Supporting Mental and Behavioral Wellness of Students through a Multi-Tiered System of Support
## Mental Health & Wellness Supports
### 2021-2022 School Year

### In-Person Students

**Tier 3**
- 1:1 counseling support for emergencies
- 1:1 counseling support for 504/IEP counseling
- 1:1 counseling support for students by School Counselors and School Psychologists
- 1:1 ongoing counseling supports by Social Work Team
- All require parental consent except emergencies

**Tier 2**
- Student group sessions for topics like conflict resolution, depression, substance use, anxiety, and coping skills - parent consent required

**Tier 1**
- SEL Instruction - Teacher-Based with counselor support, if requested.
- MH Website/Google Site for resource/info
- Mental Wellness - Social-emotional check in for students, as needed
- Counseling Support - School Counselors provide curriculum-based support

### Virtual Students

**Tier 3**
- 1:1 counseling support by School Counselors
- 1:1 counseling support by School Psychs
- 1:1 counseling support by Social Workers
- All services require parental consent

**Tier 2**
- Planned group sessions for topics like conflict resolution, depression, substance use, anxiety, and coping skills - parent consent required
- Groups can be linked into Schoology

**Tier 1**
- Online SEL instruction
- MH Website/Google Site for resources/info
- Mental Wellness - Social-emotional check in for students, as needed
- Counseling Support - School Counselors provide virtual curriculum-based support
MH & Wellness Resources

Elementary Students Mental Health & Wellness Page
Secondary Students Mental Health & Wellness Page
Parent/Guardian Mental Health & Wellness Page
Staff Mental Health & Wellness Page
Mental Health & Wellness Newsletter with MH Topic of the Month
A&S Training on MH Topic of the Month
Staff Training (QPR, QPR for Crisis Assessments, YMHFA, PD days, etc)
Safety Protocols Page for Teachers/Staff
School Health Council Site
Mental Health Resources Button and Student Dashboards in Schoology for easy access
Mental Health & Wellness Staffing

- School Counselors
- School Psychologists
- Pupil Personnel Workers
- Behavior Specialists
- Grant funded School Social Workers
- Contracts with OP Clinicians for 5+ schools
- Working toward School-Based Health Centers
Community Partnerships are Essential
Data is Essential

- MTSS School-Based Team Data Reviews
- MTSS District Team Data Reviews
- EP Data
- Risk Assessment Data
- Bullying Form Data
- Threat Assessment Data
- CPS Report Data
- SW Team Intervention Data
Our Struggles

- Staffing
- Funding
- Exhaustion
- Burn Out
- Staff & Student MH Needs
- Increased Demands
- Increased Complexity of Needs
- Expectations
Questions
Robin Schrader, LCSW-C
Mental Health Coordinator
St. Mary’s County Public Schools
rmschrader@smcps.org
301-475-5511 ex 32240