



# **LCPS Unified Mental Health Teams & Prevention Programs**

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# Mission of UMHT



The mission of the UMHT is to promote school-wide mental health initiatives within a multi-tiered system of support. The team is responsible for providing a continuum of prevention and intervention supports and services to address the social, emotional, and behavioral needs of students and to remove barriers to learning in the school environment.

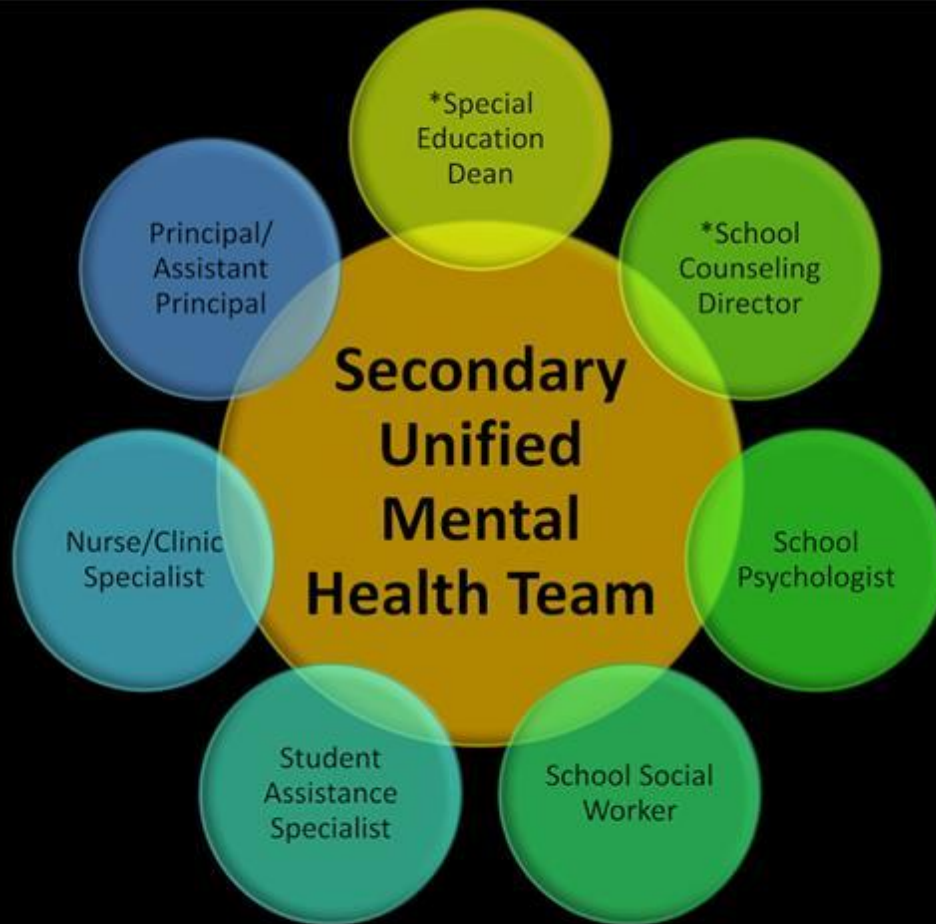
# Unified Mental Health Team

The Unified Mental Health Team is responsible for providing a continuum of prevention and intervention supports and services to address the social, emotional, and behavioral needs of students and to remove barriers to learning in the school environment. This collaborative team consists of School Administrators, School Counselors, School Psychologists, School Social Workers, School Nurses, and Student Assistance Specialists.

