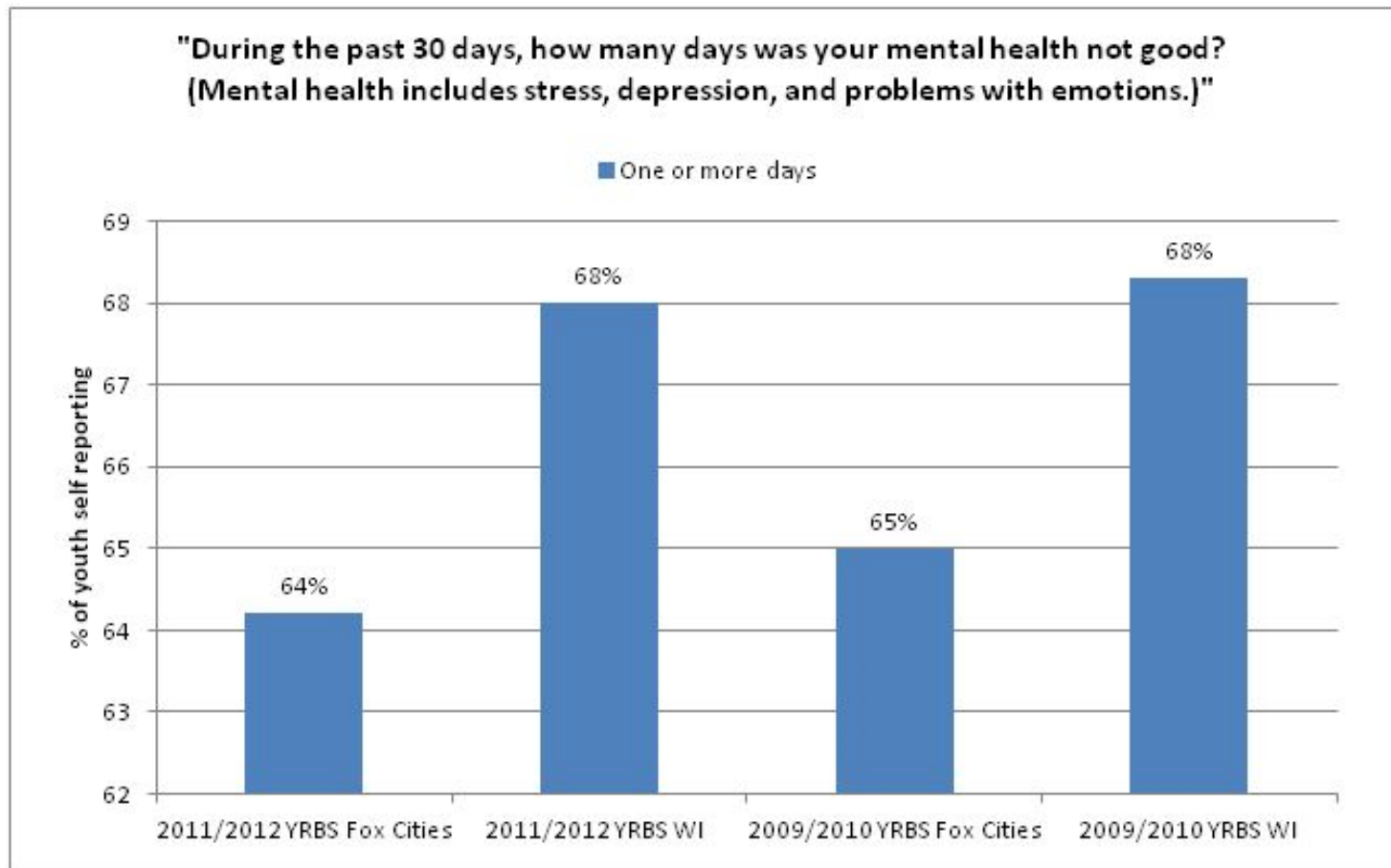
# School-Based Mental Health in the Fox Cities



