



# School Psychologists *As* **MENTAL HEALTH PROVIDERS**

## **SERVICES TO ADDRESS IDENTIFIED MENTAL/ BEHAVIORAL HEALTH PROBLEMS:**

*Tier*

**3**

- Direct therapeutic services to general and special students, including individual and group counseling, even in the absence of a clinical diagnosis or identified educational disability
- Cognitive-behavioral therapy, behavior therapy, solution-focused therapy, and dialectical behavior therapy
- Psychological assessment of social, emotional, and behavioral problems
- Suicide intervention and postvention
- Crisis intervention/crisis response
- Facilitation of collaboration among school providers with community agencies and other outside mental and behavioral health providers

## **SERVICES TO ADDRESS EMERGING MENTAL AND BEHAVIORAL HEALTH PROBLEMS AND PREVENT RISKY BEHAVIORS:**

*Tier*

**2**

- Suicide risk/ threat assessment
- Protocols for responding to bullying
- Evidence-based mental and behavioral health programs (e.g., Check-In Check-Out)
- Skills group counseling (e.g., social skills training, anger management, stress reduction)
- Assessment and interpretation of behavioral data to monitor response to interventions
- Development and monitoring of individual student behavior intervention plans
- Conflict mediation and restorative justice groups
- Group therapy
- Mentoring of students
- Facilitation of collaboration among family, school, and community to address mental and behavioral health problems and understand the impact of cultural issues

## **PROMOTION OF MENTAL AND BEHAVIORAL WELLNESS AND PREVENTION OF MENTAL AND BEHAVIORAL HEALTH:**

*Tier*

**1**

- Universal screening for academic, behavioral, and emotional barriers to learning
- Classroom lessons on resiliency
- Consultation with teachers to promote social-emotional learning into classroom/curriculum
- Development and implementation of MTSS/ PBIS
- Data collection and evaluation of the effectiveness of school-wide social and emotional programs
- Consultation on effective discipline policies and practices, especially to ensure equity and to avoid disproportionate application to specific populations
- Development of evidence-based bullying/ violence prevention policies and practices
- Participation on crisis prevention and intervention teams
- Staff development related to mental health wellness

**NATIONAL RECOMMENDED RATIO IS  
1 SCHOOL PSYCHOLOGIST TO  
500-700 GENERAL EDUCATION STUDENTS**