- Meet on a monthly basis
- Review data and plan for Tier 1, 2, 3 interventions (MTSS pyramid)

## Examples:

- Tier 1: Sources of Strength, PEER, Advisory
- Tier 2: Support groups, affinity groups, RP circles, parent-teacher conference
- Tier 3: Individual counseling, RP conference, FBA, BIP



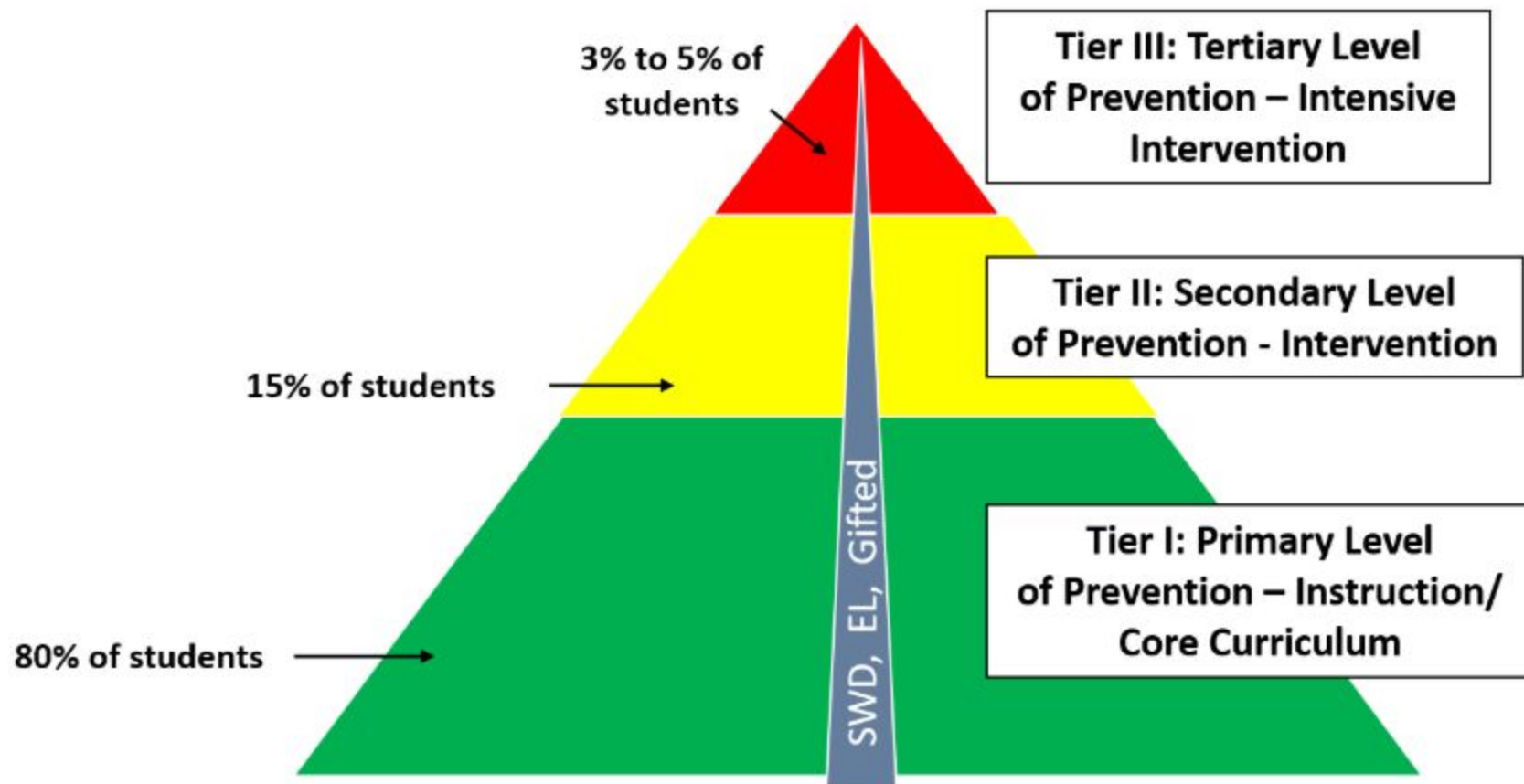
\*High School Only

# **Elementary Unified Mental Health Team**

School Counselors  
School Psychologist  
School Social Worker

Administrator  
Dean  
School Nurse  
Attendance Officer  
Family Liaison  
Student Assistance Specialist

## Essential Component: Multi-Level *Prevention* System



Students receive services at all levels, depending on need.



