

## Taking School Mental Health to the Next Level

### Who We Are

The Meadows Mental Health Policy Institute (Meadows Institute) is a statewide nonprofit that provides independent, nonpartisan, data-driven, and trusted policy and programmatic recommendations for creating equitable, systemic change. The Meadows Institute works closely with districts across Texas building sustainable mental and behavioral health systems that serve all students and educators.

### Our Team

The Meadows Institute's staff is comprised of a team of school mental health experts including former School District and Education Service Center Leaders, Mental/Behavioral Health Systems Leadership, Licensed Clinical Professionals, Evaluation Experts, Policy Analysts, and more.

[Visit Our Website to Learn More! ▶](#)

### Our Services

## Group learning experiences and capacity building

### **The Collaborative:**

A Professional Learning Community for School District Leaders

Facilitated by the Meadows Institute staff, the Collaborative fosters a space for district leaders and decision makers to come together for learning, networking, problem-solving and creative thinking and provides training on best-practices related to designing, implementing, and managing a variety of school-based mental health programs.

### **The Changemakers:**

A Community of Practice for Campus-Based Mental Health Providers

Let us help develop the technical and clinical skills of your student support staff! The Meadows Institute works in conjunction with district leadership to select and design a customized training sequence for student support staff such as school counselors, social workers, and other mental/behavioral health roles that align with district goals and vision. Topics may include Multi-Tiered Systems of Support (MTSS), Positive Behavior Intervention Systems (PBIS), and mental health focused content such as deep dives into trauma, bereavement, depression, anxiety, self-harm, suicide prevention, assessment and interventions, alternatives to exclusionary discipline, etc.

**FOR MORE INFORMATION CONTACT:**

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# Consultation & Technical Assistance

The Meadows Institute offers expert consultation and technical assistance to districts in all phases of planning, implementing, or conceptualization of mental and behavioral health support programs, as well as related project management services. Levels of support can vary from light to intensive based on district and project needs.

## Areas of Expertise

### Program Design, Implementation and Strategy

- Change Management and Strategic Planning Support
- Multi-Tiered System of Supports (MTSS)
- Positive Behavior Interventions and Supports (PBIS)
- School-Based Clinical Mental Health Services
- Social Emotional Learning Programs
- Establishing Processes and Procedures
- Translating state policy into local implementation
- Crisis Response and Disaster Management
- Services for Vulnerable Populations
- Telehealth Services
- Adult Well-Being

### Funding Strategy and Budget Planning

- State and Federal Funding Strategy
- Philanthropic Development
- Insurance Billing and SHARS Reimbursement

### Staff Training and Capacity Building

- Designing District Professional Development
- Trauma and Grief Informed Schools
- Content Development

### Program Evaluation Services

- Dashboard Design
- Needs Assessments
- Implementation Fidelity Assessments
- Program Effectiveness and Outcomes Assessments

### Student Behavior Management Systems

- Designing Code of Conduct and Systems of Behavior Management
- Restorative Practices
- Managing Threats of School Safety from a Mental Health Lens

## Assessment Services

Not sure where to begin, or in need of an objective analysis of where you are? An evaluative screening led by experts at the Meadow's Institute provides deep insight into district or system needs. Using data-based analysis and a full batch of screening instruments, the Meadows Institute gathers information and makes recommendations to districts and then engages stakeholders in focused conversations related to planning and implementation. Screenings can be highly focused on a specific area or problem, or the Meadow's Institute can conduct a broader needs assessment to identify opportunities for next-level program development.

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