

Cambridge Health Alliance & Somerville High School Partnership

Vanessa Nason, Claudia Ortiz, Ellie Richards, Nick Carson (CHA)
Tori Bauer & Traci Small (SHS)



CARE  THE PEOPLE

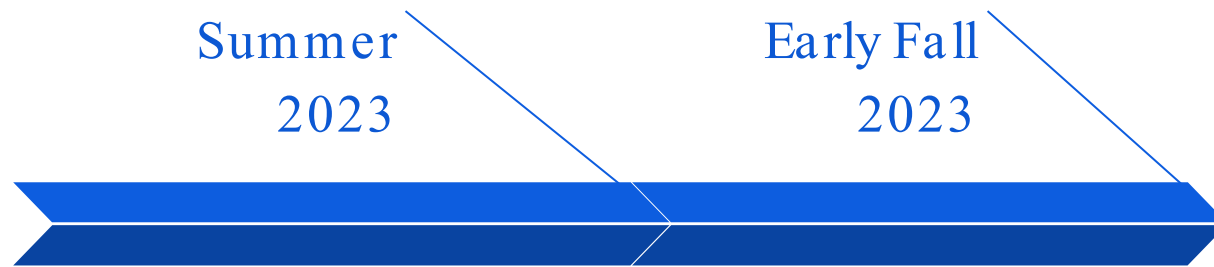


HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



Overview

Overarching goal: balancing crisis intervention with early intervention



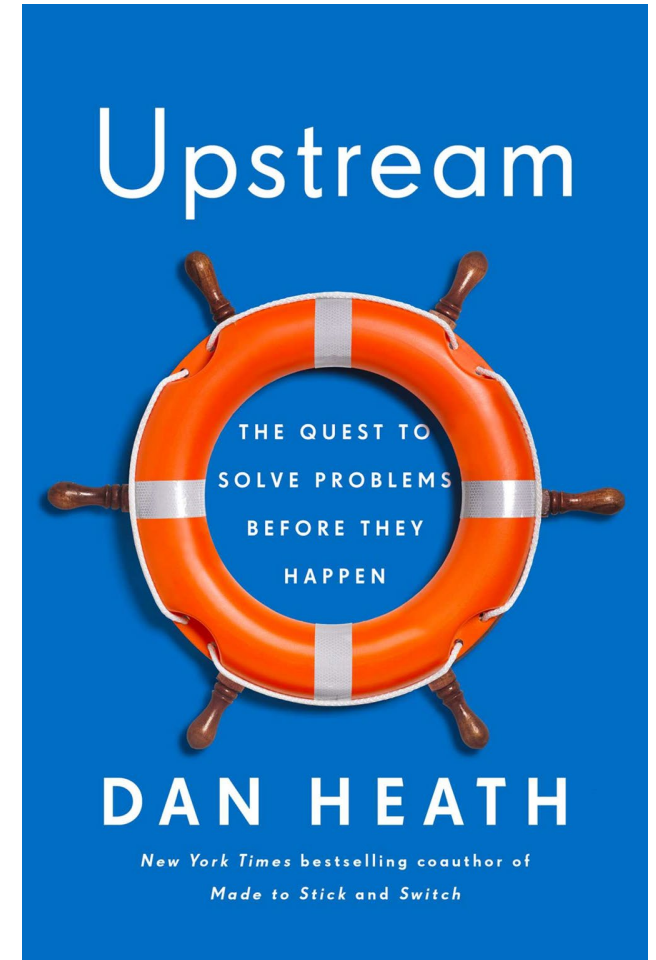
Launch

- Hired & onboarded our team
- Relationship building
- Iterative feedback around Tier 3 interventions

Implementation of Tier 3 Interventions

- Mental health assessments
- Cover sheet for Urgent Care
- Referrals to Family Support Specialist
- The Comeback

“What’s odd about upstream work is that, despite the enormous stakes, it’s often optional. With downstream activity—the rescues and responses and reactions—the work is demanded of us. A doctor can’t opt out of a heart surgery; a daycare worker can’t opt out of a diaper change. By contrast, upstream work is chosen, not demanded. A corollary of that insight is that if the work is not chosen by someone, the underlying problem won’t get solved.”



