



PCPS MENTAL HEALTH FRAMEWORK

April 19, 2022

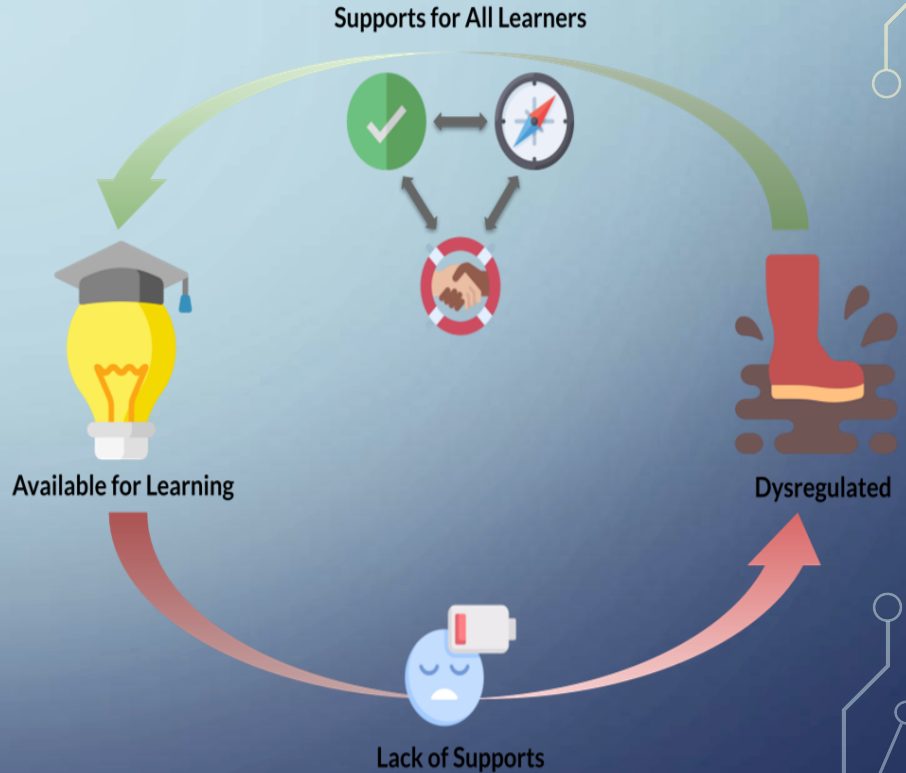
Katie Wojcicki, Director of Student Services and Interventions

MENTAL HEALTH

A student's overall ability to handle stressors of life in a socially acceptable manner.

Mental health **includes our emotional, psychological, and social well-being.**

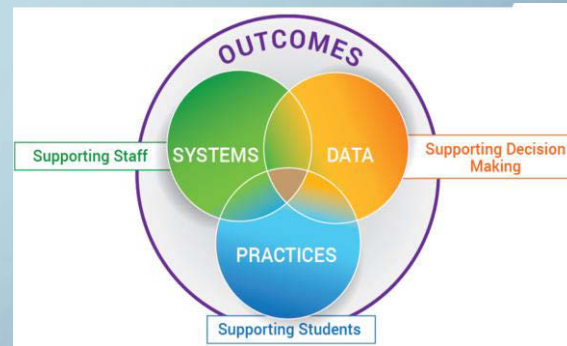
It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.



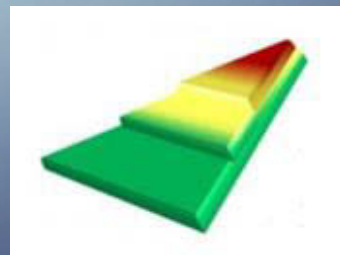
THE PCPS VTSS FRAMEWORK

By adapting the **Virginia Tiered Systems of Support (VTSS) Model**, PCPS has created a systemic approach to defining, analyzing, and adapting instructional needs in the areas of academics, behavior, **mental health**, and attendance.

- Defines core behavioral expectations and learning experiences at each level.
 - Behavior - Positive Behavior Interventions and Supports (PBIS)
 - Academics - Defined by course and grade level standards with additional interventions as needed
- Allows for early identification of off-track students.
- Allows staff to reflect and recognize when students need more support.
- Provides a structure for students to quickly receive support before small issues escalate.



