



ANNUAL REPORT

2021 - 2022

June 2021 - July 2022

Scanlan Center for School Mental Health

*Reimagining a future where all Iowa educators
and youth have the mental well-being supports
needed to reach their greatest potential*



FROM OUR EXECUTIVE DIRECTOR

Since the day the Center was announced on June 23, 2021, and every meeting and presentation thereafter, our team has joked about the old adage “we are building the plane while flying it.”

While it may sound trite, it couldn't be truer. From the Center's conception, we hit the ground running—or to keep with the analogy—we took off down the runway and are still ascending! Like building and flying a plane, it takes a bright, passionate, diligent team to ensure that the work is done with integrity and produces positive outcomes.

I'm often asked what I am most proud of this year, and although we have already done impactful work in the areas of professional development and research, and with a clinic coming in Fall 2022, I am most proud of the team we have assembled.

From our directors and managers to our clinicians and coordinators to our graduate assistants and administrative specialists, the entire transdisciplinary team of people is dynamite! The work they have done in one year alone is remarkable. They care deeply about the mission of the Center and the well-being of our schools, educators, and youth. We already have a full slate of work planned for the upcoming year—including an innovative professional development program, rigorous research projects, and onsite and telemental health services delivered at our new clinic.

Now with a full team in place, I am even more excited to see what we can accomplish in Year 2 as we spend a little less time building and more time flying, and in turn, truly impacting schools for the better.

Allison Bruhn, Ph.D.

*Executive Director, Scanlan Center for School Mental Health
Professor of Special Education, University of Iowa College of Education*

OUR CENTER

The Scanlan Center for School Mental Health is Iowa's hub for school-based mental health research, training, and clinical services. Our work supports the social, emotional behavioral, and mental well-being of PreK-12 students and educators as well as university/college students and faculty across the state.

A partnership between the University of Iowa College of Education and the Iowa Department of Education, our Center was launched in June 2021, not only to aid in COVID-19 recovery but to also build state capacity for immediate and future delivery of mental health supports.

WHY OUR WORK MATTERS

We address a critical need as serious mental health issues are increasing in K-12 schools and colleges/universities across the state and nation.

- ➔ **16%** of Iowa's youth ages 12 to 17 have a mental health disorder, with less than half receiving treatment.
- ➔ **1 in 13** Iowa high school students has attempted suicide one or more times. Suicide is the **2nd** leading cause of death amongst adolescents across Iowa.
- ➔ **50%** of all lifetime cases of mental illness begin by age 14 and **75%** by age 24.

However, it isn't just about students. Educators and faculty are indicating unprecedented levels of burnout and stress.

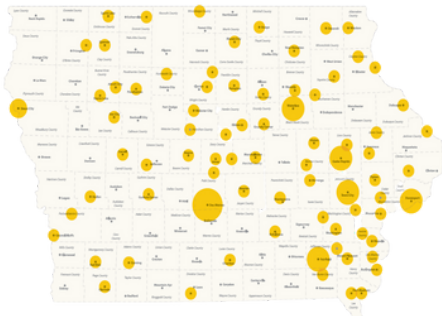
- ➔ **59%** of U.S. K-12 teachers and **48%** of U.S. principals say they're burned out.
- ➔ The Iowa State Education Association recorded a **15%** increase in teacher resignations this year compared to last year.
- ➔ According to the 2022 University of Iowa Employee Assistance Program, stress is the **#2** presenting concern, behind depression for staff and faculty.
- ➔ **70%** of faculty and staff do not feel adequately prepared to engage student distress.



1 YEAR OF IMPACT

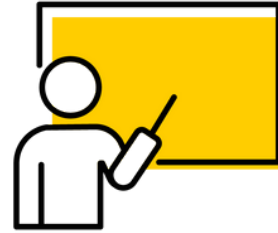
IOWA

College of Education
Scanlan Center for School Mental Health



200+

PreK-12 schools and districts, colleges/universities, and organizations reached through services



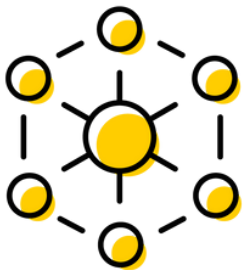
3,000+

Educators that participated in Center-led professional development



\$1 million+

Research funding distributed across the state



20+

Cross-departmental experts and affiliated faculty specializing in Education, Public Health, Neuroscience, Medicine, Social Work, School Nursing, and Psychiatry



\$700k

Grant awarded to fund "Mental Health in Higher Education" interventions and initiatives for University of Iowa faculty, staff, and students



600+

K-12 students and educators that accessed school-based clinical services

RESEARCH & TRAINING

Research is central to our Center’s mission: conducting rigorous, cutting-edge, social-emotional-behavioral health research will better equip schools with actionable best practices. In 2021-2022, we focused on building workforce capacity; funding high-impact, practical projects through grants; establishing an interdisciplinary network of researchers; and seeding future projects that will benefit the educational community.