## Behavioral Interventions

### Tier 3: Intensive, Individual Interventions:

- Functional Behavioral Assessment and Behavior Intervention Plan
- Individual Behavior Plan/Intervention
- Restorative Conferences
- Technical MANDT

## Academic Interventions

### Tier 3: Intensive, Individual Interventions:

- Modified Instruction/Assessments
- Alternate Assignments
- Individualized Instruction
- Specialized Instruction (e.g. Reading, Math)

## Social-Emotional Interventions

### Tier 3: Intensive, Individual Interventions:

- Individual Counseling
- Threat Assessment/Safety Plan
- Restorative Conferences
- Suicide Screening, Referral, Follow-Up
- Insight Program
- 10-Day Substance Abuse Program

Tier 3 Systems Planning and Problem Solving Teams: Child Study, PSSST, Mental Health

### Tier 2: Targeted Group Interventions:

- Check-In/Check-Out
- Small Group
- Restorative Circles
- Explicit Skill Instruction
- Relational MANDT

### Tier 2: Targeted Group Interventions:

- Targeted Evidenced-Based Strategies/Intervention
- Structured Flex/Resource
- Tutoring
- Check-In/Check-Out
- Mentoring
- Specialized Instruction (Reading, Math)

### Tier 2: Targeted Group Interventions:

- Group Counseling
- Threat Assessment
- Restorative Circles
- Support Groups
- Tobacco Education Program

Tier 2 Systems Planning and Problem Solving Teams: CLT, IT, SAT, Mental Health

### Tier 1: Universal Strategies:

- Define, Teach, Model, Reinforce School-wide Expectations
- Differentiation (Reteach/Model/Reassess)
- Classroom Management System (Physical Environment, Rule and Routines Procedures, Opportunities to Respond, Active Supervision, Behavior Specific Praise, Error Correction)
- Equitable Classroom Practices
- Restorative Communication
- Relational MANDT
- PEER

### Tier 1: Universal Strategies:

- Feedback
- Differentiation (Reteach/Model/Reassess)
- Reciprocal Teaching
- Teaching Self-Verbalization
- Meta-Cognition Strategies
- Peer Assisted Learning Strategies

### Tier 1: Universal Strategies:

- Differentiation (Reteach/Model/Reassess)
- Sources of Strength
- Classroom Counseling Lessons
- PEER
- Signs of Suicide
- Signs of Suicide-Training Trusted Adults
- Substance Abuse Prevention
- Bullying Prevention (Stop-Walk-Talk & Expect Respect)
- Social Emotional Learning (Second Step)

Tier 1 Systems Planning Teams: PBIS, RTI, School Leadership, Mental Health



# UMHT Services

Individual Counseling

Group Counseling

Crisis Support

PEER and Sources of Strength

Substance Abuse  
Prevention

Threat Assessment

Suicide Screening

Return to Learn





# Mental Health Resources

School UMHT:

<https://www.lcps.org/Page/238401>

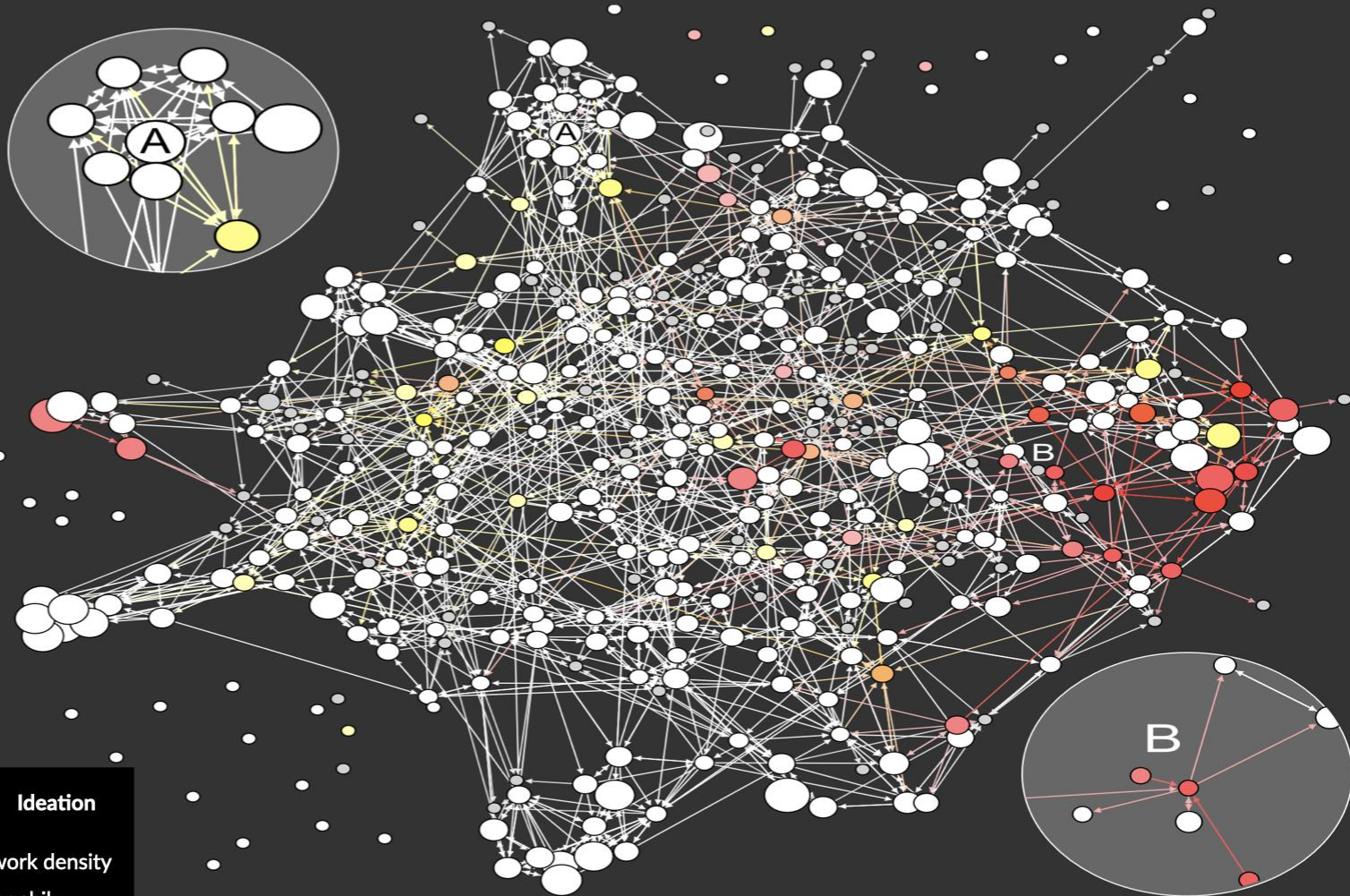
Mental Health and Community Resources for Families:

<https://www.lcps.org/Page/237485>





# Sources of Strength



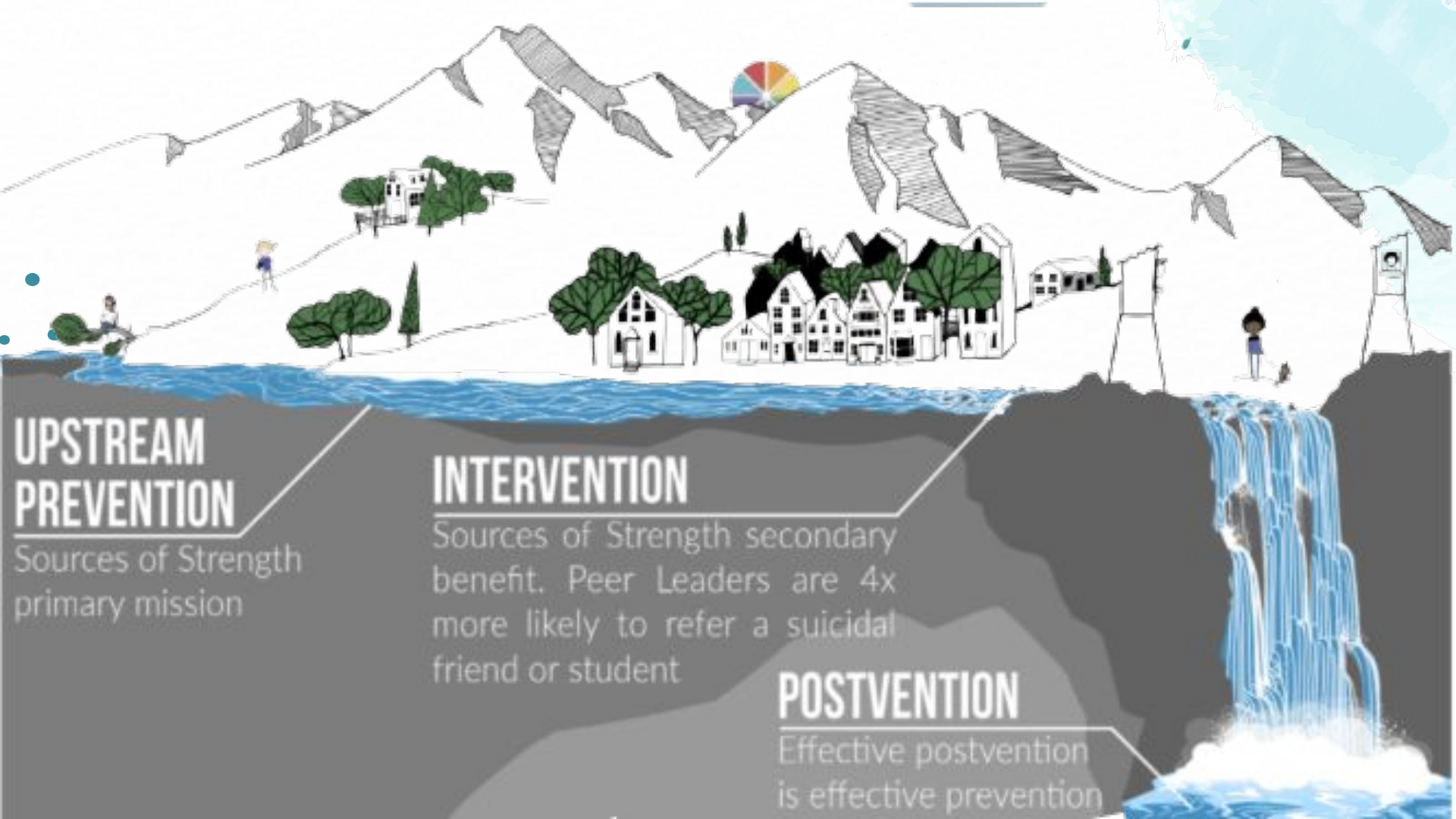




 Sought adult help

Node size: ties to adults

Shading: adult help homophily



