## SHAPE Up New York

***A Statewide Learning Collaborative***

***Focused on Advancing High-Quality School Mental Health Systems***

**Application Due:** November 30, 2021(email to SHAPE@omh.ny.gov)

The New York State Office of Mental Health System of Care Pilot, in partnership with the Expanded School Mental Health team at the University of Rochester Medical Center, is **pleased to offer an opportunity for New York State Schools and District teams to engage in a FREE 6-month learning collaborative focused on advancing high-quality school mental health systems and supports.** This is an opportunityto engage in strategic action planning and development of your school mental health systems through the School Health and Performance Evaluation (SHAPE) System.

Selected district teams will be provided with access to professional development, technical assistance, and ongoing coaching as they work to pilot practices that advance the quality of their Comprehensive School Mental Health System.

## What is the SHAPE System?

## The SHAPE System is a free, web-based portal that provides a virtual workspace for self-assessment of Comprehensive School Mental Health System’s (CSMHS) level of quality implementation based upon the National Indicators for School Mental Health. Developed in 2015, the SHAPE System has been increasingly used by schools, districts, and community partners across 50 states to assess and enhance the quality and sustainability of School Mental Health services and supports against national best-practice benchmarks. SHAPE houses the National School Mental Health Census and the School Mental Health Quality Assessment (SMH-QA), designed to document school mental health system components, assess the comprehensiveness of a CSMHS, prioritize quality improvement efforts, and track improvement over time. The SHAPE system also hosts a variety of resources, toolkits, and workshops used to initiate and sustain change in districts’ school mental health services and supports. Learn more at www.theshapesystem.com.

## What are the benefits of participating in the SHAPE Up New York Learning Collaborative?

## District teams will be provided with access to professional development, technical assistance, and ongoing coaching as they work to pilot practices to support the establishment of a CSMHS. Expert faculty from the University of Rochester Medical Center, in conjunction with the NYS Office of Mental Health, will facilitate virtual convenings to foster cross-collaboration between districts, highlight best practices for school mental health implementation, and support teams in developing and implementing action plans that are supported by continuous quality improvement practices. District teams will also receive training and coaching in conducting a formal needs assessment to determine priority areas of growth and relative strengths using assessments and processes that have proven results. District teams will also be connected to local cross-systems collaboratives (Systems of Care) that may assist districts with action strategies and resource identification.

## How can participation support districts' response to the COVID-19 pandemic?

## This collaborative will support district efforts to plan for and respond to the mental health needs of students and families during the COVID-19 pandemic and beyond. This opportunity can help bolster district efforts to establish plans for responding to critical incidents during school closure, engage in remote behavioral and mental health services (including telehealth), support families in addressing needs related to social determinants of health, and respond to concerns related to traumatic grief. This initiative will leverage a network of districts contending with similar concerns, and state and national partners positioned to provide resources and coaching, to help ensure quality practices and strategies are adopted and implemented. Additionally, guidance will be provided to district teams in drafting approaches to comprehensively address the mental health needs of students and families in preparation for the reopening of schools, an undertaking that will require flexibility and innovation in order to ensure the various needs of families and students are accounted for and addressed comprehensively.

**Expected Responsibilities**

* **Register on the School Health Assessment and Performance Evaluation System** (the SHAPE system; no cost, www.theSHAPEsystem.com).
* **Complete the district profile and quality assessment** by January 31st, 2022; teams will be asked to update quality measures at a specified timepoint
* **Attend Monthly SHAPE Meetings** for learning topics, progress reporting, and technical assistance (*All will be held via Zoom*). While everybody is invited, we request that at least two members of your team attend each meeting.
* **Test changes in system using Plan-Do-Study-Act (PDSA) cycles** to achieve incremental improvements and submit PDSA worksheets monthly
* **Report on Impact** by sharing your experience, sharing your system’s progress and outcomes, and completing pre- and post-surveys.

**Approximate Time Commitment**

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| **START-UP ACTIVITIES** |
| **Topic** | **Projected Time** | **Who** |
| Welcome & Orientation Webinar (self-study) | January, 1.5 hours (recorded) | Full SHAPE Team  |
| Complete the SHAPE Profile & Quality Assessment | By January 31st, 2022  | SHAPE Leader completes; SHAPE Team offers input  |
| Identify 1 – 2 Quality Improvement Goals | By January 31st, 2022 | SHAPE Leader completes; SHAPE Team offers input |
| **MONTHLY TIME COMMITTMENT** |
| Attend Monthly SHAPE Meetings | 90 Minutes/month | At least 2 members of SHAPE Team |
| Planning and Implementation ofQuality Improvement Efforts | Time spent will vary depending on quality improvement activities selected | Full SHAPE Team |
| *Optional*: Monthly Quality Improvement Consultation Sessions  | *Optional*: 60 minutes/month | *Optional:* At least 1 member of SHAPE Team, as needed |

**Tentative Schedule**

*All sessions will be held via Zoom; Dates are subject to change*

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| **SCHEDULE OF MAIN PROGRAM EVENTS, SPRING 2022** |
| **January 2022** | **Preliminary Work:** Welcome & Orientation Webinar - *Pre-recorded self-study* |
| **February 2022** | **Session 1** – State Kick-Off + Peer Learning *(90 minutes)* |
| **March 2022** | **Session 2** - Needs Assessment & Resource Mapping + Peer Learning *(90 minutes)* |
| **April 2022** | **Session 3** - Teaming Within your School Mental Health System + Peer Learning *(90 minutes)* |
| **May 2022** | **Session 4** - Screening for Behavioral Health Challenges + Peer Learning *(90 minutes)* |
| **June 2022** | **Session 5** - Mental Health Promotion for All (Tier 1) + Peer Learning *(90 minutes)* |
| **July 2022** | **Session 6** - Early Intervention & Treatment (Tier 2) + Peer Learning *(90 minutes)* |
| **September 2022** | **Session 7** - Teaming with local Systems of Care – *individualized sessions hosted by OMH*  |
| *Optional Quality Improvement Consultation Sessions will also be held monthly* |

## What are the Requirements for Submission?

## Selection criteria: Approximately (6-8) districts will be selected, with consideration of the following criteria. (Note that any interested district can also sign up to learn about additional learning opportunities as they become available related to strengthening school mental health systems.)

