



DJUHSD Mental Health Pyramid of Supports

Tier 3

Students Experiencing
Significant Distress/
Impaired Mental Health
Functioning

School Psychologist, Psych
Interns, MFT

Tier 2

Students with Mild to Moderate
Mental Health Issues

Counselors, Intervention Counselors
and Psych Interns

Tier 1

Mental Health Schoolwide
Universal Supports

Counselors, Intervention Counselors,
Psych Interns
(School Psychologist and MFT as available)

Tier 1

Mental Health Schoolwide Universal Supports Counselors, Intervention Counselors, Psych Interns (and School Psychologist and MFT as available)

- Ongoing schoolwide education to promote mental health wellness in the form of assemblies, school rallies, classroom presentations and/or lunch activities including but not limited to:
 - Mental health education.
 - Promote wellness and self-care.
 - Antibullying education and awareness
 - Movement to promote racial and gender equality.
 - Promote and explore individual career and vocational interests.
 - Promote ideals of basic human worth, individual integrity, and respect for the rights and opinions of others.
 - Suicide awareness and prevention.
 - Encourage student participation in clubs, sports and other school extracurricular activities.
 - Activities to discourage the use of drugs and alcohol.
- Ongoing mental health literacy and education to promote mental health wellness for parents and all staff.

Counselors

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Tier 2

Students with Mild to Moderate Mental Health Issues Counselors, Intervention Counselors and Psych Interns

- Small group/individual counseling of students who experience social emotional difficulties in the areas of but not limited to:
 - Personal and academic growth
 - Anger management, conflict resolution skills
 - Developing and maintaining healthy relationship
 - Normal (uncomplicated) grief and loss
 - Effective ways to cope with mild mental health symptoms
 - Goal setting and career planning
 - Anti-bullying education (promote the use of Stop-it app)
 - Effective problem solving skills
 - Educational development due to behavioral, health or other reasons (i.e. lack of motivation)
- Conflict mediation
- Provide substance abuse education and awareness, etc. to triumph over patterns of drug usage.
- Ongoing counseling, check ins/follow up on progress of student on caseload.
- Meet, confer and counsel parents regarding at risk student problems.
- Assist in the referral of student to community agencies and specialized services as needed.

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Tier 3

Students Experiencing Significant Distress/Impaired Mental Health Functioning School Psychologist, Psych Interns, Marriage and Family Therapist

- Respond to on site crisis calls (i.e. possible risk of suicide or threat to others, student exhibiting serious emotional distress) and develop safety plan to secure safety of student in crisis as needed.
- Assist in referrals of student in crisis to specialized outside mental health treatment.
- Ongoing check ins and monitoring progress of student outside treatment.
- Family counseling and parent education as it relates to the student's specific mental health issue(s).
- Serve as a liaison between parent and outside provider(s) to collaborate and assist with student reaching improved mental health.
- Work closely with school staff and parent to establish appropriate accommodations and academic supports as needed.
- Short term counseling/case management of high risk students who otherwise not able to secure outside mental health services as needed.
- Assists in the coordination of SST/SART meetings and monitors the functioning and effectiveness said school services.
- Provides consultation to teachers, parents and administrators on mental health issues affecting the student's educational progress.
- Planning and conducting individual and group counseling of students experiencing significant mental health problems.

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DJUHSD Mental Health Staff

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