## UPSTREAM PREVENTION

Sources of Strength primary mission

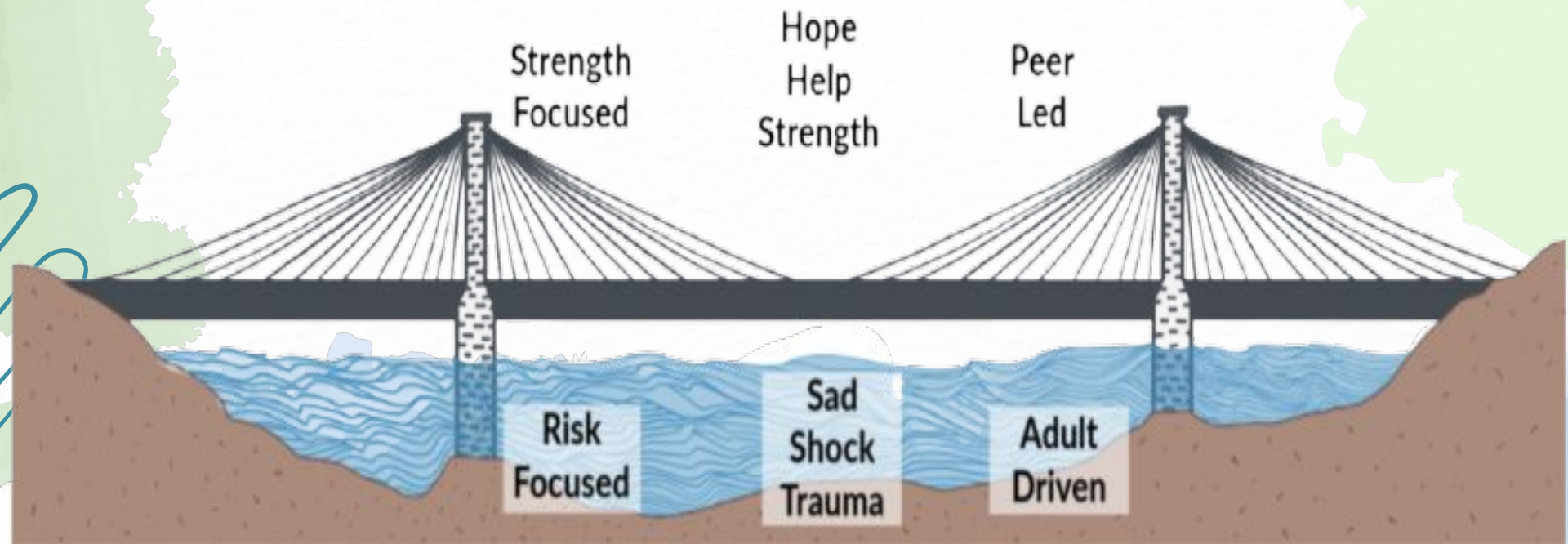
## INTERVENTION

Sources of Strength secondary benefit. Peer Leaders are 4x more likely to refer a suicidal friend or student

