HIGH SCHOOL MENTAL HEALTH & PROGRAM SUPPORT INITIATIVES

Student Support & Services Committee
August 3, 2017
Multi-Tiered Systems of Support (MTSS) - Academic, Behavior, and Social-Emotional

Tier 1 Systems Planning Team (PBIS, RTI)

Tier 2 Systems Planning Team and Tier 2 Problem Solving Team (CLT, SAT)

Tier 3 Systems Planning Team and Tier 3 Problem Solving Team (PSSST, CST)

Behavioral Interventions
- Increase Intensity, Frequency and/or Duration of Tier 1
  - Check In/Check Out
  - Small Group
  - Restorative Circles
  - Explicit Skill Instruction

Academic Interventions
- Increase Intensity, Frequency and/or Duration of Tier 2
  - Modified Instruction
  - Alternate Assessments
  - Individualized Instruction
  - Specialized Instruction (e.g., Reading and Math)

Social-Emotional Interventions
- Increase Intensity, Frequency and/or Duration of Tier 3
  - Individual Counseling
  - Threat Assessment/Safety Plan
  - Restorative Conferences
  - Suicide Screening/Referral Follow Up

Behavioral Interventions
- Redirect
- Differentiation (Recheck/Model/Reassess)
- Explicit Instruction
- Restorative Communication
- Recognition/Feedback
- Differentiate Classroom Management System

Academic Interventions
- Feedback
- Differentiation (Recheck/Model/Reassess)
- Reciprocal Teaching
- Teaching Self-Verification
- Meta-Cognition Strategies
- Peer Assisted Learning Strategies

Social-Emotional Interventions
- Differentiation
- Sources of Strength
- Classroom Counseling Lessons
- PEER
- Signs of Suicide
- Signs of Suicide-Training Trusted Adults
- Substance Abuse Prevention
- Bullying Prevention (Stop-Walk-Talk & Expect Respect)
Nurturing Environments? Don’t mistake academic label as an indication of “health”
Sources of Strength

• Sources of Strength is a strength-based comprehensive wellness program and is based on a relational connections model that uses teams of peer leaders mentored by adult advisors to change peer social norms about help seeking and encourages students to individually assess and develop strengths in their life

• Train-the-Trainer Model

• Student-led
STUDENT ENGAGEMENT

Year 1 Training

• Wave 1: Woodgrove, John Champe, Heritage, Riverside, Stone Bridge, Trailside MS

• Wave 2: Loudoun Valley, Broad Run, Freedom, Briar Woods, Farmwell Station MS

• PEER Conference: All PEER leaders trained in SOS
Core Team of Support

- Principal/Assistant Principal
- School Nurse
- Special Education Dean
- School Psychologist
- School Counselors
- School Social Worker
- Department Chair
- Student Assistance Specialist
- Special Education Supervisor
- Parent
<table>
<thead>
<tr>
<th>Role Description</th>
<th>Psychologist</th>
<th>Social Worker</th>
<th>Counselor</th>
<th>Student Assistance Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support the social-emotional/behavioral health of all students</td>
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<td>Support the social-emotional/behavioral health of all students</td>
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<tr>
<td>The school psychologist provides behavioral and mental health support.</td>
<td>The social worker provides mental health support and is the link between the school, student, family and community</td>
<td>The counselor works with all students on Academic, Career, and Personal Development</td>
<td>The student assistance specialist works with at-risk students and those with substance use and/or mental health concerns</td>
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<tr>
<td>Secondary Contact for Students who are referred by the school counselor for targeted and intensive interventions</td>
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<tr>
<td>Evaluated by LCPS Supervisor w/ School Administration Input</td>
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<td>Evaluated by Building Principal</td>
<td>Evaluated by LCPS Supervisor w/ School Administration Input</td>
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<tr>
<td>Hired and assigned by LCPS Supervisor</td>
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<td>Collaborates with and is responsive to the Counseling Director</td>
<td>Reports to the Supervisor of Student Assistance Services</td>
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ONGOING PROFESSIONAL LEARNING & DIVISION SUPPORT

- Continued Professional Learning and Discussion
  - School Counseling Director Meetings
  - PBIS Coaches Meetings
  - School Psychologist, Student Assistance Specialist, School Social Worker Staff, School Counselor Staff Meetings

- Strategic Support for Implementation and Evaluation of Practice