



# Interventions to Support Student Social and Emotional Wellness

Lucy Bailey, Jennifer Felkel, Beth Hook, & Kelli Thielbar



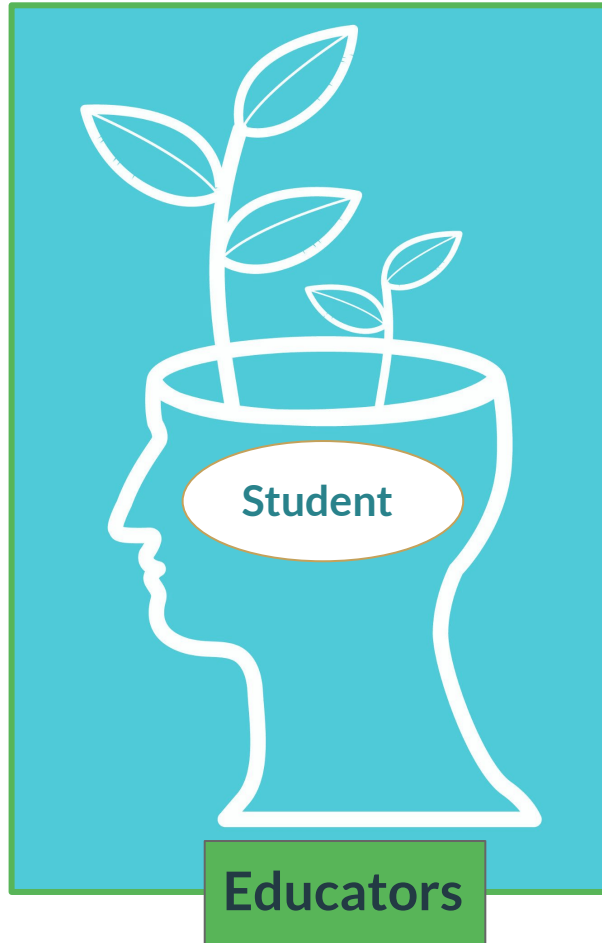
**School Counselors**

**School Social  
Workers**

**Clinical Counselors**

**School-Based  
DMH Counselors**

**School  
Psychologists**

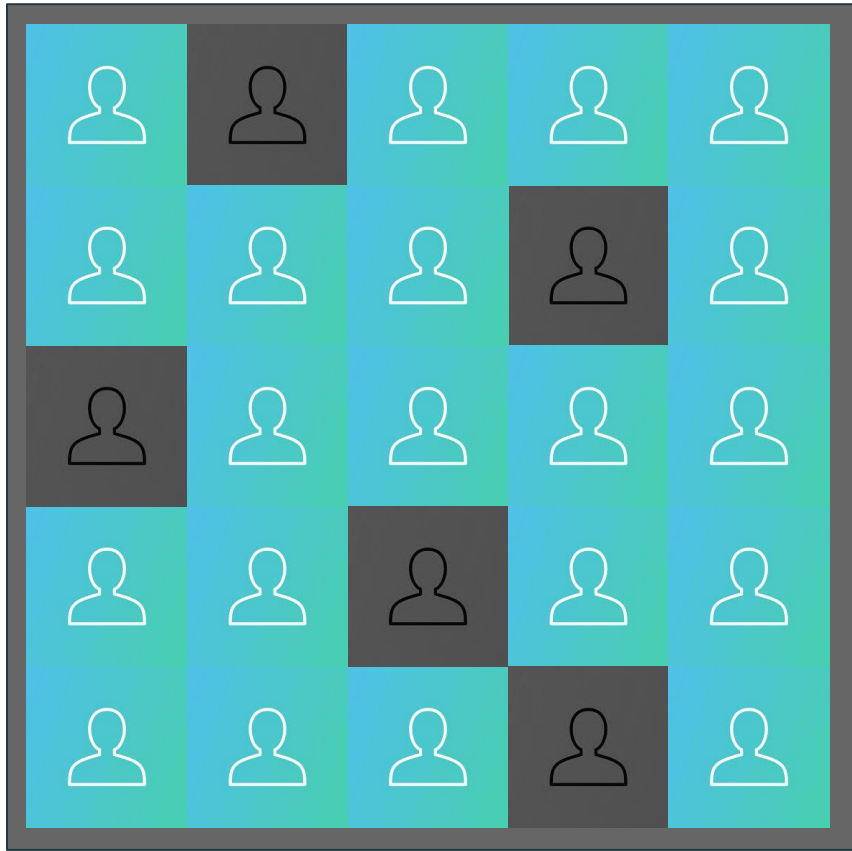


**D5 Mental  
Wellness**

