



Parent/Professional  
Advocacy League, Inc.

# The Inside Track

*Meri Viano, Associate Director*

*Pamela Bows, Policy Coordinator*



Parent/Professional Advocacy League Training

3/26/2024

# Welcome to the Inside Track



- Confidentiality
- Bi-monthly meeting focused on policy, updates and networking
- Knowledge is power– and impact
- PPAL believes that families should have access to all information that affects them, and be able to provide feedback
- You will get a link to the slides and resources within the week that we only share with participants. You can see the meetings prior to check in on policy changes and/or things coming!



Funded by the Klarman Family Foundation

# Parent/Professional Advocacy League (PPAL)



A statewide, grassroots, family- run organization in Massachusetts.

PPAL's goal is to promote opportunities for families to become leaders and to ensure that the perspective of families is present in all conversations about children and youth.

Family organizations are an important strategy for boosting family participation, supporting and sustaining family voice (Lazear & Anderson, 2009)



# Housekeeping



- Please introduce yourself in the chat – name and role (parent, family support) and where you're from



- Please keep yourself on mute - unless you are speaking - to reduce background noise



- Use the 'raise hand' or chat to let us know when you'd like to speak



- Please type questions into the chat box

# Agenda



- **PPAL News**
- **DESE Updates (Department of Elementary and Secondary Education)**
- **Mental Health Respite Options**
  - Update- What We Know and What We Are Looking Into
- **Complex Case Review**
- **CBHC (Community Behavioral Health Centers) Insurance Coverage**
- **Department of Children and Families - Federal Performance Improvement Plan**
- **New Boston Public School Behavioral Health Services And Programming For Youth And Families**
- **PPAL's Family Policy Advocacy Group**
- **Networking + Resource Sharing**

# PPAL's 13th Annual Conference



Save The Date!  
Friday, May 31  
Virtual

## PPAL'S 13TH ANNUAL Children's Mental Health CONFERENCE

FRIDAY, MAY 31, 2024



with Keynote  
Niesha Deed,  
founder of  
PureSpark



### A Sneak Peak of Some Of Our Workshops:

- **Student Led IEP's**
  - Katrina Delaney, M.Ed. of Empowered Pathways
- **Keeping your Kid out of the Juvenile Justice System**
  - Cristina F. Freitas & Deb Freitas, Esq., Freitas & Freitas, LLP
- **Reducing Systemic Trauma: A Neuroscience-Aligned Approach to Discipline**
  - Guy Stephens, Founder and Executive Director of Alliance Against Seclusion and Restraint AASR
- **Working with People with Substance Use Disorders and Supporting Recovery Processes**
  - Haner Hernandez, Ph.D., CPS, CADCI, LADCI
- **Eating Disorders and Anxiety Disorders: Overlap, Differences and Treatment**
  - Ally Emig, National Alliance for Eating Disorders
- **Early Psychosis: Symptoms, Identification, and Treatment**
  - M-PATH's Emily Gagen, Tanya, M-Path family partner, and M-PATH young adult peer mentor

# *Children's Mental Health Week & Month*



**Save The Date!**  
**Thursday, May 9th**  
**MA State House & Public Gardens**



## *Question Of The Month*



### **PPAL's March Question of the Month**

Are you raising a child or supporting a young adult with behavioral health needs?  
Are you working closely with someone who is?

**As a family, what supports and services would it take for you to feel like your child's needs are being addressed?**

To Answer the Question, Please Visit  
<https://ppal.net/question-of-the-month/>



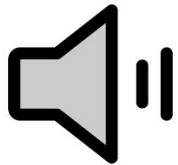
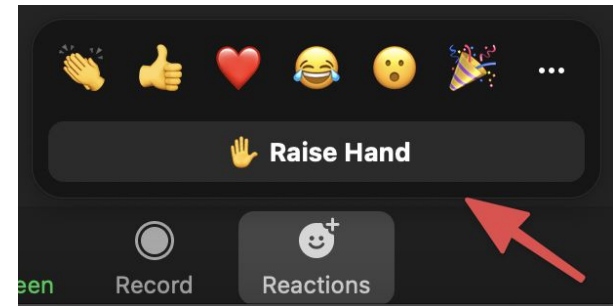


# Discussion:

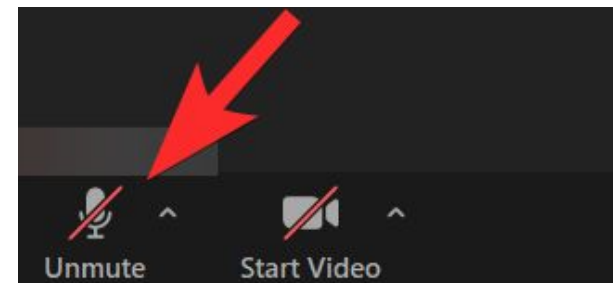
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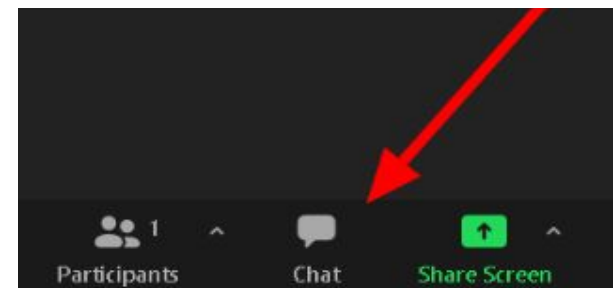
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Type questions into the chat box



# *DESE Town Hall*



Russell Johnson,  
DESE Acting  
Commissioner

PPAL welcomed the Department of Elementary and Secondary Education (DESE) to our Monthly Statewide Meeting in March!