School Mental Health Research Grants

In June 2022, the Center announced \$1 million in grant funding to four research teams from Iowa State University (2), Northern Iowa University (1), and the University of Iowa (1) that support interventions to improve social, emotional, behavioral, or psychological outcomes in Iowa’s PreK-12 schools. Each project received \$250,000 in funding and will run from July 1, 2022, through June 30, 2024.



Mental Health Awareness Project

We awarded \$259,391 to a team of University of Iowa researchers to develop and test a mental health awareness curriculum for K-12 educators and parents/guardians/caregivers/families. Participants will learn to recognize signs and symptoms of serious mental illness and emotional disturbance, implement crisis de-escalation and stabilization techniques, and practice self-care strategies.



Neolith Research Study

In partnership with Neolith, an on-demand, personalized app that aims to build resilience for school populations, our Center conducted an independent program evaluation of the use of a digital technology tool within schools. Beginning in February 2022, two districts piloted the app as an individual wellness intervention to increase coping skills, reduce stress, and enhance resilience.



Building the Research Base

Building the workforce and research base are critical to the future of school mental health. That is why we awarded \$300,000 to nine graduate research assistants to support interdisciplinary research projects with high potential to contribute to the mental health knowledge base and practices in Iowa schools.

PROFESSIONAL DEVELOPMENT

Our Center delivers professional development that helps PreK-12 schools/districts and colleges/universities create rich learning environments rooted in mental and emotional well-being. Educators are also able to earn state of Iowa licensure renewal credits for select trainings.



2021 Iowa BEST Summit

In partnership with the Iowa Department of Education, we welcomed 1500+ educators, administrators, and service providers to the 2021 Iowa BEST Summit, a free 2-day conference, November 2-3 in Des Moines. Nationally renowned speakers headlined the conference, while 90+ sessions focused on strategies for improving the mental well-being of students, engaging families and communities, creating effective school climates, and accelerating learning.



Learning and Training Opportunities

In 2021-2022, we mobilized 50+ learning and training opportunities, including an 8-part Social-Emotional-Behavioral-Health (SEBH) Webinar Series offered for Iowa Licensure Renewal Units, mindfulness/yoga practice, assessment techniques, school counselor training, suicide prevention, community-building pedagogy, mental health first aid, plus customized professional development and 1:1 coaching for schools and districts.

What SEBH Webinar Participants Are Saying

Before taking the course, I was thinking I would gain ideas to help students in my class. I didn't expect to walk away with ideas to help my own well-being.



The session that stuck with me the most, and I felt connected most with my students, was Trauma Informed Social-Emotional Learning. I recognized many of my students struggle with trauma, and that session gave me the knowledge, tools, and skills to help them cope.

CLINICAL SERVICES

In year 1, our clinical staff assessed statewide needs, created policies and procedures in preparation for a new clinic, established relationships with key stakeholders, conducted outreach, and piloted intervention services in schools, including on-site crisis postvention and mental health support in two rural communities.

Spotlight: Fairfield Community School District Crisis Response

In November 2021, the community of Fairfield was already reeling from a recent suicide when high school Spanish teacher Nohema Graber was allegedly murdered by two students. To help students and staff process these traumas, the Scanlan Center for School Mental Health provided crisis stabilization, mental health support, professional development, and clinical assistance for 600+ students and teachers.



We wanted to make sure that our staff was just as safe as our kids in how they felt, so we were trying to bring in as much triage as we could to help. You can see the trust from our staff and our students with the therapists and doctors that have been coming. The expertise and the work from the Center are truly helping.

Laurie Noll

Fairfield Community School District Superintendent





HIGHER EDUCATION PROGRAMMING

Higher Education was added to our Center’s portfolio in February 2022, extending mental health and well-being supports to college/university faculty, staff, and students. Initially, focus will start at the University of Iowa with vision to move to higher education statewide. Barry Schreier, Ph.D., former University of Iowa Counseling Services Director, Professor of Counseling Psychology, and licensed Psychologist leads this work.

