



Transforming Research into Action to Improve the Lives of Students (TRAILS):

an implementation program to improve student access to
evidence-based mental health practices in schools

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Acknowledgments

The Prosper Road Foundation

The Mackey Family

The Ouida Family

Michigan Department of Health
and Human Services

Michigan Department of
Education

The Michigan Health Endowment
Fund

The American Psychological
Foundation

The University of Michigan
Department of Psychiatry &
Comprehensive Depression
Center

The TRAILS Team!





TRAILS

Transforming Research into Action
to Improve the Lives of Students

Making effective mental health
services accessible in all schools.



Prevalence of Mental Illness in Adolescents

Any mental illness:	49.5%
• Anxiety Disorders:	31.9%
• Depressive Disorders:	14.3%
• Substance Use Disorders:	11.4%
Comorbid disorders:	20%
Severe Impairment:	22.2%

Merikangas et al., 2010. Lifetime prevalence of mental disorders in US adolescents: Results from the National Comorbidity Survey Replication-Adolescent Supplement (NCS-A). J Am Acad Child Adolesc Psychiatry



Treatment access

- 80% of students with a mental illness receive no care
- 75% of students that access care do so only in school



Schools as sources of mental health services

“Today, more than ever, school health programs could become one of the most efficient means available to improve the health of our children and their educational achievement.”

