

## CYBHWG School-based Behavioral Health and Suicide Prevention (SBBHSP) Subgroup

Date: May 15, 2024  
Time: 3:00 – 5:00 PM

Co-Chairs: Representative My-Linh Thai  
Christian Stark, OSPI

Professional Members					
<input checked="" type="checkbox"/>	Devyna Aguon, Renton School District	<input checked="" type="checkbox"/>	Sinuon Hem, Asia Pacific Cultural Center	<input checked="" type="checkbox"/>	Daniel Smith, Community Health Plan of WA
<input type="checkbox"/>	Alice Amaya, Pasco School District	<input checked="" type="checkbox"/>	Megan Howard, OESD 114	<input type="checkbox"/>	Joseph Soliz, Granger School District
<input checked="" type="checkbox"/>	Gina Cabiddu, Kids Mental Health WA	<input type="checkbox"/>	Delaney Knotterus, King County	<input type="checkbox"/>	Chetan Soni, WA Youth Alliance
<input checked="" type="checkbox"/>	Phyllis M. Cavens, MD, Child & Adolescent Clinic	<input checked="" type="checkbox"/>	Joe Neigel, Monroe School District	<input type="checkbox"/>	Michelle Sorensen, Richland School District
<input checked="" type="checkbox"/>	David Crump, Spokane Public Schools	<input checked="" type="checkbox"/>	Jill Patnode, Kaiser Permanente	<input checked="" type="checkbox"/>	Tabby Stokes, Vancouver Public Schools
<input checked="" type="checkbox"/>	Jodie DesBiens, NWESD 189	<input type="checkbox"/>	Elise Petosa, WA Association of School Social Workers	<input type="checkbox"/>	Nigar Suleman, WA State PTA
<input type="checkbox"/>	Jeanne Dodd, Burlington School District	<input checked="" type="checkbox"/>	Megan Reibel & Rafaela Steen, UW Forefront Suicide Prevention	<input checked="" type="checkbox"/>	Mabel Thackeray, Quillayute Valley School District
<input checked="" type="checkbox"/>	Erin Drury, WA School-based Health Alliance	<input type="checkbox"/>	Nolita Reynolds, Catholic Community Services	<input type="checkbox"/>	Brook Vejo, Beacon Health Options
<input type="checkbox"/>	Brooke Fox, Frank Wagner Elementary School	<input checked="" type="checkbox"/>	Renee Schoening, Whitworth University	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	Britnee Harvey, Shine Light on Depression	<input checked="" type="checkbox"/>	Rayann Silva, UW SMART Center	<input type="checkbox"/>	

Youth Members					
<input type="checkbox"/>	Eliasib Alvarado	<input type="checkbox"/>	Zoe (Crow) Barnett	<input type="checkbox"/>	Rowan Guerrero
<input checked="" type="checkbox"/>	Taanvi Arekapudi	<input checked="" type="checkbox"/>	Payton Frank	<input type="checkbox"/>	Pradyu Kandala
<input type="checkbox"/>	Hanna Baker	<input checked="" type="checkbox"/>	Keira Gregson	<input type="checkbox"/>	

Parent/Guardian/Family Members					
<input type="checkbox"/>	Valerie Denney	<input type="checkbox"/>	Arnie Martinez	<input checked="" type="checkbox"/>	Byron Smith
<input checked="" type="checkbox"/>	Shawnda Hicks	<input type="checkbox"/>	Yahaira Nava	<input checked="" type="checkbox"/>	Marcella Taylor
<input checked="" type="checkbox"/>	Richelle Madigan	<input checked="" type="checkbox"/>	Danielle Ouellette	<input type="checkbox"/>	

Staff: Diane Stead | OSPI

Meeting notes
<p><b>Defining School-Based Behavioral Health &amp; Recommendations Overview</b>  <b>Reviewing feedback from last month's discussion</b>  <b>Christian Stark</b></p> <p><b>Highlights</b></p> <ul style="list-style-type: none"> <li>• What does SBBHSP Mean?</li> <li>• Who is involved?</li> </ul>

- What does it look like?

