



**for the Mental Health & Well-Being of Iowa's
Schools, Educators, Faculty, Staff, and Students**

2022-2023 Annual Report | August 1, 2022 - September 31, 2023

IOWA

Scanlan Center for
School Mental Health



Who We Are

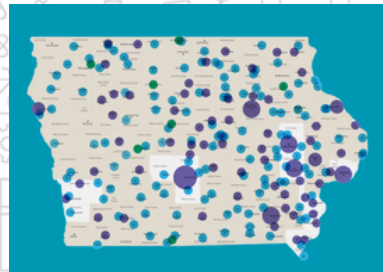
The state's hub for school mental health professional learning, clinical services, research, and training dedicated to enriching the well-being of Iowa's educators and students.

Established in June 2021, the Scanlan Center for School Mental Health is a partnership between the Iowa Board of Regents, Iowa Department of Education (IDOE), and the University of Iowa's College of Education designed to address the social-emotional-behavioral health (SEBH) needs of Iowa's students through high-quality professional development for relevant stakeholders, research to establish evidence-based practices, training of future school mental health professionals, and clinical assessment and intervention services.

Our Impact

IOWA

Scanlan Center for
School Mental Health

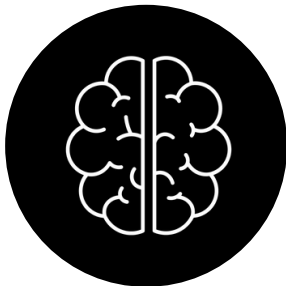


99 counties

Reached every county across Iowa through research, professional development, or clinical services

82% school districts

Reached 270+ of Iowa PreK-12 school districts



70+ schools

received clinical services support (e.g., post-crisis support, individual counseling, group counseling)



8.5K+ educators

engaged in PreK-12 professional development webinars, workshops, conferences, customized trainings



\$1.5 million

distributed to research teams at Iowa institutions to spur research on school mental health topics



482 therapy sessions

facilitated (439 individual + 43 group counseling)



4.5K+ staff and faculty

participated in higher education workshops across 110 sessions



50+ doctoral students

trained in school mental health clinical and research opportunities

*Data since the center's inception in June 2021

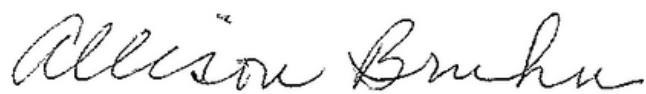
Executive Director Message

Last year at this time, I was reflecting (in exhaustion) how we had spent our first year building a center while simultaneously trying to deliver on our mission to serve the entire state of Iowa. I mentioned how excited I was to see what we could accomplish in Year 2.

Little did I know that not only was our incredible team “all in,” but we were “in all.” That is, we were in all 99 counties in the state of Iowa—a goal we weren’t sure we would reach until Year 3.

But here we are after two years, a team of former teachers, school counselors, school psychologists, social workers, counseling psychologists, and graduate students all in as we delivered on our promise to positively impact schools in every single county in the state of Iowa.

I want to thank our incredible team, while also acknowledging it took all the amazing educators, administrators, and school mental health providers to welcome us into their schools to help make a difference.



Allison Bruhn, Ph.D.

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



“
With the increasing mental health needs of both Iowa educators and students, the work of the center could not be more timely. We provide the statewide, systemic outreach necessary to prevent future—and mitigate current—social, emotional, behavioral, and psychological needs in schools.
”

Professional Development

Our professional development team creates and delivers relevant, evidence-based, and zero-cost learning opportunities to broaden and bolster existing social-emotional-behavioral-mental health professional learning for Iowa PreK-12 educators. Educators can earn Iowa Licensure Renewal Units through select training.



5,700+

participants engaged with 2022-2023 PreK-12 professional development offerings



50+

PreK-12 professional development webinars, workshops, and customized trainings delivered last year



500+

Iowa PreK-12 educators enrolled in new online, asynchronous modules



In February 2023, we launched new online, asynchronous social-emotional-behavioral health professional learning modules led by national experts. The customizable learning experiences - free to Iowa PreK-12 educators - explore classroom management interventions, suicide prevention, and wellness practice. More than 500 Iowa educators have enrolled in one or more of the 18 modules.



In June 2023, we announced a new mental health training fellowship for Iowa paraeducators that disbursed \$1 million+ to PreK-12 districts to support paraeducator growth and development. One hundred paraeducators from across the state were selected to complete a comprehensive training grounded in relationship-building, mental health literacy, suicide screening, and restorative practices.



