



T1



T3

School Mental Health Providers and Staff Supporting Student Wellness Across Campus



T2



Overview and Instructions

The purpose of this graphic tool is to illustrate a spectrum of school mental health (SMH) supports and services (i.e., Tiers 1, 2, and 3) that may be available to SMH providers and staff in different contexts. This tool is designed to help districts or schools to communicate consistently with therapists, counselors, social workers, psychologists and other school mental health providers and staff. The goal is to create a shared understanding of their role in leveraging resources, strategies, and partnerships, including in collaboration with other adult allies on and off campus. It may be useful to customize the language of the graphic tool for your school district community. Additional guidance and application recommendations are available [here](#).

Examples of Strategies and Resources School Mental Health (SMH) Providers and Staff Use to Support Student Wellness



STUDENT SERVICES ROOM



CLASSROOM



COMMUNITY



SPECTRUM
OF STUDENT
SUPPORT:

T1

T2

T3



STUDENT SERVICES ROOM



TIER 1: SMH FOR ALL STUDENTS

TIER 2: SMH FOR SOME STUDENTS

TIER 3: SMH FOR A FEW STUDENTS



SPECTRUM
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STUDENT SERVICES ROOM



EXAMPLES OF SCHOOL MENTAL HEALTH FOR ALL STUDENTS

TIER 1 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- DESIGNATE QUIET WELLNESS SPACE FOR ALL STUDENTS
- SUPPORT SCHOOL'S POSITIVE DISCIPLINE PRACTICES
- FOCUS ON MENTAL HEALTH SUPPORT, NOT ACADEMIC COUNSELING



SPECTRUM OF STUDENT SUPPORT:

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STUDENT SERVICES ROOM



EXAMPLES OF SCHOOL MENTAL HEALTH FOR SOME STUDENTS

TIER 2 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- OFFER SOCIAL EMOTIONAL SKILLS GROUPS
- COORDINATE SMH REFERRALS FOR CAMPUS-BASED SUPPORTS
- LEAD RESTORATIVE JUSTICE PROGRAM

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STUDENT SERVICES ROOM



EXAMPLES OF SCHOOL MENTAL HEALTH FOR A FEW STUDENTS

TIER 3 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- PROVIDE SMALL GROUP, INDIVIDUAL STUDENT, AND/OR FAMILY THERAPY
- COORDINATE WITH STUDENT SUPPORT TEAM
- PROVIDE WARM HANDOFF/LINKAGE TO COMMUNITY MH PROVIDER

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EXAMPLES OF SCHOOL MENTAL HEALTH FOR ALL STUDENTS

TIER 1 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- ENGAGE IN SOCIAL EMOTIONAL LEARNING (SEL) ACTIVITIES WITH STUDENTS
- COMMUNICATE WITH TEACHERS ABOUT CLASSROOM CLIMATE AND PROVIDE COACHING SUPPORT AND RESOURCES
- LEAD MENTAL HEALTH LITERACY TRAINING

SMH ALLIES IN CLASS

- **TEACHERS:** SET EXPECTATIONS WITH STUDENTS; USE SEL CURRICULUM
- **PRINCIPALS:** LEAD SCHOOLWIDE MORNING MEETINGS TO FOSTER CONNECTION
- **PARENTS/CAREGIVERS:** CONNECT ABOUT SCHOOL DAY EXPERIENCE





CLASSROOM



EXAMPLES OF SCHOOL MENTAL HEALTH FOR SOME STUDENTS

TIER 2 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- ENGAGE WITH CLASSROOMS THAT EXPERIENCED DISRUPTIVE INCIDENTS
- COMMUNICATE WITH TEACHERS ABOUT GRIEF, TRAUMA, LOSS, AND/OR EXPOSURE TO VIOLENCE
- SUPPORT TEACHERS WITH RESTORATIVE CIRCLES

SMH ALLIES IN CLASS

- **TEACHERS:** IMPLEMENT CHECK IN/CHECK OUT PROGRAM
- **PRINCIPALS:** USE POSITIVE DISCIPLINE POLICY; GIVE STUDENTS POSITIVE AFFIRMATIONS
- **PARENTS/CAREGIVERS:** MODEL EMOTIONAL REGULATION FOR CHILD





CLASSROOM



EXAMPLES OF SCHOOL MENTAL HEALTH FOR A FEW STUDENTS

TIER 3 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- ENSURE STUDENT SUPPORTS ARE ACCESSIBLE (LANGUAGE, LOCATION, FORMAT)
- PARTICIPATE IN PROGRESS MONITORING AND COMMUNICATE ACROSS PARTIES (TEACHERS, FAMILIES, PRINCIPALS)
- USE DATA-DRIVEN, SUPPORTIVE TRANSITIONS IN/OUT OF TIER 3

SMH ALLIES IN CLASS

- **TEACHERS:** USE RECOMMENDED STRATEGIES TO SUPPORT STUDENTS
- **PRINCIPALS:** ENSURE STUDENT SUPPORT TEAM HAS TIME TO SHARE UPDATES IN STAFF MEETINGS
- **PARENTS/CAREGIVERS:** DIALOG WITH STUDENT SUPPORT TEAM TO ALIGN SUPPORTIVE APPROACH





COMMUNITY



TIER 1: SUPPORTS FOR ALL STUDENTS

TIER 2: SUPPORTS FOR SOME STUDENTS

TIER 3: SUPPORTS FOR A FEW STUDENTS



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EXAMPLES OF SUPPORTS FOR ALL STUDENTS

TIER 1 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- CONNECT TO EXTRA CURRICULAR CLUBS/ATHELETICS/ACTIVITIES; BEFORE/AFTER SCHOOL PROGRAMS
- SHARE SUMMER CAMP/PROGRAM OPTIONS FOR SCHOOL BREAKS
- PARTNER WITH COMMUNITY AGENCIES TO CREATE SHARED GOALS AND RESOURCE MAPPING

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EXAMPLES OF SUPPORTS FOR SOME STUDENTS

TIER 2 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- BUILD SMH REFERRAL PATHWAYS WITH COMMUNITY PARTNERS
- BRIDGE CAREGIVERS TO FAMILY RESOURCE CENTERS
- REFER TO COMMUNITY-BASED PROVIDERS FOR SMALL GROUP SUPPORT



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EXAMPLES OF SUPPORTS FOR A FEW STUDENTS

TIER 3 STRATEGIES AND RESOURCES FOR SMH PROVIDERS AND STAFF

- CONNECT TO COMMUNITY-BASED PROVIDERS FOR INDIVIDUAL, GROUP, AND/OR FAMILY THERAPY
- ENGAGE WITH LOCAL SOCIAL SERVICE AGENCIES FOR WRAPAROUND SUPPORTS
- DIALOG ABOUT INTERVENTION SERVICES AND INTEGRATED CARE AT PRIMARY HEALTH CARE SYSTEMS



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