

Anne Arundel County Public Schools Mental Health Task Force

November 22, 2019

Co-Chaired by Ryan Voegtlin, AACPS
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&

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Agency

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Task Force Expectations

Learn

Lean In

Bring Ideas

Share Knowledge

Recap of
September
13th Task
Force
Meeting

Let's
Recap

Who Attended?

69 of the 78 invited Task Force members and AACPS Support Staff attended the meeting.

28 members of the public were present for the meeting.

Mental Health Needs Pre-Assessment



What are the biggest
mental health needs for
children right now in
Anne Arundel County?

- Assessing and Identifying Mental Health Needs
- Trauma
- Stress
- Stigma
- Social Media
- Peer Pressure
- Limits of Insurance
- Self-Esteem
- Generational Mental Illness
- Lack of Sleep
- Trauma Experienced by Immigrant Families
- ACES

- Anxiety
- Depression
- Lack of Access to Mental Health Practitioners
- Bullying
- Fear to Seek Help
- ADHD
- Understanding How to Access Resources
- Lack of Coping Mechanisms
- Emotional Regulation
- Social and Academic Pressures
- PTSD

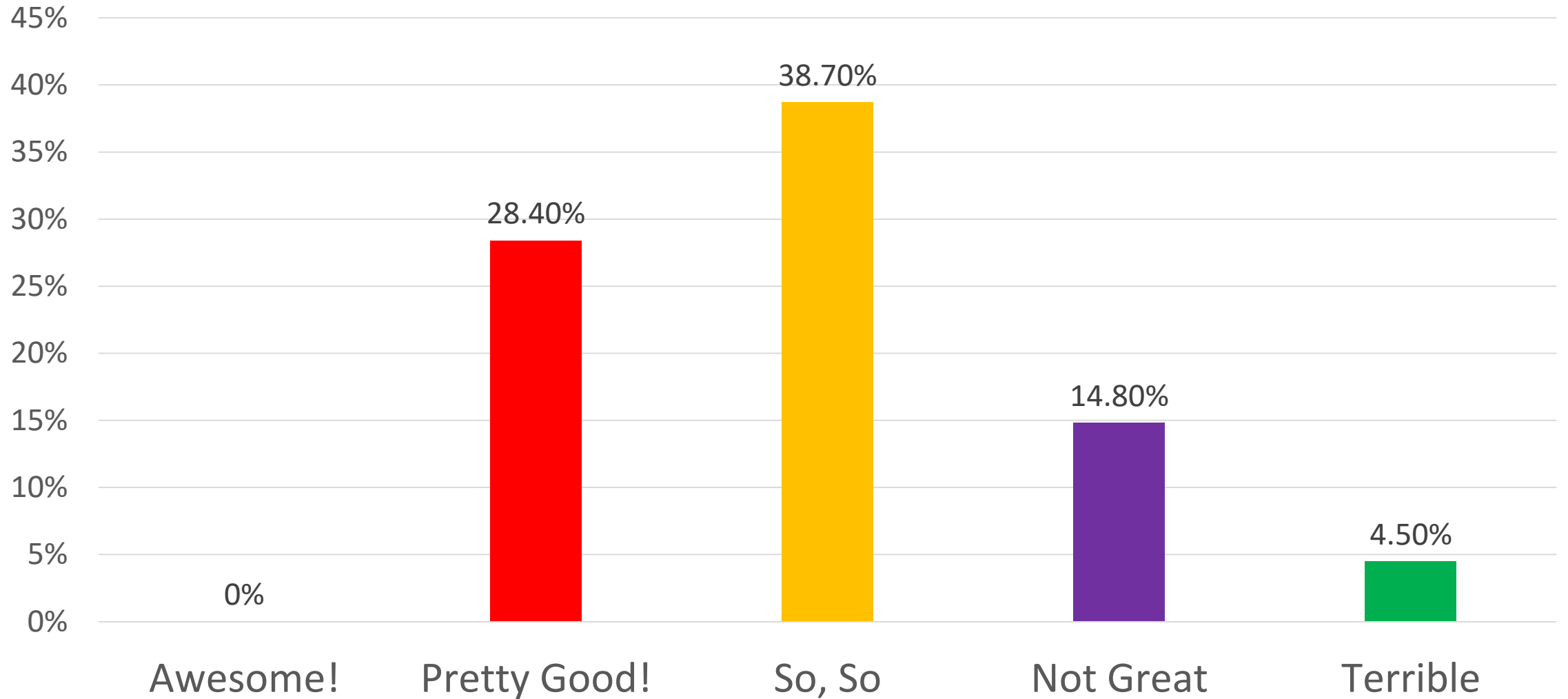
What is contributing to the increase in the mental health needs of children in Anne Arundel County?

- Exposure to Trauma and Violence
- Fear of School Shootings
- Effects of Opioid Crisis
- Violence in Schools Across America
- Lack of Teaching Basic Social Skills
- Dysfunctional Family Systems
- Financial Struggles
- Witnessing Domestic Violence
- Our Political Climate and the Intolerance of Other Viewpoints
- Parents Who Are Obsessed with Work and Technology
- Poverty
- Child Abuse

- High Stakes Testing
- Parental Mental Health Issues
- Social Media
- Pressure to Succeed
- Poverty
- Increased Stress in Society
- Anxiety
- Lack of Parenting Skills and Supervision
- Overparenting
- Mental Health Stigma
- Chronic Sleep Deprivation
- Peer Pressure
- Parental Substance Abuse Issues
- Peer, Parental, and Societal Pressure to Be the Best at Everything

**What are your feelings
about the level of
collaboration and
coordination of
organizations around the
mental health needs
children in Anne Arundel
County?**

Collaboration and Coordination Around Mental Health



**What is available right now
to address the mental
health needs of the
county?**

- Mobile Crisis
- Anne Arundel Medical Center
- Crisis Hotlines
- School Social Workers
- School Counselors
- School Psychologists
- School Nurse
- Health Department
- Police Department
- Expanded School-Based Mental Health
- Pathways
- RRP
- PRP
- OMHC
- Private Practice
- NAMI
- Pupil Personnel Workers

