

## **Suggested School Mental Health Information for Individual School Websites**

### ***School Website Reminders***

- Please have a dedicated area for school counselor contact information, caseloads, and services offered.
- Please also include a description of the school mental health team and services offered (Language below)
- This information should be prominently displayed and easy to find.

### ***Verbiage for your consideration related to mental health services:***

#### **Why is mental health important to education?**

Mental health is directly related to children's learning and development. It encompasses or intersects with interpersonal relationships, social-emotional skills, behavior, learning, academic motivation, certain disabilities, mental illness, crisis prevention and response, school safety and substance abuse. Each of these issues affects not only the success and well-being of the individual student but also the school climate and outcomes for all students.

#### **What are school-based mental health services?**

School-based mental health services include a broad spectrum of assessment, prevention, intervention, postvention, counseling, consultation, and referral activities and services. These services are essential to a school's ability to ensure a safe and healthy learning environment for all students, address classroom behavior and discipline, promote students' academic success, prevent and respond to crisis, support students' social-emotional needs, identify and respond to a serious mental health problem, and support and partner with at-risk families. Ideally, school-based services dovetail with community-based services so that children and youth receive the support they need in a seamless, coordinated, and comprehensive system of care.

#### **School Mental Health Teams**

School mental health teams (SMHT) are multi-disciplinary teams that will meet regularly (weekly preferred) to discuss students that have been identified with social-emotional or mental health concerns. The team uses data-based decision making to support student mental health through selective and indicated interventions. Well-functioning school mental health teams facilitate the maximum impact of a comprehensive school mental health system. They serve as the organizing structure for a tiered system of school mental health supports and services. High functioning teams capitalize on the multi-disciplinary resources within a school and community to achieve the greatest outcomes for students, families, and the school community.

### ***Link to Mental Health and Wellness Portal on district site***

[https://www.leeschools.net/student\\_services/mental\\_health\\_and\\_wellness\\_portal](https://www.leeschools.net/student_services/mental_health_and_wellness_portal)