

WLCSC MENTAL HEALTH THERAPIST POSITION

Presented By : Alyson Smith, LSW

West Lafayette Community School Corporation | May 13, 2024



INTRODUCTION

My name is Alyson Smith, and I am your West Lafayette Community School Corporation district Mental Health Therapist

- **2018: Graduated from William Henry Harrison High School**
- **2021: Graduated Purdue with a BS of Human Services**
- **2023: Graduated IU School of Social Work with my Masters of Social Work**
- **Previously worked in Community Mental Health in school systems**
- **Nov 27, 2023 started with WLCSC**
- **February 7, 2024- Obtained my Licensed Social Worker licensure (LSW)**



DISTRICT PRIORITIES



The District Priority of the Whole Child Approach:

**“We will support the
wellbeing of students
beyond academic needs.”**

Strategy #2

**“Invest in staff needs to support
students who are at-risk.”**

Strategy #3

**“Identify quantifiable measures as
a basis analyzing student needs
and setting goals for the positions
of diversity and mental health
professionals in our schools.”**

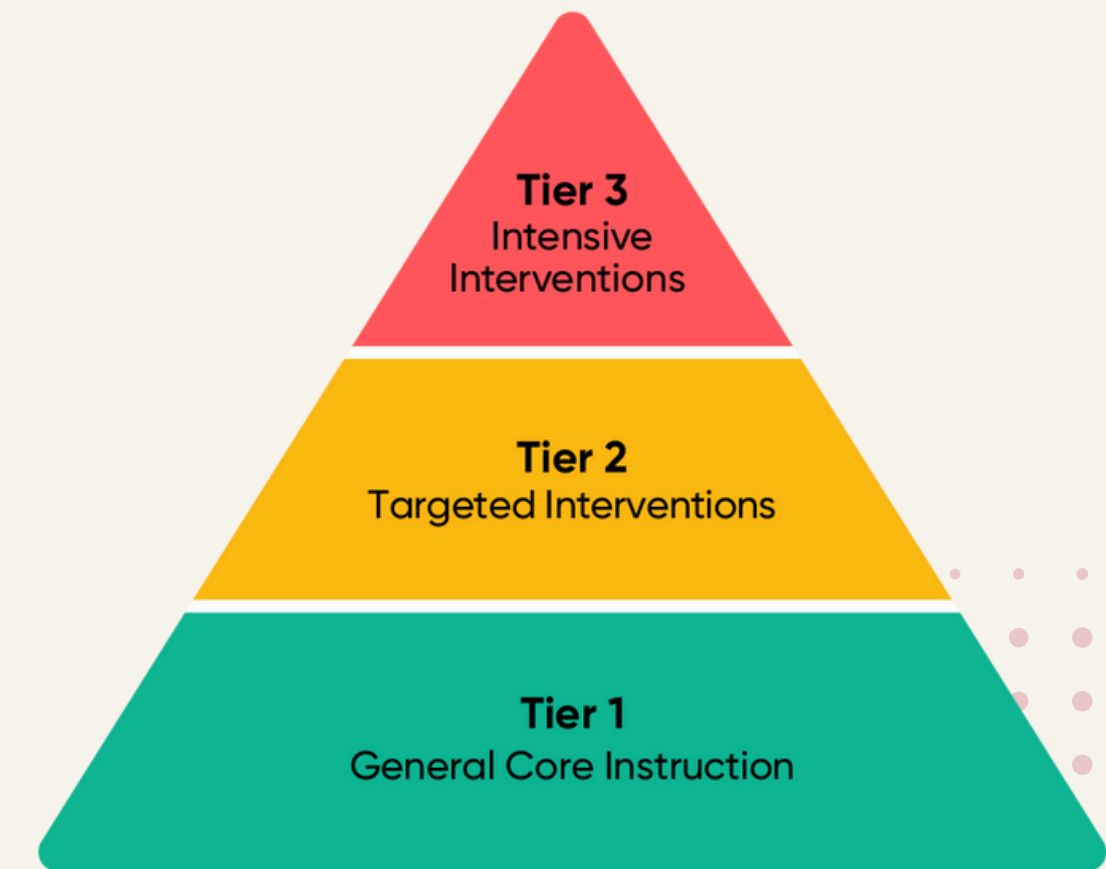
CREATED POSITION OBJECTIVES

- Reduce barriers to accessing quality mental health care and resources, and increase accessibility and utilization of community resources for individuals and families within the WLCSC community.
- Meet and attend to the growing mental health needs for youth in K-12 schools.
- Cultivate a positive and supportive mental-health culture within WLCSC.
- Tend to community-wide mental health needs, including but not limited to preventing tragedies in the community and respond to community traumas.
- Establish and secure a permanent mental health therapist position within WLCSC to continue the above goals and objectives.



REFERRALS FOR SERVICES

- **Students of concern are usually Tier 2 students- watching for specific concerns**
 - **Behavioral, emotional, and mental health concerns, concerns with home life, students requiring additional support**
- **Parent contact is made from the school counselor**
 - **List of local therapists sent & therapy referral made to therapist**
- **Therapist will email parent(s) same day or within 24 hours, with intro to position and attached intake and consent form**
- **Schedule intake with parents**
 - **Discussion of concerns and goals**
- **Depending on the age of student, contact teacher for an appropriate time to meet with child during the day**



WHAT MEASURES AM I TRACKING?

- **Attendance**
 - number of days absent, number of days present/trend for the school year
- **Number of grades below C**
- **Number of missing assignments**
- **Number of discipline referrals**
- **Special population**
 - BIPOC, LGBTQIA+, lower socioeconomic status, special education students, and students on 504 plans
- **Safety Plan/student at risk**