- Mental Health First Aid
- CRICT
- Arundel Lodge
- Adolescent Clubhouses
- Crisis Response Mentoring Program
- In-Home Therapists
- BWMC
- Project Chesapeake
- Early Identification
- Mental Health Substance Abuse Providers
- 504 Plans
- Mental Health Curriculum
- SROs
- Teachers
- Administrators
- Mental Health Agency
- Specialized Clinics
- Collaboration Between Crisis Response, the Judicial System, and the School System

- Trauma-Informed Professional Development
- Employee Assistance Program
- Addiction and Prevention Education for Adolescents
- Parents
- Medical Assistance
- Funding for Medication
- Therapists
- IEPs

- Outpatient Clinics
- Volunteers
- DSS
- Alternative Education Options
- Substance Abuse Providers
- Partnership for Children, Youth, and Families
- Students
- Care Coordination
- Psychoeducation

What do you think needs to happen in the future to further support the mental health needs of children in AA County?

Access

More in-school resources and accessible mental health care

Wrap-around services

Understand gaps in mental health care delivery

Increase the number of qualified mental health professionals

Assistance with transportation

Assistance with insurance and co-pays

More psychiatric beds for children

Support for families in their native language

Centralized, on-demand mental health service for children



Communication and Collaboration

Increased and better communication between parents, schools, and community agencies

Better coordination inside and outside of the school system

Support and positive relationships between all stakeholders

Bridging agencies and the school system with communication that is transparent and protects students' rights

More awareness of resources that are available

Early Intervention

Address issues that give rise to poor mental health outcomes

Education to parents on the signs of mental health concerns

Healthy recreational outlets for children

Restorative practices in every school

Identifying children who have been exposed to trauma and adverse experiences

Therapeutic alternative education program for elementary students

Social-Emotional Learning curriculum in all levels in order to develop appropriate coping skills

Mental health screenings at key milestones. Tracking and periodic checks of infant and toddlers with developmental delays.

Parent Education

Understanding how to be a partner in the school process

Coordination of community mental health services

Reducing the pressures of standardized testing

Mental illness and how to support children with mental health needs

Parenting structures and boundaries at home

Support for kinship caregivers

Mental health stigma

Policy and Budget

Mobile Crisis intervention stationed in school buildings to handle the volume of mental health needs