#### Discussion

##### Should NOT be:

- Siloed
- Inequitable
- One size fits all
- Reactive
- Harmful
- Burdensome
- Isolating
- Discouraging
- Core Components of Comprehensive SBBH

Cultural responsiveness, inclusion and belonging

#### Chat

- This is why I'm part of this group
- Passion in this group stands out
- These lists were reflective of what was discussed in the breakout room I was in, wholly agree
- I really appreciate the input from last time and that it is so aligned with building healing centered communities

#### Healthy Youth Survey 2023 Results Discussion

**Matthew Frizzell, Director of Student Information — Program Support, OSPI**

Questions to [matthew.frizzell@k12.wa.us](mailto:matthew.frizzell@k12.wa.us)

<https://www.askhys.net/>

[Padlet](#)

#### Highlights

- The survey is administered every 2 years. The next survey is in 2025
- Students in 8th, 10th, 12th and 6th grade are surveyed.
- Every question is optional.
- We ask questions that aren't collected anywhere else, including gender identity, which can inform how students are experiencing schools.

#### HYS State Data Dashboard — Depression

After COVID-19 there is a decrease in the percentage of 10<sup>th</sup> grade students reporting depressive feelings and the most recent 2023 survey is comparable with the rates of 2010—the lowest mark on the graph.

#### HYS State Data Dashboard — Suicide

Compared to Depression slide, there are similar decreases in 10<sup>th</sup> grade reported contemplation of suicide and attempted suicides. Both measures in 2023 were the lowest since 2010.

#### HYS State Data Dashboard — Hope Scale

- Hope scale is a composite measure—which means it is made up of the responses to multiple questions
- When looking at gender identity, students who identify as male and female have higher levels of hope compared to all other gender identities.

### HYS Fact Sheet – School Protective Factors

Only 64% of 10<sup>th</sup> graders reported they can make decisions in class; that is still greater than half. Nearly all students said they have access to activities outside of class.

Statewide Relationship between Opportunities for Prosocial School Involvement and Demographics, Grade 10, 2023

### HYS Q x Q – School Risk Factors

There is a significant difference between the risk of academic failure (high or low) for 10<sup>th</sup> graders when cross-tabulating the data by mother’s educational status. Tenth graders with mothers who earned a high school diploma or higher were more likely to have low academic risk compared to 10<sup>th</sup> grade students whose mothers had not completed high school.

### **Discussion**

- Would this data say to us that we are not successful in helping females attain higher education?
- There is some connection between the success of a student and the academic attainment of the mother. We can’t say more women should get degrees because it will help students, but we should find out more before we can make a real strong inference.
- Mother’s educational status can also be an indicator of poverty.

### Tools in HYS:

- If you want school-level data, it has to be requested through the district Superintendent’s office. The data belongs to the schools, so access to the data is discretionary. The schools do have access to their data, but we generally do not publish school-level data.
- State-level data is available on the HYS.
- Reports can be generated and come with graphs. They can be used in PowerPoint and other software presentations.
- A fact sheet wish: compiled data so it could have 8, 10, 12 all on one report rather than a report for each grade.

### **School-Based Behavioral Health Workforce: Findings from the Sentinel Network**

**Ben Stubbs**, Washington’s Health Workforce Sentinel Network

**Renee Fullerton**, Workforce Training & Education Coordinating Board

Contact: [bstubbs@uw.edu](mailto:bstubbs@uw.edu)

<https://wa.sentinelnetwork.org/>

### **Highlights**

#### Program Overview

- This is an initiative that has been going on since 2016.
- We’ve been able to get more participation thanks you all sharing the opportunity across the SBBHSP network.
- Partnership between
  - Washington Workforce Training & Education Coordinating Board
  - University of Washington Center for Health Workforce Studies
- Ongoing funding is provided by the Washington State Legislature

Since 2016, the Health Workforce Sentinel Network has supported efficient and effective health workforce preparation and deployment by:

- Identifying emerging signals of changes in health workforce demand.
- Tracking and identifying trends over time.
- Rapidly disseminating information to education, training, and policy
- partners who can respond to findings.

#### Recent Findings from K–12 Schools

##### What are hiring difficulties and challenges?

- Purpose: to determine workforce needs across a wide range of organizations.
- The goals are a little different. Interested in identifying emerging signals of changes in health workforce demand
- Open an online survey every 6 months which helps us to see changes as soon as possible and make it available. The information can be viewed by facility type. Also broken up by geographic area of state and rural/urban communities.
- Provide summaries (findings briefs) organized by organization type for collection periods.