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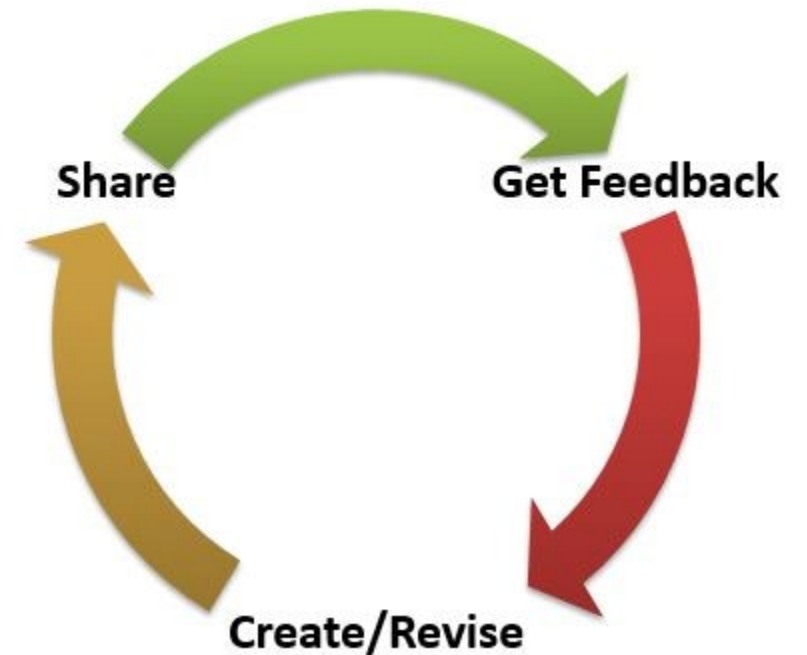
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Shifting to Tier 1/ & 2 Interventions

- Launched of a group for anxiety/coping skills
- Planning screening/feedback for 9th grade chronically absent students

Approach & its Evolution

- Participation in weekly student support meetings across four communities to identify needs/gaps in service areas
- Ongoing feedback
- Thoughtfulness & deliberation



Number of Students/Families Reached

Family Support Specialist Referrals: 6

Comeback Referrals: 12

Group Referrals: 7

Referrals for Mental Health Evaluations: 1

Total referrals across all services: 26

Impact of the program from SHS' Perspective

- **Immediate access to care and services on site and via CBHC**
 - *As school staff, we now know that if there is an urgent need, we can support. In the past, this was not always the case.)*
- **CHA collaboration with our school social worker and defining roles and a coordinated response has been very important**
- **Consultation with CHA psychologist for high-risk/complex situations**
 - *“has been invaluable. Not only does it enhance our quality of care by ensuring we are being thoughtful regarding the specific types of supports for students, but the collaboration amongst professionals and experts in the field helps prevent burnout and provides a sense of community amongst mental health professionals at SHS and our CHA partners.”*

Impact of the program from SHS' Perspective

- **School staff and CHA partnership and collaboration** - (e.g., C-SSRS training, consultation with CHA social worker/family partner)
- **CBHC:** this resource has been an amazing addition to the Somerville Community! It has reduced the ER visits drastically and created ability to provide direct (and welcomed!) feedback about the CBHC
 - *“The CHA Social Worker's ability to communicate directly with CHA/CBHC staff has been a huge help regarding smoother communication and student transitions across settings. Also, the knowledge and experience from working in a hospital organization and mobile crisis, she has been able to provide psychoeducation to SC/SAC/SWs to increase our understanding of the different levels of care”*