We were joined by Russell Johnston, DESE Acting Commissioner, Rachelle Engler Bennett, DESE Associate Commissioner, and Chris Pond, DESE Behavioral Health and Mental Health Specialist.

The trio discussed the new IEP, Family Engagement Supports, and Restraints among other topics.

Acting Commissioner Russell Johnson mentioned Updated DESE Teacher Evaluation Standards and DESE's Racial Equity Tool, which we will get into next

Followed by some recently released School Attendance Data addressing School Avoidance or "Chronic Absenteeism"



## DESE Town Hall

# Updated DESE Teacher Evaluation Standards

- Updated *Model Rubric for the Evaluation of Classroom Teachers* integrates and strengthens culturally and linguistically sustaining practices throughout the Standards of Effective Practice, including antiracist, inclusive, and equitable practices that support all students to attain academic knowledge and skills, understand and value themselves and others, and engage with the world.
- Reflects input from a diverse group of educators, students, and families across Massachusetts
- Follows the recently released updated *Model Rubric for School Level Administrators*.
- Based on DESE's Educational Vision for effective teaching and leadership
  
- Piloted in PK–12 districts during the 2023-2024 school year
- To be released as the new model rubric in 2024-2025



<https://www.doe.mass.edu/edprep/resources/guidelines-advisories/teachers-guide/>

## *DESE Town Hall*

# DESE Racial Equity Toolkit Training for School Staff

“The Department of Elementary and Secondary Education and the Office of Public School Monitoring is committed to racial equity and to becoming an anti-racist organization. While race may not be at the forefront of decision making for all districts/schools in the Commonwealth, it is vital that race is a focus and part of the conversation as you consider other protected classes.

This guide provides a number of tools and resources to support schools in the development of sustainable practices that will address and counteract bias and provide equitable access to programming so that every student can realize their greatness.”

### Includes Modules such as:

- Talking About Race
- Reflecting on Our Own Bias
- Self-Identity and Bias
- Equity and Our Work
- Addressing Curriculum Bias

- DESE Resources
- DESE Offices
- Anti-Racism Resources
- Equity Resource Clearinghouse



