

Current Practices in our Schools...

Areas of Consideration – Elementary/MS/HS

- Health Promotion / Universal Prevention Services
- Early Intervention Services
- Acute Intervention For Students Who Are Distressed
- Treatment Services
- Bridging Students from School Support to clinical or community based Mental Health Support Services

Health Promotion/ Universal Prevention Services – Elementary

- Second-Step Classroom Lessons – various topics are covered including a separate section on bullying prevention.
- Addressing bullying prevention at each grade level
- Positive Behavior Supports – School wide (with specific goals, teaching, rewards, celebrations, assemblies, etc.)
- Classroom lessons on identified areas of need (disability, hygiene, making friends, personal space, etc.)

Early Intervention Services – Elementary

- Student Mentoring
- Check-in/Check-out system – allows student to check-in with staff during the school day to go over their individual goals and receive encouragement and then check-out again at the end of the day for review and reinforcement for meeting their goals.
- Social Skills Groups
- Food and basic necessity programs at each school (food, cold weather clothing, scholarship programs, providing snacks, weekend food program, etc.)
- Lunch Bunch groups – structured social lunch with supervision
- Restorative Justice techniques to build positive peer relationships
- Holiday Support for families

Acute Intervention for Students who are Distressed – Elementary

- Problem-Solving Meetings – generated based on data and teacher request to address specific student needs; can include school and/or district personnel depending on need
- Individual Positive Behavior Support Plans for intense needs
- Use of break rooms and quiet spaces if needed

Treatment Services – Elementary

- Individual social skills / coping skills instruction
- Individual mentoring sessions with students

Bridging Students from School Support to Mental Health Clinical or Community Settings - Elementary

- Individual referrals to CMH or clinical therapists
- Consultation with clinical therapists as needed/requested
- Individual meetings for consultation and interpretation of clinical evaluations
- Consult with parents regarding student's mental health

Health Promotion/ Universal Prevention Services – Middle School

- Positive Behavior Supports at all levels
- Bullying Prevention Activities
- Trojan Time lessons on positive behavior and other social/emotional support topics
- Introduction to Counseling services presentation to all 6th graders

Early Intervention Services – Middle School

- Student Mentoring
- Check-in/Check-out system – allows student to check-in with staff during the school day to go over their individual goals and receive encouragement and then check-out again at the end of the day for review and reinforcement for meeting their goals.
- Food and basic necessity programs (food, cold weather clothing, scholarship programs, providing snacks, weekend food program, etc.)
- Lunch Bunch groups – structured social lunch with supervision
- Restorative Justice techniques to build positive peer relationships
- Holiday Support for families
- Buddy Program (matching upper classmen with 6th graders to act as mentor/tutor/buddy twice a week during the day)
- New Student Welcome Luncheon
- New Students paired with Buddy for the Day
- Daily Communication Folders (between parents/teachers)

Acute Intervention for Students who are Distressed – Middle School

- Problem-Solving Meetings – generated based on data and teacher request to address specific student needs; can include school and/or district personnel depending on need
- Individual Positive Behavior Support Plans for intense needs
- Use of break rooms and quiet spaces if needed

Treatment Services – Middle School

- Individual social skills/coping skills instruction
- Individual mentoring sessions with students

Bridging Students from School Support to Mental Health Clinical or Community Settings – Middle School

- Individual referrals to CMH or clinical therapists
- Consultation with clinical therapists as needed/requested
- Individual meetings for consultation and interpretation of clinical evaluations
- Consult with parents regarding student's mental health

Health Promotion/ Universal Prevention Services – High School

- Beginning of the year freshman presentation – counselor attends 9th grade English classes to speak to them about the keys to success including, knowing where the counselors are if they are having personal, social, or academic issues.
- Positive Behavior Supports – Trojan Turf system (tickets/rewards/assemblies highlighting positive behavior)

Early Intervention Services – High School

- Food and basic necessity programs (food, cold weather clothing, scholarship programs, providing snacks, weekend food program, etc.)
- Restorative Justice techniques to build positive peer relationships
- Holiday Support for families
- Small group sessions to include: sensitivity “training”, circle of friends, social media responsibility.
- After school tutoring
- Visiting the AVID classrooms several times a year to go over information about academics, personal, and social supports.
- “Safe Space” and other student groups - run by the student body

Acute Intervention for Students who are Distressed – High School

- Contacting parents regarding students with struggling grades or that are manifesting concerning behavior.
- Use of break rooms and quiet spaces if needed
- Individual sessions leading to mentoring, advising, brainstorming, sensitivity areas, positive behavior, advocating tools, study/test taking tools, and just listening

Treatment Services – High School

- Individual social skills/coping skills instruction
- Individual mentoring sessions with students

Bridging Students from School Support to Mental Health Clinical or Community Settings – High School

- Individual referrals to CMH or clinical therapists
- Consultation with clinical therapists as needed/requested
- Individual meetings for consultation and interpretation of clinical evaluations
- Consult with parents regarding student's mental health
- Consultation/Interaction with child protection services and/or law enforcement in order to provide a safe and supportive school environment.