Supporting the Mental Health Needs of Howard County Public School System Students

School Safety Advisory Board

October 4, 2021
Model for Mental Health Supports in Schools

The Howard County Public School System (HCPSS) strives to give all students comprehensive support, with every adult serving a role in students’ social-emotional well-being. The school system embeds mental health supports throughout the instructional program and embraces community and family partnerships. This approach better equips HCPSS to help each child thrive socially, academically and emotionally.

1 in 4
Howard County high school students experienced sad or hopeless feelings

1 in 5
Howard County middle school students experienced sad or hopeless feelings

57%
of Howard County children demonstrated readiness for kindergarten, with social (emotional) foundations among the key criteria

School Counselors
Alternative Educators
School Psychologists

Teachers
Student Support Teams
Instructional Intervention Teams

Pupil Personnel Workers
Nurses, Health Assistants
Community Collaboration
Social Workers, Community Providers
What is Multi-Tiered Systems of Support (MTSS)?
A framework that matches a continuum of evidence-based practices to students’ needs to attain improved outcomes.

**Tier 3 - Individualized Interventions (1-5%)**
Intensive interventions designed for the individual student

**Tier 2 - Targeted Interventions (5-10%)**
Interventions designed to target a skill(s)
Small groups of students

**Tier 1 - Universal Interventions (80-90%)**
School and/or classroom interventions
For all students
## Cross-Section of HCPSS Mental Health Supports

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<tr>
<th>Role</th>
<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
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<td>BSAP, Hispanic and International Achievement Liaisons</td>
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<td>Mental Health Community Advisory Council</td>
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Universal Interventions

- Social Emotional Learning at Elementary Level (Collaborative Classrooms)
- Suicide Prevention: Information for Educators (Annual Staff Training)
- Positive Behavior Intervention and Supports and Restorative Justice
- Health Education (K-9) and School Counseling (K-12) Curricula

Additional COVID-19 Pandemic Interventions:

- [COVID-19 Resources for Parents](#) and [Mental Health and Wellness](#) on Website
- Re-entry Social-Emotional Behavioral “Look-Fors” and Process:
  - Concerns related to COVID-19
  - Classroom Performance
  - Social-Emotional Well-Being
Targeted Interventions

- In-School Alternative Education Program/Supports
- Small group interventions such as Check-In/Check-Out
- Student Support Team (SST)* and Instructional Intervention Team (IIT)
- Class-wide interventions that address executive functioning skills (e.g., organization, task initiation, sustained attention)
- Small group counseling to provide supports with topics such as:
  - Coping strategies
  - Self-management strategies
  - Socialization skills

*Meet weekly during COVID-19 pandemic
Individualized Interventions

- Individual Counseling (School Counselor/Psychologist/Social Worker)
- Functional Behavior Assessment/Behavior Intervention Plan
- Suicide Intervention and/or Threat Management Procedures
- Home and Hospital Instruction
- Referral to and/or Collaboration with Community Providers, including School-Based Mental Health Services

Additional COVID-19 Pandemic Interventions:
- Check-Ins with Students of Concern (Members of Student Support Team)
- Telehealth Services for individual counseling during virtual learning
HCPSS School-Based Mental Health Services

- 30 Schools
- 5 HCPSS Social Workers
- Social Work Leadership Team
- 4 Community Agencies with 20+ Clinicians
Cynthia A. Schulmeyer, Ph.D., NCSP
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