**PPAL Action Step:**  
Contact your school  
and ask if/when school  
staff will be completing  
this module!

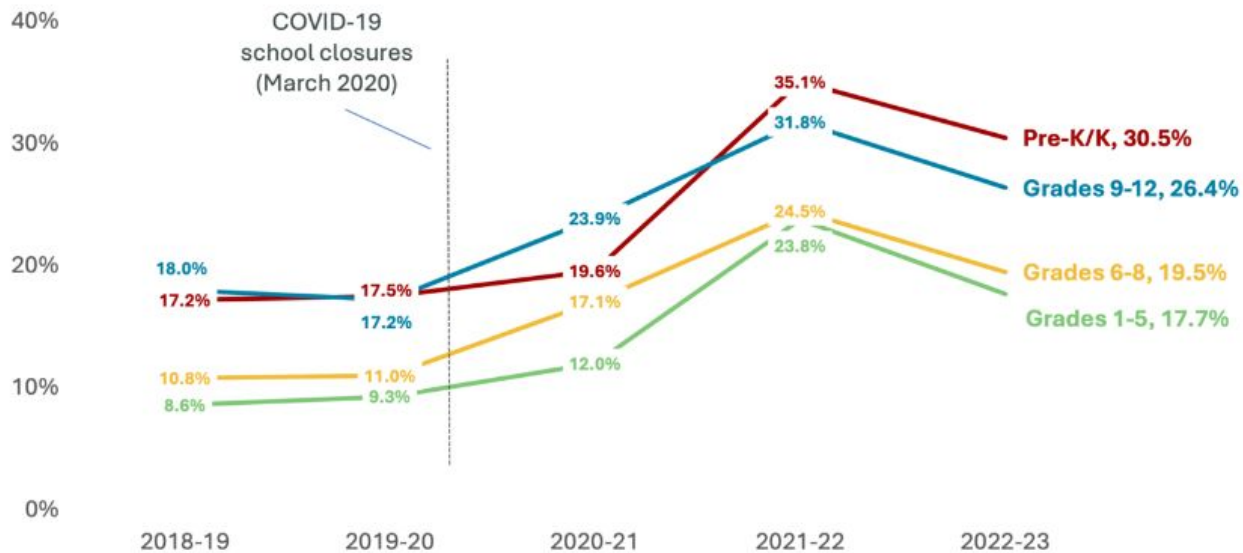
# School Attendance Data

## Reducing Chronic Absenteeism In Our Schools

by the Massachusetts Education-to-Career Research and Data Hub

### Rates of chronic absenteeism highest among Pre-K/K and grades 9-12

Percent of students chronically absent, 2018-2023



[https://educationtocareer.data.mass.gov/stories/vuut-f46x?utm\\_source=DA-Commissioner%27s+Weekly+Update&utm\\_campaign=bc80e10b64-EMAIL\\_CAMPAIGN\\_2024\\_03\\_25\\_08\\_47&utm\\_medium=email&utm\\_term=0\\_-bc80e10b64-%5BLIST\\_EMAIL\\_ID%5D](https://educationtocareer.data.mass.gov/stories/vuut-f46x?utm_source=DA-Commissioner%27s+Weekly+Update&utm_campaign=bc80e10b64-EMAIL_CAMPAIGN_2024_03_25_08_47&utm_medium=email&utm_term=0_-bc80e10b64-%5BLIST_EMAIL_ID%5D)

Note. Figure details the percent of students chronically absent by grade span for each school year from 2018-19 through 2022-23. The data show increasing chronic absenteeism starting with the onset of the pandemic (dotted line). That year, the state collected attendance data only through March 2, 2020.

## School Attendance Data

### *Reducing Chronic Absenteeism In Our Schools*

by the Massachusetts Education-to-Career Research and Data Hub

#### Key Takeaways

“Since the start of the COVID-19 pandemic, students have missed far more days of school than in the past. A student is counted as chronically absent if they missed 10% of days enrolled in a school in any given year. Typically, this means the student missed at least 18 school days out of a 180-day school year.”

In 2022-23

- 22.2% of students were chronically absent.
- Chronic absenteeism highest in kindergarten and high school, lowest in grades 1-5.
- Hispanic or Latino students are the most likely of any ethnic-racial group to be chronically absent (34.5% in 2022-23).
- Asian students have the largest increase in chronic absenteeism from pre-pandemic rates of any ethnic-racial group, however, they have the lowest rates of chronic absenteeism of any student group.
- English learners and students with disabilities have higher rates of chronic absenteeism than students overall.
- No meaningful difference in chronic absenteeism by gender.

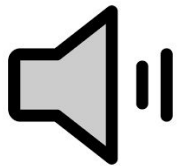
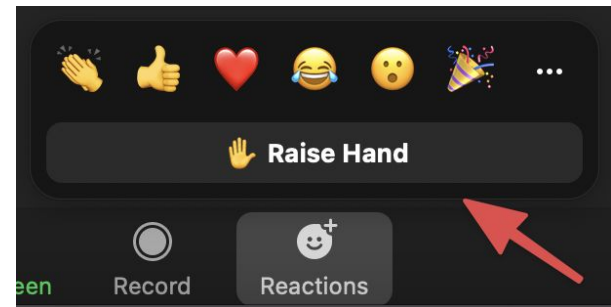
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# Discussion:

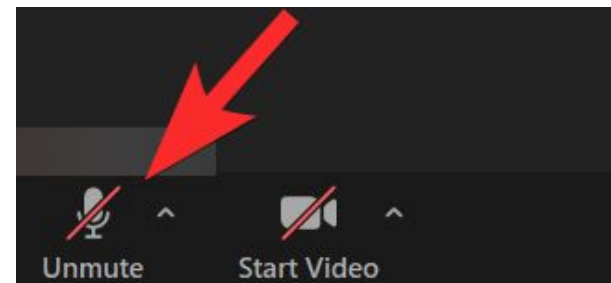
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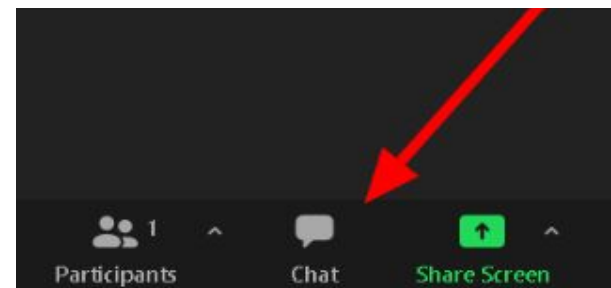
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Type questions into the chat box





# *Respite Innovations Grant*

## ARPA Funding

Two-year \$20,000,000 program to promote innovative Respite services that provide relief for family or primary caregivers of individuals with chronic or other health condition, disabilities, or functional limitations. Applications should propose new or enhanced Respite models that enhance, improve, expand, and/or reorganize how Respite is currently provided.