Family Support Specialist

3 referrals for outpatient therapy, **3** scheduled

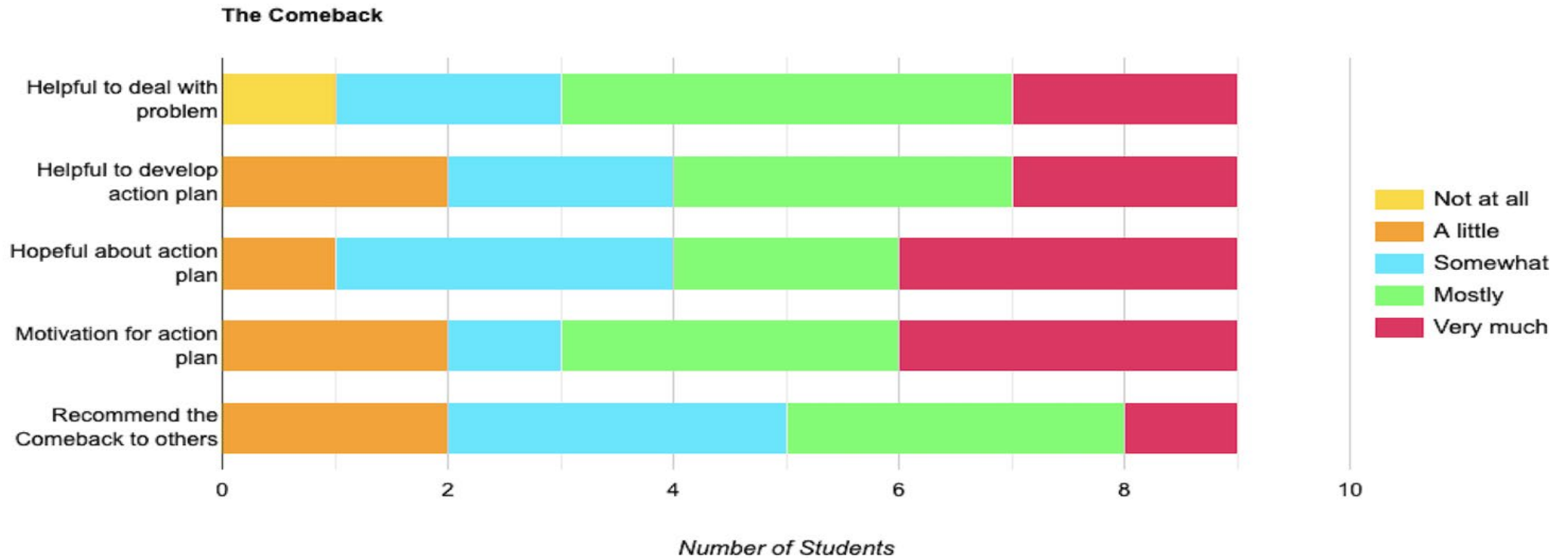
1 referral for outpatient psychiatry, **1** scheduled

Other support provided:

- Information about afterschool programming
- Appointment reminders
- Care coordination across mental health systems at CHA
 - Bridging communication between school team and CHA providers
 - Coordinating with mobile crisis
 - Information about youth employment & facilitating support with applications
- 1 family declined all support

“The Family Support Specialist being able to dedicate so much time to providing psychoeducation and helping parents/guardians get their students connected to outside services has allowed for School Counselors, SAC, SW, etc. to focus on their work with the students in school.”

Impact of the program





Informal feedback about the program

From Students about The Comeback

- “[The Comeback] was helpful, I liked talking about this.”
- “It was good to think about what happened and talk about it.”
- “I would definitely recommend this to people”

From Families

- “I am so grateful for your help.”
- “You have been so helpful, thank you.”



Informal feedback about the program

From SHS Staff

- “the CHA team has worked thoughtfully and collaboratively with SHS staff and have already made a positive difference!”

From CHA Staff

- “the work has been invigorating and truly very fun! SHS staff have been supportive, patient, and inclusive of our team and have been wonderful partners to ensure the program is feasible, meaningful, and relevant.”
- “I love working & collaborating with SHS and being able to support and assist families in need”

Challenges



1) space constraints

2) striking the balance of in scope vs. out of scope

3) being fully integrated



*thank
you*