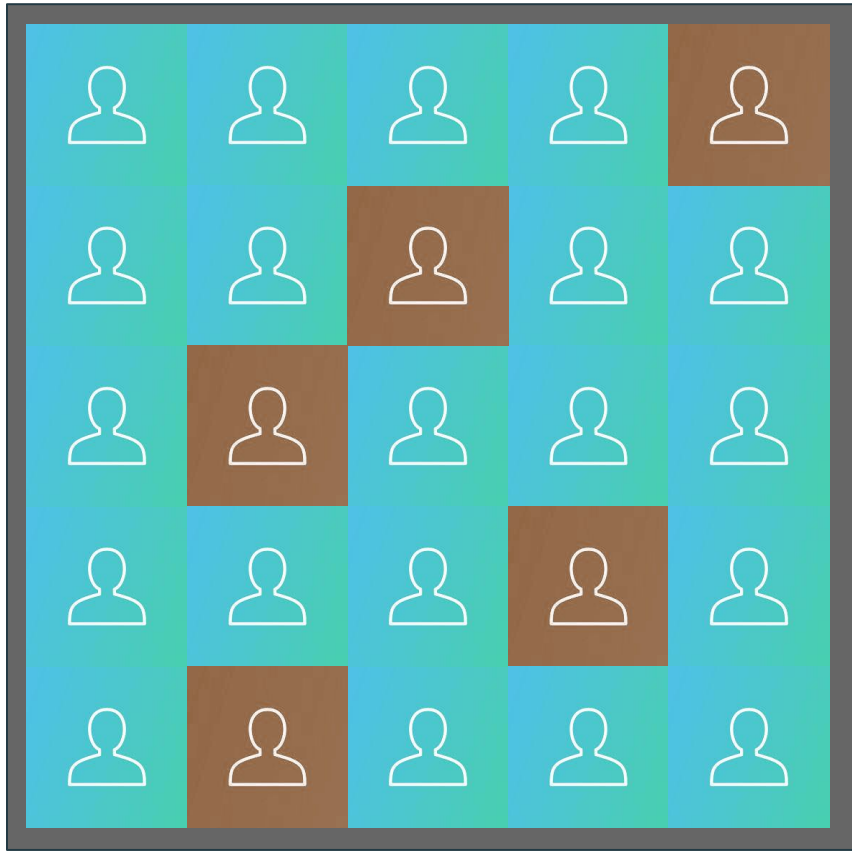
**School Resource Officers**  
**Behavior Interventionists**  
**Expectation Coaches**  
**DO Staff**  
**School Board**  
**Families**  
**Community**



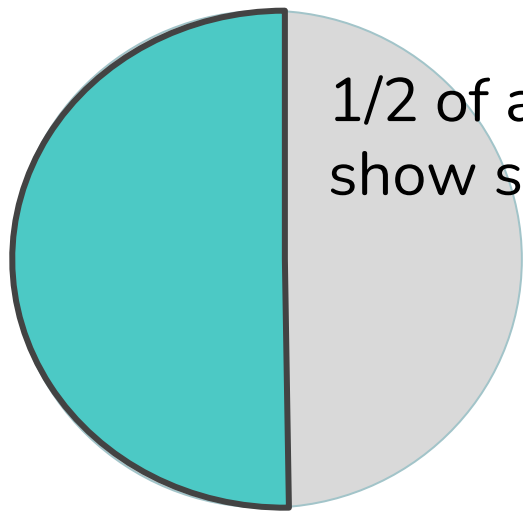
# National and State Statistics



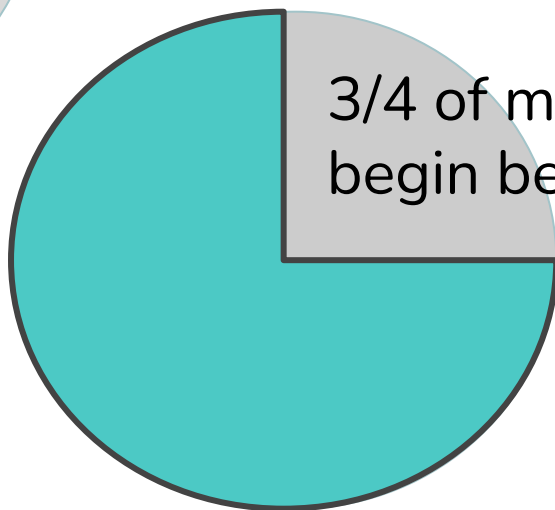
*nearly*  
**1 in 5 adults**  
**diagnosable mental condition**  
**in any given year**



