

SCSD Tiers of Mental Health Support

*A risk assessment is conducted when a student indicates (in writing or verbally), a potential harm to self or others. Wellness staff will first interview the student, and then contact a parent or guardian to explain the reason, outcome of the interview, and next steps, if any.

**An important part of supporting student wellness is collaboration between confidential school wellness staff and outside medical professionals (medical doctors, therapists, or psychiatrists. To allow for this collaboration, parents must sign a [Confidential Release of Student Information](#).

Intensive Interventions

IEP or 504 Plans, SMS True North Program, student risk assessments*, partnerships with hospital settings, therapeutic providers, county mental health support networks, and approved external support placements**

Early Identification and Targeted School Interventions

K-12 Whole Child Study Team, 6-8 Newcomers groups, building to building transition meetings, parent conferences, teacher team meetings, K-8 WIN supports, small group counseling targeting specific social issues, individual counseling interventions, and alternative to suspension substance counseling.

Universal Emotional Wellness and Prevention

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

6-8: DBT STEPS A emotion regulation lessons (6,8), 6-8 individual "About Me" meetings, Tusker Experience lessons, classroom lessons on self-esteem, stress and mindfulness, cyberbullying and online safety, substance abuse (including alcohol and tobacco), peer relationships, diversity, personal boundaries, and decision-making strategies.

9-12: DBT STEPS A emotion regulation lessons (10), SHS annual individual student planning conferences, 10th Grade Health curriculum, Self-care and suicide prevention presentations (9), 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.