



MAKING PRACTICES PUBLIC

Mental Health Supports for LMSD Students

Tier 1 Universal Supports for Students - School mental health promotion for all (Tier 1) refers to all activities to foster positive social, emotional and behavioral skills and well-being of all students, regardless of whether they are at-risk for mental health problems. Tier 1 supports well-being and educational success for all students and serves as a foundation for Tiers 2 and 3 mental health services and supports. These activities might also include efforts to support positive school climate and staff well-being.

Examples of Tier 1 Mental Health Supports

School Climate / Teacher and School Staff Well-Being / Positive Behaviors and Relationships / Positive Discipline Practices / Mental Health Literacy / Social Emotional Learning

Tier 2 Supports for Students - Mental health early intervention, or Tier 2 services, support students who have been identified through a systematic, equitable process as experiencing mild distress, mildly impaired functioning or at-risk for a given problem or concern.

Examples of Tier 2 Mental Health Supports

Small Group Interventions (for students with similar needs) / Brief Individualized Interventions (e.g., motivational interviewing, problem solving) / Mentoring / Low-Intensity Classroom-Based supports (daily report card, daily teacher check-in, and/or home-school note system)

Tier 3 Supports for Students - Mental health treatment or Tier 3 services address mental health concerns for students who are already experiencing significant distress and impaired functioning. These supports are individualized to specific student needs. Tier 3 supports include services provided by school-based mental health professionals employed by the school, by private counselors or therapists, and/or community organizations.

Examples of Tier 3 Mental Health Supports

Small Group Interventions (for students with similar needs) / Brief Individualized Interventions (e.g., motivational interviewing, problem solving) / Mentoring / Low-Intensity Classroom-Based Supports (daily report card, daily teacher check-in, and/or home-school note system)

Professional Development & Support for Staff

- Elementary Staff – Responsive Classroom, Restorative Practices*
- Secondary Staff – Restorative Practices*



Sampling of Additional Tier 1 Supports**	Level		
	Grades K-4	Grades 5-8	Grades 9-12
School Counseling Curriculum			
Personal Safety Program			
Our Family			
Second Step			
Career Explorations through Naviance			
Bullying Prevention			
Mentoring Program			
Post-Secondary Programming			

Scheduling Structures Supporting Tier 1 Supports

Elementary Level	Middle School Level	High School Level
<p>Morning Meeting</p> <p>What I Need (WIN)</p>	<p>Advisory</p>	<p>Advisory</p>

Helpful Links and Additional Resources

- [Personal & Mental Health Resources](#)
- [Goals and Objectives of School Counseling](#)
- [Talking with Kids about Crisis](#)
- [Counseling Department Programming](#)
- [Family Resources](#)
- [Peer Relationships](#)

(*) All K-12 staff are being trained in Restorative Practices during the 2023-2024 school year to ensure consistency in language and approaches to behavior. New staff will be trained annually.

(**) Additional information will be added throughout the year to provide insight into the depth of the use of each program/process.