25

Listening sessions with campus and faculty leaders to identify the greatest areas of need

"I can't express how moved our committee was by the contributions of your team. I have a very passionate committee, and it is rare that they all agree on anything, but your team was a 100% standing ovation from all of us!"
Heidi Zahner-Younts
University of Iowa Human Resources

Testimonial about the impact of the award-winning cross-campus Mental Health Postvention Implementation Team which delivered a multi-channel campaign resulting in 80,000+ student, staff, and faculty access points

\$700K
OVER 3 YEARS

Awarded to "Mental Health in Higher Education" to develop and implement interventions to address campus-based mental health issues (University of Iowa P3 grant)

WHAT'S NEXT?

Ensuring Iowa's youth and educators have the mental health resources needed to thrive requires collective action, creative thinking, and diverse perspectives. In year 2, we will reach farther and think bigger.

New name signifies more support for schools



Thanks to a generous [\\$15 million gift from the Scanlan Family Foundation](#), the Iowa Center for School Mental Health rebranded as the Scanlan Center for School Mental Health in July 2022. This gift will expand services to schools and fund University of Iowa College of Education efforts that support the mental health needs of veterans, those serving in the military, and their families.

Opening of new clinic in downtown Iowa City



In fall 2022, a [new clinic](#) will increase access to mental health care for PreK-12 students and educators by providing crisis debriefing and support, offering short-term mental health assistance to students and educators, and creating a streamlined process for statewide resource and referral.

Expand workforce capacity



To help combat the severe shortage of school-based mental health providers, our Center will provide funding and training for 17 graduate/doctoral students. Their roles will span clinical graduate assistants, Social-Emotional Behavioral Health Workforce Expansion Trainees, and practicum students. These opportunities aim to advance the skills of the next generation of school mental health and education professionals through extensive professional development in the areas of clinical expertise, research, and training and supervision.

Educator Wellness podcast series and new online, asynchronous professional development



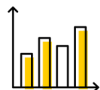
In addition to an [8-part Educator Wellness Video Podcast Series](#) and new online social-emotional-behavioral health modules, our professional development arm will host a wide array of free workshops and trainings, including Youth Mental Health First Aid, Question-Persuade-Refer for Educators, Restorative Practices, Art and Social-Emotional Learning, and many more.

2022 Iowa BEST Summit | October 10-11, 2022 | Des Moines, Iowa



The [state's largest school mental health gathering](#), will once again bring educators, administrators, and researchers together to develop innovative social-emotional-behavioral health strategies and strengthen system capacity for care. This year we will celebrate the inaugural 2022 Iowa School Mental Health Awards honorees and hold the first Higher Education meeting to begin the process of coordinating statewide higher education mental health and well-being for staff and faculty.

New data, curriculum, and best practices



Data reporting, practice briefs, and pilot results will be available in 2022-2023. Our Center will also formalize needs assessment tools for social-emotional skills and school climate.

Building the higher education portfolio



We will assume and expand a number of University of Iowa campus-wide mental health projects, including the Iowa Now mental health series, the [MentalHealth.uiowa.edu](#) website, and Kognito mental health and suicide prevention training. Piloted in year 1 and ready to launch in year 2, a new "Working with Students in Distress" Master Class will upgrade student distress training for faculty/staff.

Partnerships = more equitable, sustainable outcomes



More collaboration. New synergies. We will bring together more stakeholders (e.g., schools, districts, legislators, colleges/universities, and community providers) to mobilize resources and maximize the alignment of state-wide initiatives, policies, and conditions under which large-scale change can be achieved.



OUR TEAM

Our Leadership

- Allison Bruhn Ph.D., Executive Director
Professor of Special Education, University of Iowa College of Education
- Gerta Bardhoshi, Ph.D., Director of Research and Training
Associate Professor of Counselor Education, University of Iowa College of Education
- Alissa Dooby, Ph.D., Director of Clinical Services
Clinical Associate Professor of Counseling Psychology, University of Iowa College of Education
- Barry Schreier, Ph.D., Director of Higher Education
Clinical Professor of Counseling Psychology, University of Iowa College of Education
- Kari Vogelgesang, Ph.D., Director of Professional Development
Clinical Associate Professor, University of Iowa College of Education



Center Staff

- Deb Kakavas, Administrative Services Specialist
- Brad Niebling, Ph.D., Outreach and Alignment Senior Project Manager
- Ashley Rila, Ph.D., Research Project Coordinator
- Anne Wilson, Business Manager
- Kat Wilson, Communications and Strategic Initiatives Manager