Continuum of Academic and Social Behavior Support



Tier 3 for a FEW (<5% of students):
Intensive and Individualized

Tier 2 for SOME (10-15% of students):
Targeted for Small Groups

Tier 1 for ALL (100% of students):
Core/Universal Instruction and Supports

Mental Health Supports for PCPS Students	Instruction, Interventions, and Supports utilizing PCPS Staff							
Students Impacted/Supported	Tier 1 (All)		Tier 2 (Some)		Tier 3 (Few)			
Person/Group Responsible	PCPS Staff Responsible	Action	PCPS Staff Responsible	Action	PCPS Staff Responsible	Action	Community Partner providing Support	Program/Action
Suicide Prevention	School Counselors	Classroom Guidance Lessons	School Counselor	Risk Assessments; Student and Family Support	School Counselor	Coordination with Outside Resources	Goochland-Powhatan Community Services Board (GPCSB)	Crisis Response
Social Emotional Learning	Classroom Teachers	Class Lessons	School Counselor	Small Groups	Assigned Staff*	SEL Skill Building Lessons	Free Clinic of Powhatan (FCP)	Free Clinic of Powhatan: Skill Building Support (PHS Only)
Positive School Climate	Classroom Teachers	PBIS Classroom Lessons	Classroom Teachers	Behavior Improvement Plans	Assigned Staff*	Individual Sessions	Elk Hill Farms	Therapeutic Day Treatment Services (TDT)
	School PBIS Committee	PBIS Recognition Systems	School Counselors	Small Groups - Coping Strategies	Assigned Staff*	Supporting Coping Strategies	Elk Hill Farms	School-Based Intensive Outpatient Services
					Assigned Staff*	Safety Plans		
Mentoring: Lunch Buddies (PK-8)			LB Point Person; Volunteers	Weekly Mentor Meeting				
Mentoring: PHS (9-12)			Mentor Coordinator;	Monthly Mentor Meeting				

TIER 1: ALL LEARNERS

Focus is on teaching strategies that empower all students to:

- Make good choices, such as:
 - Being a friend
 - Avoiding substances
- Explore strengths and develop wellness strategies
- Cope with transitions and adversity
 - Peer conflict
 - Frustration
- Manage “big” feelings
- Accept redirection

Relationships are the key:

- Commitment to reducing the School Counselor to Student ratio
- Support at major transitions (K, 6th, 9th)

	PCPS Staff Responsible	Action
Suicide Prevention	School Counselors	Classroom Guidance Lessons
Social Emotional Learning	Classroom Teachers	Class Lessons
Positive School Climate	Classroom Teachers	PBIS Classroom Lessons
	School PBIS Committee	PBIS Recognition Systems
Anxiety and Depression	School Counselors	Classroom Guidance Lessons on Self-Regulation
Peer Conflict	Classroom Teachers	SEL and PBIS Lessons
Substance Use	Classroom Teachers	SEL and PBIS Lessons
	Health and PE Teachers	Health Lessons
Stress Management	Classroom Teachers	SEL and PBIS Lessons
	Health and PE Teachers	Health Lessons
Social Media Safety	Classroom Teachers	SEL and PBIS Lessons
	Computer Resource Teachers	Online Safety Lessons

	PCPS Staff Responsible	Action
Suicide Prevention	School Counselor	Risk Assessments; Student and Family Support
Social Emotional Learning	School Counselor	Small Groups
Positive School Climate	Classroom Teachers	Behavior Improvement Plans
	School Counselors	Small Groups - Coping Strategies
Mentoring: Lunch Buddies (PK-8)	LB Point Person; Volunteers	Weekly Mentor Meeting
Mentoring: PHS (9-12)	Mentor Coordinator; Volunteers	Monthly Mentor Meeting
Anxiety and Depression	School Counselors	Small Groups - Targeted Topics (Coping Strategies)
Peer Conflict	School Counselors	Small Groups - Coping Strategies
Stress Management	School Counselors	Small Group - Emotional Wellness

TIER 2: SOME LEARNERS

- As students participate in Tier 1 instruction and/or are identified through our VTSS process, we can focus on small groups of students who need specific support.
- May address interpersonal relationships, maintaining personal safety, anger management, or other topics.
- Often involves coordination of strategies and supports with community partners that the student/family have accessed.
- Examples include:
 - Short-term, topic-specific school counselor groups
 - Mentors
 - Check-In/Check-Out daily support
 - Peer Mediation

Current Challenges requiring Tier 2 supports:

- Increased need for targeted supports
- Collective social pressures due to COVID have caused an increase in dysregulation

TIER 3: FEW LEARNERS

Experiencing an increased number of students requiring intensive, ongoing supports.