- *School health services and programs, 2006*
Kolbe, Kann, & Brener

Aggression

Depression

Domestic violence

Abuse/assault

Anxiety

Homelessness

Suicidality

Gender Identity

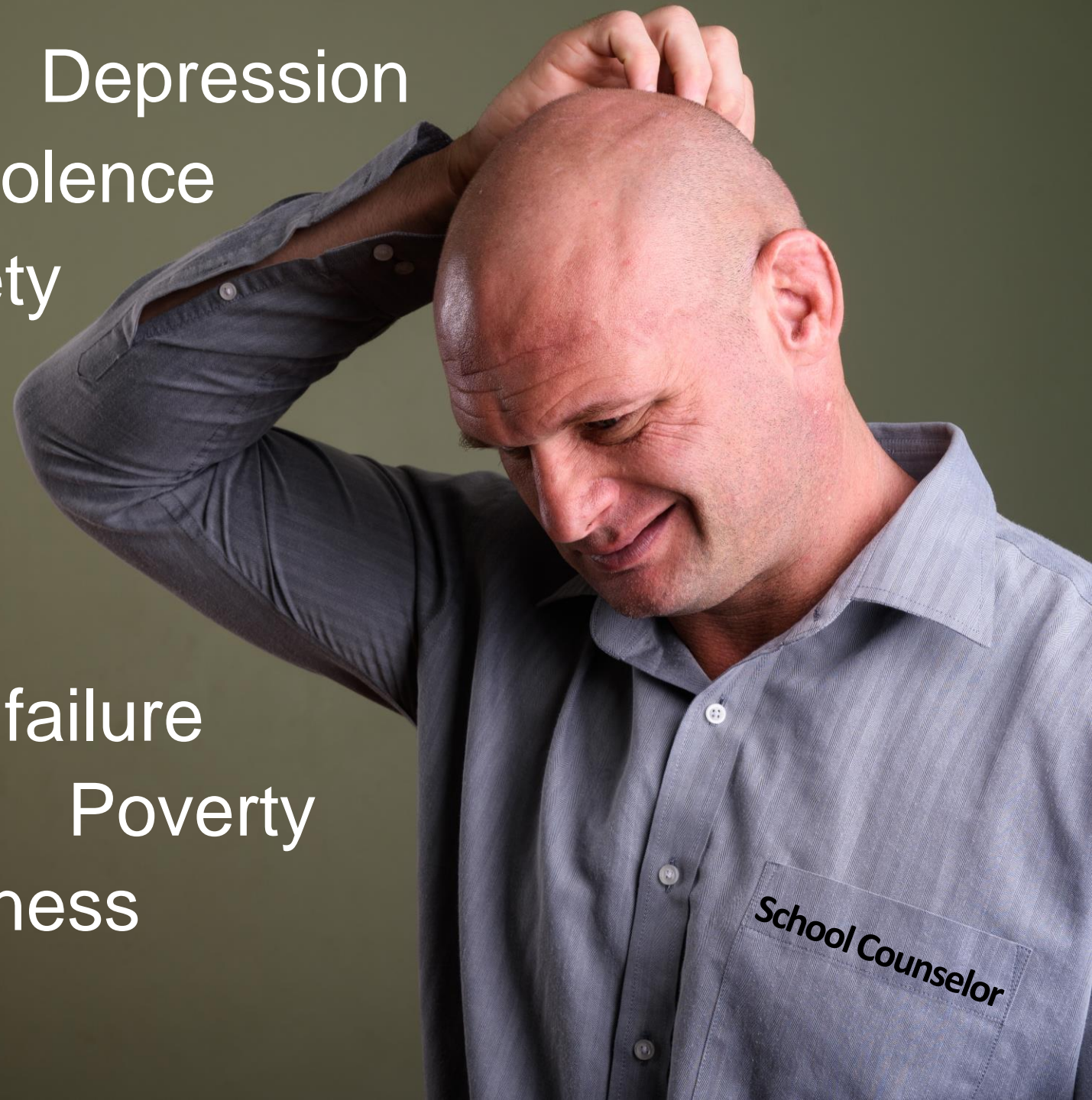
Academic failure

Self-injury

Poverty

Hopelessness

Sexuality

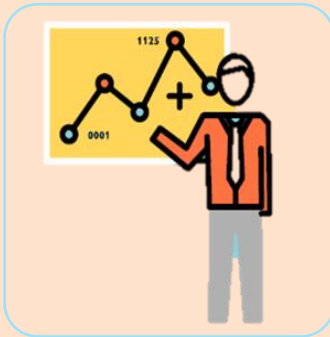


Traditional model of school staff training



Revised models of school staff training





Training

- Didactic instruction for school staff on CBT and mindfulness skills



Web-Based Support

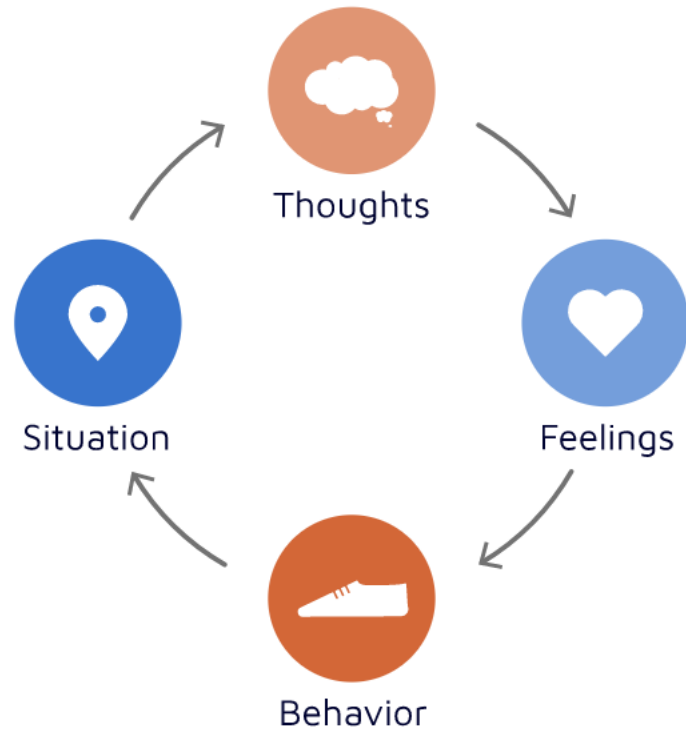
- Electronic and print resources available in a variety of formats



In-Person Coaching

- Delivered during student groups led by school professionals
- Coaches support skill acquisition and independence

