

Districtwide Mental Health Services

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Presentation Overview

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01

Context



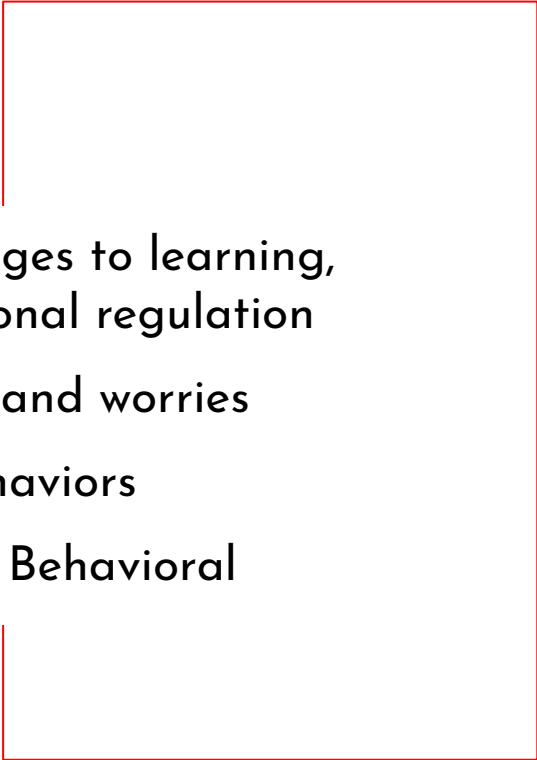


Definition of Mental Health

- Developmental & emotional milestones
- Social skills
- Coping skills
- Positive quality of life
- Home, school, community functioning



Mental Health Disorders

- Significant changes to learning, behavior, emotional regulation
 - Persistent fears and worries
 - Challenging behaviors
 - ADHD, Anxiety, Behavioral Disorders
- 

Statistics

22% of youth ages 13-18 experience a mental disorder

Prevalence Rates

- Anxiety 9.4%
- Depression 4.4%

Suicide is the second leading cause of death for children ages 10-19





02

Staffing

District Staffing

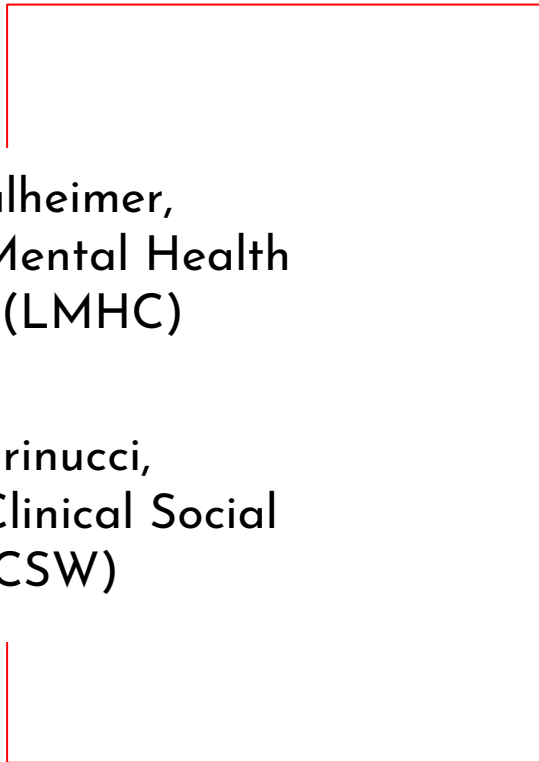
Numbers are expressed in Full Time Equivalency or FTE

Position	Glendaal	Glen Worden	Lincoln	Sacandaga	Middle School	High School
School Psychologist	0.4	0.6	1.0	1.0	1.0	1.0
Social Worker	1.0	1.0	1.0	1.0	1.6	2.0
School Counselors	N/A	N/A	N/A	N/A	3.0	4.0

- Health Teachers (2.0)
- School Nurses (7.0)
- Classroom Teachers



Saratoga Center for the Family

- Joanie Thalheimer,
Licensed Mental Health
Counselor (LMHC)
 - Allison Marinucci,
Licensed Clinical Social
Worker (LCSW)
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Saratoga Center for the Family



Referral & Caseloads

- Family or staff can refer
- 32-34 students + wait list



Therapy & Treatment

- Screening tools
- Therapeutic approaches
- Treatment plans



Mental Health

- Anxiety (school avoidance)
- Mood Disorder (depression)
- Trauma (acute vs. chronic)

03

Programs & Curriculum



Programs & Curriculum: Elementary

Programs

- Mentoring
- At-Risk Students
- Character Education
- Family Outreach

Curriculum

- Responsive Classroom
- Social Thinking
- Zones of Regulations
- Mindfulness



Programs & Curriculum: Secondary

Programs

-Mentoring

- Individual student support
- Home-school collaboration, attendance
- Counseling, career planning

