What Do School Psychologists do in Middle and Upper School ?

School psychologists provide a continuum of services to support all students in a school. As school-based professionals, they do not substitute for mental health treatment providers in the community. They work in schools to promote wellness, educate about mental health, and support students, families, and staff. School psychologists strive to shift services away from being purely responsive, and work from a place of prevention and recognizing strengths in individuals and their communities.

Whole School and Classroom Support

- Advisory
- Health class
- Presentations to parents and families
- Professional development for staff
- Wellness events/days
- Guest speakers

Consultation

School psychologists consult with faculty, staff, families, and outside treatment providers. These can range from one time consultations with a parent who has a concern, to ongoing collaboration between a mental health treatment team, family, and school.

Group Counseling

Short-term (6-10 weeks) small group based around a certain topic, skill, or area of concern. For example - depending on the needs of the community - groups could be offered focused on topics such as leadership skills, grief, managing stress, or body image.

Individual Counseling

Individual in-school counseling focuses on building supportive relationships with an adult at school and building skills to help students be happy and healthy at school. It is not a substitute for mental health treatment or therapy.

What if My Child Needs More Support?

- Referrals and help with connecting to therapists
- Communication with families, therapists, and other treatment providers
- Support in transitioning back to school after absences
- In-school support to assist with using "in the moment" strategies and coping skills.

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scan to go directly to my calender and book an appoinment to talk