Stronger consequences for bullying and support for the victims

Addressing bullying on social media

Sufficient sleep by delaying school start times

Less academic competition around class rank

Less standardized testing

Funding for more mental health professionals

Affordable childcare

Staff Education

More awareness of mental illness

Early identification of ACES

LGBTQ awareness and sensitivity

Trauma-informed

Suicide prevention

Mental Health First Aid

Appreciating cultural differences

De-escalation techniques and awareness

Mental health stigma

Student Education



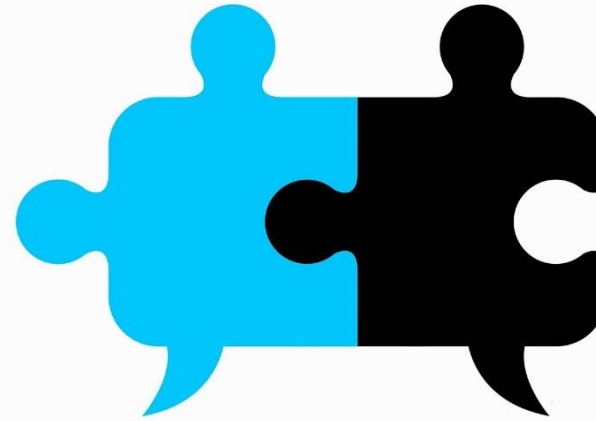
Mental health stigma

Better marketing school-based
mental health resources

Social-Emotional Learning

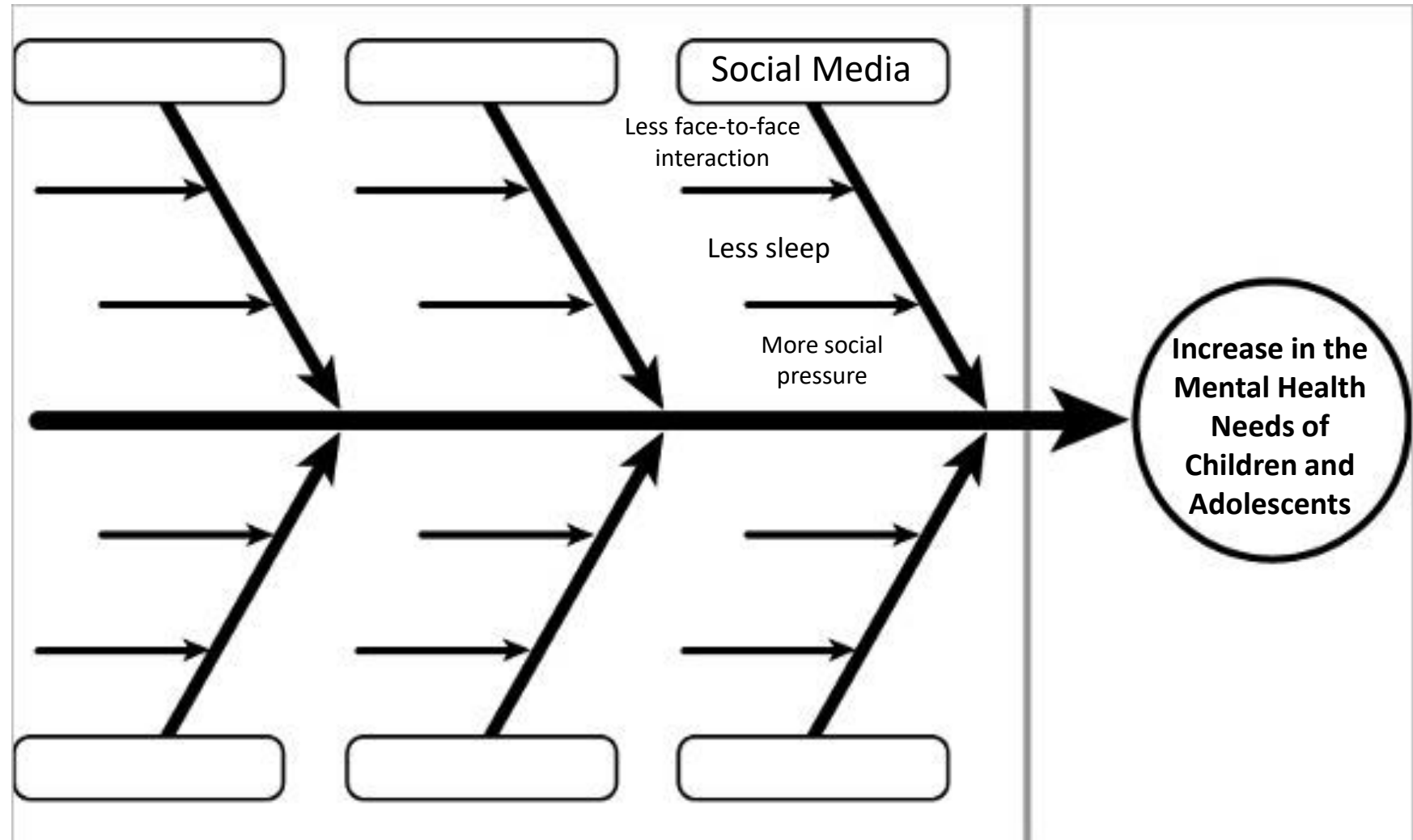
Mental health education

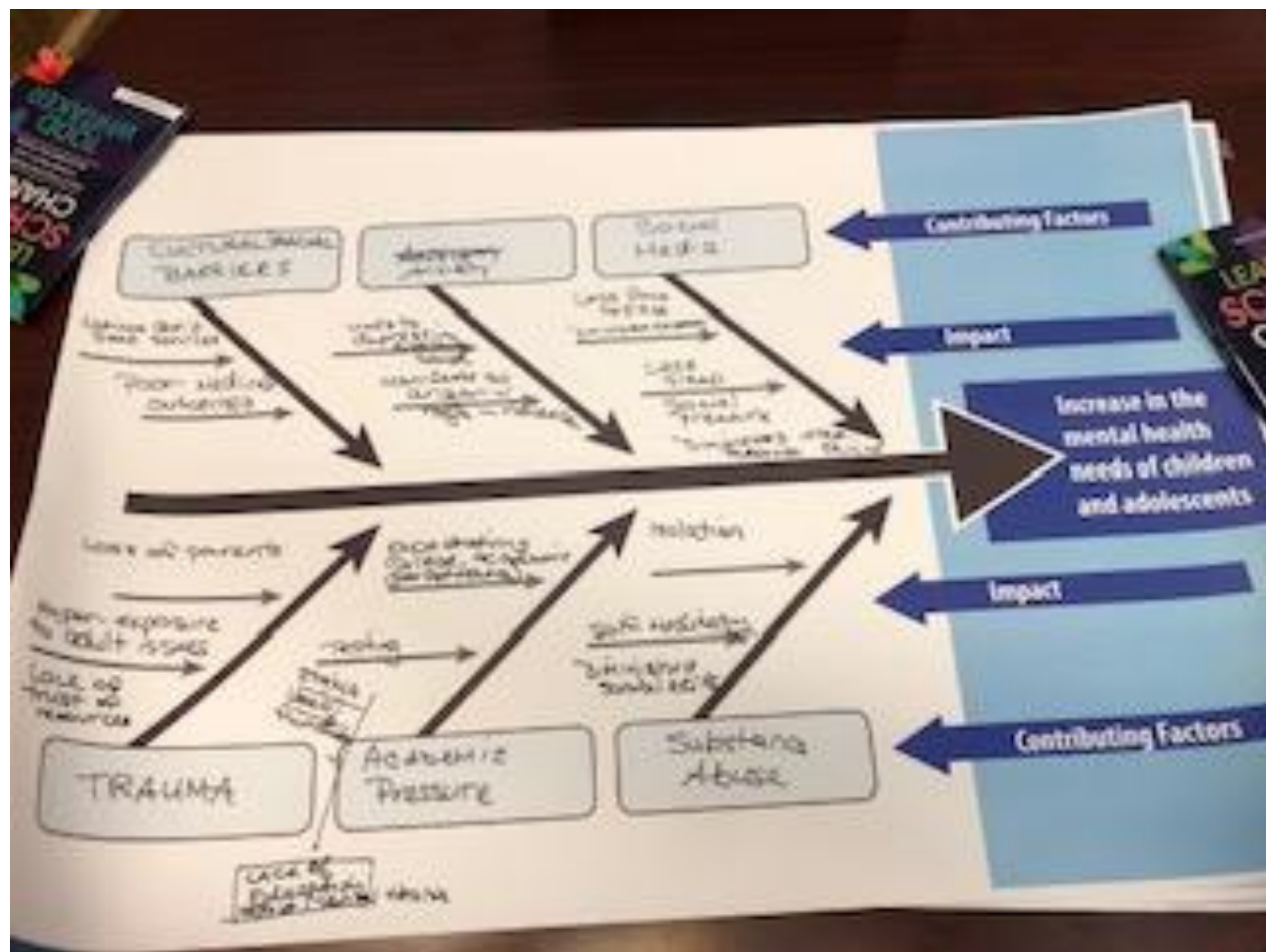
Understanding the
Contributing
Factors to the
Increase in the
Mental Health
Needs of Children
and Adolescents