## POSTVENTION

Effective postvention is effective prevention

## Bridging the Gaps in Prevention



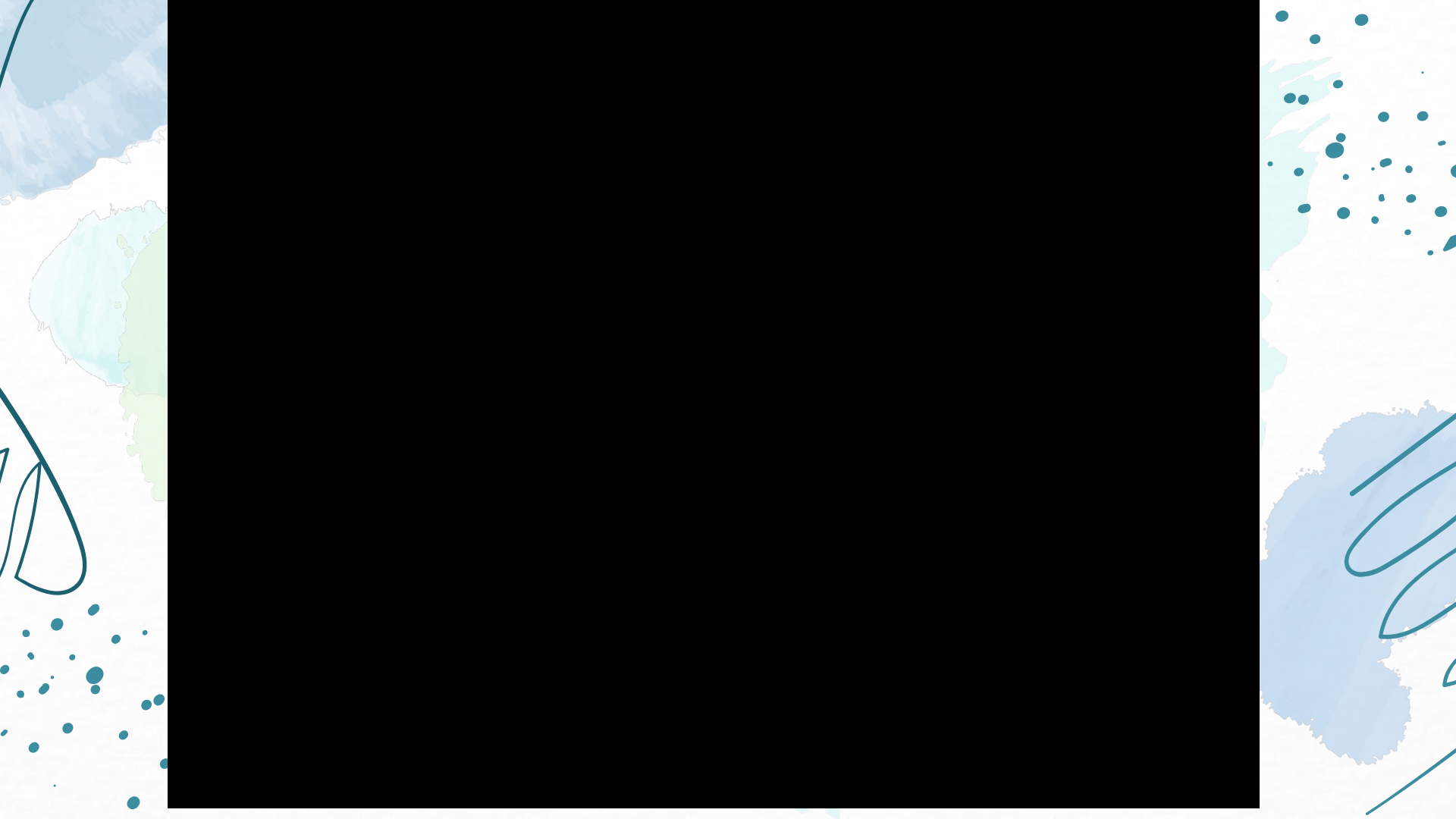


SPREAD MESSAGES OF

**HOPE, HELP, & STRENGTH**

AVOID MESSAGES OF

**SAD, SHOCK, & TRAUMA**





## Sources of Strength Model

### COMMUNITY OF STRENGTH

DIVERSE  
INCLUSIVE  
COLLABORATIVE

( ADULT ADVISORS + PEER LEADERS )

