

# MA SMHC



# SHAPE Focus Indicator - Involving Youth and Families

**What are you currently doing to involve youth and families in your implementation efforts?**

## Teaming



- Have multidisciplinary team
- Use best practices for meetings, role delineation, and data sharing
- Avoid duplication and promote efficiency
- Make mental health referrals to school-based and community-based services
- Meaningfully involve youth and families
- Facilitate effective school-community partnerships
- Address each tier of the multi-tiered system of support
- Use data to determine service needs



Meaningfully involve students and families to plan and improve the school mental health system, con.

**Best practices:**

- Involve students and families in all aspects of prevention, intervention, and health promotion design, implementation and evaluation; students and families can provide insight on school strengths and areas of need, program selection, implementation considerations, and on-going quality assessment and progress monitoring
- Involve multiple students and families on teams; provide guidance and foundational information prior to each meeting so that they can have a meaningful role



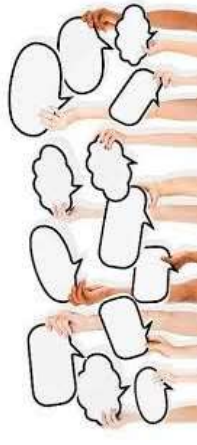
## Meaningfully involve students and families to plan and improve the school mental health system, con.

### **Best practices:**

- Gather additional information from students and families using surveys, interviews, and focus groups
- Identify existing youth and family mental health advocacy and navigation organizations in your community
- Partner with youth and family organizations to bring knowledge and passion based on practical, real-life experiences and expertise to support providers and other students and families within the system



# Discussion



Considering the action step outlined in the previous slides:

1. How involved are youth and families in the design, implementation, and evaluation of your CSMHS?
  2. Have youth and families been invited to provide formal feedback or attend meetings with your school mental health team?
  3. Has your team linked up with existing family and youth mental health advocacy organizations in your area?
  4. How does making advances with this action step promote your CSMHS's quality and sustainability?
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# Implementation Example: Methuen Mental Health Parent & Student Advisory Council

- Provides an opportunity for parents and students to have a voice regarding the mental health initiative
- Our goals:
  - Reduce the stigma associated with seeking help for mental health concerns
  - Provide an outlet to parents and students to discuss issues related to mental health, including the services and supports offered by MPS
  - Provide knowledge and resources to parents and students regarding mental health
  - Foster a shared agenda between all stakeholders to ensure the continued success and expansion of mental health services and supports in Methuen and the larger region
- Monthly meetings are held at Methuen High School