-Character Education/SEL

-Restorative Practices

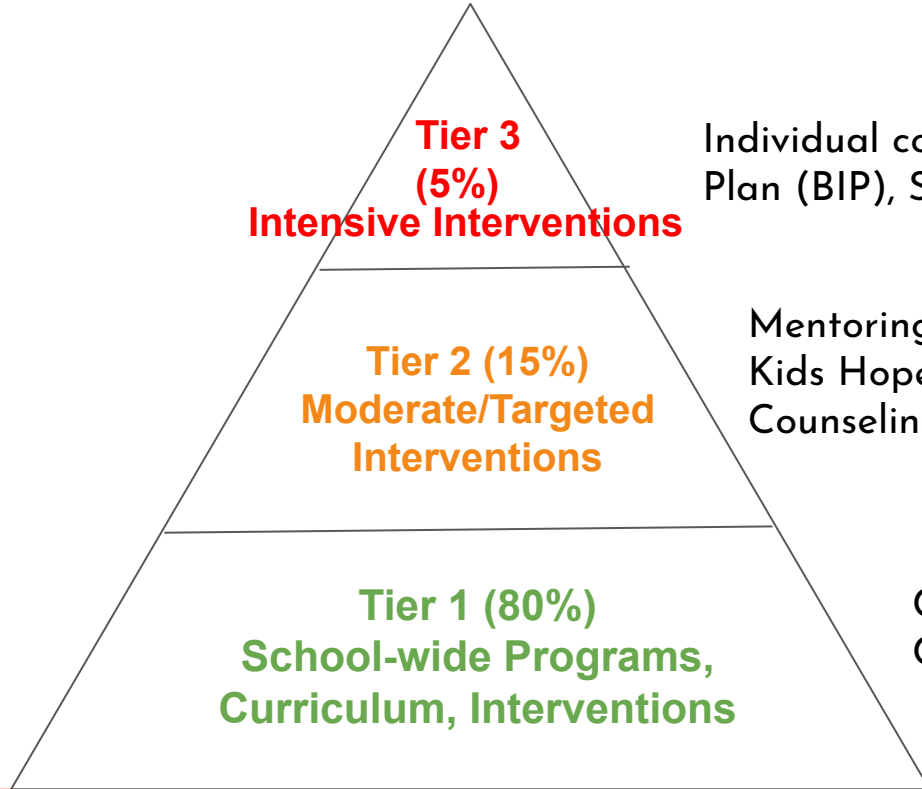




Health Curriculum

- MS curriculum: stress management, self-care, mental health challenges, expressing emotions
- HS curriculum: emotional intelligence, factors impacting stress, empathy & resilience, suicide risk & prevention, mental health illness and treatment

Multi-Tiered Systems of Support (MTSS)



Individual counseling, Behavior Intervention Plan (BIP), Special Education

Mentoring Backpack program, Power of Peace, Kids Hope, Sisters, Zones of Regulation, Counseling, Behavior Support Plan

Character Education, WEB, Responsive Classroom, Restorative Practices



Training

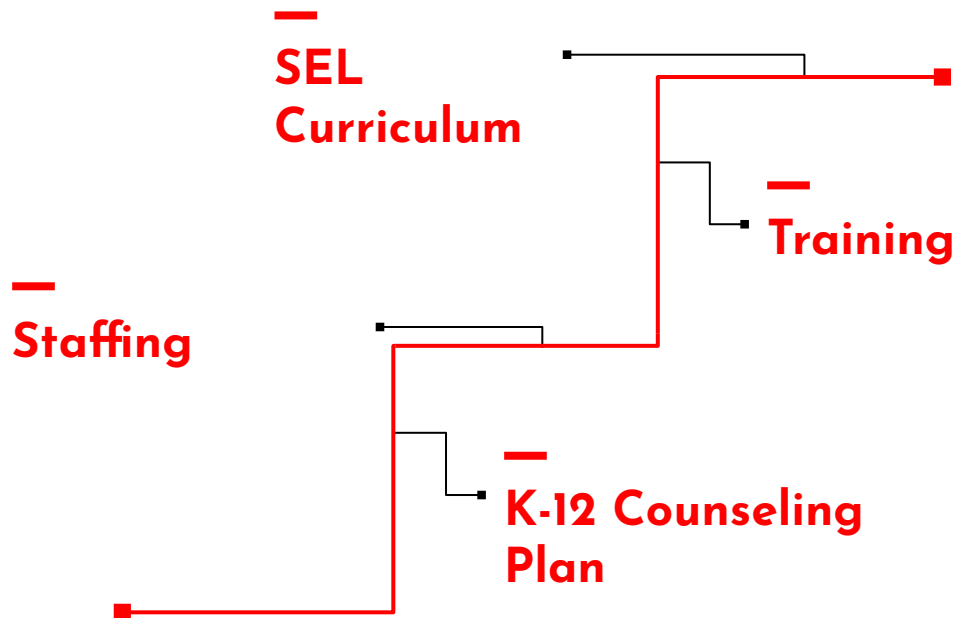
- Suicide Assessment
- Therapeutic Crisis Intervention for Schools (TCIS)
- Threat Assessment



04

Recommendations

Recommendations



Thank You!

Do you have any questions?



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