

### About FAST TRACker

This guide is intended to provide information about the Clermont County system of care called FAST TRAC for youth with behavioral challenges and their families. FAST TRAC is a federal grant program overseen by the Clermont County Mental Health & Recovery Board.

This issue of FAST TRACker is about **School-Based Mental Health (SBMH) Services** and how FAST TRAC has enhanced these services in your community. Child Focus, Inc. provides SBMH Services in all schools throughout the county. With a focus on prevention, **SBMH services are the front door to helping students find success behaviorally, emotionally, and in school.**

### What are School-Based Mental Health Services?

School-Based Mental Health Services are provided in every Clermont County School District. The services are designed to **improve mental health, raise positive awareness about mental health, and reduce the challenges for students who have behavioral issues.** This can help **reduce the risks of not doing well in school** and help students **achieve the success they are capable of in the classroom.**

The services can be one-on-one, in a group, or in a classroom. Services are short-term and can help students find support if they need more time with treatment.



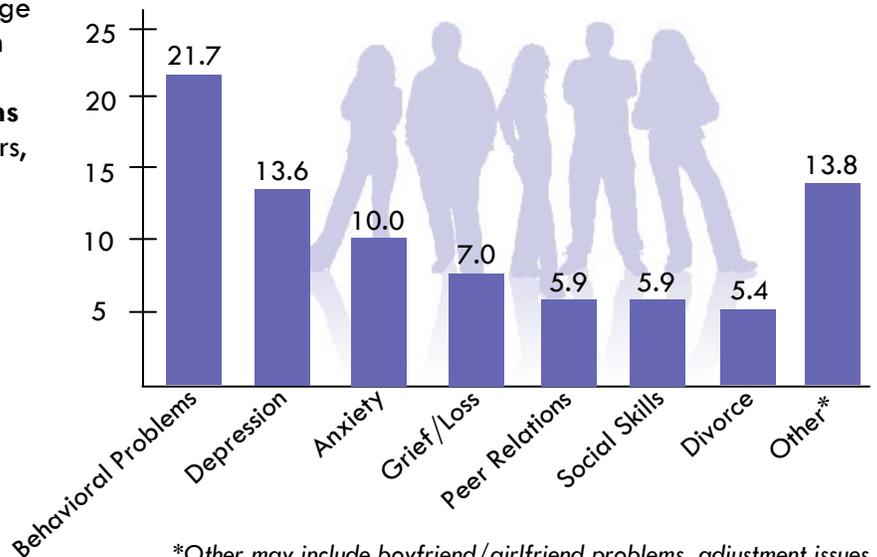
*SBMH Services are able to meet students where they are, in every school building in Clermont County*

### Who uses School-Based Mental Health Services?

Students of all ages experience stress differently and the sources of stress can range widely. This stress can be **from school, with friends, and at home with family.** These types of stress can lead to **major disruptions in students' lives.** Relationships with teachers, other students, and school work can be affected, often making matters worse.

Every student in **all Clermont County School Districts has access** to SBMH Services. During the 2013-2014 school year, a total of **815 students from K-12th grade used further SBMH treatment resources after using the prevention services.** Most students are referred to SBMH services for **behavior issues, depression, and anxiety.**

**Reasons Students Are Referred To SBMH Services (%)**



*\*Other may include boyfriend/girlfriend problems, adjustment issues, alcohol and/or substance abuse, and other family/peer problems.*

**Turn this page over to see what SBMH Services are doing for students so far.**

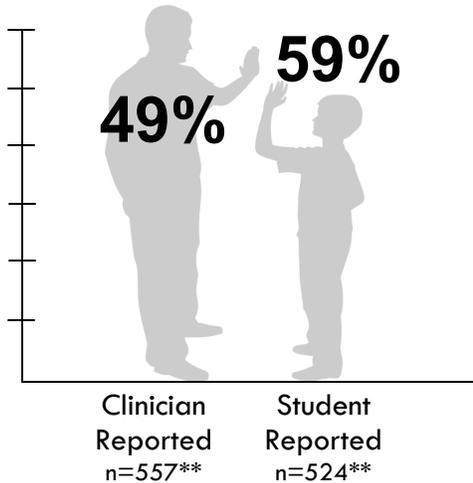


Clermont FAST TRAC, a system of care initiative of the Clermont County Mental Health & Recovery Board, is funded by a grant from the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

# Are School-Based Mental Health (SBMH) Services working in Clermont County?

SBMH Services are helping students make quick progress on their issues.

## % of Students Making Progress with SBMH Services in 3 or Fewer Visits



\*\*n=Number of participants

### ASHLEY'S STORY

Fifth grader Ashley was referred for SBMH services because of her struggles with anxiety, low self-esteem, and an inability to cope with these challenges.

After building trust and rapport with encouragement from SBMH services, Ashley **began to open up more every week**. Her **self-esteem improved** through activities that helped her **identify her positive qualities**. Her family also engaged in more intensive services. Soon, Ashley's **increased confidence** found her talking and laughing with friends again.

From struggling to communicate her thoughts and feelings to being able to share her true self with others, Ashley and her family agree that **she has greatly improved and has a better overall life experience**.

Teachers in Clermont County schools agree that **SBMH Services are beneficial for students**.

## Staff & Faculty Are Satisfied with SBMH Services in Their Schools

REPORT CARD			
% Who Strongly Agree and Agree			
Made appropriate and helpful referrals	✓	95.2%	A
Services were helpful	✓	97.2%	A+
SBMH role is needed in this school	✓	99.3%	A+
Would recommend SBMH Services	✓	100%	A+

"It provided my students with **skills they could use** in the classroom, and that **made them more successful!**"

-Teacher, Clermont County Schools

## What can I do as a parent or a community member?

Help us spread the word about the great work that SBMH Services are doing for our students and about everything the FAST TRAC System of Care is doing in our community!

- **Support the Clermont County Mental Health & Recovery Board levy that helps support services in your schools.**
- Note, FAST TRAC is funded by a grant that will **end next year. Services will not continue to grow unless your community supports them!**
- Pass this information on to family members, neighbors, co-workers, and even your local Trustees, Commissioners, Representatives or Senator.
- Join a FAST TRAC Workgroup to share family, youth, and community perspective. **Call: 732-5400**
- Attend family trainings and educational events sponsored by FAST TRAC. To find out more, **call: 732-5034**

**Let your voice be heard!**

**For more information on FAST TRAC, visit our website:**

<http://www.clermontfasttrac.org> or call us: 732-5400

**For more information about SBMH services, contact:**

Susan Graham at Child Focus, Inc.

[sgraham@child-focus.org](mailto:sgraham@child-focus.org) or call: 752-1555