The Educator Wellness Podcast premiered in October 2022. Over 8 episodes, Dr. Kari Vogelgesang hosted nationally recognized experts to discuss well-being strategies and empower educators to prioritize personal wellness practices that ultimately translate into their teaching and elevated student outcomes. The podcast amassed 2,000+ listens during its first season. Season 2 kicked off in October 2023.



The Scanlan Center for School Mental Health has made resources available to the Tipton Community School District in the form of professional learning for staff, data collection on both students and staff regarding mental health, and self-care. I'm excited to see the center grow in its capacity to provide much-needed mental health resources to Iowa schools.

-Jason Wester, Superintendent of Schools, Tipton, Iowa





Iowa BEST Summit

On October 10-11, 2022, the state's second annual Iowa BEST (Behavioral, Equitable, Social-Emotional, Trauma-Informed Health in Schools) Summit welcomed 1,600+ PreK-12 educators, school/district/AEA administrators, school counselors, school social workers, higher education staff/faculty, and community leaders to Des Moines for a dose of school mental health inspiration, ideas, and innovative research.

Planning a conference is a massive undertaking, but one we take so much pride in. More than 80 sessions were offered spanning educator well-being, schoolwide/universal best practices, Tier 2 and Tier 3 interventions, community-building, and educational leadership.

Spirited keynote speakers, Dr. Erika McDowell and Dr. Robert Brooks, got the audience on their feet. Powerful stories of success were celebrated. And, together, we left reinvigorated and better equipped to support the mental health and well-being of Iowa's students.



1,600+ attendees



80+ sessions



91% extremely or somewhat satisfied with the conference

“ The conference felt like 2 mental health days for me. I'm re-energized and ready to get back to our important work. Thank you for putting on a dynamite conference at no charge to participants. ”

Clinical Services

We opened the clinic doors in September 2022. With just over 1 year under our belts, we have grown at an impressive rate and made good on our mission to increase access to mental health care for Iowa's PreK-12 students and school staff.

Our clinical services team provides short-term individual therapy and group counseling to students and school staff in need of mental health support. Additionally, we offer post-crisis debriefing to schools following a crisis event.

Year 1 survey data indicated that primary reasons for seeking services through our clinic included:

- **57%** Not having access to providers outside of school hours
- **46.4%** Community providers not having availability despite the client having an immediate need
- **40%** Financial barriers
- **35.3%** Transportation barriers

In addition to our clinical services, we partnered with Togetherall to offer Iowa educators free 24/7 access to a safe and confidential online peer support community as well as WellTrack Connect to help educators and students find the right mental health care provider for their needs.



14

post-crisis school visits across 5 school districts, reaching 372 educators, school staff, and students



130

K-12 students and educators who attended individual short-term therapy sessions



235

hours of therapy delivered through group counseling sessions



“ Just a message to say thank you for the amazing opportunity to participate in the Teacher Resiliency Group. I found the time investment beyond worth it and invaluable as the challenge I needed mentally and emotionally in perfectly appropriate timing. ”

“ Thank you again for meeting with me for therapy. I truly appreciate the work you are doing to help me figure some things out. ”



Research and Training

Research - whether that be leading our own, funding others across campus and the state, or conducting on-going evaluation - is at the heart of our work. During the past year, our research and training team not only disseminated cutting-edge, social-emotional-behavioral health research that will better equip schools with actionable best practices, but it also received \$10 million in federal funding to forward new research and inform a better future for Iowans.

Some other notable accomplishments and initiatives from the past year include:



Imagine Iowa - Iowa School Mental Health Initiative

Our team developed an evidence-based, equity-infused 15-hour curriculum for K-12 educators designed to improve their knowledge, skills, and attitudes about mental health. Full trainings were offered starting in summer 2023.



Neolth Project Results

Results are in from a project that implemented Neolth, a mindfulness app, with 9th-grade students. Through 12 lessons, the study showed an improvement in student self-reports of perceived levels of stress, social, and emotional behaviors.



Practice Briefs on School Mental Health

Unveiled on our website in September 2023, practice briefs turn the latest school mental health scholarly research into tangible strategies and solutions for PreK-12 schools and classrooms. Our free-access research-based summaries are written by national experts in the field and reflect best practices in education and school mental health.