##### Demand questions:

- Occupations experiencing vacancies
- Occupations with exceptional turnover
- New occupations that they did not previously employ
- New roles for existing employees
- Changes in orientation/onboarding procedure for new employees
- Changes in training priorities for existing employees
- Does facility serve urban, rural or a mix of clients
- With a focus on qualitative input about which, how and reasons why
  
- Since 2020, 4–5 supplementary questions about topics of current interest
- Focus isn't necessarily about numbers, but more about how and why of issues.
- The survey was originally regarding health care network in 2016
- Over 30 facility types across many health care settings (schools, hospitals, long term care, behavioral health, community health, home health, ambulator care, oral health, higher education and more)
- Occupations: Over 80 occupations based on Bureau of Labor Statistics: "Healthcare" occupation codes
- Geography: All areas of the state, with an attempt to capture responses

Sentinel Network workforce demand questions — many are also applicable to the school setting.

##### Recent findings:

- The number of responses is variable.
- The goal is to understand the how and why
- Fall 2023 and Spring 2024: many represented school districts
- Occupations experiencing exceptionally long vacancies:
- Registered Nurse
- School Psychologist
- Licensed Practical Nurse

##### Reasons for staffing difficulties (Fall 2023 and Spring 2024):

- Pay and benefits
- Funding
- Different roles/credentials in schools compared with other settings.

We can see the challenges and solutions that some are employing.

##### Long vacancies:

- Mental Health Counselor

- Chemical Dependency Professional

**Key Challenges:**

- Administrative burden
  - Reporting requirements
  - Licensing and supervision requirements
- Burnout and increased patient need
- Private practice vs community health settings
  - Wage competition
  - Perception of different workloads
- Preference for remote and flexible scheduling

**Opportunities for future collaboration**

- Tutorials on how to use data dashboards
- Include questions on topics of interest (that apply to other settings)
- Devise a “module” – set of questions specific to schools
- Feedback on how we can improve and better meet your needs.

**Discussion**

- It’s a very useful perspective, because it helps us understand factors such as which part of the sector these professionals are choosing. Retention issues, such as home and childcare can be factors.
- There has been a decline in what is available in schools and losing several teachers due to retirement and whispers of cutting funds to schools. This is going to cause cuts in other programs that are beneficial to students. Finding resources is difficult for students.
- The area of Aberdeen/Hoquiam is dwindling in student population. Many are not graduating from high school.

**Public Comment**

There was no public comment.

**Announcements & Next Meeting**

The next meeting will be June 26, 2024, 3:00 – 5:00 PM [Zoom Link](#)

**Attendees:**

**State Agency & CYBHWG Staff:**

Kerry Bloomquist — OSPI  
Ace Bulger — HCA  
Stacey Bushaw  
Mikhail Cherniske (Misha) — OSPI (Mikhail Cherniske)  
Julee Christianson — OSPI  
Michelle Curry — OSPI  
Ella DeVerse — DCYF  
Maddie Freeman — OSPI  
Meghan Hopkins — DSHS DDA  
Briana Kelly — OSPI  
Julia Kemner — Behavioral Health Catalyst BHC  
Larry Kinread — OSPI  
Francesca Matias — OSPI

Enos Mbajah — HCA  
Jason McGill — WA HCA/Medicaid  
Brittany Mullins — WA State Medicaid  
Erika Rodriguez — OSPI  
Sonya Salazar — HCA  
Terissa Simental — OSPI  
Delika Steele  
Renee Tinder  
Bridget Underdahl — OSPI  
Monica Webster — HCA, DBHR  
Cindi Wiek (she/her) HCA

**State Legislators & Staff:**

Lisa Callan  
Alice Palosaari — House Democratic Caucus

**Public Attendees:**

Sarah Alkurdi — WSAC  
Mario Bañuelos  
Tawni Barlow — MLSD  
Thalia Cronin — CHPW/CHNW  
Roberta Ellis  
Josh Henderson — CSD Reach  
Max Lau — Children's Alliance  
Laurie Lippold  
Colleen McCarty  
Michelle Mitchell  
Meredith Piehowski  
Chelsea Stone — CHPW