TRAILS Core Content Areas

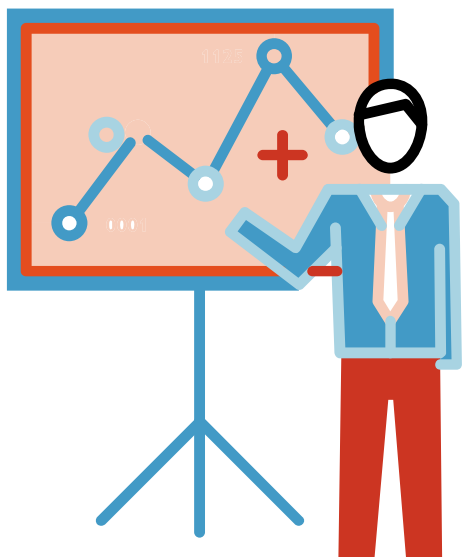


Cognitive Behavioral Therapy



Mindfulness

Didactic Training



TRAILS Training Agenda

- 9:00 Registration, surveys
- 9:15 Intro to TRAILS
- 9:30 What is CBT?
- 10:15 BREAK
- 10:30 Cognitive Coping
- 11:15 Relaxation & Mindfulness
- 12:00 LUNCH
- 12:30 Exposure
- 1:15 BREAK
- 1:30 Behavioral Activation
- 2:15 Consultation & Next steps



Secure | https://trailstowellness.org

Home Manuals & Resources Helpful Links About Contact [Donate Now](#)



TRAILS

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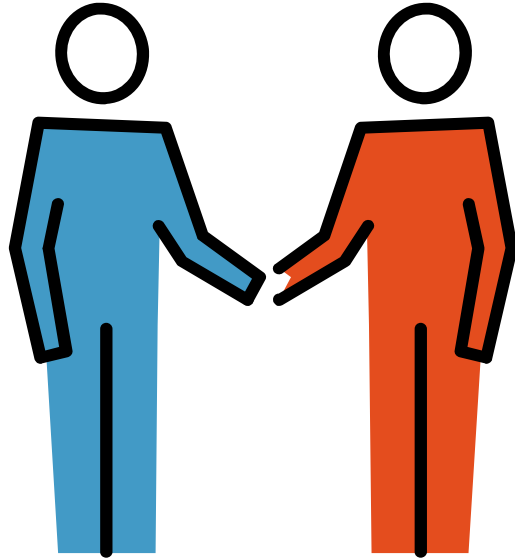
**Effective mental health
services, accessible in all
schools**

[Join TRAILS →](#)



