

# School Psychologists: Address Mental Health in the Schools



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# Model for Comprehensive and Integrated School Psychology

The model for comprehensive and integrated School Psychological Services proposed by the National Association of School Psychologists (NASP) delineates the services that can be expected from school psychologists across 10 domains of practice as well as a framework within which those services should be provided (NASP, 2018).

This model aims to establish the most cost-effective use of school psychologists' skills and expertise which are often an underutilized resource in schools. In order for school psychologists to implement this model, the recommended ratio is one school psychologist to 500-700 students.

# National Association of School Psychologists

## 10 Domains of Practice:

Domain 1: DataBased Decision Making and Accountability

Domain 2: Consultation and Collaboration

Domain 3: Interventions and Instructional Support to Develop Academic Skills

**Domain 4: Interventions and Mental Health Services to Develop Social and Life Skills**

Domain 5: SchoolWide Practices to Promote Learning

Domain 6: Preventative and Responsive Services

Domain 7: FamilySchool Collaborative Services

Domain 8: Diversity in Development and Learning

Domain 9: Research and Program Evaluation

Domain 10: Legal, Ethical, and Professional Practice

# School Psychology Domains of Practice

## Domain 1- Data-Based Decision Making and Accountability

- Individualized psychological assessments to assist in determining eligibility for special education services
- Using assessment data to develop and implement evidence-based instructional strategies that will improve academic performance

## Domain 2 - Consultation and Collaboration

- Teacher and administrator consultation
- Collaborating with School Social Workers, School Nurses, School Counselors, Educational Diagnosticians, Coordinators of Special Education

# School Psychology Domains of Practice

## Domain 3 - Interventions and Instructional Support to Develop Academic Skills

- Using assessment data to develop and implement evidence-based instructional strategies that will improve student engagement and performance
- Sharing information about research in curriculum and instructional strategies
- Promoting the use of instructional strategies for diverse learners and to meet individual learning needs
- Collaborating with other school personnel to ensure attainment of state and local benchmarks for all students

# School Psychology Domains of Practice

## Domain 5 - School-Wide Practices to Promote Learning

- Implementing universal screening to identify students in need of behavioral/academic support
- Collaborating with other school personnel to create and maintain a multitiered continuum of services
- Advocating for policies and procedures that promote positive school environments (e.g., effective discipline, instructional support, home-school partnerships, student transitions, etc.)

# School Psychology Domains of Practice

## Domain 6 - Preventive and Responsive Services

- Using knowledge of protective/ risk factors to address problems such as school completion, bullying, youth suicide
- Developing, implementing, and evaluating prevention and intervention programs for learning and behavioral programs
- Participating in school crisis prevention and response teams

# School Psychology Domains of Practice

## Domain 7- Family-School Collaborative Services

- Collaborating with and engaging parents in decision making about their children
- Promoting respect and appropriate services for culturally and linguistically diverse students
- Assisting with connecting families to community providers and promoting safe, nurturing, and dependable strategies for home interventions

## Domain 8- Diversity in Development and Learning

- Using a problem solving framework for addressing the needs of English Language Learners
- Promoting fairness and social justice in school policies



# School Psychology Domains of Practice

## Domain 9 - Research and Program Evaluation

- Using research findings as the foundation for effective service delivery
- Assisting teachers in collecting meaningful student data
- Applying knowledge of evidence-based interventions to evaluate the fidelity and effectiveness of school-based interventions

## Domain 10 - Legal, Ethical, and Professional Practice

- Assisting administrators, other school personnel, and parents in understanding regulations relevant to general and special education
- Engaging in professional development and lifelong learning
- Using supervision and mentoring for effective practices

## Domain 4

### Interventions and Mental Health Services to Develop Social and Life Skills

- School psychologists have knowledge of :
  - biological, cultural, developmental, and social influences on behavior and mental health,
  - behavioral and emotional impacts on learning and life skills,
  - and evidencebased strategies to promote social and emotional functioning, and mental and behavioral health.
- School psychologists, in collaboration with others, demonstrate skills to
  - use assessment and data collection methods
  - implement and evaluate services that support socialization, learning, and mental and behavioral health.

## Domain 4

### Interventions and Mental Health Services to Develop Social and Life Skills

Some examples of professional practices include:

1. Providing a continuum of mental and behavioral health services.
2. Integrating behavioral supports and mental health services with academic and learning goals.
3. Facilitating the design and delivery of curricula to help students develop effective skills, such as self-regulation, planning, organization, empathy, social skills, and decision making.
4. Using systematic decisionmaking to consider the antecedents, consequences, functions, and causes of behavioral difficulties.
5. Developing and implementing behavior change programs at individual, group, classroom, and schoolwide levels.

## Domain 4

### Interventions and Mental Health Services to Develop Social and Life Skills

#### Some of our Current Practices

- Group and individual counseling:
  - Zones of Regulation, Anxiety, School Refusals, Divorce, Bereavement, Deployment, etc.
- Trauma Informed Care
- Resources for Parents and Educators about Mental Health
- Restorative Practices
- Direct Communication with Private Providers (Pediatricians and Psychiatrists)
- Behavioral and Social-Emotional Support

## Domain 4

### Interventions and Mental Health Services to Develop Social and Life Skills

#### Some of our Current Practices

- Signs of Suicide prevention program
- Crisis intervention for students and staff
- Threat assessments (to self and to others)
- Support parents as they navigate community services
  - Mental health services
  - Mental health intake processes
  - Hospitalizations
- Develop reentry plans to help students transition back to school after a crisis

# When Mental Health Issues Go Beyond School Services

- Threat assessments to self and others
- Connect families to service providers
- Develop partnerships for direct admissions to particular hospitals
- Reentry plans

# Challenges to School Psychology Service Delivery

- Recommended ratio 1:500 to implement the NASP practice standards but many schools are closer to 1:2,000
- National shortage of school psychologists
- Salary- low in comparison to other professions that require graduate degrees
- Recruiting diverse service providers
- Mental health issues must have an educational impact

# Challenges to School Psychology Service Delivery

- School psychologists are not in the Standards of Quality (SOQ)
  - According to VDOE from 2008-2016, the number of:
    - Students living in poverty has increased by 40%
    - English Language Learners have increased by 37%
    - Students with autism have increased by 45%
    - Students with other health impairments have increased by 10%



Thank you very much for the opportunity to discuss our profession  
your attention to mental health issues in our youth.