Clinic Staff

- Jamie Elizalde, Ph.D., NCS, Licensed Psychologist
- Taylor Ford, MSW, LISW, Assistant Director of Clinical Services and Crisis Response, Social Worker
- Elizabeth Gleason, LMSW, Resource and Referral Coordinator, Social Worker
- Ryan Kidder, MSW, LISW, Social Worker
- Jeff Knock, Clinic Administrative Services Specialist
- Samantha McVancel, Ph.D., School Psychologist

Affiliated Faculty

Our affiliated faculty represent state and national experts active in school mental health research, training, and service in diverse disciplines such as medicine, nursing, public health, neuroscience, psychology, counseling, social work, special education, and law. In 2021-2022, these faculty collectively conducted 37 presentations, published 35 research articles, and executed research involving \$8 million in grant-funded projects, all related to school mental health.

- Carol Coohy, Ph.D., Professor, University of Iowa School of Social Work
- Nicole Del Castillo, MD, MPH, Office of Diversity, Equity, and Inclusion, Carver College of Medicine
- Daria Fisher Page, JD, Clinical Associate Professor of Law, Director, Community Empowerment Law Project
- Kayla Fitzke, Ph.D., LMFT, Assistant Professor of Couple and Family Therapy, University of Iowa Department of Psychological and Quantitative Foundations
- Megan Foley-Nicpon, Ph.D., Licensed Psychologist & Professor, Counseling Psychology Program, Department Executive Officer, Psychological & Quantitative Foundations, Executive Director, Belin-Blank Center
- Laura Gallo, Ph.D., NCC, Assistant Professor of School Counseling, University of Iowa Department of Counselor Education
- Jared Izumi, Ph.D. NCSP, Assistant Professor of School Psychology, University of Iowa College of Education
- Ebonee Johnson, Ph.D., Assistant Professor, Department of Community & Behavioral Health; University of Iowa College of Public Health; Co-Project Director, Equity in Health Science and Practice (E-HSP); Project Director, Project PEER (Prevent, Engage, Empower, Respond)
- Seth King, Ph.D., BCBA-D, Assistant Professor of Special Education, University of Iowa Department of Teaching and Learning; Coordinator, University of Iowa ABA Program
- Martin Kivlighan III, Ph.D., Licensed Psychologist and Associate Professor of Counseling Psychology; University of Iowa Department of Psychological and Quantitative Foundations; Visiting Associate Professor, Internal Medicine; Visiting Associate Professor, Psychiatry
- Miriam Landsman, Ph.D., MSW, Associate Professor, University of Iowa School of Social Work; Executive Director, National Resource Center for Family Centered Practice; Co-Director, Iowa Consortium for Substance Abuse Research & Evaluation
- Allison Levine, Ph.D., CRC, LPCA, Assistant Professor, University of Iowa Department of Counselor Education
- Ann McCarthy, Ph.D., RN, FNASN, FAAN, Professor, University of Iowa College of Nursing
- Jacob Michaelson, Ph.D., Associate Professor, University of Iowa Department of Psychiatry, Associate Professor, Department of Biomedical Engineering, Associate Professor, Department of Communication Sciences and Disorders; Roy J Carver Associate Professor of Psychiatry and Neuroscience; Division Director, Computational and Molecular Psychiatry
- Matthew O'Brien, Ph.D., Licensed Clinical Psychologist and Clinical Assistant Professor of Developmental and Behavioral Pediatrics, Department of Pediatrics; Clinical Assistant Professor University of Iowa of School Psychology, Department of Psychological and Quantitative Foundations
- Isaac Peterson, Ph.D., Assistant Professor, University of Iowa Department of Psychological and Brain Sciences
- Jonathan Platt, Ph.D., MPH, Assistant Professor, Department of Epidemiology, University of Iowa College of Public Health
- Jacob Priest, Ph.D., LMFT, Associate Professor and Director of Couple and Family Therapy, Department of Psychological and Quantitative Foundations; Director, LGBTQ Counseling Clinic; Associate Professor, University of Iowa Department of Psychiatry
- Yanchen Zhang, Ph.D., Assistant Professor of School Psychology, University of Iowa Department of Psychological and Quantitative Foundations

GET INVOLVED

Let's work together to prioritize mental health and well-being in Iowa's schools.

Visit scsmh.education.uiowa.edu to access current offerings and services, resources and tips, and innovative research.