www.TRAILStoWellness.org

Coaching in the Schools

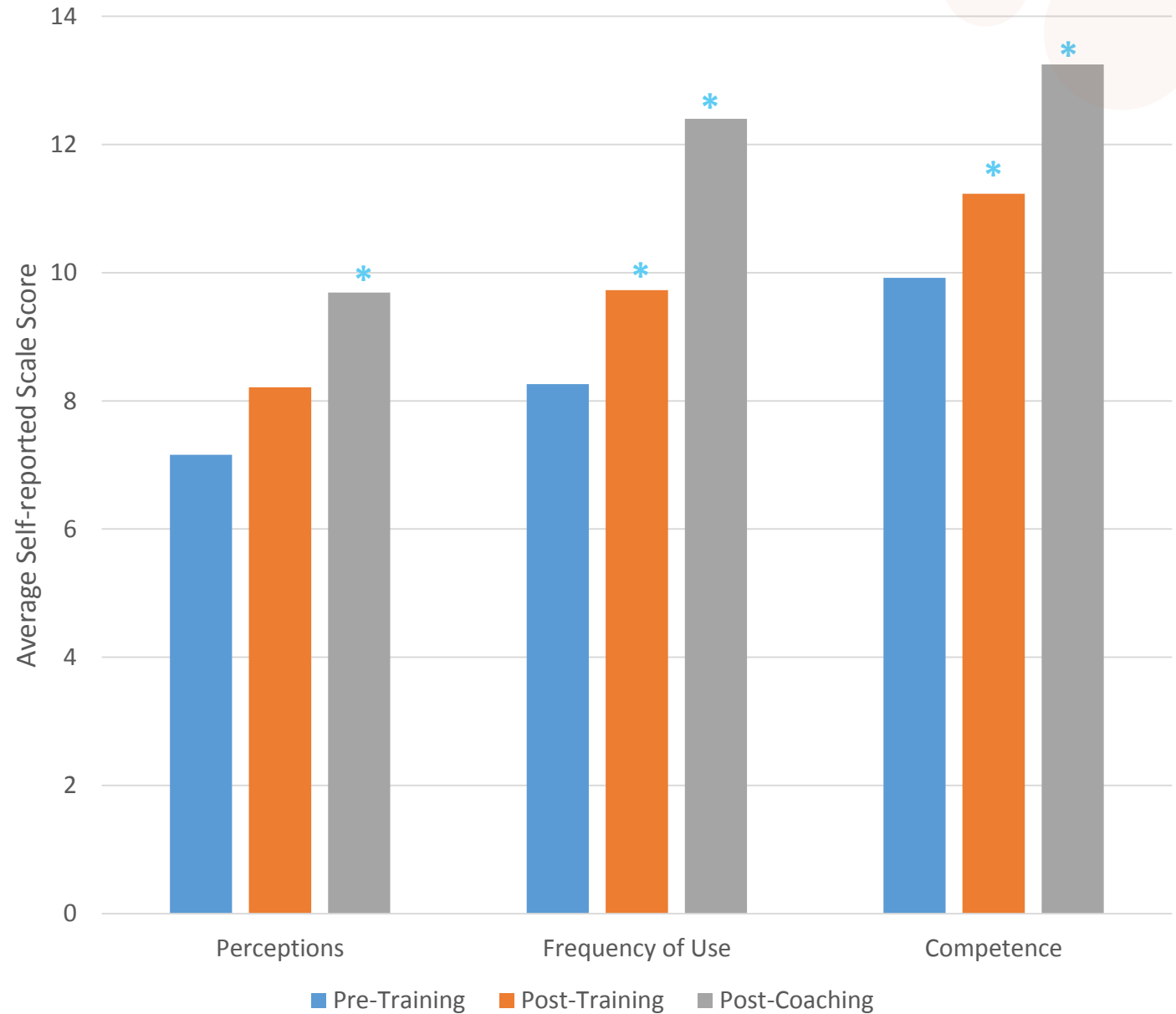


- School Professionals are paired with TRAILS Coaches
- Together they co-lead student CBT skills groups using TRAILS agendas and resources
- School professionals also receive:
 - Weekly pre-session planning
 - Post-session feedback
- Coaching elements informed by study of supervision and consultation
 - Bearman et al., 2017; Dorsey et al. 2013

Research to date

School professionals (N=66)

- Frequency of intended use & CBT competence improved significantly both post-training and post-coaching from pre-training
- Perceptions of CBT improved significantly post-coaching