\$10M+

received in federal funding across 6 grants



38

University of Iowa faculty funded to facilitate research projects



20+

affiliated faculty who are part of our interdisciplinary network of researchers



580+

in-person and virtual registrants across 9 school mental health research lunches

Workforce Expansion



23

doctoral students receiving funding + specialized school mental health research and clinical training



30+

unique learning experiences offered to workforce expansion trainees

School mental health providers are in high demand. But supply is direly low. We hear stories of districts - especially in Iowa's rural areas - unable to fill these critical positions.

Through our Workforce Expansion program, we are combating the severe shortage of mental health providers and serving as a training ground for the next generation of school mental health professionals.

Since Fall 2022, our center has funded 20+ University of Iowa doctoral students in the fields of school psychology, counseling psychology, counselor education, family therapy, and special education. The extensive two-year curriculum engages trainees in conducting cutting-edge research studies as well as a variety of clinical services.

The cohort participated in specialized trainings on literature reviews and meta-analysis as well as suicide prevention, Project HOPE, and sand therapy training.

“...this training significantly enhances my course of study by providing more opportunities to apply my knowledge by addressing issues in the real world. The center staff are modeling how I hope to train future students.”
— Tevin Middleton,
Workforce Expansion Trainee



Higher Education

The Higher Education Program supports the mental health and well-being of staff, faculty, and students at the University of Iowa and campuses across the state.

Supporting our colleagues starts with understanding. In Spring 2023, we administered the first-ever statewide faculty and staff well-being survey. Seven Iowa community colleges participated with a total of 1,135 responses (28% response rate). Results and recommendations were delivered to each participating campus in August.

Another milestone was the first-ever higher education statewide collaborative convening in October 2022. The Higher Education Program brought together campus well-being leaders to share resources, spark innovation, and develop a higher education mental health/well-being collaborative. The collaborative now represents 22 campuses and led to the creation of the Higher Education track of the Iowa Best Summit.

The bedrock of our programming is training for faculty and staff. Among more than a dozen workshop options, we offer the "Working with Students in Distress" workshop where participants learn how to spot signs of distress, gain skills to handle difficult conversations with care and wisdom, and leave with the confidence to lend a hand when a student is struggling. In 1.5 years, we've trained 4,500+ staff and faculty across the state.

Your amazing work on campus has enhanced the student experience in ways I cannot explain. Our campus is a better place because of you, your work, and your advocacy. Thank you for always being willing to help others help others!

-University of Iowa faculty member



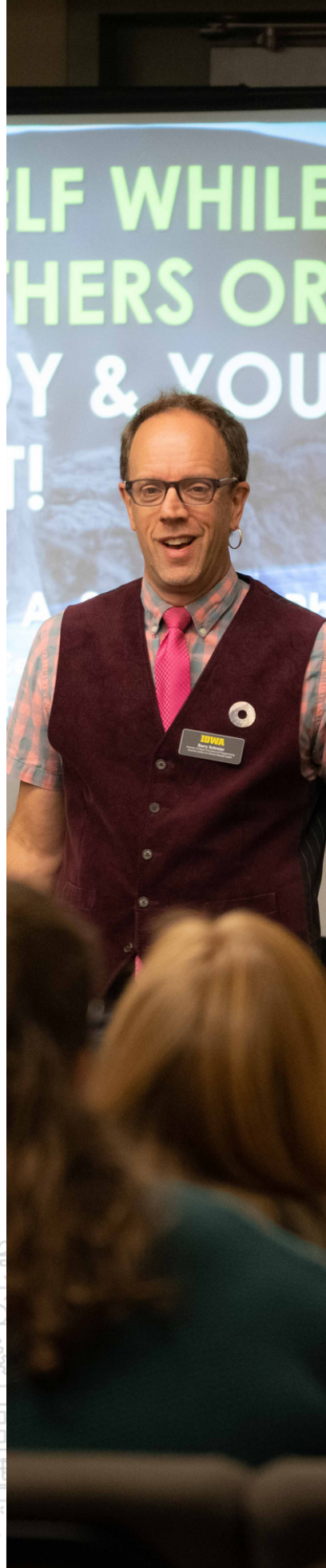
4.5K+

staff and faculty participated in our higher education workshops



1135

responses to the Iowa Community Colleges faculty & staff mental health/student distress survey



Highlight Reel



As part of the first-ever [Iowa School Mental Health Awards](#), we celebrated three individuals who demonstrated excellence in cultivating a positive mental health culture within an Iowa PreK-12 school, district, or AEA. The winners were recognized at the 2022 Iowa BEST Summit.



