



DIFFERENT TYPES OF SBMH PROFESSIONALS

WHO ARE SBMH PROFESSIONALS?

SMBH professionals are employed by the school and they implement mental health and social-emotional supports to students within their schools and districts.



SCHOOL SOCIAL WORKERS

- Assist with student mental health concerns, behavioral concerns, positive behavioral support, academic and classroom support
- Consult with families, teachers and administrators regarding student mental health
- Provide individual and group therapy within the school system

How do school social workers help students? School social workers directly work with students by providing crisis intervention, assist with conflict resolution and anger management, facilitate direct intervention and therapy services to help students develop appropriate social skills and coping skills, and understand mental health challenges. They can also develop intervention strategies to increase academic success.

HOW CAN I REACH A SBMH PROFESSIONAL?

All schools have access to SBMH professionals. They can be reached by contacting the school directly, or by calling the district office. It is likely their contact information is on the school's website as well.

SCHOOL PSYCHOLOGISTS

- Provide direct support and intervention (both social-emotional and academic) to students and consult with teachers, families, and school-employed mental health professionals to improve student services
- Conduct psychoeducational evaluations and administer standardized tests to evaluate students for special education services
- Collaborate with administrators to improve school-wide practices and policies related to academic achievement, behavioral and mental health, school climate, and diversity, equity and inclusion

How do school psychologists help students? School psychologists help students understand and resolve chronic and acute issues that students may face. They provide direct interventions with students to help them better understand their challenges and teach them skills and strategies to improve their well-being.

SCHOOL COUNSELORS

- Design and deliver school counseling programs to improve student outcomes
- Advise students for academic and vocational planning
- provide counseling services to students who have disciplinary, interpersonal, attendance, or academic problems
- analyze school-wide counseling and academic data for student-focused planning and school improvement.

How do school counselors help students? School counselors help students by teaching them how to apply academic achievement strategies, manage emotions and apply interpersonal skills, and plan for postsecondary success.

REFERENCES

