

# Addressing Student Social Emotional and Mental Health Needs

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# Presenter

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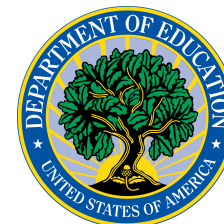
**Mental Health  
Defined  
Centers for  
Disease Control  
and  
Prevention(CDC)**

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”



## Student Mental Health: An Important Element of Student Success

- **Student mental health** services are not only needed to support the **psychological** well-being of **students**, but they are also an **important** part of academic success and retention.
- Students with high levels of psychological distress are less academically successful: they have more test anxiety, lower academic self-efficacy, and less effective time management and use of study resources (Brackney and Karabenick, 1995).



## 2020-2021

# Unprecedented Magnitude of Mental Health Needs

- Emergency department visits related to mental health increased 24% for 5-11 year-olds and 31% for 12-17 year-olds between January and October 2020
- Between March and June of 2020, more than 25% of American parents reported that their child experienced declines in mental health and 14% reported increases in behavior problems.
- In a survey conducted in April and May 2020, one in four youth (ages 13-19) reported an increase in sleep loss due to worry, feeling unhappy or depressed, feeling constantly under strain, and loss of confidence in themselves.
- There are many “missing” students



## Commitment to Increasing School-Based Health Supports

**As students have returned to school this fall, supporting their mental health is a top priority for the Biden-Harris Administration.**

- American Rescue Plan provided **\$122 billion** in relief funds for schools to help them schools reopen and remain open safely and address the academic, social, emotional, and mental health, and academic needs of students.
- Strongly encouraged school districts to use some of these funds to hire **school psychologists, counselors, social workers, nurses** and other health professionals to address the immediate and long-term health needs of students and fund other strategies to support students' mental health.



# RESOURCE: Supporting Child and Student Social, Emotional, Behavioral and Mental Health Needs

Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs

U.S. Department of Education

APPENDIX B. Federal Technical Assistance Centers Related to Social, Emotional and Mental Health

APPENDIX C. Technical Assistance Resources Related to Social, Emotional and Mental Health

- Provides information and resources to enhance the promotion of mental health and the social and emotional well-being among children and students.
- This resource highlights **seven key challenges** to providing school- or program-based mental health support across early childhood, K–12 schools, and higher education settings, and presents **seven corresponding recommendations**.
- This resource includes many real-world examples of how the recommendations are being put into action by schools, communities, and states across the country.



## Challenges

- Rising Mental Health Needs and Disparities Among Children and Student Groups
- Perceived Stigma is a Barrier to Access
- Ineffective Implementation of Practices
- Fragmented Delivery Systems
- Policy and Funding Gaps
- Gaps in Professional Development and Support
- Lack of Access to Usable Data to Guide Implementation Decisions





## Recommendations

- Prioritize Wellness for Each and Every Child, Student, Educator, and Provider
- Enhance Mental Health Literacy and Reduce Stigma and Other Barriers to Access



## Recommendations Continued

- Implement Continuum of Evidence-Based Prevention Practices
- Establish an Integrated Framework of Educational, Social, Emotional, and Behavioral-Health Support for All



## Recommendations Continued

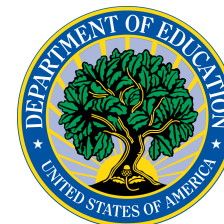
- Leverage Policy and Funding
- Enhance Workforce Capacity
- Use Data for Decision Making to Promote Equitable Implementation and Outcomes



## Collaboration

The **Departments of Health and Human Services** and **Education** have established an interagency working group to improve the delivery of health care services in schools, including mental health and substance use services.

The interagency working group will primarily focus on school-based health services reimbursed by Medicaid and will work to strengthen the interagency coordination for these vital services and identify more actions the federal government can take to support this work.



# Additional Guidance

- [Dear Educator Letter and fact sheet](#)
- [Safer Schools and Campuses Best Practices Clearinghouse](#)
- [COVID-19 Handbook, Volume 3: Strategies for Safe Operation and Addressing the Impact of COVID-19 on Higher Education Students, Faculty, and Staff](#)
- [COVID-19 Handbook, Volume 2: Roadmap to Reopening Safely and Meeting All Students' Needs](#)



# Centers Funded by the Department of Education

- [Comprehensive Center Network \(CCNetwork\)](#)
- [Center to Improve Social and Emotional Learning and School Safety \(CISELSS\)](#)
- [National Technical Assistance Center for the Education of Neglected or Delinquent Children and Youth \(NDTAC\)](#)
- [National Center on Afterschool and Summer Enrichment \(NCASE\)](#)
- [National Center for Homeless Education \(NCHE\)](#)
- [National Center for Pyramid Model Innovations \(NCPMI\)](#)
- [National Center on Safe Supportive Learning Environments \(NCSSLE\)](#)
- [National Technical Assistance Center on Positive Behavioral Interventions and Supports \(PBIS\)](#)



# Contact Information

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