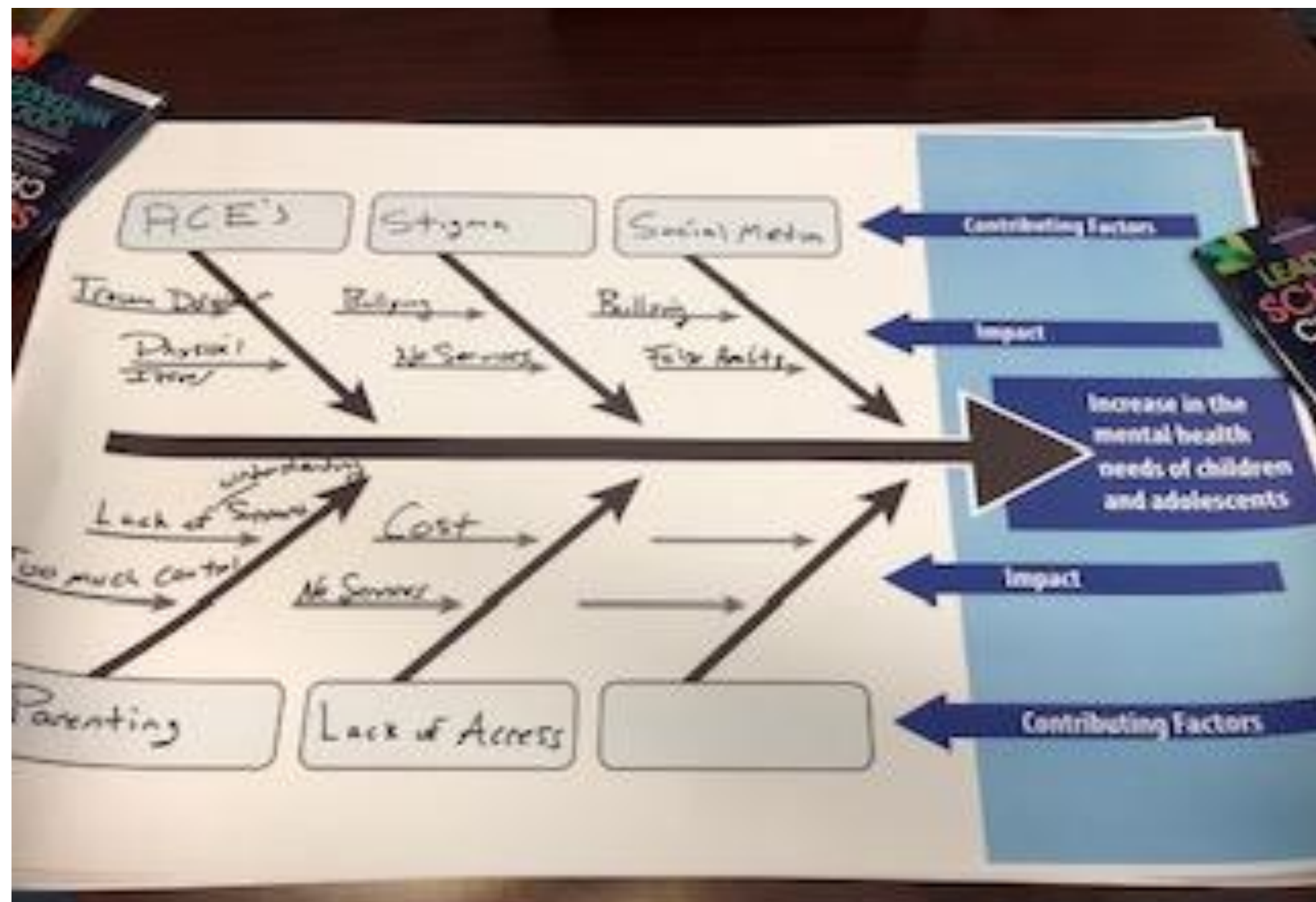


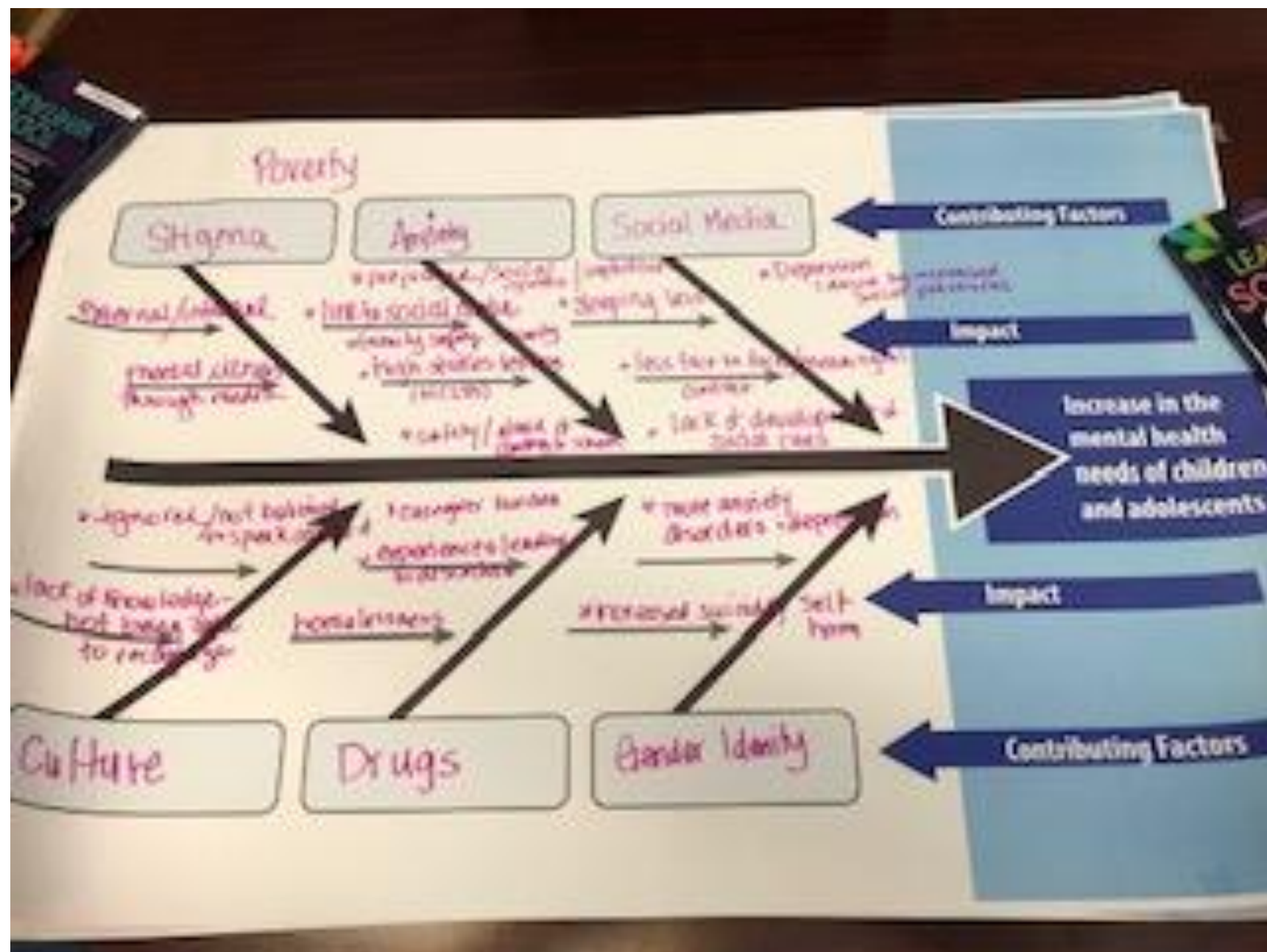
Fishbone Diagram

