



**FOIL**  
**Support for Safe and Successful Schools:  
Tier 2 & 3 Identification and Intervention  
May 16-17, 2018**

## School and Community-Based Counseling Services

Which district employees can provide school-based mental health services?

- ◇ School counselors, school psychologists and school social workers are all considered school-based mental health professionals.



Graphic credit to National Association School Psychologists (NASP)  
[www.nasponline.org](http://www.nasponline.org)

Mental health professionals (school counselors, school psychologists, and school social workers) employed by the school possess the skills needed to intervene and address mental health issues that impact a student's ability to be successful in school.

What mental health services can school-based mental health professionals provide?

- ◇ School counselors, school psychologists and school social workers can provide group and individual counseling to students using evidenced-based practices to address:
  - ◆ School stress and anxiety
  - ◆ Family stress (divorce, homelessness)
  - ◆ Self-regulation and coping skills
  - ◆ Depression
  - ◆ Poor self-concept and anger/aggression
  - ◆ Grief and loss

What are other ways school counselors, school psychologists and school social workers support mental health in schools?

- ◇ Serve as a member of district or school teams together and analyze data to determine appropriate mental health supports and services.
- ◇ Work collaboratively with SEDNET to coordinate community and school-based mental health services.



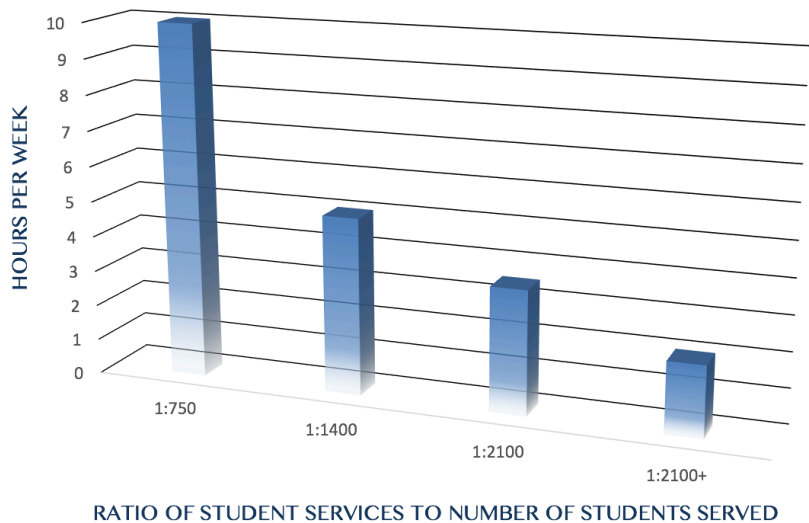
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## Number of Mental Health Hours Provided by School Psychologist per Student Ratio Category

How would Student Services staffing ratios impact the provision of school-based mental health counseling?

- ◇ Research shows that staffing ratios are directly correlated with the provision of mental health service
- ◇ An increase in student services staff will lead to an increase in the capacity and the accessibility of mental health counseling services in schools.



Ecklund et al., 2017

How do school-based mental health services support academic achievement?

- ◇ Interventions that strengthen students' social, emotional, and decision-making skills also positively impact their academic achievement, both in terms of higher standardized test scores and better grades (Greenberg et al., 2003; Fleming et al., 2005).
- ◇ School mental health programs improve educational outcomes by decreasing absences, decreasing discipline referrals, and increasing test scores (New Freedom Commission on Mental Health, 2003)
- ◇ Expanded school mental health services in schools have been found to reduce special education referrals, improve aspects of the school climate (Bruns et al., 2004).
- ◇ School-based mental health services are associated with declines in disciplinary referrals, suspension, grade retention, and special education referrals and placement (Substance Abuse and Mental Health Services Administration, 2005b).
- ◇ Intensive school-based mental health services for elementary school children experiencing severe emotional and behavioral difficulties have demonstrated reductions in conduct disordered behavior, attention deficit/hyperactivity, and depression (Hussey & Guo, 2003).

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