## **PATH (Providing Access to Healing) for Students**

# Identifying the Need

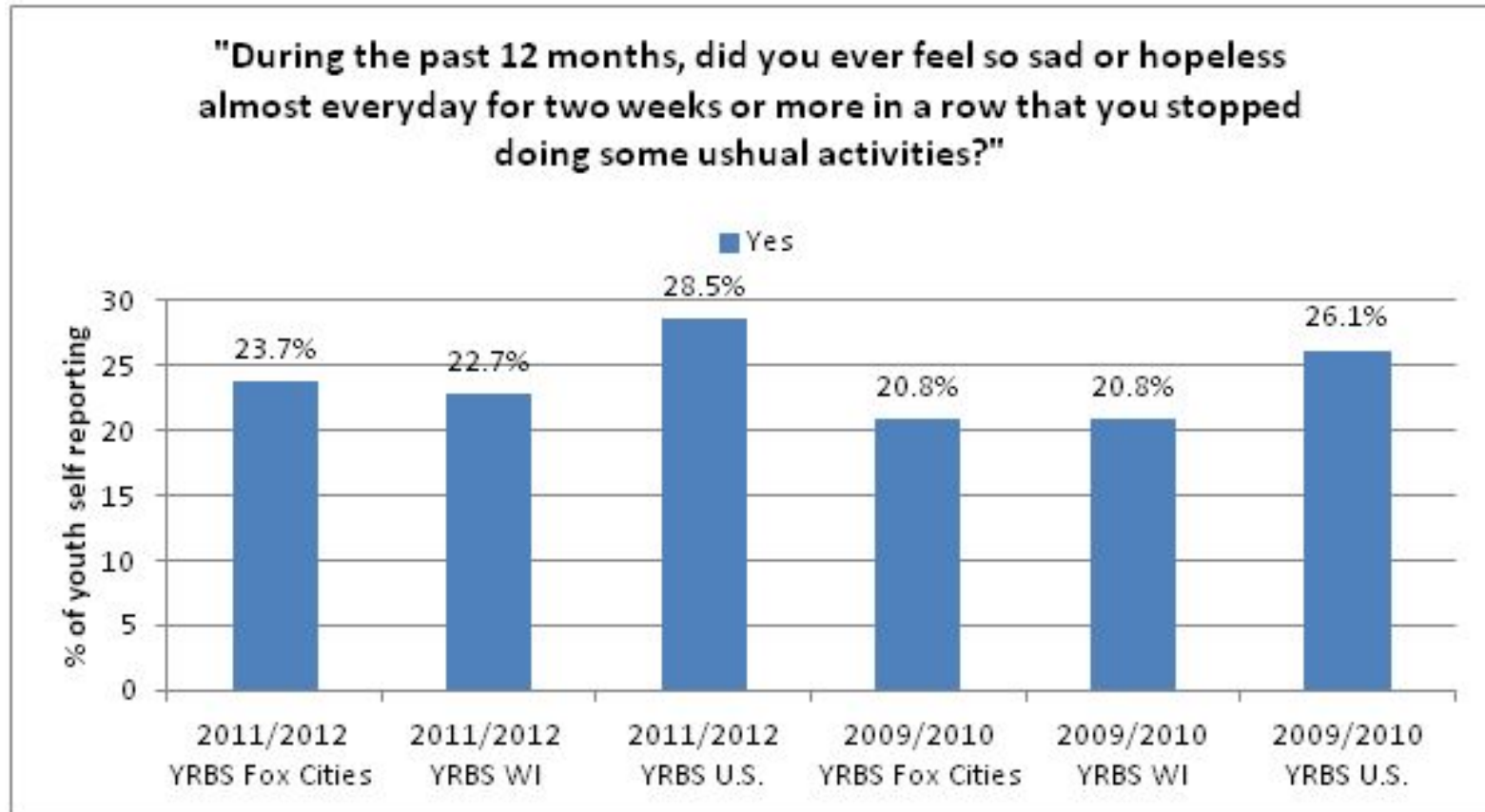
## Adolescent Mental Health



Source: 2011/2012 Youth Risk Behavior Survey  
2009/2010 Youth Risk Behavior Survey