### Grant Awardees

AgeSpan, Inc.	Alzheimer's Family Caregiver Support	Senior Care Inc	Toward Independent Living & Learning
Mystic Valley Elder Services, Inc.	Martha's Vineyard Center for Living	Southwest Boston Senior SRVS	<b>Northeast Arc, Inc.</b>
Opportunities for Inclusion	The Arc of Greater Plymouth	Metrocare, LLC	WestMass Eldercare Inc.
<b>Federation for Children with Special Needs</b>	Town of Bourne	<b>Boss Lady Sister LLC (We Rock The Spectrum)</b>	Emissary Health, Inc.
<b>Home for Little Wanderers, Inc.</b>	<b>Seven Hills Family Services Inc.</b>	<b>Children's Hospital Corporation</b>	Magnifique Health
<b>LUK Crisis Center, Inc.</b>	Premier Home Healthcare of MA	Cooley Dickinson Hospital, Inc.	<b>House of Possibilities Inc</b>
<b>Advocates Inc.</b>	Incompass Human Services	Archangels	
People Incorporated	<b>Riverside Community Care Inc.</b>	Town of Burlington	
<b>Tri-Valley Inc.</b>	East Point ADHC LLC	Bay Cove Human Services Inc.	<b>**** PPAL is inquiring on!</b>
Town of Dennis	South Shore Support Serv Inc.	Lifepath, Inc.	
Grow Associates Inc.	Lynn ADHC, LLC	Charles River Association	
Mental Health Association	The Arc of Bristol County	<b>City of New Bedford</b>	<b>Anyone want to help?</b>



# *MA Respite Innovation Grant Updates*



## **Caregiver to Caregiver/C2C Respite Network- **NOW LIVE!****

Parent to Parent (P2P) peer support – successful evidence-based methodology/approach for caregivers of Children and Youth with Special Healthcare Needs

- Utilizes an untapped, fully trained workforce
- Caregivers provide respite to other caregivers of CYSHN with similar health care profiles
- Compensation – private pay, PCA hours, barter
- Mimics Personal Care Assistant (PCA) model – consumer driven; family directed model
- Fosters community/combats isolation
- Low cost – registry, family engagement specialist



**PPAL Action Step: Reach out to FCSN and sign up or inquire about the program**

<https://fcsn.org/c2c/#:~:text=It%20draws%20on%20caregiver%20capacity,is%20culturally%20and%20linguistically%20affirming.>

# *MA Respite Innovation Grant Updates*



## **The Home For Little Wanderers Connected Families Respite (CFR) Program**

<https://www.thehome.org/programs/clinical-behavioral/connected-families-respite-program/>

“The Connected Families Respite (CFR) Program is designed to serve these families, offering both a “respite”—or a much-needed break—as well as the opportunity to strengthen their natural support networks.

CFR is a free, voluntary program offered to residents in the MetroBoston area raising youth with challenging social, emotional and/or behavioral presentations. Youth and families served do not need to have insurance or system involvement.”

2-Part program:

- Caregiver Network Support
  - Through individual and family conversations with a Caregiver Network Facilitator, families are supported in strengthening existing connections and developing and maintaining relationships with other caregivers.
- Respite Services,
  - Trained Youth Outreach Workers provide respite for child(ren) in the home, within the community or during weekend programming and workshops. Outreach is child-driven; youth will explore interests outside the home, expand their own village and build confidence that will strengthen their attachments.



# *MA Respite Innovation Grant Updates*



Respite Innovation Programs that may serve children with mental health needs:



## **House of Possibilities Inc.**

- Recreational and overnight respite available

<https://www.houseofpossibilities.org/programs-for-children>



## **Emissary Health, Inc.**

- a database to search for respite workers

<https://app.emissaryhealth.org/about>



## **Seven Hills Family Services Inc.**

- Emergency or planned respite  
<https://www.sevenhills.org/programs/respite-supports>



## **Northeast Arc, Inc.**

- Transition Aged Youth Respite Weekend  
<https://ne-arc.org/services/family-services-and-recreation/guided-personal-supports/transition-and-school-supports/>

# MA Respite Innovation Grant Updates



Respite Innovation Programs that may serve children with mental health needs:



## **Boss Lady Sister LLC**

### **We Rock The Spectrum Care**

- For elementary students, also 1:1 care available for extra fee

<https://werockthespectrumwestford.com/we-rock-care/>



## **Lifepath, Inc.**

- Eldercare agency, but Adults 55+ caring for a child can get respite funding!

<https://lifepathma.org/what-we-offer/care-at-home/respites-services/>

## Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services

## **Riverside Community Care Inc.**

### **Riverside Caregivers SOAR:**

### **Sustainable Opportunities for Accessing Respite**

- Peer mentor, Saturday, summer, and evening respite  
<https://www.riversidecc.org/riverside-caregivers-soar-sustainable-opportunities-for-accessing-respite/>



## **Advocates Inc.**

- Respite vouchers, Day, evening, overnight respite

<https://advocates.org/services/respites-options>

PPAL Action Step: Reach out to these orgs and inquire about care for your loved one!

