



RELIAS | LEARNING



## Relias Spotlight Series

August 2021

Hello Providers,

Welcome to the Optum Idaho **August Relias Spotlight Series** — a series devoted to offering you access to **free, accessible and continuing education unit-eligible** online education about topics important to behavioral health providers.

We appreciate all your work serving members in Idaho. It is already “back to school season,” and, as we all know, the past year has turned traditional learning into anything but that.

Since the pandemic began, more than 25% of high school students reported worsened emotional and cognitive health, and more than 20% of parents with children ages 5-12 reported their children experienced worsened mental or emotional health.

The COVID-19 pandemic and resulting lockdown brought about a sense of fear and anxiety around the globe. This has led to both short- and long-term psychosocial and mental health implications for children and adolescents. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.



This month we are spotlighting the upcoming return of children to classrooms and some of the behavioral health challenges this can bring. On average, youth spend 6-7 hours a day at school. For them to be successful, children need to come to school *ready to learn*. Readiness includes having adequate rest, proper nutrition, a safe environment and positive mental health. We are focusing on the importance of positive mental health within the school environment.

#### The Importance of Mental Health Services in Schools

- The National Alliance on Mental Illness (NAMI) reported in 2019 that over one-third (37%) of students with a mental health condition ages 14 and older who are served by special education drop out — the highest dropout rate of any disability group.
- Research from the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that students participating in a comprehensive and collaborative school-based mental health program have enhanced academic performance, decreased need for special education, fewer disciplinary problems, increased engagement with school and elevated rates of graduation.
- Youth are 10 times more likely to complete evidence-based treatment when offered in schools, as compared to other community settings.
- One out of five (20%) children in the U.S. may have a mental health condition, but as few as 21% of those children receive treatment.
- A child's mental health is just as important as their physical health and deserves the same level of attention.

Have you ever considered what the impact might be if you were able to provide your services to youth in a school setting? Have you considered how a collaboration between educators, family members and mental health professionals, such as yourself, could provide youth with better access to mental health services?

If you answered “YES,” then we have a training series for you!

Optum Idaho developed a robust three-part training series specifically for behavioral health providers who are working with, and in, schools titled The Interconnected Systems Framework:

Connecting the Dots of Mental Health in Schools. This detailed series of training supports for clinicians in the schools is a self-paced, virtual and live seminar in scope.

This training is also in sync with the current State Department of Education focus on operational protocols for mental health in schools being developed statewide.



**The three-part training series includes the following topics:**

1. The Impact of Behavior in Schools
2. Multi-tiered System of Support (MTSS) and Positive Behavioral Interventions and Supports (PBIS) Defined
3. Interconnected Systems Framework (ISF): Interconnecting School Mental Health and Positive Behavioral Interventions and Supports (PBIS)

**Learning Objectives:**

1. Participants will explore the connection between schools and mental health supports for children and adolescents.
2. Participants will reflect on what they currently know and would like to know about behavior in schools.
3. Participants will gain an understanding of Idaho students' perception of their own well-being.
4. Participants will explore the importance of relationships and creating predictable, consistent, positive and safe learning environments.

Participants **MUST** complete the online virtual learning modules on Optum Idaho Relias Learning to be invited to attend the live virtual training sessions.

<p><b>e-learning modules on</b> <b><a href="#">Optum Idaho Relias Learning</a></b> <i>(Must be completed to participate in virtual training sessions)</i></p>	<p><b>Live Virtual Webinar Training Dates</b> <b>via Microsoft Teams</b> <i>(Participants will receive webinar invites following completion of e-learning modules on Optum Idaho Relias Learning)</i></p>
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Mental Health in Schools Part 1: The Impact of Behavior in Schools	Aug. 31, 2021 at 9 a.m. MDT
Mental Health in Schools Part 2: Multi-tiered System of Support (MTSS) and Positive Behavioral Interventions and Supports (PBIS) Defined	Sept. 22, 2021 at 9 a.m. MDT
Mental Health in Schools Part 3: Interconnected Systems Framework (ISF): Interconnecting School Mental Health and Positive Behavioral Interventions and Supports (PBIS)	Oct. 5, 2021 at 9 a.m. MDT

Participants who complete the entire training series are eligible to receive a free certificate of completion. Continuing education units from Northwest Nazarene University will be available at a cost of \$60.

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,

The Optum Education and Training Team