# Identifying the Need

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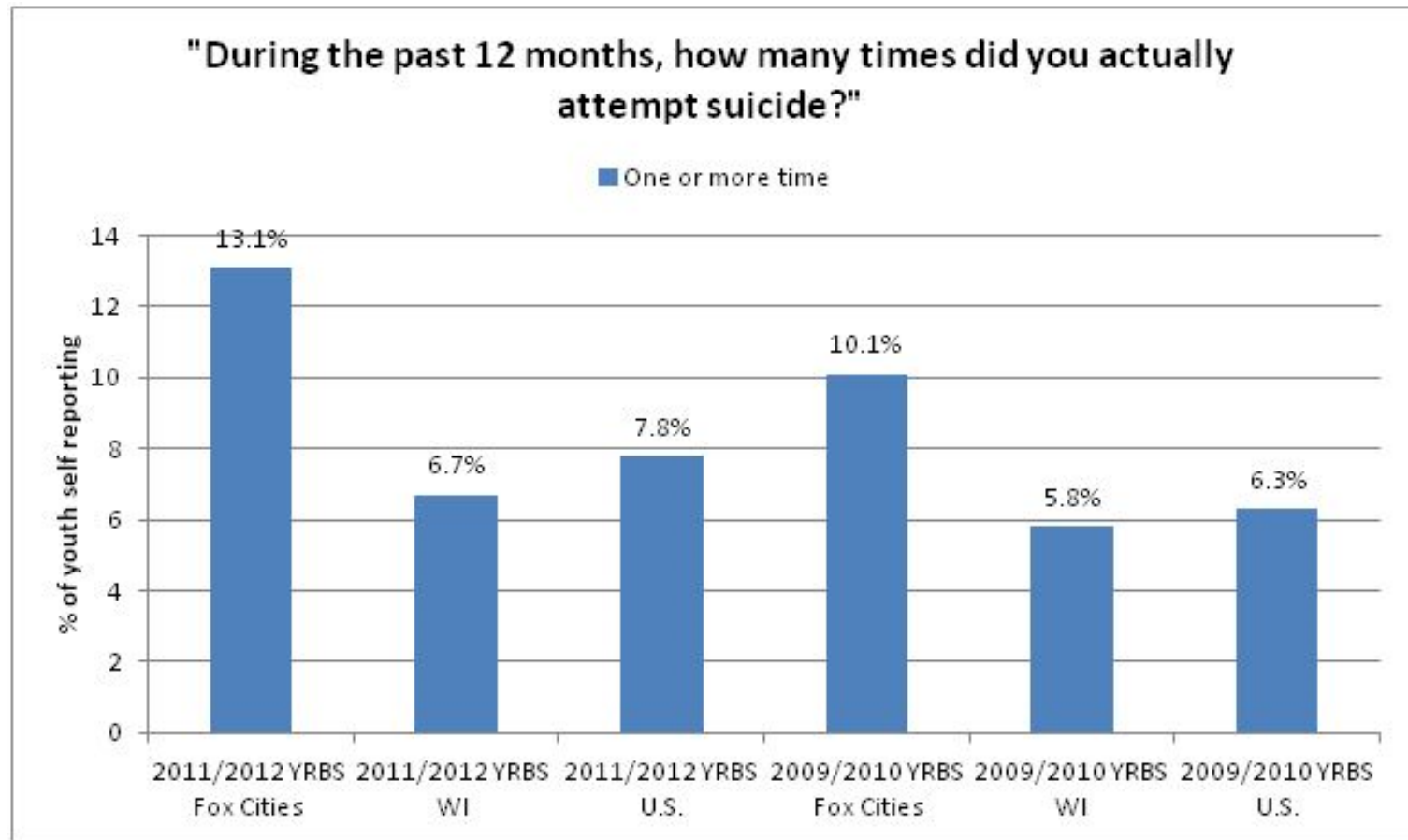
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Source: 2011/2012 Youth Risk Behavior Survey  
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# Identifying the Need

## Adolescent Mental Health



# Addressing the Need

## United Way Fox Cities

- ❑ Mental Health one of 4 priority Issues
- ❑ Invests over \$900,000 annually in mental health through partner agencies
- ❑ United Way's 2-1-1:
  - Receives over 1,000 call per month
  - 8% are for mental health related services
- ❑ A founding organization of the NEW Mental Health Connection
  - Member of the Children's Mental Health Initiative.
  - Grant to "No Wrong Door"
  - Fiscal Agent for Mental Health Integration (Primary Care Physician Training)
  - Grant to Catalpa Health
  - Grant to TeenScreen™
- ❑ Host Mental Health Continuum of Care web site
- ❑ United Way's PATH for Students Program