- PCPS Staff support student specific plans (including coordination with private providers).
- Community partners assist with student needs
 - **Elk Hill Farms** - Provides Therapeutic Day Treatment (TDT) and Intensive Outpatient during the school day.
 - **Free Clinic of Powhatan** - Provides individual licensed clinical counseling and access to psychiatric support after school through our Powhatan Wellness Cooperative
 - **Free Clinic of Powhatan** - Provides Mental Health Skill Building for specific PHS students
 - **Goochland-Powhatan Community Services Board** - Supports PCPS staff when students experience crisis by meeting the student/family in familiar setting and facilitating access to clinical or emergency mental health services.
 - **Pet Partners of Richmond** - Provide access to Therapy Dog visits
 - **Powhatan Department of Social Services (PDSS)** - Family Support Specialist who assists families with accessing community-based resources and supports

	PCPS Staff Responsible	Action	Community Partner providing Support	Program/Action
Suicide Prevention	School Counselor	Coordination with Outside Resources	Goochland-Powhatan Community Services Board (GPCSB)	Crisis Response
Social Emotional Learning	Assigned Staff*	SEL Skill Building Lessons	Free Clinic of Powhatan (FCP)	Free Clinic of Powhatan: Skill Building Support (PHS Only)
Positive School Climate	Assigned Staff*	Individual Sessions	Elk Hill Farms	Therapeutic Day Treatment Services (TDT)
	Assigned Staff*	Supporting Coping Strategies	Elk Hill Farms	School-Based Intensive Outpatient Services
	Assigned Staff*	Safety Plans		
Anxiety and Depression	Assigned Staff*	Supporting Coping Strategies	GPCSB (And Other Providers)	Community-Based OP Services
Other Mental Health Topics	Assigned Staff*	Supporting Coping Strategies	Free Clinic of Powhatan	Powhatan Wellness Cooperative - School-Based Individual Therapeutic Counseling
			Pet Partners of Richmond	Bi-Monthly Therapy Dog Visit with Identified Students
Peer Conflict	Assigned Staff*	Supporting Coping Strategies		
	Assigned Staff*	Safety Plans		
Substance Use	Assigned Staff*	Substance Use Awareness	GPCSB	Community-Based Substance Use Therapy
	Assigned Staff*	Vaping Diversion Program	Powhatan Sheriff's Office	Vaping Diversion Program (Collaborative Program)
Stress Management	Assigned Staff*	Supporting Coping Strategies		
Social Media Safety			Powhatan Sheriff's Office	Social Media Safety Presentations (Students and Family)

FUTURE PLANS FOR ADDITIONAL SUPPORTS

- Continue to increase number of school counselors as the current Standards of Quality goal is a 250:1 ratio at all levels.
- Use ESSER Funds to add Mental Health School Counselors (2) beginning next year (22-23)
 - Based at Pocahontas Elementary and Powhatan Middle School
 - Anticipate that ratio will be SOQ required within the next two years
 - Focus on Mental Health Skill Building, Staff Training, and Parent/Family Supports
- Expanded TDT services
- Continue to offer Youth Mental Health First Aid for any interested staff and community members
- Expand therapy dog visits
- Community Mental Health Summit

Suicide Prevention	Family Educational Programs (PCPS Staff)
Social Emotional Learning	Skill Building Support PK -8
Positive School Climate	Expanded TDT Support; Expanded Individual Supports
	Expanded School-Based Out-Patient Support
Anxiety and Depression	Expand Mental Health First Aid for Youth Course Offerings (PCPS Staff)
Other Mental Health Topics	Expanded Powhatan Wellness Cooperative Appointment Slots (As Free Clinic of Powhatan is able to fund)
	Expand Therapy Dog program as Teams become available

PCPS SCHOOL COUNSELING POSITIONS WITH PROPOSED ESSER FUNDED POSITIONS

School Level	21-22 Counselors	21-22 SOQ Ratio	22-23 Counselor	22-23 Resulting Ratio	22-23 with ESSER MH Counselors	22-23 Resulting Ratio
Elementary						
Flat Rock	1.60	431	2	345	2.8	246
Pocahontas	2.00	387	2	387	3	258
Powhatan	1.50	290	1.4	311	1.8	242
Combined	5.10	372	5.4	351	7.6	250
Middle						
Powhatan Middle	3.00	332	3	332	4	249
High						
Powhatan High	4.50	320	5	288	5.6	257
Division Totals	12.60	344	13.4	323	17.2	252

Placement of School Counselors is based on student need, attention to all available supports, and continued goal of reducing the counselor to student ratio.

Even with these additional positions, PCPS will be required to add 1.7 school counseling positions when the SOQ ratio of 250:1 becomes a requirement. This is reviewed annually in the state budget.

PROJECTED OUTCOMES



More students available for learning means:

- Increased student engagement
- Increased staff satisfaction
- Fewer course failures or retentions
- Fewer office discipline referrals
- Fewer absences
- Stronger and safer community



QUESTIONS?