X STRATEGIC MESSAGING CAMPAIGNS = POSITIVE CULTURAL CHANGE



CARING, CONNECTED AND  
POSITIVE



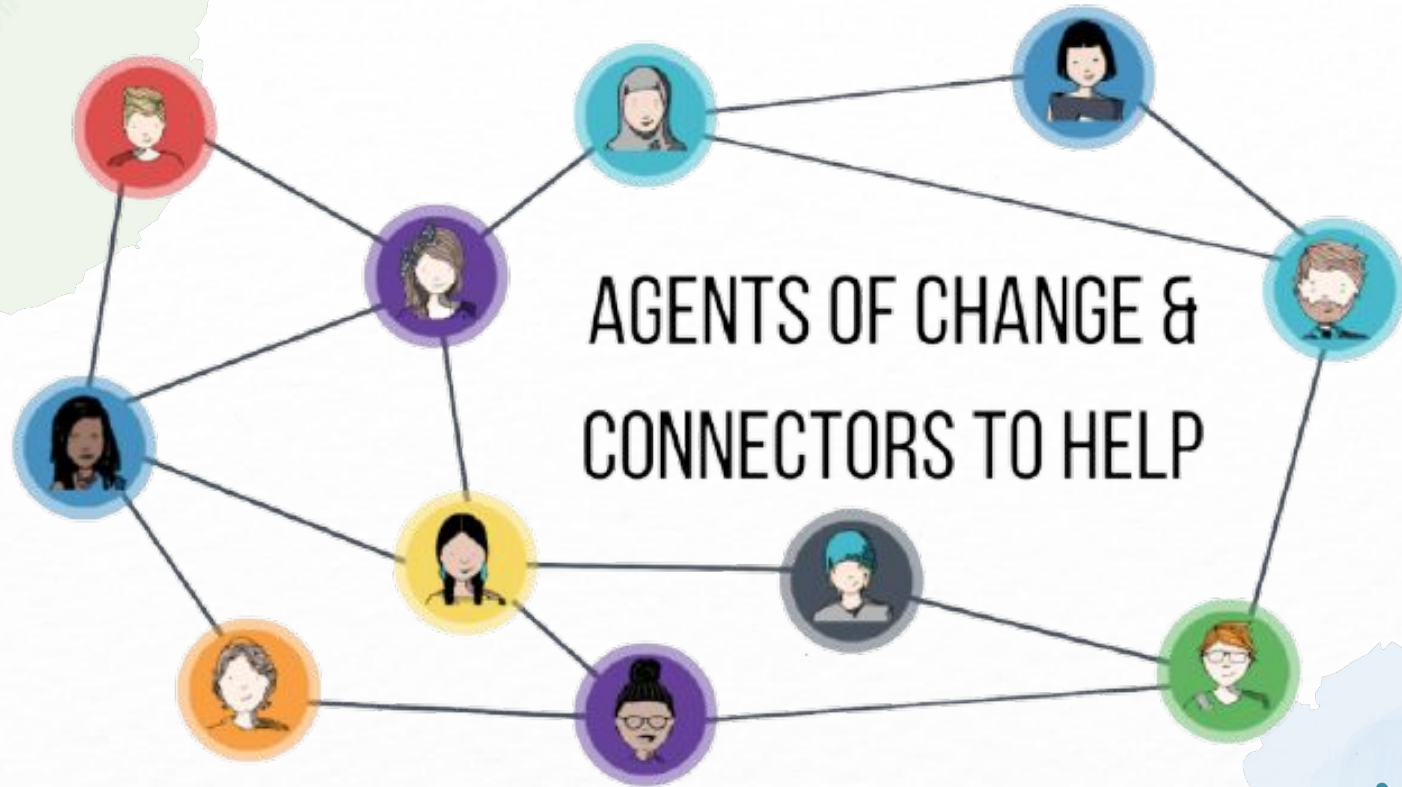
INFLUENCE WITHIN THEIR SOCIAL  
GROUP



ENGAGE, INTERACT AND APPLY



POSITIVE SOCIAL NORMING









# PEER

**Positive Experiences in Educational Relationships**

# LCPS PEER Program

- ★ PEER stands for Positive Experiences in Educational Relationships.
- ★ PEER is a leadership class for juniors and seniors, designed to develop peer mentoring skills and help teach them how to assist their peers emotionally, socially and academically.
- ★ PEERs are trained during the first quarter on communication skills, confidentiality, assertiveness skills, and problem-solving. They also do team-building activities to create connection among the PEER class.

# What do we do in PEER?

- ★ Mentor students (at elementary, middle and high school)
- ★ Create an inclusive, welcoming community (socials, new student lunches, wellness week)
- ★ Raise awareness through school-wide events, advisory lessons, and social media
  - Healthy Relationships
  - Bullying Prevention
  - Mental Health
  - Equity/Social Justice
  - Substance Abuse Prevention