The [John Deere Foundation](#) committed \$525,000 to advance school mental health research and professional development efforts and support educators, students, and their families—specifically underserved and underrepresented youth—in John Deere communities throughout the state.



During the last year, our squad was on the road spreading the school mental health spirit across Iowa. Smiling Scanlan Center staff members and swoon-worthy swag graced 50+ events and reached 6,000+ people. You might have seen us at the School Administrators of Iowa Conference, Iowa School Counselors Association Conference, NAMI Iowa Conference, or one of many others!



Six University of Iowa faculty, staff, and students were announced as the inaugural [2023 Mental Health Champion Award recipients](#) in April. The award spotlights exemplary leaders and ambassadors who have cultivated an environment that values mental health and the importance it holds in the well-being of each of our lives.

Our Roster

→ Our Leadership



Allison Bruhn, Ph.D.
Executive Director
Professor of Special Education,
University of Iowa



Gerta Bardhoshi, Ph.D.
Director of Research and Training
Professor of Counselor Education,
University of Iowa



Aiissa Doobay, Ph.D.
Director of Clinical Services
Clinical Associate Professor of
Counseling Psychology,
University of Iowa



Barry Schreier, Ph.D.
Director of Higher Education
Clinical Professor of Counseling
Psychology, University of Iowa



Kari Vogelgesang, Ph.D.
Director of Professional Development
Clinical Associate Professor of Teaching and
Learning, University of Iowa

→ Advisory Board

Amerie Alvarado, Student, West Liberty High School

Jenny Barnett, Ed.D., Superintendent, Harlan Community School District

Jadie Boens, Ph.D., Director of Special Programs, Heartland AEA

Cooper Davenport, Student, Liberty High School

Andrew Dong, Student, West High School

Coreen Frank, Learning Supports Coordinator, Iowa City Community School District

Val Giegerich, SEBH Systems Coach, Grant Wood AEA

Mae Hingtgen, Chief Executive Officer, Mental Health/Disability Services of the East Central Region

Sharon Hoover, Ph.D., Professor, Co-Director, University of Maryland School of Medicine, National Center for School Mental Health

Dau Jok, Ed.D., Executive Director of Diversity, Equity, and Inclusion, West Des Moines Community Schools

Drew Martel, Director of Crisis Services, Foundation 2 Crisis Services

Susie Meade, Ph.D., Chief Academic Officer, Heartland AEA

Mary Neubauer, Vice President, External Relations, Iowa Lottery Authority

Wendy Reinke, Ph.D., Professor, University of Missouri/ Missouri Prevention Science Institute

Okpara Rice, Chief Executive Officer, Tanager Place

Micki Salge, Treasurer, I'm Glad You Stayed Project

Josh Seltz, Principal, North Central Consortium School (Manson NW Webster Community School District)

→ 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.

Carol Coohy, MSW, Ph.D., Professor, University of Iowa School of Social Work

Nicole Del Castillo, MD, MPH, Chief Diversity & Inclusion Officer, Carle Illinois College of Medicine

Daria Fisher Page, JD, Clinical Associate Professor of Law, Director, Community Empowerment Law Project

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

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, MSW, Ph.D., 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

Yung-Wei Dennis Lin, Ph.D., NCC, Associate Professor of Clinical Mental Health Counseling, 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

Katy Schroeder, Ph.D., NCC, Assistant Professor Program Coordinator, Clinical Mental Health Counseling, University of Iowa College of Education

Yanchen Zhang, Ph.D., Assistant Professor of School Psychology, University of Iowa Department of Psychological and Quantitative Foundations

Get Involved



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



Learn about the latest mental health and well-being best practices and implementation strategies by participating in professional development, listening to the Educator Wellness podcast, reading the School Mental Health blog, diving into our evidence-based practice briefs, or signing up for our monthly newsletter.



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



Donate Contact Allison Bruhn (allison-bruhn@uiowa.edu) to donate or explore how you can contribute to our center's mission.



Connect with us on Facebook, Instagram, X, YouTube, and LinkedIn for the latest news, professional learning opportunities, events, and more!

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





IOWA

**Scanlan Center for
School Mental Health**

Scanlan Center for School Mental Health

University of Iowa
College of Education
N310 Lindquist Center
Iowa City, Iowa 52242-1529

319-467-1120
scsmh-main@uiowa.edu

scsmh.education.uiowa.edu