



Mary's Center

COG – Region Forward Coalition

7.21.2022

Tollie B. Elliott, Sr. MD

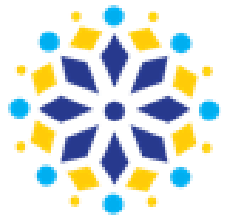
CEO, Mary's Center

and

Marisa Parrella, LICSW, LCSW-C

Director of School Based Mental Health

Fellowship Program



Mary's Center

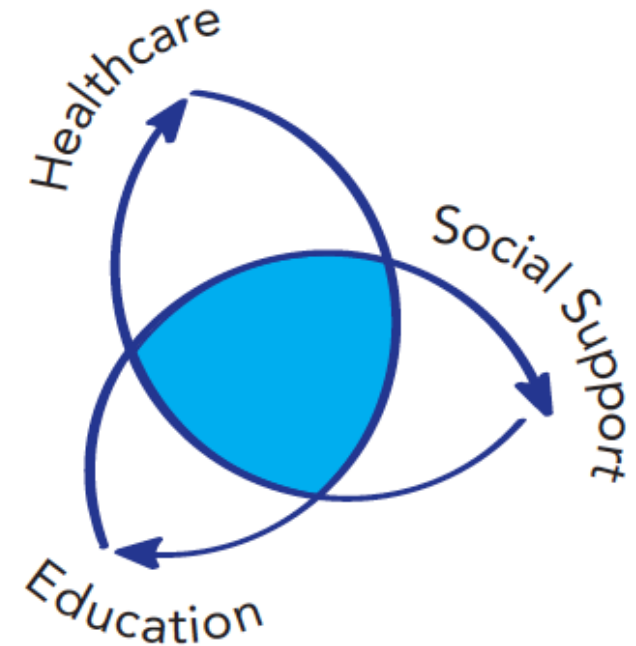
Established in 1988 to care for Latin American immigrants, Mary's Center now serves the broader community.

- Over 60,000 participants from 50+ countries
- 5 full-service community health centers
- School Based Mental Health Programs co-located in 26 DC Public and Public Charter Schools
- 2 Senior Wellness Centers
- Public Charter School co-located at 3 health centers



Our Social Change Model (SCM)

- Treating health problems alone is insufficient
 - Comprehensive health care
 - Dual-generation education
 - Social services
- Striving to address all aspects of wellbeing that can impact quality of life and advancement



Comprehensive Healthcare

- Primary healthcare for the entire family
- Integrated behavioral health
- Behavioral health
- **School Based Behavioral Health**
- Dental health
- Health education
- Nutrition
- Chronic disease management
- Telemedicine
- Health Homes care coordination and case management
- Sexual health
- Infectious disease
- LGBTQIA health



Social Services

- Case Management
- Legal services
- Benefits Enrollment Assistance
- Senior Wellness Centers
- Family Support Programs (Home Visiting)
- Domestic Violence Support
- Food & Nutrition Assistance
- Energy Assistance
- Insurance & Fees
- Teen Program



Education Programs

- Parents
 - English language
 - Digital literacy
 - Parenting
- Children
 - Early childhood education
 - Preschool
- Professional
 - High school diploma
 - Medical Assistant training
 - Child Development Associate licensing





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School-Based Behavioral Health

In collaboration with partnering schools and with support from the Department of Behavioral Health, we strive to increase student, family, and school communities' attainment of positive mental health and well-being.

The SBBH Program supplements and enhances each school wellness team by providing on-site individual, family and group therapy as well as prevention and early intervention to students, caregivers, and the professional school community.



The SBBH Program:

- **Co-located in 26 Public and Public Charter Schools in Adams Morgan, Petworth, Fort Totten, and Marshall Heights neighborhoods of Washington, DC reaching student, caregiver, and teacher communities with the Public Health Model of School Mental Health**
- **Serves over 1000 student participants annually for individual, family and group therapy**
- **Serves over 300 participants and families annually for family support and care coordination services**



What does the Mary's Center SBBH Partnership Offer?

It supplements the work of existing school wellness teams in three areas: prevention, early intervention, and treatment.

Addresses the Social Determinants of Health

Diagnostic evaluations and treatment, referrals to higher levels of care, psychiatry, primary care, dental care, and social services

Linkages to programs such as workforce development and adult education.

Professional development for teachers,

Caregiver support and education

Mary's Center School Based Behavioral Health Covid Trends in Washington, DC Public Schools

During Virtual Instruction

- High numbers of ER visits and psychiatric hospitalizations but low utilization of mental health services
- Families focused on addressing worsening social determinants of health
- Crisis support in communities of color, disproportionately under resourced.
- Providers experiencing moral injury, stress, burnout, illness, and were present in a more limited capacity
- The psychological toll on school communities after the murder of George Floyd

Mar. 2020 – July 2021

Return to In Person School

- A dramatic departure in staffing of school-based professionals
- Potentiated anxiety in schools from Covid and School Violence
- Inconsistent attendance drove learning loss
- Covid protocols distracted from learning environments
- Children showed more behavioral adjustments that required attention

Aug. 2021 – June 2022

**Insufficient conclusive data
on children's
mental health outcomes
post covid
but
Some trends are emerging**

*Data from Harvard Gazette, Snapshot of
pandemic's mental health impact on children,
Clea Simon, Harvard Correspondent, April
21, 2022.*

- Ages 16 to 24 were doing “particularly badly,” experiencing symptoms of anxiety and depression. **These issues were worst among those who were living in socioeconomic deprivation**, most notably among those who were new to such deprivation.
- Overall, the pandemic had a more severe impact on children already struggling with pre-existing issues from emotional problems to socioeconomic deprivation. These problems aren't new but **“the pandemic is highlighting them and concentrating them in some populations.”**
- Counter to expectations, **some children and young adults with pre-existing mental health conditions seemed to do better** during Covid. Children noted escape from bullying, better sleep and better dietary habits as a few examples.

Mary's Center Social Change Model in SBMH

School as a point of access to student for mental health services

Student and family have opportunity to connect to the array of Mary's Center services

Mary's Center Teams will address Social Determinants of Health no matter which door you enter as a participant

Collaborative and Integrated Care addresses the whole child and whole family



"Post Covid" What Next?

Accountable Flexibility in use of funds

Policies that support collaboration

Incentivize innovation



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