# *Respite Updates*



## **One-Time Respite Funds for Community Service Agencies CSAs**

- One time respite grants coming out for Community Service Agencies (CSA)
- Money may be used for individual funds to certain families or for one 'group outing'
- For families enrolled at CSA with masshealth
- Funds have to be spent by the end of this year
- **PPAL Action Step: Inquire with your CSAs about this Respite Funding!**

<https://www.mass.gov/info-details/child-and-family-services>

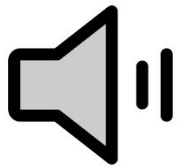
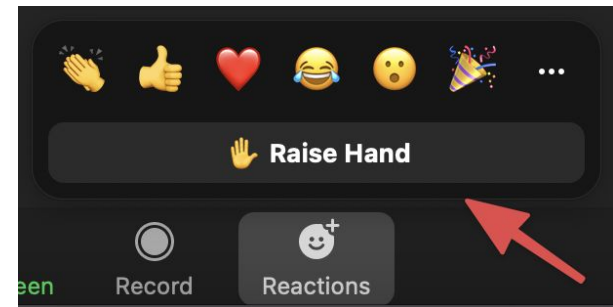
<https://www.mass.gov/info-details/list-of-masshealth-community-partners>

# Discussion:

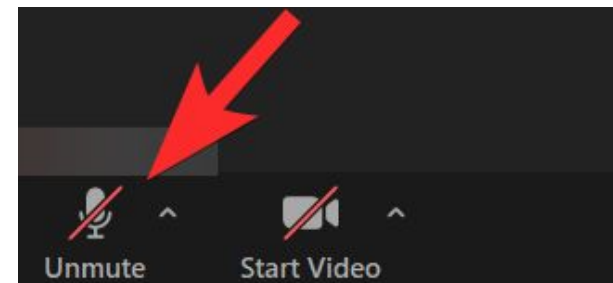
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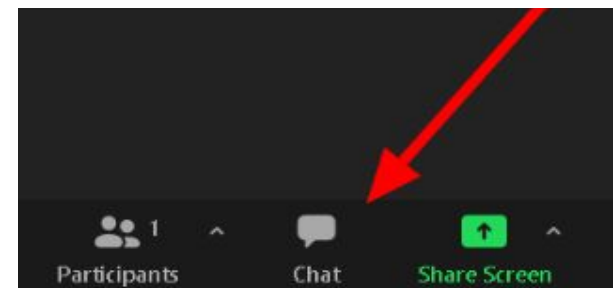
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# *Complex Case Review*

## Regulations in Effect as of March 1, 2024

### **Complex Case Definition:**

- A case involving an a person who is under the age of 22, is disabled or has complex behavioral health or special needs, and qualifies or may qualify for services from one or more state agencies, or for special education services through their school district.
- where there is a lack of consensus or resolution between state agencies as to the individual's current service needs or placement,
- and the individual is waiting in a hospital emergency department, a medical bed, at home or other location and in urgent need of a disposition (placement, or identifying entity responsible for payment).

### *A complex case will not include*

- (a) individuals who are deemed to meet hospital level of care requiring admission to an acute care hospital or inpatient psychiatric facility inclusive of the Department of Mental Health (DMH) Adolescent Continuing Care Unit, an Intensive Residential Treatment Program (IRTP), or at a psychiatric inpatient developmentally disabled unit
- (b) cases where there is agreement as to the services or placement necessary for the individual, including agreement as to which entity is responsible for payment, and the individual has been on the waiting list for such services or placement for less than 60 days.

<https://www.mass.gov/regulations/101-CMR-2700-interagency-review-of-complex-cases>

## *Complex Case Review- Updates*

### **Complex Case Review Timelines:**

- Department of Mental Health will do hiring for this implementation
- Hiring upper-level staff now
- We are unsure when this will start
- PPAL Action Step: Share feedback and stories related to Complex Case Management *on the need of this*
- *Do WE need this Right Now?*
- *Raise your hand if you have feedback to share!*

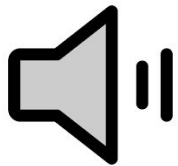
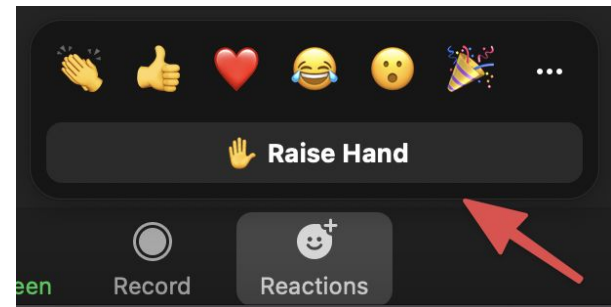


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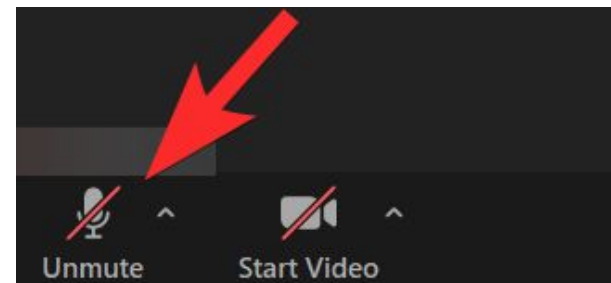
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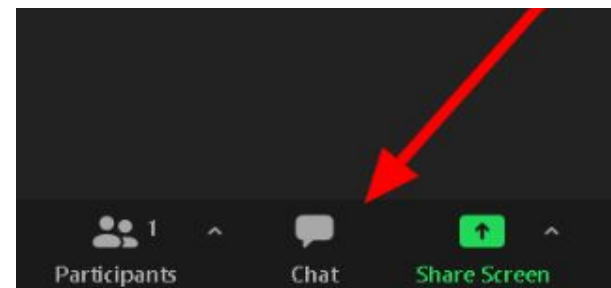
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## *CBHC Insurance Coverage*

