

Equitable Implementation of Evidence-Based Practice for Vibrant Youth

The primary goal of this project is to increase the equitable delivery of school-based mental health services

What is this project about?

This project is designed to increase the equitable delivery of school-based mental health services and improve minoritized youths' experience with school-based mental health supports. Specifically, this project examines different ways of promoting equitable implementation of a flexible evidence-based practice – measurement-based care (MBC; the use of questionnaire data to support intervention decision-making).

Why are we doing this project?

Schools provide more mental health services to youth than any other child-serving sector, including primary care and outpatient mental health clinics.

Since the beginning of the COVID-19 pandemic, student mental health needs have risen at unprecedented rates.

Racial/ethnic minority youth are significantly less likely to connect with and continue in school mental health services.

Schools face an implementation gap because they have limited resources to provide evidence-based interventions to students.

Evidence-based practices to enhance service impact



Measurement-Based Care (MBC)

The practice of routinely collecting outcome data to inform intervention, monitor progress, and assess outcomes – allows mental/behavioral health professionals to determine whether students are responsive to indicated interventions.



Equity-Explicit Implementation Supports

These are implementation supports designed to promote equitable access and impact of an intervention for all eligible students.

MBC has been found to...

1. Personalize interventions
2. Facilitate shared decision-making
3. Improve accuracy of clinician judgment
4. Identify students not on track
5. Improve outcomes

This project will evaluate the effectiveness of equity-explicit implementation supports for Measurement-Based Care

Who Can Participate?

❖ School-based Mental Health (SMH) Professionals

- Spends ≥ 50% of their working hours providing mental health services in schools
- Works with middle and high school students
- Have a caseload that is ≥ 20% of students who identify as African American/Black and/or Hispanic/Latino/a

❖ Students and Caregivers

- Enrolled in middle or high school
- Receiving on-going mental health services with a participating SMH professional
- Receives mental health services in English or Spanish

Anticipated benefits to school-based mental health professionals and students:

- Access to free training and follow-up consultation/coaching in MBC.
- Participation incentives to mental health professionals and students.
- Improved student access to high-quality evidence-based mental health practices.

➤ What are the project partnership roles?

School Districts & Healthcare Agencies	SMH Providers	Students & Caregivers
<ul style="list-style-type: none"> Brief pre-planning meetings with project team to ensure alignment with agency/school operations. Assist with recruiting SMH providers to participate. Permit SMH providers to participate in self-paced online training (1 - 2 hours) and post-training coaching (2 x hour-long calls). 	<ul style="list-style-type: none"> Participate in self-paced online training (1 – 2 hours) and post-training coaching calls (2 x 60 mins). Assist with identifying students to participate in the project who identify as African American/Black or Hispanic/Latino/a. Complete online surveys (~25 mins) up to 4 times. Complete weekly caseload service logs (~10 mins) Record sessions with participating student, once consented. <p>Incentives:</p> <ul style="list-style-type: none"> Up to \$400 	<p>Complete online surveys up to 3 times</p> <p>Incentives: Up to \$50 (\$25 x 2 gift cards)</p>

➤ Next Steps

Fall 2022 - Winter 2023

Clinician Recruitment and MBC Trainings

Fall 2022 - Winter 2023

Student Recruitent (2 per SMH provider)

Fall 2022 - Spring 2023

Deliver MBC-informed services to students

➤ Are you interested in collaborating or participating?

To allow for maximum flexibility and impact, all of our trainings and consultation/coaching sessions are 100% virtual!

❖ School Districts and Healthcare Agencies

Please contact our principal investigators to learn more about how your district/agency can join this project.

- Freda F. Liu, PhD (206) 987-3295 fredaliu@uw.edu
- Aaron R. Lyon, PhD (206) 221-8604 lyona@uw.edu

❖ School-based Mental Health Professional

Ready to join or would like more information? Please contact our project research coordinator

- Rose Reyes VIBRANT@uw.edu or (206) 616-6723