

Statewide SBHC Behavioral Health Program



BEHAVIORAL HEALTH PROGRAM OUTCOMES

In 2022, Year 1 of the 2-year Statewide Behavioral Health Program, ten Sponsoring Organizations designed and implemented projects across the following 3-tiered model of care:

- Tier 1: Universal Events (health fairs, educational campaigns, screening programs, trainings, etc.)
- Tier 2: Groups for selected at-risk students
- Tier 3: Targeted individual interventions for students with behavioral problems

TIER 1 RESULTS:

EVENTS



25 events
6,000 people reached

TRAININGS



60 clinicians
430 school staff & community members reached

SCREENINGS



1000 students screened
167 identified with symptoms
133 referred to care

TIER 2 RESULTS:

GROUPS



12 new groups & 2 ongoing groups reaching 200 students

A variety of group themes, including: stress management; weight loss; healthy living & self-esteem; mindfulness; resilience; the new immigrant experience resulting in:

- over 1/3 of students in weight loss group achieved weight loss & improvements in behavioral health assessments
- over 40% of students in resilience group showed improvement post-treatment in depression assessment

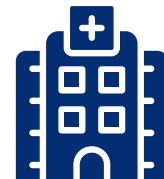
TIER 3 RESULTS:

Staff training in Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), EMDR*, Mindfulness and other models of treatment.

*Eye Movement Desensitization & Reprocessing



One SBHC screened 400 students and enrolled 83 for treatment using CBT and DBT



At another SBHC, 40 students received DBT and 38 showed improvement post-treatment in assessments for anxiety & related disorders

JOIN US FOR YEAR 2 OF THE PROGRAM

For more information on how to join email Program Manager Katy Cook at katy@adkhealthsolutions.com or visit our website

www.nysbhfoundation.org/behavioralhealthprogram

