

# *Behavioral Health Supports*

## **Statutory and/or Budget Language**

\$1,000,000 of the general fund—state appropriation for fiscal year 2024 and \$1,000,000 of the general fund—state appropriation for fiscal year 2025 are provided solely for the office of the superintendent of public instruction to contract with a community-based youth development nonprofit organization for a pilot program to provide behavioral health support for youth and trauma-informed, culturally responsive staff training.

## **Purpose**

The purpose of the pilot program is to provide behavioral health support for youth through providing professional development in the form of trauma informed, culturally responsive community-based staff, supporting and implementing youth development programming.

## **Description of Services Provided**

This proviso funding providing funding for:

- Full-time Behavioral Health Specialists for each of the 14 Club organizations.
- Youth-facing staff trained in an evidence-based, trauma-informed care approach.
- Implementation of a social and emotional learning curriculum within the 14 Club organizations.

Two community-based youth-serving organizations subcontracted with Boys & Girls Club of WA to implement trauma-informed care and mental health first aid training for their staff and volunteers:

- Big Brothers Big Sisters of South Puget Sound
- Washington State Alliance of YMCAs

Cross-sector partnership ensured continuity of trauma-informed care approach throughout the out-of-school settings in WA state.

## **Criteria for Receiving Services and/or Grants**

- Create and/or modify training content Boys & Girls Club staff to include a focus on trauma-informed, culturally responsive practices that align with the CASEL's SEL Framework and SAMHSA's trauma-informed best practices.
- Schedule and deliver 8 hours of training content focused on trauma-informed care in the youth development setting to 1,500 CBO hires in B&GC locations.
- Provide refresher training to over 1,000 CBO staff.
- Develop and distribute educational materials and resources for a minimum of 50,000 youth.



- Evaluate training efforts to measure increases in staff competency to deliver trauma-informed, culturally responsive support to youth.

### Beneficiaries in the 2023-24 School Year

<b>Number of School Districts</b>	N/A
<b>Number of Schools</b>	N/A
<b>Number of Students</b>	N/A
<b>Number of Educators</b>	N/A
<b>Other</b>	80,000 (60,000 through B&GC and an additional kids and teens through YMCA & BBBS)

### Are Federal or Other Funds Contingent on State Funding?

No

### State Funding History

Fiscal Year	Amount Funded	Actual Expenditures
2024	\$1,000,000	\$1,000,000

### Number of Beneficiaries Per Fiscal Year (e.g. School Districts, Schools, Students, Educators, Other)

Fiscal Year	Number of Beneficiaries
2024	

### Programmatic Changes Since Inception (If Any)

Boys & Girls Club did not continue sub-contracting with Communities in School and School's Out Washington.

### Program Evaluation or Evaluation of Major Findings

#### Strategy one:

Across the state, 14 full-time behavioral support specialists (BSS) were hired to support respective Club organization with implementation of the Behavioral Health Pilot. In addition to providing direct support to students, families and staff, BSS also directed staff training efforts, student Social & Emotional Learning programming, family and community engagement events, and grant program reporting and evaluation needs.

- Conducted 49,384 hours in small group mental health promotion sessions.
- Over 1,597 referrals for families navigating behavioral health resources in their respective communities.
- Provided 5,892 hours in resources to staff to alleviate compassion fatigue.

- 2,690 members served in one-to-one mental health support with kids and teens, as needed.

**Strategy two:**

Boys & Girls Club training 536 full-time and 1,006 part-time youth development professionals using the PAXIS Institute. PAX Tools for Human Services training curriculum ensures that all interactions are based on principles of trauma-informed care, and guide behavior interventions to be conducted in a therapeutic way to avoid re-traumatization and reinforce positive behaviors and personal wins.

In addition to certifying over 1,500 staff in PAX Tools over two years, B&GC of WA also provided 398 staff with continuing education sessions for all staff who had already completed their initial PAX Tools training in year one.

**Strategy three:**

Over 60,000 Club youth and teens across WA participated in activities implemented with trauma-informed best practices. BSS worked with Club program staff to provide intentionality in determining how to implement evidence based social and emotional learning curriculums and activities into their specific Club settings to build youth competencies in self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

## Major Challenges Faced by the Program

N/A

## Future Opportunities

Provide trauma-informed care training to new hires across WA.

Facilitate professional development opportunities for BSS staff by offering sessions with subject matter experts in the field of mental health promotion.

Partner on additional staff training with other youth development organizations in WA.

Empower teens via a statewide implementation of teens Mental Health First Aid (tMHFA). Club staff will become trained tMHFA facilitators and train Club teens to identify, understand and respond to signs and symptoms of mental health or substance-use challenges among their friends and peers.

## Other Relevant Information

For continuous quality improvement, B&GC will encourage local Club organizations to further incorporate youth and family voice into mental health promotion planning, therefore ensuring that various activities and programs are culturally-responsive and provide support and information relevant to local needs.

## Schools/Districts Receiving Assistance

[Click here to see a list of all OSPI grant recipients in the 2024 Fiscal Year.](#)

### Program Contact Information

<b>Name</b>	Francesca Matias
<b>Title</b>	Youth Engagement Program Supervisor
<b>Phone</b>	360-584-0262
<b>Email</b>	francesca.matias@k12.wa.us