



Fundamentals of School-Based Mental Health

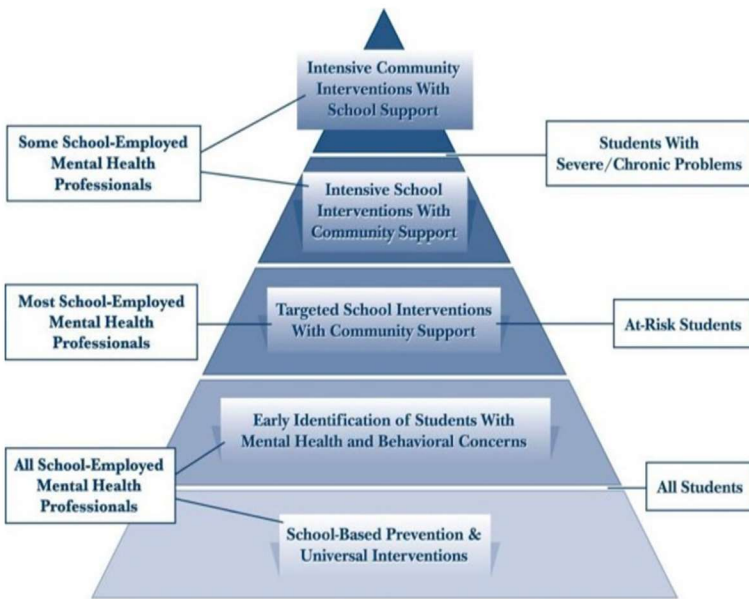
What Is School-Based Mental Health?¹

School-Based Mental Health is a multi-tiered system of support services that works to

- Promote a healthy and safe school climate.
- Prepare for crises with preventive and proactive interventions and supports.
- Reduce the prevalence and severity of mental health issues in schools.
- Facilitate social-emotional learning.
- Identify and respond to student mental health needs.
- Provide accessible mental health services to students, families and local communities who are at risk.

What Does School-Based Mental Health Look Like?

- School-Based Mental Health is facilitated through a Multi-tiered system of supports (MTSS) that supports students across a spectrum of mental health needs.³
- The graphic below (adapted from the National Association of School Psychologists) explores how the MTSS model looks in practice.³



The Continuum of School Mental Health Services

Adapted from "Communication Planning and Message Development: Promoting School-Based Mental Health Services" in *Communique*, Vol. 35, No. 1. National Association of School Psychologists, 2006.

References



Why School-Based Mental Health?^{4,2}

- Schools provide an ideal point of access for mental health treatment afflicting students and families who are experiencing mental health issues.
- Children are much more likely to seek out mental health treatment when it is offered in schools compared to other settings.
- In some communities the only access to children's mental health services is through School-Based Mental Health.

Who Are School-Based Mental Health Providers?³

- School Psychologists
- School Counselors
- School Social Workers
- School Nurses
- Behavior Specialists

Who Provides Community Support for School-Based Mental Health?³

- Psychiatrists/Pediatricians
- Clinical Psychologists
- Clinical Social Workers
- District/School Administrators
- School/Community Mental Health Coordinators