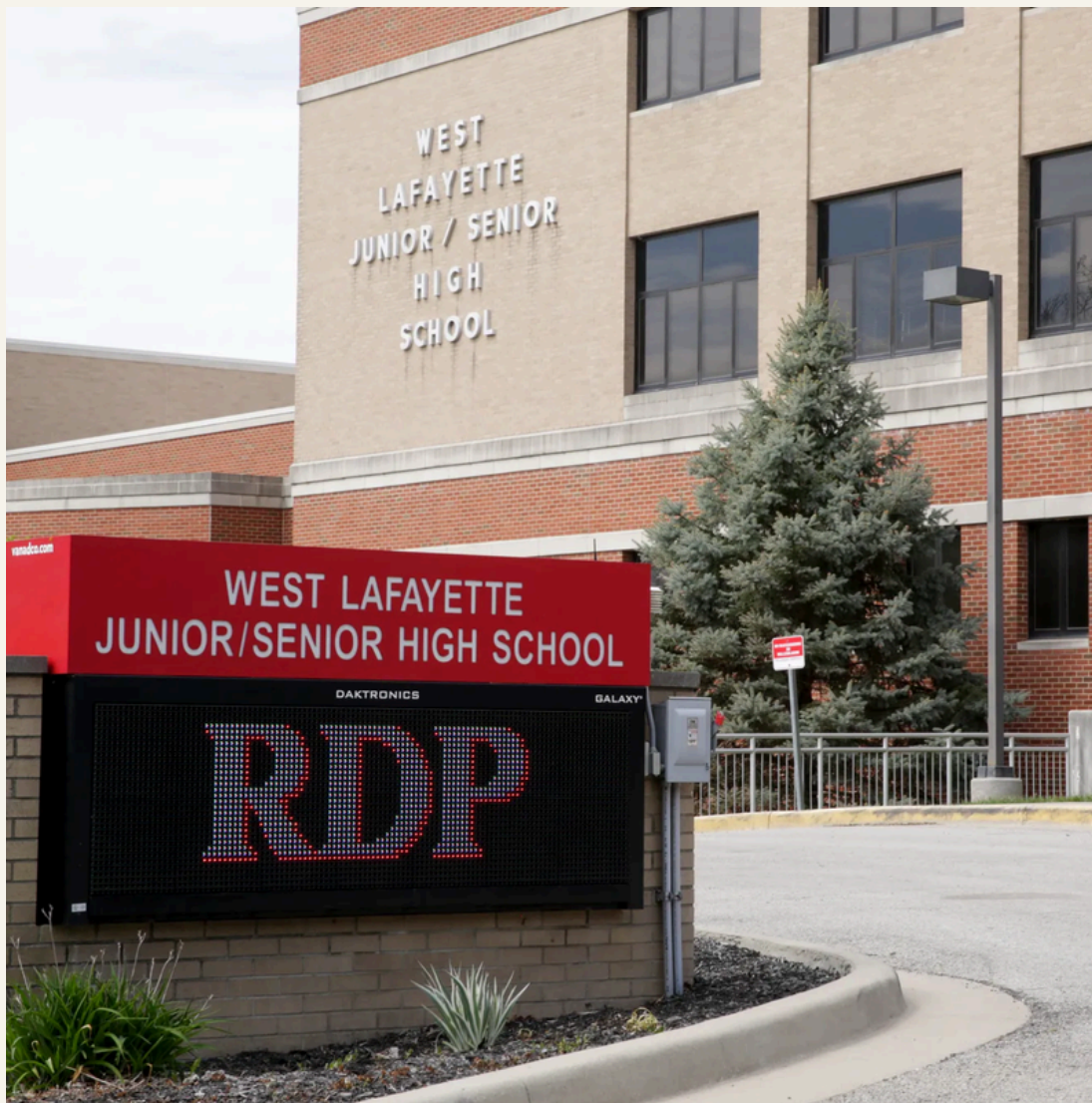


REFERRAL DATA

- So far since Nov. 27, 2023, I have received 48 referrals
 - WLES : 12 students
 - WLIS : 16 students
 - Jr. Sr. HS: 22 students
- I currently have a utilization rate of 100%
 - All parents I have made contact with have utilized school-based services
- Currently 8 of my 48 students have transitioned to seeing their outside therapist
 - The remainder of students are still on waiting lists or finding waiting lists



