

Types of School-Based Mental Health Services

In a comprehensive school-based mental health services (SBMHS) services system, students have access to three types of services: universal, targeted, and intensive. In districts and schools without comprehensive SBMHS systems in place, one or two types of services may still be offered.

Universal (Tier 1)

- offered to all students in a school
- serve a preventive purpose
- aim to provide students with tools to promote social and emotional health

Examples:

- School-Wide Screening
- Mental Health Literacy Programs
- Social Emotional Learning and Curricula
 - Project ACHIEVE
 - Positive Behavioral Interventions and Supports (aka PBIS)



Targeted (Tier 2)

- early intervention and support for students exhibiting risk factors of mental illness
- more narrowly focused than Tier 1 services

Examples:

- Small Group Programs
 - Coping Power
 - Strengthening Families Program
 - Positive Action
- Targeted Screenings for Specific Conditions



Intensive (Tier 3)

- tailored to the needs of individual students who have been diagnosed with a mental health disorder
- direct treatment to address the condition

Examples:

- Individual Assessment
- Individual Counseling with a School Counselor or Referral to Local Providers
- Other Services as Indicated for the Student's Condition



Source: Freeman, E., Stephan, S. (2015). *Providing School-Based Mental Health Services* [PowerPoint Slides]. Retrieved from: https://safesupportivelearning.ed.gov/sites/default/files/05%20P2_Providing%20Scl-Based%20MH%20Svs%20FINAL.pdf



Southeast (HHS Region 4)

MHTTC

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