

Supporting school-based mental health systems

This document provides ideas on planning activities and funding types that could be braided to support behavioral and mental health systems' work. Below are suggestions only, and any activities should be data informed and approved by the appropriate program office.

Assessment and Planning

It is important that a diverse team conducts a comprehensive assessment of current mental and behavioral health services, resources and supports, such as completing the [School Health Assessment and Performance Evaluation \(SHAPE\)](#). Once an assessment is complete, your team can use different tools (such as the [Hexagon Planning Tool](#)) to prioritize interventions and activities, including needed partnership and required funding. Using a data-informed approach, ensures gaps are addressed. Data should be continuously collected and regularly assessed to ensure the chosen activities are addressing the gaps as intended.

Funding

Federal Formula Funding

Districts have access to federal formula funding (e.g., Title IV, Part A, etc.) that could potentially fund activities such as those listed below to build a comprehensive mental health system. Please note that no school or LEA is required to use its federal and allowable state funds for programs or activities highlighted in this document. For complete information on how different federal funds may be used, contact the appropriate program office.

- **Family/Parent Engagement** (salary/benefits, resources, informational sessions, programs, promotion of events)
- **Mental Health** (salary/benefits, coordination of health services, evidence-based programs, services, professional development)
- **Drug and Violence Prevention** (programs for students, families, and parents)
- **Community Partnerships** (salary/benefits, partnerships with local healthcare clinics, informational sessions for parents and families, outreach activities)
- **Dropout Prevention** (salary/benefits, student resources, professional development, equipment, supplies)
- **Employee Well-Being** (professional development, consultant fees, leadership development)
- **School Safety** (salary/benefits, equipment, professional development, leadership development)
- **Curriculum** (that includes mental/behavioral health topics)



- **Professional Development** (mental health literacy, suicide prevention)
- **Physical environment** (sensory rooms, alternative spaces (non-construction))

Medicaid

Your district may be able to access Medicaid funding for behavioral health services. The [Medicaid School-based Behavioral Health Services and Billing Toolkit \(82-0404\) \(www.k12.wa.us\)](#) provides details on avenues to provide and bill for services, requirements to become a licensed behavioral health agency, and best practices for working with managed care organizations.

Other discretionary (competitive) funding

Active grant opportunities

- **Office of Superintendent of Public Instruction:** Apply via iGrants: <https://eds.ospi.k12.wa.us/> **due February 8, 2024**
 - *LifeSkills Substance Abuse Prevention Grant – iGrants Form Package 761*
 - *Facilitator Training Grant for Botvin LifeSkills Training (Middle School Curriculum) - iGrants Form Package 961*
 - *Readiness to Implement LifeSkills Grant: Access and Plan*
- **Washington Department of Health:** [School-Based Behavioral Health Peer Support Services grant](#) - Three 12-month grants with up to \$65,000 for behavioral health peer support services projects in Washington schools. The projects should focus on communities and populations that have received limited health care opportunities or have not been served due to past policy decisions. Applicants may be: community-based non-profit organization, public school entities, health care organization sponsoring a school-based health center. Applications are due by **11:59 PM Pacific Standard Time on February 16, 2024**. For more information and to apply, visit the [WA Portal page](#).
- **National Centers for Disease Control and Prevention:** (Forecasted) [Improving Adolescent Health and Well-Being Through School-Based Surveillance and the What Works in Schools Program \(CDC-RFA-DP-24-0139\)](#) – Funding to support school districts to implement the CDC’s What Works in Schools program, a primary prevention approach that supports school districts in implementing three key strategies: providing quality health education, connecting youth to health services, and creating safe and supportive learning environments. Schools that implement this program see improvements in health behaviors and mental health (including reduced suicidality) among their students. This grant is forecasted to be released February 1, 2024 with a due date of April 1, 2024.

How to find out about funding opportunities

Grants that support school-based mental health systems are periodically released by various entities. As they are all on different schedules, it is a good idea to subscribe to various newsletters and listservs to be notified about funding opportunities. Here are a few suggestions:

- OSPI Student Engagement and Support Newsletter: [SES Engage Newsletter and Alerts](#)
- Greenlights Grant Initiative (school safety grant list): <https://www.greenlightsgrantinitiative.org/available-grants/>
- Substance Abuse and Mental Health Services Administration Grants Dashboard: <https://www.samhsa.gov/grants/grants-dashboard> and Forecasted Opportunities: <https://www.samhsa.gov/grants/grants-dashboard/forecasts>
- Grants.gov, set up custom email notification based on saved searches, such as “school mental health”: <https://www.grants.gov/web/grants/manage-subscriptions.html> and read their “How to determine general funding eligibility” blog post: <https://grantsgovprod.wordpress.com/2021/03/17/how-to-determine-eligibility-for-federal-funding-opportunities/>
- Get connected with **local** foundations, community-based organizations, etc. that award funds or could partner to write and apply collectively for funding.

Other resources

- Unlocking Federal and State Program Funds to Support Student Success:
https://www.k12.wa.us/sites/default/files/public/esea/pubdocs/Unlocking_State_Federal_Program_Funds.pdf
- Model District Template: Student Social, Emotional and Behavioral, and Mental Health Recognition, Screening, and Response
[MODEL~1.DOC \(live.com\)](#)
- School Mental Health Quality Guide: Funding & Sustainability
<https://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Funding-and-Sustainability-1.27.20.pdf>