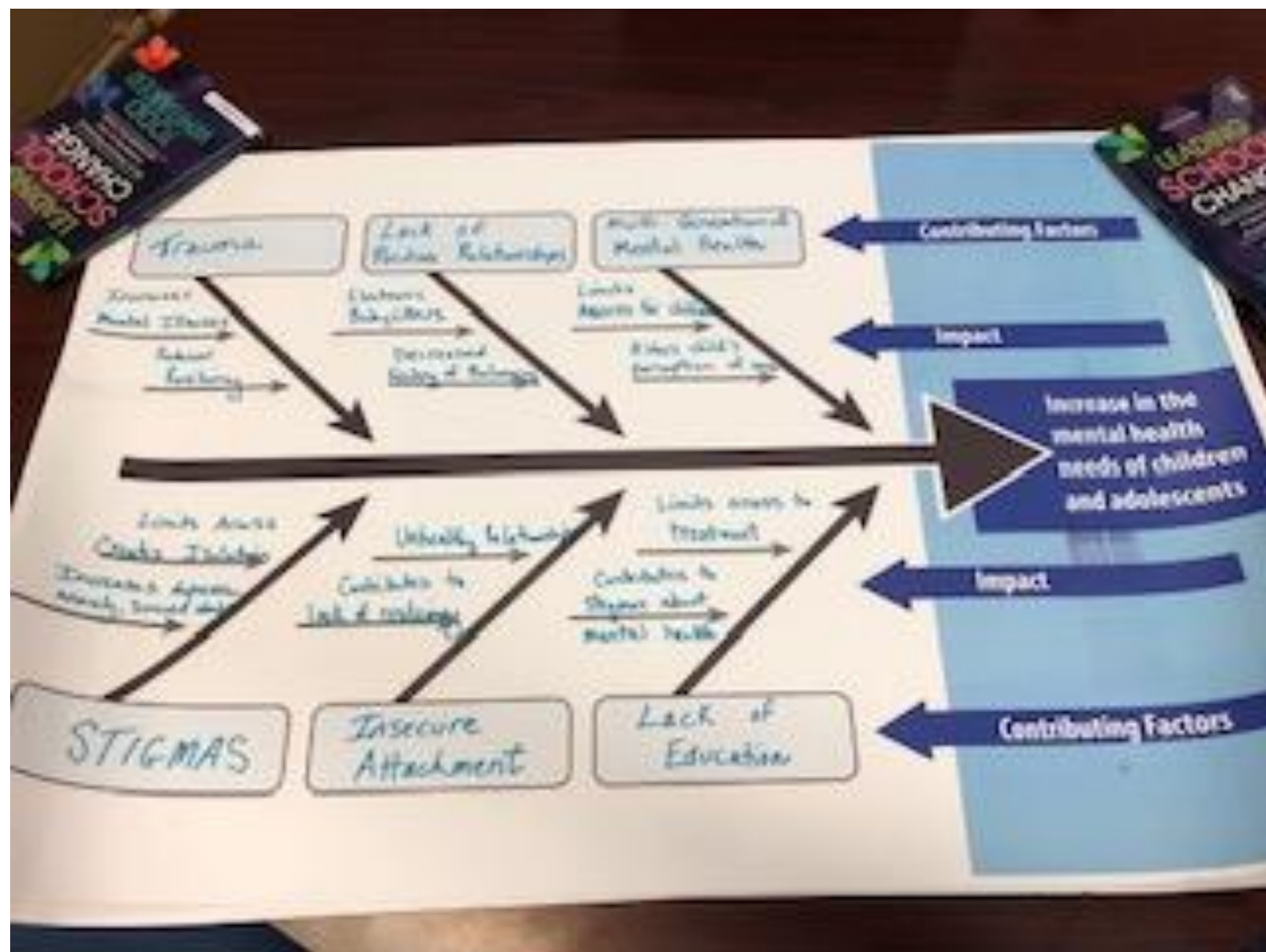
Root Cause Analysis

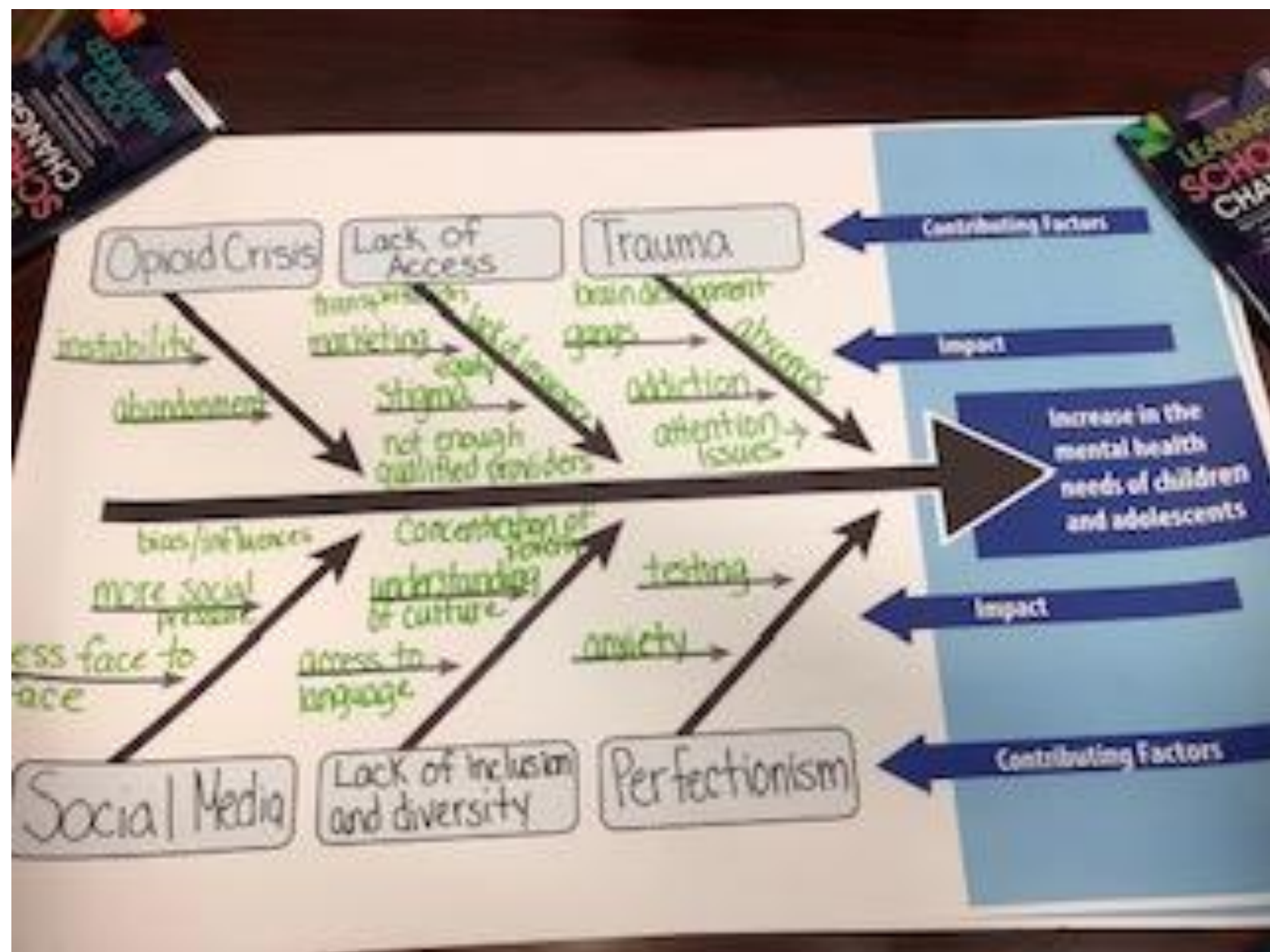


