



## **Student Wellness (Mental Health) Services**

### **2022-2023 District School-Based Mental Health Team**

The School District of the Menomonie Area (SDMA) School-Based Mental Health Team is made up of 10 School Counselors, 4 School Psychologists and 2 School Social Workers.

### **School-Based Mental Health**

SDMA defines school-based mental health as counseling services provided by a DPI licensed district staff person. This includes, but is not limited to, school counselors, school social workers, and school psychologists. School-based Mental Health may include activities designed to meet students' immediate needs and concerns. Services may include school counseling in individual or small-group settings or crisis response.

### **Role of the School Counselor**

School counselors help all students:

- Apply academic achievement strategies
- Manage emotions and apply interpersonal skills
- Plan for postsecondary options (higher education, military, work force)

Duties include providing:

- Individual student academic planning and goal setting
- School counseling classroom lessons based on student success standards
- Short-term counseling to students
- Referrals for long-term support
- Collaboration with families/teachers/administrators/community for student success
- Advocacy for students at individual education plan meetings and other student-focused meetings
- Data analysis to identify student issues, needs and challenges
- Acting as a systems change agent to improve equity and access, achievement and opportunities for all students

### **Role of the School Psychologist**

They support students' ability to learn and teachers' ability to teach.

They are experts in:

- Learning
- Behavior
- Mental Health
- School-wide systems, including those for diverse student populations
- Legal and ethical practices as it relates to special education

They Provide:

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers, families and outside providers
- Culturally responsive services
- Crisis prevention and response

They Support:

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School–family–community partnerships
- School-wide data-based decision making

## **Role of the School Social Worker**

Services To Students:

- Providing crisis intervention
- Help to develop intervention strategies to increase academic success
- Assisting with conflict resolution and anger management
- Helping the child develop appropriate social interaction skills
- Assisting the child in understanding and accepting self and others

Services To Parent/Families:

- Working with parents to facilitate their support in their children's school adjustment
- Alleviating family stress to enable the child to function more effectively in school & community
- Assisting parents to access programs available to students and families
- Assisting parents in accessing and utilizing school and community resources

Services To School Personnel:

- Providing staff with essential information to better understand factors (cultural, societal, economic, familial, health, etc.) affecting a student's performance and behavior
- Assessing students with mental health concerns
- Assisting teachers with behavior management
- Providing direct support to staff

## **Mental Health Contacts**

DPI collects data from districts who receive the School-Based Mental Health Services Grant. Below is the data from SDMA.

The number of distinct students who received a mental health contact from a school mental health provider (School Social Worker, School Psychologist, School Counselor or School Nurse)

- 2022-2023: 752 students, 23%
- 2021-2022: 610 students, 18%
- 2020-2021: 489 students, 14%
- 2019-2020: 299 students, 8%

The number of distinct students who received a mental health contact from a community mental health provider.

- 2022-2023: 189 students, 6%
- 2021-2022: 201 students, 6%
- 2020-2021: 249 students, 7%
- 2019-2020: 181, students, 5%

## **Community-Based Mental Health**

SDMA defines community-based mental health services as counseling or mental health therapy delivered in a school setting by a state licensed therapist. The Menomonie Area School District in partnership with local community-based agencies, is able to offer community-based mental health to district families. The benefit is that students do not need to leave school for therapy appointments. MOU's are established with each agency that outlines the roles of the agency and the school district. Our School Social Workers and School Counselors work as mental health navigators by connecting families to these services. The district has MOU's with multiple agencies including:

- Caillier Clinic (2 clients)
- LifeStance Health (11 clients)
- Lutheran Social Services of Wisconsin (LLS) (1 client)
- Kayres Counseling (5 clients)
- Beacon Mental Health Resources (15 clients)
- Marriage and Family Health Services (0 clients)
- Family Therapy Associates (2 clients)
- Prevea Health (7 clients)
- Enigma Psychological Inc. (1 client)

## **New Partnership with Thrive Psychological and Consulting Services**

For the 23-24 school year, the School District of the Menomonie Area is partnering with Thrive to have one full-time mental health therapist dedicated to our students. The goal of this partnership is to:

- Improve the accessibility and provide timely access to services and treatment.
- Reduce and prevent suicide and/or violence against other students by early identification and intervention.
- Engage students and families in mental health services offer by a licensed clinical staff.\
- Coordinate treatment and services with student service staff to improve students' success.

## **Partnership with the University of Wisconsin - Stout**

In 2018, the district partnered with Stout's Clinical Mental Health Counseling program. This partnership allows the district to host practicum and internship graduate students working towards their completion of the program. The Stout Clinical Mental Health Counseling program provides direct counseling services to students during school hours to create greater access to mental health services. The interns work collaboratively with their school sites to increase planning and positive outcomes for the individuals they serve. Referrals are made through the School Counselors and School Psychologists. School Psychologists serve as on-site supervisors who collaborate with the mental health interns and the clinical supervisors. During the 22-23 school year the Stout Mental Health Interns provided services to 45 students.

## **District and Community Resources**

- [SDMA Student Mental Health Webpage](#)
- [Health Dunn Right Community Resource Guide](#)
- [Local Mental Health Resources](#)
- [Local Mental Health Providers](#)

## **Professional Mental Health Licensed Therapist**

Another step to expand mental health services, the district could consider adding a Professional Mental Health Licensed Therapist to the staffing plan.

- The average caseload size is 20 clients for one full-time professional mental health therapist
  - The position requires time to write/review treatment plans, scheduling with clients and quarterly review with parents
- Professional therapist are required to participate in weekly consultation with another licensed professional mental health therapist
- Professional training requirements to maintain license.
- Estimated cost of the program: \$125,000

\* Due to the cost of a program like this and the addition to our partnership with Thrive Consulting, this was not included in the 23-24 staff plan.