### **Can I Access Community Based Evaluation for Crisis? (Past reference was Mobile Crisis Evaluation)**

**Commercial Carriers and  
Qualified Health Plans (QHPs)  
regulated by Department Of  
Insurance (DOI)  
Mandated Coverage**

**Medicare-only**  
Coverage under MBHP uninsured  
group number

**MassHealth (including  
MassHealth Limited and  
individuals dually enrolled in  
Medicare and MassHealth)  
MassHealth Covered Service.**

**Uninsured**  
Coverage under MBHP uninsured  
group number

## *CBHC Insurance Coverage*

# Can My Family Access Youth Community Crisis Stabilization (YCCS)?

**Commercial Carriers and  
Qualified Health Plans (QHPs)  
regulated by Department Of  
Insurance (DOI)**

Verify coverage with individual's  
insurance plan.

### **Medicare-only**

Coverage under MBHP uninsured  
group number

**MassHealth (including  
MassHealth Limited and  
individuals dually enrolled in  
Medicare and MassHealth)**  
MassHealth Covered Service.

### **Uninsured**

Coverage under MBHP uninsured  
group number

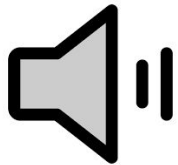
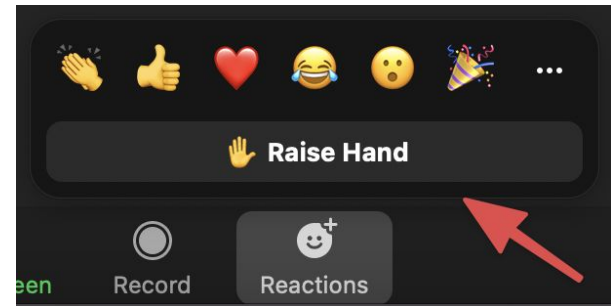
PPAL Action Step: If you have Commercial Insurance, Contact your Insurance Company and ask if they cover Youth Community Crisis Stabilization through Community Behavioral Health Centers

# Discussion:

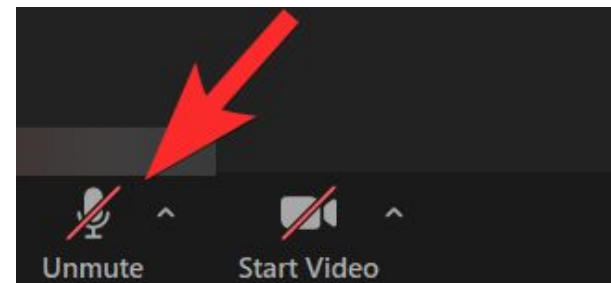
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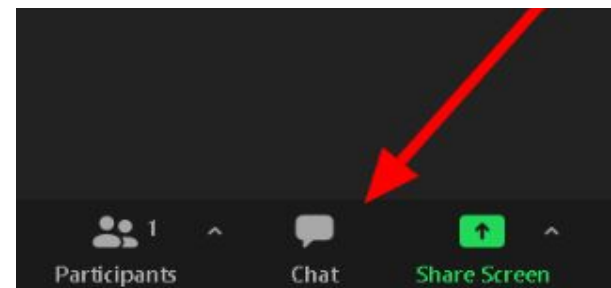
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# *Department of Children and Families - PIP*

## **Performance Improvement Plan**



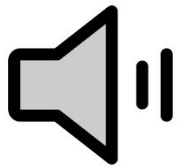
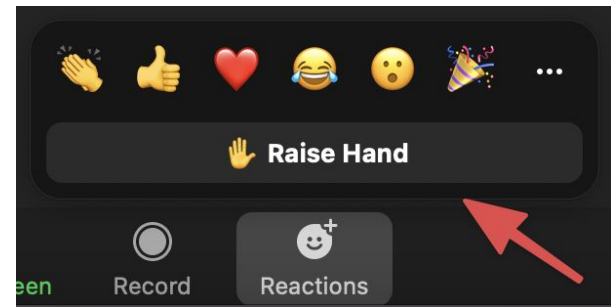
- Massachusetts Child and Family Services Review (CFSR) began in September 2022
- Since that time, the Department of Children and Families, in collaboration with its stakeholders compiled the Statewide Assessment which was submitted to the Children's Bureau in February 2023.
- In April 2023, the Children's Bureau completed stakeholder interviews of members of the Department and external partners including individuals with lived expertise, foster and adoptive parents, service providers, child and parent attorneys, and members of the judiciary.
- The Final Report meeting and Performance Improvement Plan (PIP) development to occurred on February 1, 2024, and February 2, 2024,
- Involvement of the external partners continues to be critical to ensuring that the PIP addresses barriers to positive outcomes for children and families.
- Deadline for the state to present the PIP to be approved is April 2024