THERAPY HOURS DATA



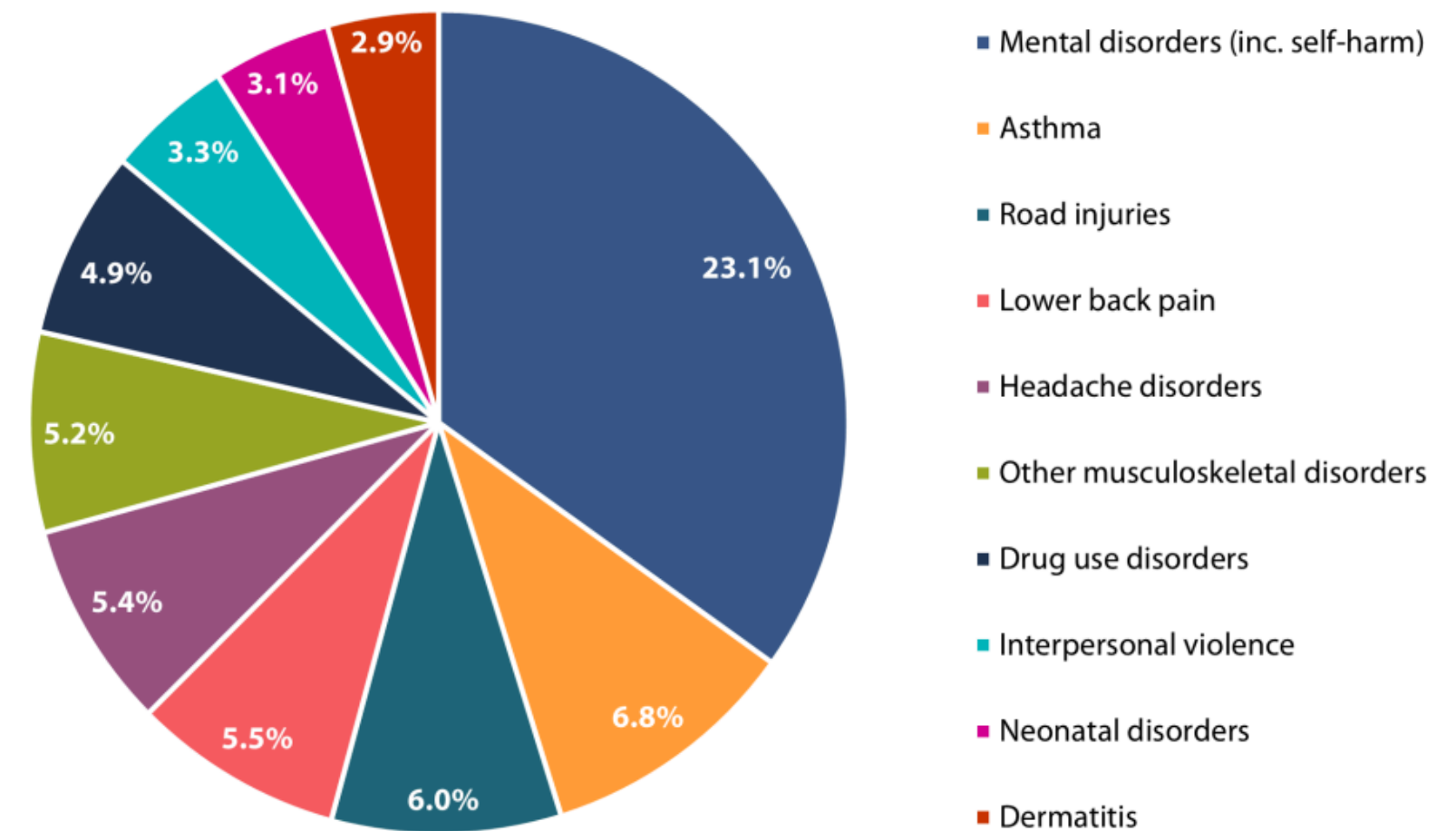
- As of April 26, 2024, I have provided 244.75 hours of direct, individual therapy to students in the WLCSC school district
 - WLES: 40.15 hours
 - WLIS: 86.25 hours
 - Jr. Sr. HS: 118.35 hours
- I have provided 11 hours of group therapy
 - WLES 3rd grade anxiety group
 - WLES 3rd grade grief group
- Helped with the facilitation & instruction of the WLES-wide kindness day project, including 3+ hours of grade-wide instruction on Indiana Counseling Competencies



