

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*

*Source: 2018 Youth Risk Behavior Survey

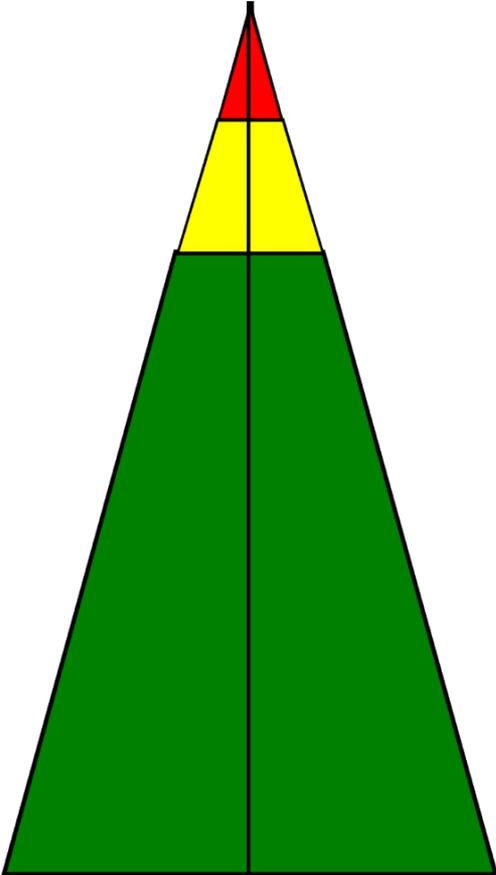
57%

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

**Source: 2019-20 Kindergarten Readiness Assessment



Multi-Tiered Systems of Support for Mental Health



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

	Tier 1 Universal Interventions	Tier 2 Targeted Interventions	Tier 3 Individualized Interventions
School Counselors	X	X	X
School Psychologists	X	X	X
Nurses, Health Assistants	X	X	X
Pupil Personnel Workers	X	X	X
Social Workers, Community Providers	X	X	X
Alternative Educators	X	X	X
BSAP, Hispanic and International Achievement Liaisons	X	X	
Teachers	X	X	
Instructional Intervention Teams		X	X
Student Support Teams		X	X
Mental Health Community Advisory Council	X	X	
Superintendent's Community Mental Health Subcabinet	X	X	

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



HORIZON FOUNDATION

5 HCPSS
Social
Workers

Social Work
Leadership
Team

30 Schools

4 Community
Agencies with
20+ Clinicians

UMD



NATIONAL CENTER FOR SCHOOL MENTAL HEALTH



HOWARD COUNTY
HEALTH DEPARTMENT

Questions



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