# Addressing the Need

## United Way Fox Cities' PATH for Students

- ❑ PATH is an expanded school-based mental health program designed to improve access to mental health services for students experiencing barriers to care in the community.
- ❑ Barriers to care include:
  - Limited financial resources
  - Lack of reliable transportation
  - Parent work schedules
  - Cultural attitudes
  - Stigma
  - Lack of parent engagement

# Addressing the Need

## United Way Fox Cities' PATH for Students

- ❑ Evidence-based services are provided by licensed therapists from:
  - Catalpa Health,
  - Family Services of Northeast WI,
  - Lutheran Social Services of WI and Upper MI
- ❑ PATH is offered in selected elementary, middle and high schools in 10 school districts in the Fox Cities:



# Addressing the Need

## United Way Fox Cities' PATH for Students

### Why School-based?

- Parents do not need to take time off of work.
- Parents do not need to find reliable transportation.
- Services are delivered regardless of ability to pay.
- School is a safe and accepting environment so parents and students are more accepting of care.
- Collaboration among providers eliminates wait lists.

## United Way Fox Cities' PATH for Students

Other benefits...

- Onsite therapy reduces missed appointments and missed classroom time.
- Onsite therapy provides a greater opportunity for care coordination and case management.
- Onsite therapy encourages self-referrals or referrals by peers.

# Addressing the Need

## United Way Fox Cities' PATH for Students

### Program Timeline

**2008**

Menasha Joint School District

**2011**

Appleton Area School District

Kaukauna Area School District

Kimberly Area School District

Little Chute Area School District

**2012**

Freedom Area School District

Hortonville Area School District

Neenah Joint School District

Seymour Community School District

School District of Shiocton



# Addressing the Need

## United Way Fox Cities' PATH for Students

School Districts	Active Students	Total Students
Menasha Joint School District	51	185
Appleton Area School District	112	201
Kaukauna Area School District	27	65
Kimberly Area School District	13	30
Little Chute Area School District	5	11
Neenah Joint School District	19	44
Seymour Community School District	28	36
Hortonville Area School District	10	19
Freedom Area School District	1	3
School District of Shiocton	4	7
Total	270	601

## United Way Fox Cities' PATH for Students

### Outcome Measurements

- Improved Mental Health
- Improved Academic Performance
- Improved School Behaviors

# Measuring Results

## United Way Fox Cities' PATH for Students

Outcome Results:

**66%** experienced reduced symptoms and improved functioning

**83%** reported progress toward goals

**78%** reported feeling better about life

# Measuring Results

## United Way Fox Cities' PATH for Students

More Outcome Results:

**64%** showed improved academic performance

**61%** showed improved school behaviors

**77%** reported improved relationships with friends

**72%** reported improved relationships with family

# Measuring Results

## United Way Fox Cities' PATH for Students

More Outcome Results:

**96%** would return to therapy if needed

**94%** would refer a friend if needed

**100%** reported feeling respected by the therapist



# Measuring Results

## United Way Fox Cities' PATH for Students

- Before I started counseling, if something was bad, I went to cutting. Now I have methods to use.
- Being there for me when no one else was.
- Knowledge on human behavior and mental illness.
- Just having a person to talk to who listens.
- Learning to understand feelings.
- Knowing how to take control of a situation.
- They told me what to do next time when I'm feeling depressed.
- Listening and not letting my problems go out the other ear.
- Help me see certain things in a different way.
- Stuff at home is a lot better - not fighting as much.
- Knowing that there will always be someone to talk to.
- I really think I want to live now.

# Measuring Results: Cost/Benefit

## United Way Fox Cities' PATH for Students



Robert M.

La Follette School of Public Affairs

UNIVERSITY OF WISCONSIN-MADISON

Long-term Net Benefit  
per Student:  
**\$48,900**

= ROI:  
Approximately **30 to 1**

Cost Per Student:  
**\$1,700**



# Mental Health in the Fox Cities

## Achieving Better Results through Collaboration...

- ❑ Shared vision of becoming the mentally healthiest community
- ❑ Greater economic benefit to the community
- ❑ Shared accountability
- ❑ Building a system of care
  - Consumer driven
  - Evidence based/best practices
  - Better access and navigation
  - Better outcomes for a healthy community
- ❑ Increase mental health literacy and awareness
- ❑ Stigma busting
- ❑ Greater sustainability
  - Collaborative funding opportunities
  - Efficient use of resources
  - Eliminate unnecessary duplication of services

# Contact

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