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The Georgia APEX program: School-Based Mental Health Services

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THE GEORGIA APEX PROGRAM: SCHOOL-BASED MENTAL HEALTH SERVICES

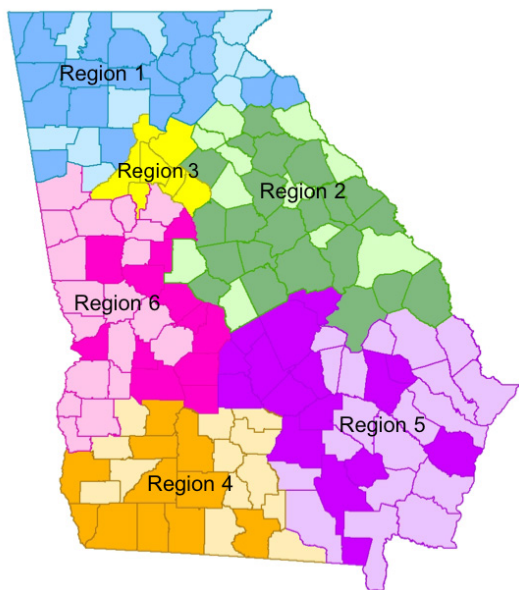
Year 3 | August 2017 to June 2018

Program Overview

The Georgia Apex Program, funded by the Georgia Department of Behavioral Health and Developmental Disabilities, creates partnerships between community-based mental health providers and local schools to provide school-based mental health services. The program began as a pilot in August 2015 and is now in its fourth year (academic year 2018-2019).

The program's goals include increasing *access* to mental health services for children and youth, providing *early detection* of child and adolescent mental health needs, and strengthening *coordination* between community-based mental health providers and local schools.

Georgia Apex Program Reach (Year 3)



Darker-shaded counties have at least one Apex school.
As of June 2018, Apex was in 55% of Georgia counties and
56% of Georgia school districts.

Year 3 By the Numbers

29 funded providers

396 schools involved; **309** schools report engaged partnership*

27 average number of students served per school

288 average number of first-time students served per month

3,464 students received mental health services, who had not previously

15,536 referrals made for school-based mental health services

60,318 services provided in schools

95.9% of parents surveyed reported being satisfied with the services their child received

*Engaged partnership is defined as three or more months of reported data.



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APEX GROWTH ACROSS 3 YEARS

From August 2015 to June 2018 (program Year 1 to Year 3), Apex demonstrated substantial increases in access to care based on the number of schools participating and the number of students receiving services, including first-time recipients of services. Delivered services include behavioral health and diagnostic assessments; crisis intervention; psychiatric treatment; community support; and individual, family, and outpatient services.



- 85% retention
- 191% increase from Year 1 to Year 3



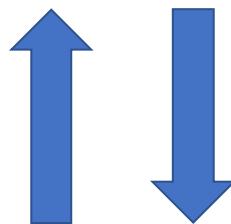
- 42% increase in students receiving first-time services from Year 1 to Year 3



- 166% increase in services provided in schools from Year 1 to Year 3

School-Related Program Outcomes

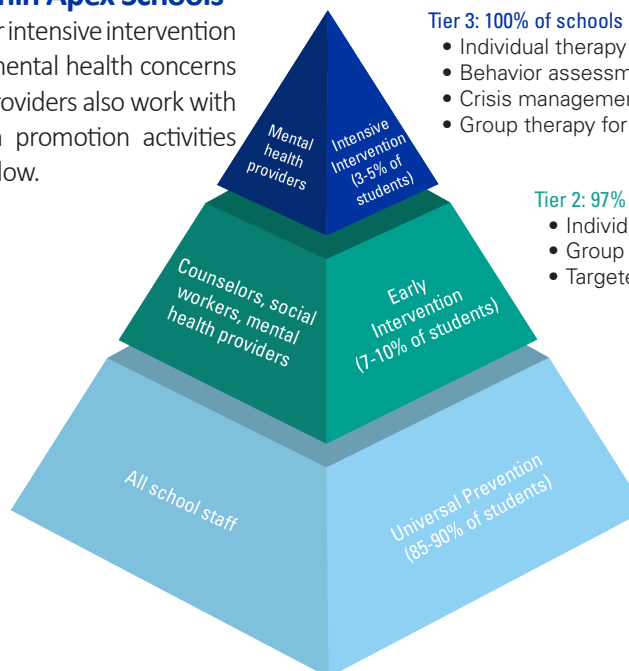
Apex and Apex + Positive Behavioral Interventions and Supports (PBIS) schools saw greater increases in average School Climate Star ratings, including Safe and Substance Free Environment scores, than the statewide average.



Apex + PBIS schools saw greater decreases in the average number of students referred to juvenile court through the school than the statewide average.

Mental Health Promotion Within Apex Schools

Apex prioritizes addressing the need for intensive intervention for students identified as living with mental health concerns — the top tier of the pyramid. Apex providers also work with schools on additional mental health promotion activities across Tiers 1 and 2 of the pyramid below.



Tier 3: 100% of schools

- Individual therapy for indicated students: 95%
- Behavior assessment: 88%
- Crisis management services: 64%
- Group therapy for indicated students: 41%

Tier 2: 97% of schools

- Individual therapy for at-risk students: 89%
- Group therapy for at-risk students: 34%
- Targeted screening: 23.3%

Tier 1: 88% of schools

- School events: 66%
- Parent education: 50%
- Mental health awareness events: 43%
- Classroom observation: 40%
- Youth Mental Health First Aid training: 23%

Adapted from: Bieber B, Hotchkiss & Palmer, B. (2007). A Guide to School Mental Health Services. Denver, CO: Colorado Department of Education.