

SCSD Tiers of Mental Health Support and Intervention

Intensive Interventions

IEP or 504 Plans, SMS True North Program, SHS Transitional Support Program, partnerships with hospital settings, therapeutic providers, county mental health support networks, and approved external support placements.

Early Identification and Targeted School Interventions

Lunch Bunch groups, Banana Splits, Cool Cats, K-12 Whole Child Study Team, parent, teacher and/or counselor referrals, building to building at-risk identification transition meetings, parent conferences, team meetings, K-8 small group meetings targeting specific social issues, and 9-12 small group work on substance abuse and mental health, individual counseling interventions, and alternative to suspension substance counseling.

Universal Emotional Wellness and Prevention

K-5: Responsive Classroom, Zones of Regulation, group lessons addressing feelings, coping skills, physical and emotional self-regulation skills, interpersonal skills and social problem-solving skills, growth mindset, diversity, identification of positive and negative self-talk, anger management, appropriate and inappropriate physical contact, and healthy personal choices.

6-8: DBT STEPS A (Pilot), Success Highways Resiliency curriculum (FACS), Advisory lessons, Brainology curriculum, Counselor and social worker lessons on self-esteem, stress and mindfulness, empathy and understanding differences, cyberbullying and online safety, substance abuse (including alcohol and tobacco), peer relationships, diversity, personal boundaries, and decision-making strategies.

9-12: DBT STEPS A (Pilot), Mental Health First Aid training, 10th Grade Health curriculum, Anti-bias curriculum, Self-care and suicide prevention presentations, stress management and coping skills, identifying healthy and unhealthy relationships, presentations and small group work on substance abuse, and collaboration with Student Life Coordinator towards school involvement and healthy outlets.