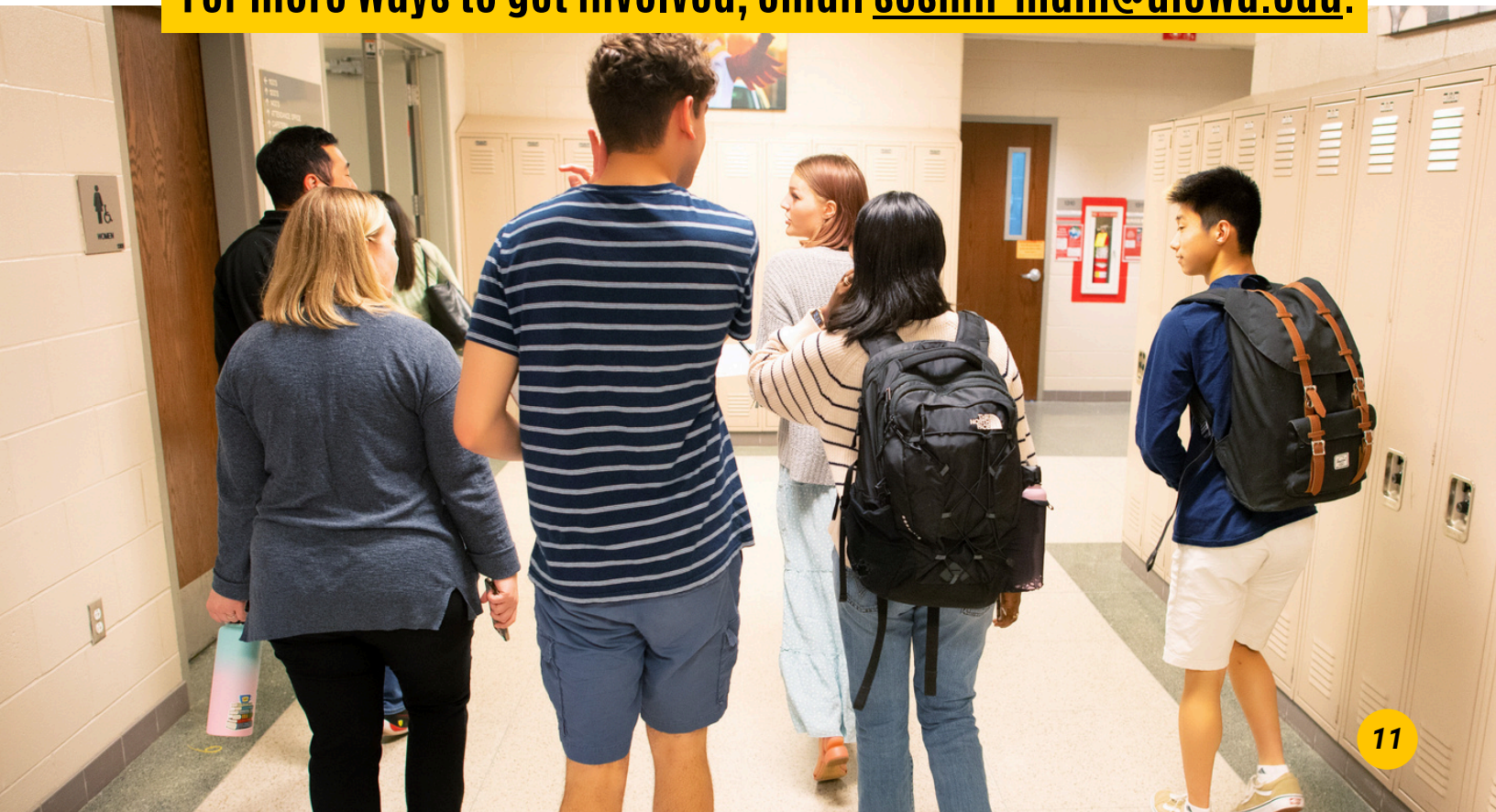
Learn about the latest social-emotional-behavioral health best practices and implementation strategies by participating in professional development and training.

Partner with us. If you are an organization, business, district, school, college/university, or mental health provider interested in working with us, email scsmh-main@uiowa.edu.

Donate. Contact Cally Murray (Cally.Murray@foriowa.org) to make a donation or to explore the ways you can contribute to the Center's mission.

Follow us on [Facebook](#), [Twitter](#), and [LinkedIn](#) for the latest news, professional learning opportunities, events, and more!

For more ways to get involved, email scsmh-main@uiowa.edu.





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