

Project AWARE

Advancing Wellness and Resilience in Education



Snapshot

Project AWARE (*Advancing Wellness and Resilience in Education*) is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Office of Superintendent of Public Instruction (OSPI) is one of 20 state-level grantees. The five-year nearly \$10 million grant builds OSPI's and local partners' capacity to:

- Increase awareness of mental health issues among school-aged youth
- Provide training for school personnel, families, and community members to detect and respond to mental health issues in children and young adults
- Connect youth and families with services

Goals

The intent of the AWARE Project is to develop a comprehensive, coordinated and integrated program to advance wellness and resilience in educational settings for school-aged youth. Project goals:

- Improve overall school climate
- Promote positive mental health among youth and families
- Increase mental health literacy of school personnel and other adults
- Increase access to school and community-based mental health services
- Build the capacity and leadership to sustain community-based mental health promotion, prevention, early identification, and treatment services

Approaches

Statewide

By building on the Safe Schools/Healthy Students (SS/HS) model, Project AWARE increases access to school and community-based mental health supports. Collaboration between state, local, and building-level behavioral health promotion is a significant component of the project. A diverse State Management Team drives this effort.

To support communities and schools across Washington, the State Management Team advises and works on:

- Coordination of state and local policy
- Systems integration
- Cross-organizational resources
- Funding strategies
- Sustainability

State Management Team

Youth and families
Community members
LEA Superintendents and staff
State-level organizations that serve youth
Office of Superintendent of Public Instruction
Division of Behavioral Health and Recovery
Juvenile Justice & Rehabilitation Administration



Local Education Agencies

OSPI partners with 3 local education agencies (LEAs): Marysville School District, Shelton School District, and Battle Ground School District. Coordination support is provided through each district's ESD, with ESD 112 providing project-wide training and technical assistance in Youth Mental Health First Aid.

Marysville School District	Shelton School District	Battle Ground School District	ESD 112
<ul style="list-style-type: none"> • Youth Mental Health First Aid • Student Assistance Professionals • Evidence-based program of choice • ESD 189 support 	<ul style="list-style-type: none"> • Youth Mental Health First Aid • Student Assistance Professionals • Evidence-based program of choice • ESD 113 support 	<ul style="list-style-type: none"> • Youth Mental Health First Aid • Student Assistance Professionals • Evidence-based program of choice • ESD 112 support 	<ul style="list-style-type: none"> • Youth Mental Health First Aid coordination • Training and technical assistance for all sites • Project-wide supports

Interventions

Several interventions are recommended in Project AWARE. Each LEA may implement the following:

- Youth Mental Health First Aid
- Positive Behavior Intervention Supports (PBIS)

Other evidence-based programs (EBPs) that improve school climate, safety, substance abuse prevention, or mental health promotion are encouraged.

Outcomes

Project AWARE will develop and implement a Coordination and Integration Plan that supports a variety of strategies and outcomes for increasing mental health awareness and response. The plan will be shared statewide to inform Washington schools and communities interested in accomplishing similar goals.

Strategies and Outcomes

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| <ul style="list-style-type: none"> • Mental health partnerships & referral processes • Leveraging local funding • Improving collaboration with juvenile justice • Streamlining communication • Improving access to mental health services | <ul style="list-style-type: none"> • Creating links to existing services • Engaging youth and families in mental health promotion and substance abuse prevention • Sustainable programming |
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Contact

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Washington State's Project AWARE website: <http://www.k12.wa.us/SecondaryEducation/AWARE.aspx>