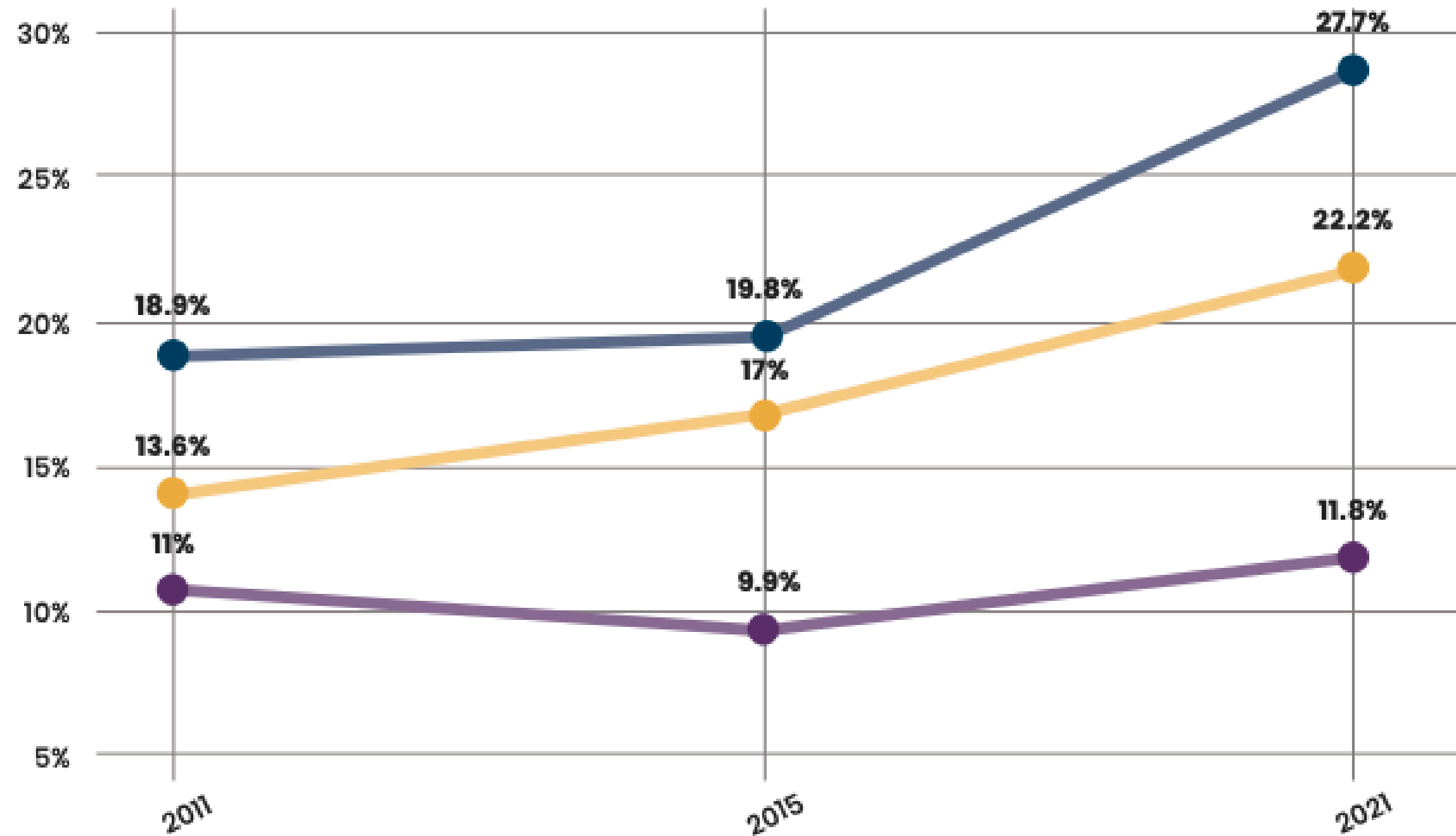
NEED FOR THIS POSITION

- According to Chatterjee, R. (2023), "Over half (56%) said they had no openings for new patients...average wait times were three months or longer and nearly 40% said that their waitlist had grown in the past year"
- According to the CDC, 1 in 5 children have an emotional, mental, or behavioral disorder
 - Only about 20% of these children will receive mental health services

Top 10 Contributors to Burden of Disease for Children Ages 5-19 in the U.S., 2019 (by DALYS)



High School Student Suicide Ideation, Indiana: 2011-2021



- Percentage of students who seriously considered attempting suicide
- Percentage of students who made a plan about how they would attempt suicide
- Percentage of students who actually attempted suicide

Source: Indiana Department of Health

NEED FOR THIS POSITION

Specific concerns I have worked with at WLCSC:

- Anxiety
- Major Depression
- ADHD
- PTSD/Trauma
- Autism
- Behavioral Concerns
- Substance Use
- Self-Harm
- Suicidal Ideation
- Friendship & social skills
- Coping skills
- Executive functioning needs
- Responding to community traumas



FUTURE IDEAS & GROWTH OF THIS POSITION

- Increased caseload (for entire school year)
- Support with mental health initiatives within the schools
- Continued development of procedures
 - Multiple languages for intake forms
 - Development of forms & procedures for student progress meetings
- Growth of community partnerships
 - WLPD, PUPD, local agencies, private practice organizations
- Ongoing clinical analyses of data collected



DISTRICT PRIORITIES ALIGNMENT



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**THANK YOU
FOR LISTENING**

QUESTIONS?

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WORKS CITED

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