



20%

of children in the U.S. may have a mental health condition, but as few as **21%** of those children receive treatment.\*

Optum Idaho has created The Behavioral and Mental Health Services in Idaho Schools Toolkit as a resource for providers and school districts interested in developing a program.

\*Kristine Goodwin and Jennifer B. Saunders; Improving Children's Mental Health; National Conference of State Legislatures (NCSL), Vol. 22, No. 2 / January 2014; <http://www.ncsl.org/research/health/improving-childrens-mental-health.aspx>

## Questions?

If you have questions, concerns or need assistance with an issue, please call our Member Access and Crisis Line 24 hours a day, seven days a week where a behavioral health professional stands ready to help. Call us today at **1-855-202-0973** or TDD/TTY **711**.

*Optum does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free number **1-855-202-0973**. TTY **711**.*

*Optum Idaho does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or behavioral health healthcare provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.*

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Optum Idaho  
Toolkit Resources for  
Mental Health  
Services  
in Idaho Schools



**A school-based model** for behavioral and mental health service delivery can increase treatment accessibility for youth. By developing a working relationship between a clinical service provider, a school district and the parents of children in need of services, the system of care can support the child's success.

## The Behavioral and Mental Health Services in Idaho Schools Toolkit for Network Providers and School Districts

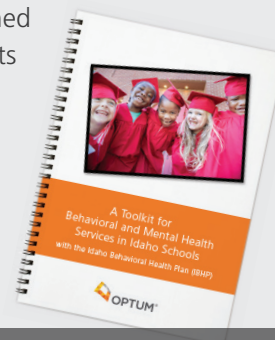
This toolkit is for network providers who are interested in offering this service in educational settings across the state.

The toolkit provides information about policies, guidelines, rules and laws that providers need to consider when engaged in mental health services in schools.

It also includes information to help School Districts evaluate their ability to implement this type of program within their buildings.

The Toolkit contains resources and materials that both providers and schools can use to evaluate operational readiness including:

- School-focused questions to determine readiness for an MHS program
- Provider-focused questions to determine capacity to offer MHS services
- Overview of regulations and programs that impact MHS programs
- Overview of components of MHS programs that both schools and providers must address together before an MHS program can be launched
- Sample legal documents that can be tailored to different school district and provider needs.



## The Importance of Mental Health in Schools

On average, youth spend 6-7 hours a day at school. In order to have optimal success, children need to come to school “ready to learn.” Readiness includes having adequate rest, proper nutrition, a safe environment, and positive mental health.

- The National Alliance on Mental Illness (NAMI) reported in 2019 that **over one-third (37%) of students** with a mental health condition age 14-21 and older who are served by special education drop out—the **highest dropout rate** of any disability group.
- Research from the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that students participating in a comprehensive and collaborative school-based mental health program **have substantially fewer disciplinary problems**, they **enjoy improved mental health**, and **perform better in school**.

**A child's mental health is just as important as their physical health** and deserves the same level of attention.

## Interested in Learning More?

If you would like to learn more about implementing a MHS program in your district, please email Optum Idaho's MHS program manager at [mhsidaho@optum.com](mailto:mhsidaho@optum.com)

