

CONNECTING THE DOTS

The School Counselor Role in Student Mental Health

School counselors are active participants in the MTSS three-tiered system of support.



ALL STUDENTS

UNIVERSAL SUPPORT

Evidence-based priorities and practices that support the academic, behavioral and social-emotional success of all students in the most inclusive and equitable learning environment.

Tier 1: Universal Support is for All students and focuses on awareness, education and prevention

- Coordinate schoolwide programs and presentations promoting mental health awareness for families, students and staff on stigma reduction, suicide prevention, trauma-informed practices, and adverse childhood experience
- Teach classroom instruction on CASEL's five components (self-awareness, self-management, social awareness, relationship skills, and decision making)
- Foster relationships with parents/caregivers, support staff, mentors and community agencies
- Utilize schoolwide early warning systems to identify students who are disconnected, disengaged, reporting need for support, and/or exhibiting at-risk behaviors



SOME STUDENTS

SUPPLEMENTAL SUPPORT

Additional services provided for some students who require more academic, behavioral and social-emotional support

Tier 2: Supplemental support is for for Some students who need an additional level of intervention and instruction

- Develop and utilize responsive interventions such as student safety plans, check-in and check-outs, behavior plans, peer-to-peer support, trauma-informed approaches, etc.
- Provide individual/small group psycho-educational counseling to address data driven needs
- Consult/collaborate with support providers (e.g. nurses, school psychologists, social workers)
- Monitor student's progress during and after interventions
- Refer to outside resources as appropriate



FEW STUDENTS

INTENSIFIED SUPPORT

Targeted academic, behavioral and social-emotional support directed toward the few students with greater needs

Tier 3: Intensified support is for a Few students who need an additional level of individualized focus to manage their mental health needs

- Conduct crisis response assessments using crisis management protocols
- Provide crisis counseling and short-term solution-focused individual counseling
- Consult/collaborate with support providers (e.g. nurses, school psychologists, social workers) and community agency partners to facilitate student's transition and/or return to school
- Apply and reinforce trauma-informed practices
- Refer student and family to school-based mental health clinician or community agency partner(s) or for chronic mental/behavioral health related issues
- Monitor student progress during intervention and post-intervention services