

SCHOOL-BASED MENTAL HEALTH



childrenswi.org

Our commitment to mental health

At Children's Wisconsin, we are inspired by our vision that Wisconsin kids will be the healthiest in the nation -- physically, mentally and socially.

As we expand our mental and behavioral health services, we are focused on three priorities:

- **Early detection and prevention**
- **Increased access**
- **Reducing stigma**

School-based mental health helps address all of these priorities through increased access to services in an environment that is comfortable and familiar to kids and families. Our child and family therapists work directly in schools to:

- Provide individual counseling and group therapy
- Consult with parents and teachers to support a child's success
- Work with school staff to foster a healthy environment for students

School-based mental health reduces barriers to care like:

- Transportation and the need for parents to miss work
- Missed academic time
- Stigma of seeking mental health care
- Long wait lists at community clinics

The long-term benefits of school based mental health support healthy, well-adjusted and productive kids. Data has shown that, compared to their peers, kids who receive early mental health intervention show:

- Improved academic outcomes
- Fewer disciplinary referrals and suspensions
- Better attendance
- Improved mental health

ONE IN FIVE

students comes to school with a diagnosable mental health concern that affects their ability to learn.

ONLY 50%

of Wisconsin kids with a mental health condition receive treatment.

HALF

of all mental health disorders start before age 14, but on average, they go **untreated for 10 years** after they begin.

Early investment in mental health makes sense

Waiting to treat mental illness until later in life is costly – both socially and financially. Increased health care costs, correctional system costs, early mortality rates, substance abuse and domestic violence all result from a lack of early intervention and treatment.

Children's provides school-based mental health in more than 45 schools statewide.



School districts we are currently supporting

- Altoona
- Eau Claire
- Madison
- Marshfield
- Milwaukee
- Neillsville
- Northshore
- Racine
- Shorewood
- Wausau

ZANE'S STORY

Zane, age 11, had an early history of trauma including abuse, neglect and loss. He had moved and changed schools many times. Diagnosed with attention deficit/hyperactivity disorder (ADHD), his shame and fear caused him to engage in disruptive and aggressive behaviors. Zane was suspended often and as a result, missed out on critical academic and social development time.

Through Children's School Based Mental Health program, Zane started receiving therapy. His therapist not only helped Zane develop strategies to handle his feelings, but also worked with Zane's teacher to better understand his behaviors. Zane's parent, teachers and therapist worked together to create a plan and interventions that built on his strengths and helped stabilize him at school.

Since the collaboration began last fall, Zane hasn't had any altercations with his peers and has made big academic gains – including progressing nearly three grade levels in reading. With Zane's behaviors being better understood and treated, his mental health, self-esteem and relationships have all improved.

Our goal: to double our reach and impact by 2024