**1 in 5 people age 13-18  
has or will develop  
a mental illness  
in their lifetime**



1/2 of all mental illnesses  
show signs before age 14



3/4 of mental illnesses  
begin before age 24

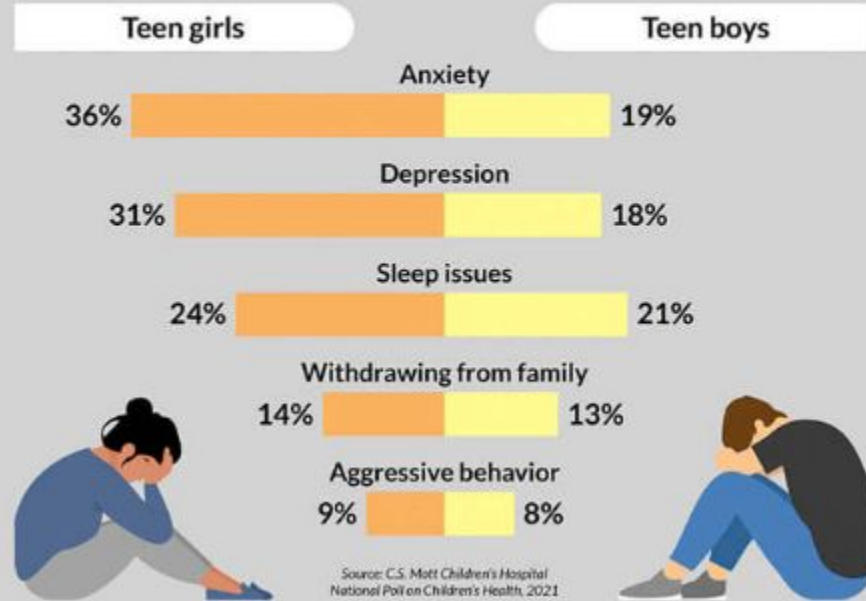
## Factors contributing to a mental health condition include:

- trauma
- history of abuse
- biological factors
- family history of mental illness



## Effects of the pandemic on teen mental health

Percent of parents noticing a new problem or worsening of an existing problem



Source: C.S. Mott Children's Hospital  
National Poll on Children's Health, 2021

# LR5 Data Points

## Elementary School Counselors (16)

- > 3,448 classroom lessons
- > 8,100 individual student sessions
- > 890 small group sessions

## Secondary School Counselors (36)

- > 36,000 individual student sessions
- > 1,360 students addressed in triage/MTSS process (*often multiple times*)
  - Co-lead all suicide evaluations

## School Psychologists (21)

- > 8,320 individual student problem-solving meetings with parents
- > 900 comprehensive evaluations

# LR5 Data Points

## School Social Workers (11)

→9051 total interventions for crisis and responsive services to include:

- 4116 student support services to include short term mental health counseling
- 2509 parent interactions and home visits

## Clinical Counselors (9)

- 85 referrals within 1st week
- 223 referrals by end of week 4
- Current active caseloads: 220

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## Suicide Evaluation Team (SET) Evaluations

- 311 (*August - April*)
- 2 mental wellness team members for each

# Through the Trauma Educated Lens

Students who have experienced trauma may be particularly likely to experience dysregulated emotions and behavior in school settings, including **poor concentration and difficulty staying on task, disruptive behavior,** and even **verbal and physical aggression towards peers or staff.**

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# Current Supports & Interventions

- Classroom Lessons & School-Wide Campaigns
- Social & Emotional Website
- Parent's Night Out Events
- Small Groups (Social Emotional Learning, Content specific - ie. skill building)
- Brief Solution-Focused Interventions
- Grief Protocol
- STOPit App
- "Why Try" Curriculum
- safeTALK Suicide Prevention Training
- Suicide Evaluation Team Protocol
- Individual & Family Therapy
- Successful Transition Program
- MTSS
- Triage/SAT
- IEPs/504
- Behavior Intervention/Academic Supports
- Outside Referrals: Counseling & Substance Use/Abuse Support
- Alternative Learning Environments

# Challenges and Recommendations

- Balancing social, emotional, and academic needs of all students
- Growing needs & fewer resources
- Need for clinical day program
- Difficulties (time, wait list) in linking with community supports/resources
- Mental wellness supports for faculty/staff
- Strengthening connections with local resources
- Expanding partnerships between providers, non-profit organizations, and agencies including (Palmetto Foundation For Prevention & Recovery, LRADAC, DMH, Courage Center, etc.)