# Mental Health Supports

## School Counselors
- Meet with students virtually using Microsoft Teams
- Communicate with teachers about concerns
- Share supports and message students through it3earning
- Review transition changes with 9th grade students
- Present to 9th grade students about how to be successful in a virtual environment, organizational skills, mental health/social supports, etc.
- Visit classrooms to welcome students and provide introductions
- Personal counseling appointments are available to every student
- Social skills and mindfulness-based counseling curriculum with at-risk students
- Small Group Counseling Sessions with students

## For Staff
- Question, Persuade, Refer (QPR) trainings provided to staff
- Mental health question and answer provided to staff to enhance knowledge of available resources

## School Nurses
- Provide outreach to students with chronic health concerns
- Publish newsletters and virtual health suites that promote holistic wellness, physical and mental health resources

## School Psychologists
- Refer students to community agencies for counseling
- Represent HCPS on a variety of mental health community boards
- Direct service to families when attendance affects school achievement
- Hire and supervise teachers for students in mental health placements

## Social Workers
- Engage in one-on-one sessions with students during study skills classes to address areas of impending achievement
- Study skills, organization, time management
- Conduct home visits to check on students and deliver and set up hot spots
- Conduct evening parenting talks about mental health resources and activities parents can do with their children

## Pupil Personnel Workers
- Refer students to community agencies for counseling
- Represent HCPS on a variety of mental health community boards
- Direct service to families when attendance affects school achievement
- Hire and supervise teachers for students in mental health placements

## Weekly’s
- Classroom Support Program (CSP) staff are meeting with students weekly, on Fridays
- Academic supports
  - Flex Friday presentations
  - Host open lunches and Friday drop-in meetings via Microsoft Teams
- Beginning January 8, 2021: Virtual question and answer sessions with school counselors
- Hosted every Friday
- Daily check-ins with struggling students

## Early Childhood
- Virtual social groups for preschool students
  - Hosted Monday mornings and Friday evenings
- Consulting Board Certified Behavior Analyst (BCBA) conducting virtual joint visits with providers to support students at home.
- Preschool special education teachers are teaching social skills using tools such as TeachTown
- BCBA and/or school psychologists share resources and have monthly parent support sessions on topics related to Infants and Toddlers
- Mental health resources are shared with preschool families and teachers weekly

## School Psychologists
- Virtual counseling sessions available to students with disabilities who require counseling as a related service on their Individualized Education Program (IEP)
- Face-to-Face psychological and educational testing
- Delivering social skills and mindfulness-based counseling curriculum as a Tier 2 intervention
- Consulting with teachers and parents regarding student engagement/behaviors in a virtual setting

## General Care
- Student Support Team meetings to identify underperforming students and develop improvement strategies
- One-on-One tutoring available to homeless seniors who are underperforming
  - Helping to expand to 11th grade students
- Check and Connect available at ABHS, EDHS, NHHS, and NHMS
- CSP provides tips to parents to assist with the educational process
- Social/Emotional health presentations available to parents and students provided by individual schools
- Mass emails to students outlining available resources
- HCPS Virtual Calming Room available to students
- HCPS Emotional Recovery Team shares self-care videos created by students, for students
- Student Discussion Video to be viewed by all students during the school day on 12/23.
- Virtual harm to self (suicide) and harm to others (threat) interviews and assessments provided by trained student support staff/teams
- Available crisis prevention, intervention, and postvention response
- District-wide offering of the movie Angst, addressing anxiety disorders and how to cope
- Bookings may be scheduled using a link available in staff email signatures

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For further support, contact HCPS Student Support Services at (410) 588-5334.