# Discussion:

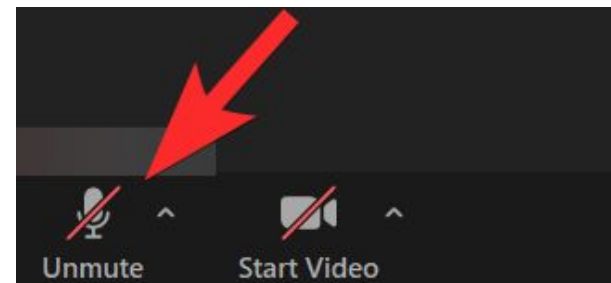
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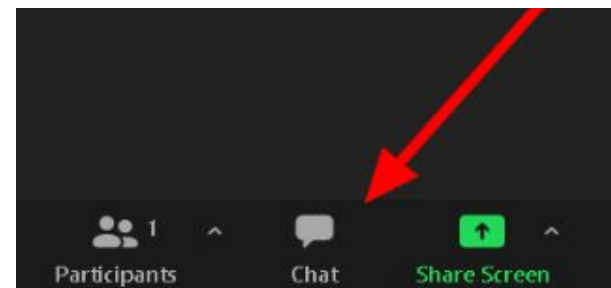
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## *Boston Public Schools*

### **\$21M For Behavioral Health Services And Programming For Youth And Families**

- Investments over 5 years
- Will serve more than 50,000 students,
- Directly impact 21 BPS schools,
- Support more than 600 people in pursuing behavioral health careers in Boston,
- Grow and diversify BPS's mental health staff, and
- Provide more than 1,000 people with behavioral health training to better serve youth and families in Boston.



<https://www.bostonpublicschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=14&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=44626&PageID=1>

[https://www.wbur.org/news/2024/03/20/boston-youth-family-mental-health?utm\\_source=WBUR+Editorial+Newsletters&utm\\_campaign=effcf404fb-EMAIL\\_CAMPAIGN\\_2024\\_03\\_21\\_11\\_44&utm\\_medium=email&utm\\_term=0\\_d0781a0a0c-effcf404fb-%5BLIST\\_EMAIL\\_ID%5D](https://www.wbur.org/news/2024/03/20/boston-youth-family-mental-health?utm_source=WBUR+Editorial+Newsletters&utm_campaign=effcf404fb-EMAIL_CAMPAIGN_2024_03_21_11_44&utm_medium=email&utm_term=0_d0781a0a0c-effcf404fb-%5BLIST_EMAIL_ID%5D)

## *Boston Public Schools*

### **\$21M For Behavioral Health Services And Programming For Youth And Families**

- **\$2.5M (ARPA) -UMass Boston for "Transforming Boston Access to Mental Health"**
  - focuses on preparing diverse, youth-facing practitioners to serve Boston communities.
- **\$2.5M (ARPA) - Franciscan Children's to expand the "Children's Wellness Initiative,"**
  - which provides mental health clinicians and psychiatry services in BPS schools. The grant will enable Franciscan to expand to an additional 10 BPS sites for a total of 22 BPS sites over three years.
  - The additional schools are: Blackstone Elementary School; Jeremiah E. Burke High School; Joseph Lee K-8 School; Rafael Hernandez School; Dr. William W. Henderson K-12 Inclusion School; Young Achievers Science and Math Pilot School; and another four schools are to be announced.
- **\$2.3M (ARPA) - BPHC and BPS will pilot a "Trauma-informed School System Transformation"**
  - at 10 BPS schools, examine and improve BPS policies and systems of care through a trauma-informed lens.
  - The 10 BPS schools are: BCLA-McCormack 7-12 Pilot School; Ellis Elementary School; Excel High School; Joseph Lee K-8 School; Madison Park Technical Vocational High School; Martin Luther King, Jr. Elementary School; Richard J. Murphy K-8; TechBoston Academy; Dr. William W. Henderson K-12 Inclusion School; Young Achievers Science and Math Pilot School
- **\$1.3M (ARPA) - Funds will go towards BIPOC youth-focused, public awareness campaigns** and other resources, including BPHC's Cope Code Club and creative arts projects with The Family Van.
- **\$1M (ARPA) - Boston Public Health Commission just released a Response For Proposal for vendors to provide behavioral health training for community-based organizations that serve youth of color in Boston.**



## *Boston Public Schools*

# **\$21M For Behavioral Health Services And Programming For Youth And Families**

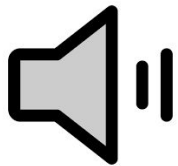
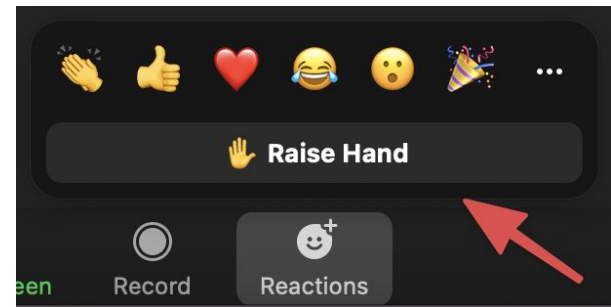
- **\$1M (ARPA) - Boston Public Health Commission's Boston Area Health Education Center**
  - helps train youth in careers in health education, particularly from BIPOC populations underrepresented in health. This funding will go towards after school and summer programs focused on behavioral health careers and will train 400 students over three years.
- **\$700K (ARPA) - BPHC's "Capacity Building and Training Initiative"**
  - will provide trauma and equity training for City employees who serve youth and families.
- **\$4M (SAMHSA) - BPHC's "Boston Children's Mental Health Initiative"**
  - will work with Children's Services of Roxbury to support Black and Latinx children under four years old who are connected to the state child welfare system or BPHC family support services and in need of early social and emotional development.
- **\$5.8M (Dept. of Education) - Boston Public Schools, in partnership with UMass Boston, Boston University, Brown University, and community partners will launch "Project PROVIDE,"**
  - prepares 200 school psychology, school counseling, and social work students to serve Boston youth over five years, serving more than 46,000 students. The goal is to increase the number of diverse, highly qualified mental health staff that work in BPS while also improving technical and supervisory skills of the current mental health workforce that works in BPS or with BPS students. This grant will enable BPS to more effectively convert trainees into employees in order to fill vacancies and support the retention of mental health providers.

