Aspire Behavioral Health and Developmental Disabilities Overview

Aspire Behavioral Health and Developmental Disability is a public, non-profit organization in Albany, Georgia.

Aspire provides mental health, addictive disease, and developmental disability services in an 8 county catchment area, with specialty services provided to a total of 17 counties.

Aspire has been the recipient of the Georgia Apex Program funding each year since the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) launched the initiative in 2015.
Demographic Snapshot

- **POPULATION** 73,179
- **AFRICAN AMERICAN/ CAUCASIAN** 72.6%/23.5%
- **MOST DANGEROUS CITY RANKING** 7th
- **POVERTY RATE** 33.2%
- **UNEMPLOYMENT RATE** 16.8%
- **HIGH SCHOOL GRADUATION RATE** 86.1%

*RURAL COMMUNITIES, LACK OF PUBLIC TRANSPORTATION, AND INCREASING RATES OF HOMELESSNESS ARE AMONG THE FACTORS THAT ALSO IMPACT OUR AREA*
Targeted schools are selected based on factors including but not limited to:

- Title 1 Status
- Attendance Data
- CCRPI Scores
- PBIS Status
- School Climate Star Rating

- Needs Assessment
- Presentation of Findings
- MOU Obtained
- 4 School Expansion
• Referrals are streamlined through school counselor
• Only verbal consent needed
• Referrals are submitted electronically
  youthreferrals@albanycsb.org
• Aspire immediately schedules the initial assessment on campus
• Releases of Information/Apex Consents are obtained
• Individualized school-based services begin during nonacademic times
Apex 3 Tiered Services

Universal Prevention

- Annual Children’s Mental Health Awareness Events
- The Hope Project Mental Health Alliance
- Mental Health Classroom Guidance
- Compassion Games Climate Change Project
- Beyond Differences Campaign
- PBIS Sponsorships and Team Memberships
- Parent and Teacher Workshops/Lunch and Learns
- School-wide and System-wide Trainings

Early Intervention

- Small groups for Apex and at-risk youth
- Referrals to other Aspire programs (Clubhouse, Emerging Adults)
- 504/IEP/RTI Consultations

Intensive Intervention

- Direct Apex School-Based Services
- School and Community-based Crisis Response Protocol
- Camp Apex Summer Program
Apex Organization Chart

Youth and Young Adults Coordinator

Apex Coordinator

Community Support Staff
8

Worth County Clinicians
2

Lee County Clinicians
4

Early County Clinicians
2

Dougherty County Clinicians
4

Terrell County Clinician
1

Masters Level Interns
2

Masters Level Interns
2
Challenges Identified

Low enrollment rate in higher grade level schools

**Solution recommendation:** Bridge communication/knowledge gaps through regular meetings with teachers/staff and regularly attend public school board meetings

**Solution recommendation:** Apply for the Apex 3.0 Statement of Need specifically for high schools when released

Lack of mental health awareness/reducing stigma in school curriculum

**Solution recommendation:** Continue Hope Project Meetings, community trainings, and education i.e. 5k fun run/Art Fest/Recovery Project Art Show/media campaign/mental health classroom guidance/mental health awareness week involving all school and community partners

Secondary Trauma for Teachers

**Solution recommendation:** Continue regular lunch and learns, workshops, and trainings for teachers that include trauma informed care for staff, students, and overall classroom environment

SBBH Provider Self-Care

**Solution recommendation:** Continue staff in-service trainings that include professional boundaries, policy and procedures, Code of Ethics
100% Systems Absorption
Summer Program
Mental Health Alliance
Trainings
PBIS Involvement
School Climate Projects
Community Crisis Protocol
Community Investment
FY18 Programmatic Outcomes

Number Served

- YR 4: 20 schools, 600 projected
- YR 3: 13 schools, 300+ enrolled
- YR 2: 8 schools, 200 enrolled
- YR 1: 4 schools, 78 enrolled

Program Progress Made

1442 Youth Stakeholders Trained

- Classroom Guidance: 1,287
- Parent Workshops: 50
- Youth in Crisis: 35

75.9% DECREASE
- Absences

41.5% DECREASE
- Behavior Referrals

0.66% INCREASE
- Grade Average
Be the CHANGE you want to see in the WORLD!