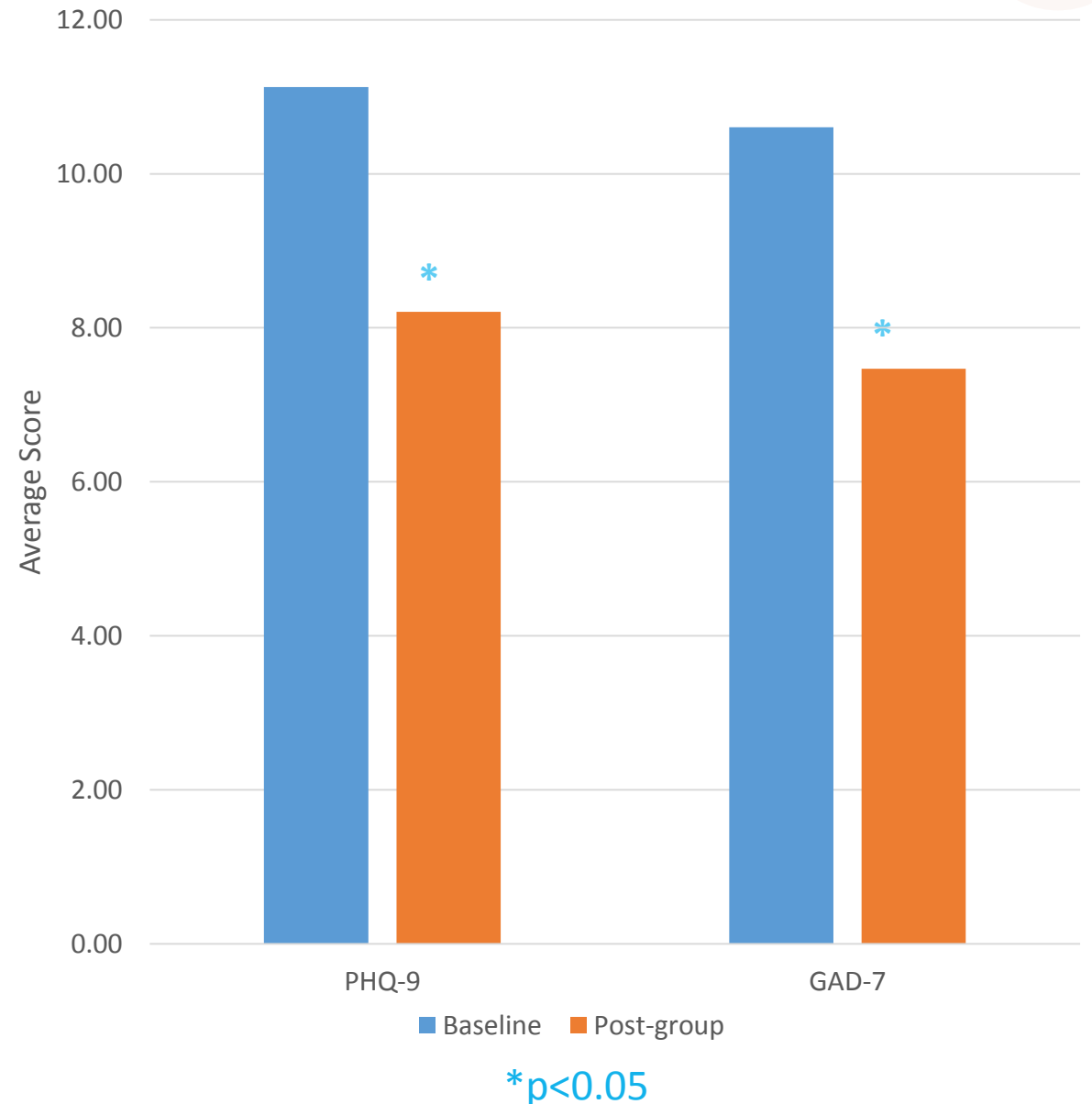


*p<0.05 compared to pre-training

Research to date

Students (N=404)

