



TOWN OF LEXINGTON  
MENTAL HEALTH  
TASK FORCE

*A Collaboration of Lexington Public Schools & Municipal Staff*

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# **Select Board & School Committee Joint Meeting**

## **Mental Health Task Force Update**

March 14, 2022

# Agenda

1. **Task Force Update** - Melissa Interest, Director of Human Services & Val Viscosi, K-12 Director of Counseling LPS (5 min)
2. **Mental Health Assessment Report** - Drs. Marian Cohen & Ruth Remington, Framingham State University (35 min)
3. **Highlights of YRBS and Connections to Adult Data** - Dr. Maureen Kavanaugh, Director of Data & Strategy LPS (15 min)
4. **INTERFACE Update and Short-Term Remedies** - Melissa Interest (5 min)
5. **Task Force Advisory Group Updates** - Task Force Steering Committee members (5-10 min)
6. **Discussion/Questions** (20-25 min)



# Update from Task Force

- Municipal/School Partnership that came out of Suicide Prevention Consortium in 2017
- Created sustainable structure for addressing mental health in a coordinated way across school and town departments, and across the lifespan
- Focus on creating alignment across municipal and school departments in regards to:
  - Identification/Evaluation
  - Prevention activities
  - Services and interventions
  - Critical incident response
- CHNA Grant - 1-year planning grant and 3-year implementation grant; currently in year 2 of 3-year grant



# Update from Task Force

- High level action items specific to the CHNA grant:
  - Identification of unmet needs and underserved populations through Community Mental Health Assessment (robust youth data existed but adult data was lacking)
  - Inventory and repository of mental health programs and services taking place through school, municipal, and other community groups
  - Protocol for responding to critical incidents that aligns school and municipal departments (when indicated) and clearly delineates roles and responsibilities
  - Evaluation and measurement tools for impact and outcome data
  - Communication and outreach plan for promoting available programs and services



# Update from Task Force

- COVID impact
  - Grant work put on hold for full year (March 2020-2021)
  - School and municipal departments solely focused on response and interventions related to pandemic
  - Timeline updated to shift all activities: target end date of grant Fall 2022
  - Continued mental health impacts
    - Increased anxiety and depression
    - Relational impacts
    - Body image
    - School adjustment



# Mental Health Assessment Report Out

Drs. Marian A.O. Cohen & Ruth Remington  
Framingham State University



# **Youth Mental & Physical Health Behaviors: Highlights of YRBS & Connections to Adult Data**

Dr. Maureen Kavanaugh

Director of Data & Strategy, Lexington Public Schools



# William James INTERFACE Referral Service

## Lexington Referrals Over Time

Reporting Period	Lexington Referrals
11/15/18 - 5/31/19 Service began on 11/15/18 (as opposed to 12/1)	76
6/1/19 - 11/30/19	61
12/1/19-5/31/20	64
6/1/20-11/30/20	51
12/1/20-5/31/21	94
6/1/21-11/30/21	84
<b>Total since service inception:</b>	<b>430</b>
<b>Total dollars spent since inception:</b>	<b>\$61,000</b>
<b>Cost/referral:</b>	<b>\$142</b>





# William James INTERFACE Referral Service

## Barriers to Mental Health Services

- Long waits for a provider - more demand for in-person, more need for therapists serving young children
- Longer waits for INTERFACE follow up given higher call volume & acuity
  - 3-4 days for initial call return; 4-5 days for assignment of referral counselor; then 2+ weeks for provider identification = 3-4 weeks for possible provider

## Short-Term Remedies

- Increase Promotion of Short-Term Counseling Services via Human Services
  - Short-term therapy/case management
  - Policies in place to manage staff capacity and resident need
  - Eligibility criteria to identify limits of service (e.g. level of care needs)
- Mental Health Clinician (contracted through agency)
  - ARPA Funded
  - Target Spring 2022



# Identification & Research

Melissa Interest, Human Services & Val Viscosi, LPS

## **What We Have Completed:**

- Community Mental Health Needs Assessment

## **What We Are Working On:**

- Impact/Evaluation Measures



# Prevention & Intervention

Sharon Gunda & Tony Serio, Human Services

## What We Have Completed:

- QPR Train the Trainers (2), QPR Trainings, Mental Health speakers & programs

## What We Are Working On:

- [Repository](#)-school and town resources
- [Mental Health Directory on an App \(link to example\)](#)



# Critical Incident Response

Stacy Glickman, LPS & Melissa Interest, Human Services

## What We Have Completed:

- Gathered best practices in critical incident response
- Consulted with Riverside Trauma Center to identify next steps
- Met with Town and School leadership for common vision
- Added staff to Community Crisis Intervention Team (CCIT)
- Researched local communities who have recently updated protocols

## What We Are Working On:

- Updating current protocols for both school and municipal
- Identifying alignment in response and roles; and finalizing protocol with approval from leadership



# Questions/Discussion

Thank you!