# Discussion:

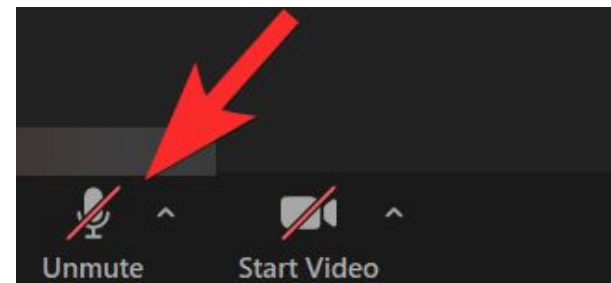
To join in, you can



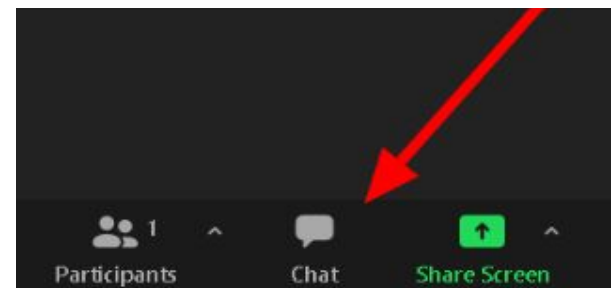
Use the Raise Hand feature



Unmute



Type questions into the chat box



## *PPAL FAMILY ADVOCACY GROUP*

*Are you interested?*

- PPAL is looking to create a parent group around direct advocacy
- Starting off with a mailing list

PPAL Action Step: Email [PBOWS@PPAL.NET](mailto:PBOWS@PPAL.NET) or put your email in the chat and say you'd like to join the parent advocacy group list

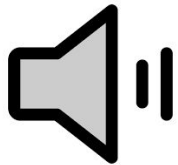
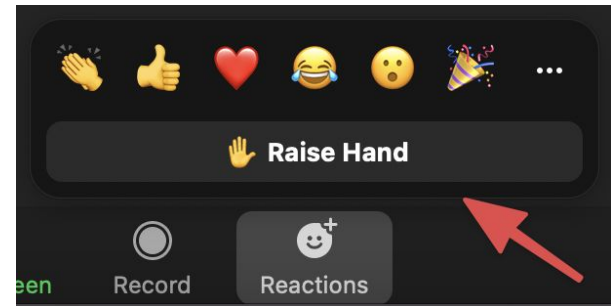
Tell us your ideas and topics you are invested in!  
*Example: School, Child Requiring Assistance, Psychiatric Hospital, Emergency rooms, Respite, Restraint/Seclusion*

# Discussion:

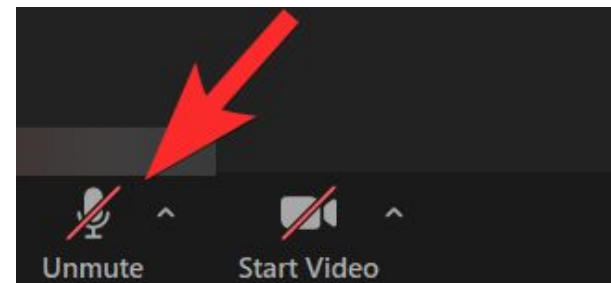
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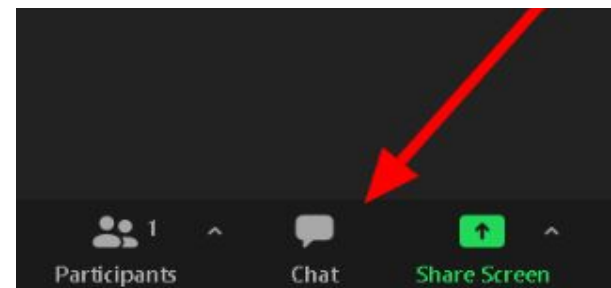
Use the Raise Hand feature



Unmute



Type questions into the chat box



# Networking—

Do you have

**Resources**

**Job Opportunities**

**Recommendations**

**Requests**

that you would like to share?

Please come off mute, or indicate in the chat that you would like to speak!



**Thank You for attending PPAL's Inside Track!**

You will receive the bulletins and resources discussed within the next few days.