

S P R I N G 2 0 1 0

# Children's Mental Health Matters



## Hawai'i's Dept. of Education's Comprehensive Student Support System

When social, emotional or behavioral issues become a barrier to learning, the Hawaii Department of Education through the Comprehensive Student Support System (CSSS) offers School-Based Behavioral Health (SBBH) services to any of its 178,649 students.

Such services include an array of SBBH Counseling supports for all students and Intensive Learning Centers and Psychiatric services for students with severe needs. In addition, the Department of Health, Child and Adolescent Mental Health Division, works in collaboration with the DOE to provide specialized, more intensive services to a small number of students with severe needs.

The DOE understands that the needs of students vary, thus the CSSS has been developed to support students who have concerns that impact learning. The SBBH program, through the CSSS process, supports students having mild or emerging social, emotional and behavioral concerns, by working to help the student resolve issues and preventing escalation into more intense concerns. School Counselors, Behavioral Health Specialists and Classroom Teachers, as well as other DOE staff often provide such services.

## Prevalence of Mental Disorders in Children & Adolescents

- Anxiety Disorders 13%**
- Attention-Deficit 3-5%**
- Autism and Other PDD 1%**
- Conduct Disorder 1-4%**
- Depression**
  - Children 2%**
  - Teenagers 8%**
- Eating Disorders (teens) 2-3%**
- Oppositional Defiant Disorder 1-6%**
- Schizophrenia .5%**
- Substance Use Disorder 2%**
- Tic Disorders .1%**



SBBH reaches approximately 8,300 students a year as reported in the DOE CSSS database. Most SBBH services are classified as CSSS Level 4, or intense services. Approximately 4,380 students in CSSS Level 4 have an IEP (Individual Educational Plan) or MP (Modification Plan) and are currently receiving intensive SBBH services. Of this total, 2,716 students are receiving ongoing individual counseling, 951 receive group counseling and parents of 512 students receive parent counseling. Medication Management is provided to 238 students, and 105 students are placed in an Intensive Learning Center to support behavior and academic success. The number of students receiving SBBH services is 4.6% of all DOE students.

SBBH Counseling services are primarily provided by Behavioral Health Specialists. These professionals have training in counseling at the graduate level and are supervised by qualified staff with advanced training. Other role groups who provide SBBH counseling may include Clinical and School Psychologists, and School Social Workers. School Counselors might also provide SBBH Counseling. For a minority of schools, DOE contracts with outside agencies to ensure that students with related service needs are supported.

Medication Management may be provided to ensure effective delivery of psychiatric services for students with intensive needs. The DOE contracts with qualified physicians who provide the service. Intensive Learning Centers are a specialized instructional environment for students who have serious difficulty functioning effectively in a general or special educational classroom. The emphasis is on academic instruction with significant counseling supports to enable students to learn to overcome issues and increase their success in the learning environment.

If it is suspected that a student has a social, emotional or behavioral concern, a student may be referred by a teacher, counselor, other staff, or by their parents for consideration of receiving support through one or more SBBH services. If the student is found to need one or more SBBH services, parents and school personnel work toward solutions to support the student. When more serious situations arise, an evaluation, with parent's permission, may be requested. Upon eligibility, and following collaboration with school and district professionals, a student may receive services via an Individual Educational Plan or Modification Plan.

Hawaii DOE gives highest priority to academic achievement. Student support is at the heart of CSSS in support of student learning. SBBH is one program of the many programs within the DOE that is providing supports to children and youth in the public school system.



Make a Friend  
Be a Friend ☺

**The Children's Mental Health Matters Campaign Committee** is a group of organizations and individuals committed to improving the lives of Hawaii's children by educating the public about mental illness and mental wellness.

This is our first newsletter to inform and advocate for children and families in children's mental well-being. Each year, thousands of Hawaii's children are affected by emotional and/or behavioral challenges. These challenges can affect their relationships with family members and friends, their ability to succeed in school and their social life.

Parents and other family members can also be affected by the youth's challenges. Many do not know that effective services are available and that they can benefit from them.

For more information on the Children's Mental Health Matters Campaign Committee call Donna Makaiwi 808-487-8785.