

# STUDENT MENTAL HEALTH SERVICES

## WHO DO WE SERVE?

Our Mental Health Consultants (MHC) can serve K-12 students who have mild to moderate mental health needs.

*\*If a child has a community therapist or an IEP with social work services, the team will work to determine if additional mental health services are medically necessary.*

## HOW DO YOU REFER?

Consult Principal regarding student, connect with the parent/guardian to confirm they would like a referral, and then complete an electronic referral in the BHWorks. Principals and social workers & counselors have referral access.

## WHAT HAPPENS NEXT?

Our MHC will reach out to the referral source to gather additional information, speak to the parent/guardian to obtain consent, and then complete an intake assessment to determine need, appropriate services, and develop the Plan of Care.

## LEVEL 1 SERVICES

### CONSULTATION

MHC will collaborate with the student's school support team to address the current need by identifying barriers, brainstorming supports, attending applicable school meetings, and providing recommendations.

### COMMUNITY REFERRALS

If MHC services are deemed to not be the most appropriate fit, the MHC will work with the referring party, student, and family to connect the student to the most appropriate community services.

### COORDINATION

MHC will assist the school professionals in overcoming barriers and coordinating with the community services the family is already connected to so we can best support the student in the school setting.

## LEVEL 2 SERVICES

### CBT/MINDFULNESS GROUPS

MHC will run and/or coach school professionals to deliver a 10 week skills based CBT & Mindfulness group for 8-12 high school students. (Middle school coming Winter '23)

### CLASSROOM SOCIAL EMOTIONAL LEARNING

MHC will train a K-12 teacher to deliver the 20 TRAILS social emotional lessons to a classroom on a regular basis. This could be done on a proactive level or delivered to a specific classroom that has multiple students struggling with managing emotions and utilizing basic coping skills.

### CLASSROOM MENTAL HEALTH LESSONS

Per request, MHC can provide short introductory lessons to teach the basics of mental health, trauma, stress, anxiety, etc.

### CRITICAL INCIDENT GROUP OR CLASSROOM DEBRIEFS

After a critical classroom, school, or community incident the Mental Health Team (MHT) can facilitate structured group debriefs to help process the incident, learn strategies to cope in the moment, and identify ways to move forward.

## LEVEL 3 SERVICES

### INDIVIDUAL THERAPY

If appropriate, MHC will provide in person or virtual individual therapy sessions during the school day. Frequency & duration are determined based off of need and goals identified in the Plan of Care. Services can vary in length from 1-6+ months.

### FAMILY THERAPY

If appropriate, MHC will facilitate in person or virtual family therapy sessions for the student and their family to address concerns and meet identified therapeutic goals identified in the Plan of Care.

### BRIEF INTERVENTION

If mental health support is needed for less than 30 days, MHC will provide brief therapeutic intervention and support for the student and school team.

### CRISIS SUPPORT

On an individual level, the MHC will support school professionals working with a student who is exhibiting suicidal or homicidal behaviors. On a larger scale, the MHT is available to support with school-wide crises.

*\*Protocols hyperlinked*

## QUESTIONS? CONTACT US!

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