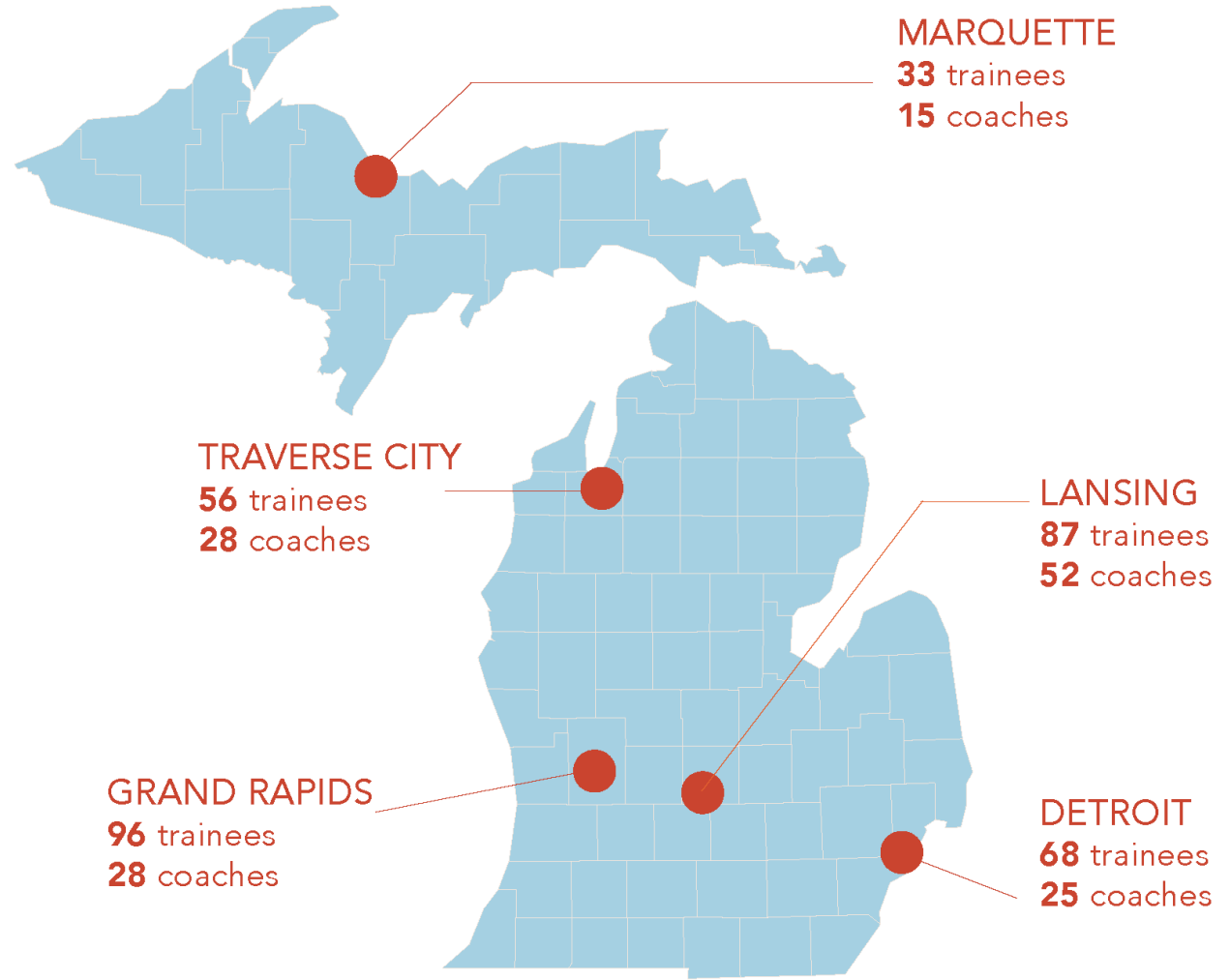
- Student depressive and anxiety symptoms also showed significant reductions after participating in CBT groups



Statewide coach trainings

Over 300 mental health professionals participated in TRAILS clinical trainings

Nearly 150 will continue their commitment by becoming official TRAILS Coaches



Statewide trainings



Marquette – August 2017

*This presentation and program is **AMAZING!** As always, U-M is paving the way to increase dissemination of skills & resources and improve access to critical services. THANK YOU for providing so many concrete skills, exercises & examples and for creating improved communication & partnerships in communities.*

– TRAILS Training Participant



Grand Rapids – May 2017



Lansing – March, 2018





2016-2018:

- Development of statewide coaching network
- Partnerships with MDHHS and MDE
- Medicaid and Foundation funding

2018-2023:

- NIMH grant
- 5-year clinical trial
- 200 school partners
- 2000 students
- All 83 Michigan counties

2023+

- Development of a national model
- K-12 program

Bring TRAILS to Your Community

Role *

Select One



School *

Select One



Email *

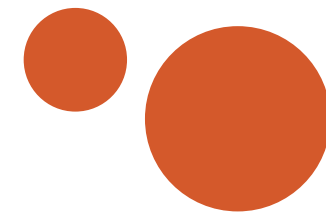
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Get in touch



Thank you!



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