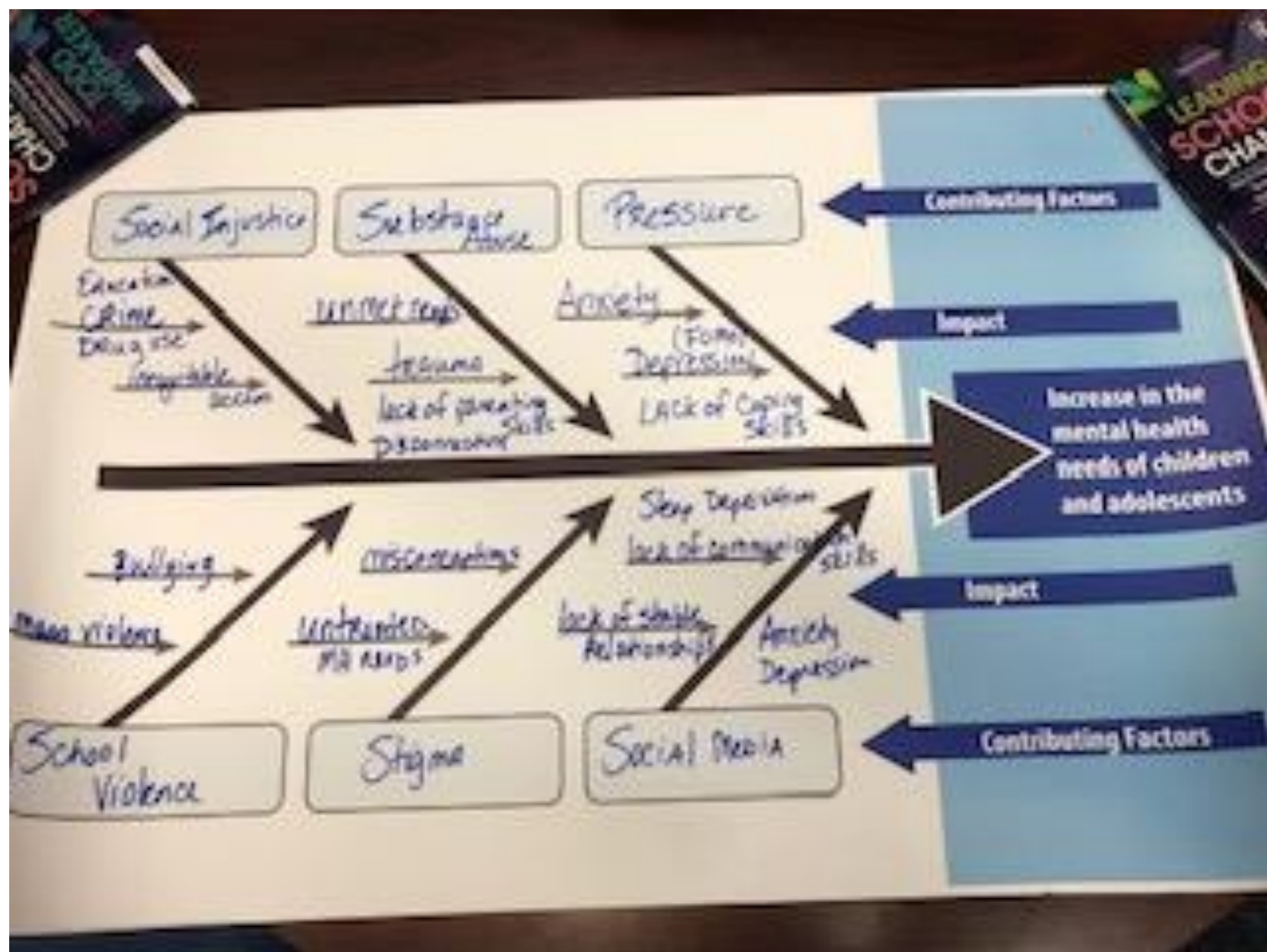


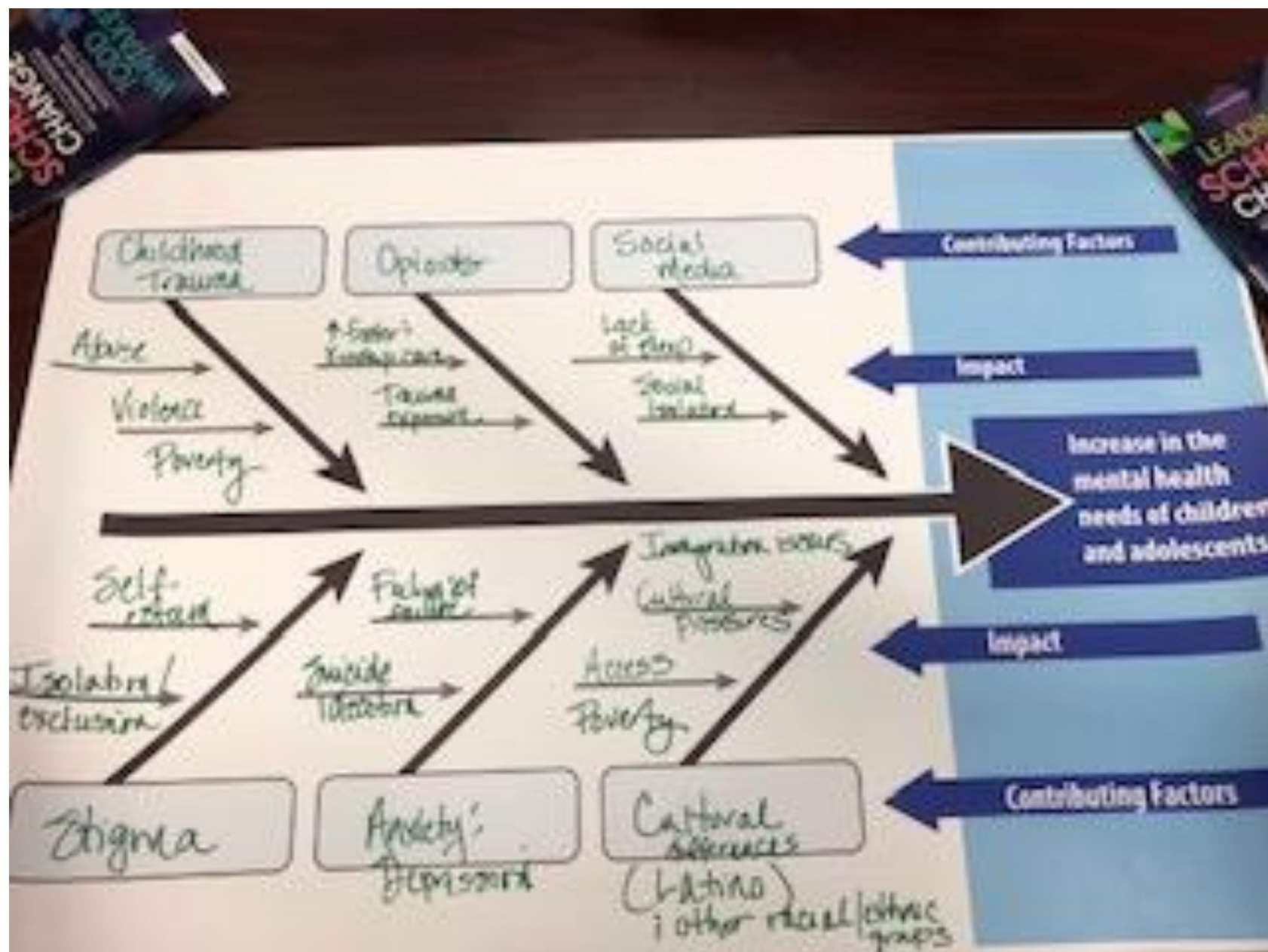












Results of the Closing Survey



50/52 respondents felt as though the first meeting was “Pretty Good” or “Awesome.”