## Prioritization will be given to applicants that:

## Indicate readiness to engage and ability to commit to participation

## Designate a multi-disciplinary team (with school and districts roles, multiple racial/ethnic perspectives, and structures for youth and family voice) to support participation

## Indicate central office support to consider ways to scale up effective efforts

## Indicate challenges related to access to clinically, culturally, linguistically, and developmentally appropriate mental and behavioral health services; and especially difficult challenges related to financial resources

## Complete the School Mental Health Quality Assessment using the SHAPE System, as an individual or team on behalf of a school or district at least once, by the end of January 31st, 2022 – email a PDF of your school/district report to SHAPE@omh.ny.gov with the subject: “SHAPE Assessment Report for [insert school/district name]”)

## Indicate priority interests that include strengthening efforts related to Needs Assessment/Resource Mapping, Teaming, & Mental Health Screening

## Consideration may also be given to geographic distribution. Also note that if needed and feasible, clarifying questions may be asked of applicants who are under consideration for selection.

## Tentative Timeline:

## November 1st, 2021 – Applications Released, and 1 optional information session will be offered in November (TBD)

## November 30th, 2021: Applications Due

## By December 22, 2021: Participating Districts Selected & Confirmed

## Timeline For Participating Districts:

## January 2022: Orientation Webinar *(Recorded 90-minute session)*

## February 2022: Orientation *(90 minutes)*

## March-July 2022: Learning Collaborative Meetings *(90 minutes)*

## March – July 2022: Optional monthly consultation sessions

## September 2022: Follow-up; connecting to local System of Care

**Application Due:** November 30, 2021 (email to SHAPE@omh.ny.gov with the subject: “SHAPE Up Application for [insert school/district name]”)

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## Applicant Information

## Contact Information

|  |  |
| --- | --- |
| District/School Name | District/School Name |
| Contact Name | First Name Last Name |
| Contact Role/Title | Role/Title |
| Email | Email |
| Phone | 000-000-0000 |

## Please confirm that the superintendent is aware of and supports this application.

### [ ]  YES

### Superintendent Name: First Name Last Name

### Superintendent E-mail: Email

### School and Team Member Information

### School(s) you anticipate focusing on with this work.

|  |
| --- |
| List Schools |

### Grade levels of school(s) you would likely focus on for this effort. Check all that apply.

#### [ ]  Elementary School

#### [ ]  Middle School

#### [ ]  High School

### [ ]  Other: Write In

### [ ]  Not sure yet

### Will it be feasible for your district/school to form a team with key membership (administrators, behavioral health staff, school counselors, social workers, teachers, parent representatives, community partners), with multiple racial/ethnic perspectives, who can convene regularly and have at least 2 representatives participate in the monthly professional learning sessions?

### [ ]  YES

### [ ]  NOT SURE: Please Explain

#### If you already know some/all team members who would contribute to this initiative, provide details here:

#### *Team members will include (check all that apply):*

|  |  |
| --- | --- |
| [ ]  Behavioral health staff [ ]  Social Workers [ ]  Administrators [ ]  School Counselors[ ]  Other: Write In | [ ]  Teachers[ ]  Youth/Students [ ]  Parents/Families [ ]  Community partners |

#### District Interests and Approaches

#### Please indicate which of the following topics of most interest to your district related to this initiative (check all that apply):

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| --- | --- |
| [ ]  Needs Assessment and Resource Mapping[ ]  Teaming (Within the school and with community partners)[ ]  Mental Health Screening [ ]  Data Management in School Mental Health | [ ]  Mental Health Promotion (Tier 1) [ ]  Early Intervention and Treatment (Tiers 2 & 3)[ ]  We are not sure yet [ ]  Other: Write In  |

### Please describe your district’s current approach to supporting mental health for students and families. (250 word max.)

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| Please Describe Here |

### What are current strengths of your school/district’s mental health system? What are specific challenges you hope to address through participation in SHAPE Up New York?

### Strengths: Click or tap here to enter text.

Challenges: Click or tap here to enter text.

**SHAPE Assessment Completion**

Districts will be using and referring to the SHAPE System. Please indicate whether an individual or team on behalf of the participating school/district has completed or will complete the School Mental Health Quality Assessment using the SHAPE System by January 31st, 2022.

#### [ ]  Yes, we have already completed the *SHAPE Quality Assessment*

#### [ ]  Yes, we will finish the *SHAPE Quality Assessment* by January 31st, 2022

#### [ ]  We would like assistance from the NYS SHAPE Team to complete our *SHAPE Quality Assessment*

#### Please indicate if there is anything else you want to encourage the state team to consider in terms of ways to support participants, or ways to improve state efforts that help strengthen local school mental health systems. (250 word max.)

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| Click or tap here to enter text. |