17 respondents would be interested in leading a subcommittee



20 respondents would be interested in presenting at a future meeting



Contributing Factors that are Impacting the Increase in Mental Health Needs

28 Social Media	23 Stigma
35 Anxiety/Depression	16 LGBTQ
38 Trauma	25 Racism
19 Parental Substance Abuse	



Other Contributing Factors Mentioned: Poverty, Relationships, Bullying, Academic Pressures, Lack of Mental Health Screenings, Lack of Parenting Skills, Systemic Coordination of Services, Health Education, Lack of Coping Mechanisms, Insecure Attachment



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Teams

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to **www.nearpod.com** on your phone or an AACPS Chrome Book.

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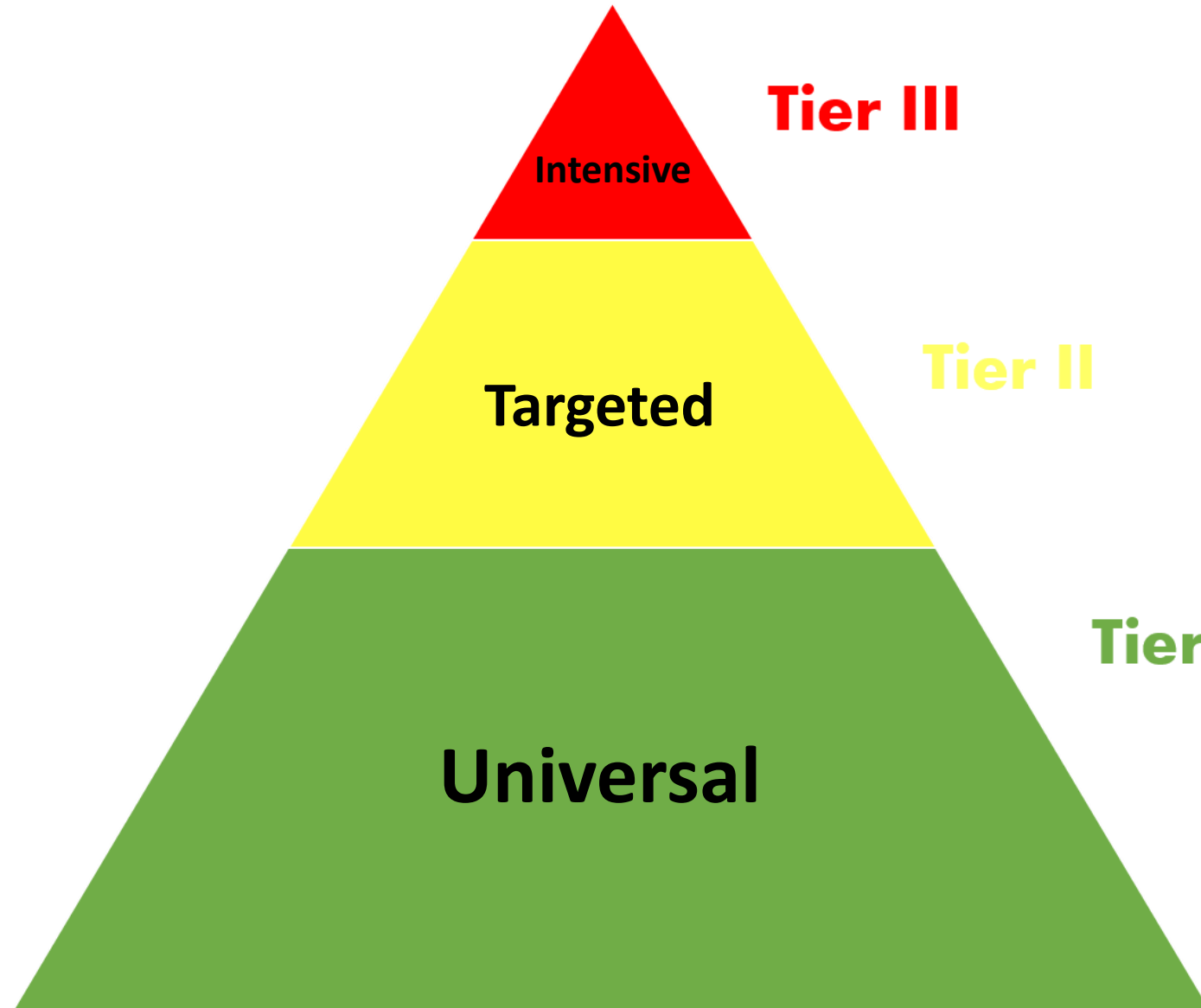
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Type

your name.

Start

answering the questions.





Anne Arundel County Public Schools Mental Health Task Force Subcommittees

Subcommittees



①

**Discrimination,
Bias, and Cultural
Barriers**

②

Trauma

③

Poverty

④

Social Media

⑤

**Parental
Substance
Abuse**

⑥

**Stress and
Pressure**

⑦

**Lack of Access
to Resources
and Mental
Health Providers**

⑧

**Mental
Health Stigma**



Google Drive

Timeline and Tasks of the Subcommittees

Examine the contributing factor and establish where the gaps exist.

Provide recommendations around the contributing factor that will support children, families, and the community.

Nov. 2019 – Jan. 2020

Jan.–Mar. 2020

Mar.–May 2020

May 2020

Research best practices around this contributing factor.

The Co-Chairs will develop an action plan based on the work of the subcommittees to be presented to the Board of Education.





Next Steps

- Review Parking Lot questions.
- The co-chairs will take the information gathered from today's meeting and add this information to the Google Drive.
- Between now and the next meeting, each committee can work on their identified next steps through e-mail, Google Drive, and/or face-to-face. Each subcommittee should prepare up to a six-minute report to share with the group at the January meeting.

Next Meeting

Friday, January 24th from 1:30-3:30 pm

Thank you...

