

Promoting School Based Mental Health Services:

What can an individual school psychologist do?

- Encourage broad-based team participation (IAT, MFE, etc.) when addressing mental health issues. Be a school resource for disseminating mental health issues and research.
- Link classroom achievement to successfully addressing mental health issues (improved behavior and attendance = more instructional time).
- Present information to key “deciders”, including school board presentations.
- Encourage mental health issues in the community through public speaking, letters to the editor, etc.
- Be willing to make yourself known to community agencies.
- Volunteer to participate in state-wide professional opportunities (e.g. OSPA)
- Vote your conscience.
- Educate yourself and gather resources to better address mental health issues (request professional development opportunities from SERRCs, OSPA, etc.)
- Know your community’s mental health resources for parental referral.
- Foster communication with agencies so we all understand roles and limitations.

What can the regional associations do?

- Form a committee to discuss mental health in schools and to identify topics for speakers.
- Provide training and in-services.
- Invite local mental health agencies to speak at meetings.
- Improve communications with mental health agencies.
- Send representatives to mental health network meetings.
- Use newsletter / website information to enhance communication.
- Identify and share what already exists in schools.
- Work with local SERRCs with Positive Behavior Support Activities
- Encourage grant writing – create a list of grants.
- Involve individual psychologists and administrators (superintendents, special education directors). Invite them to meetings involving mental health issues.

What can OSPA do?

- Have OSPA members who are on the Regional Mental Health Networks
- provide articles for the Ohio School Psychologist (newsletter).
- Do a needs assessment. Find out:
 - What do parents and teachers want?
 - What do school psychologists see as needs?
 - What services are happening across the state?
- What is currently in place?
 - In regions of the state
 - Locally
 - Funding sources
- Support state funding of counseling services for students enrolled in Healthy Start.
- Support school Social Workers.
- Write a public relations article about school psychologists.
- Put a permanent base on the OSPA website for mental health information including:
 - Program effectiveness information
 - Information on ways to establish collaboration – what works
- Continue to network with the Ohio Department of Mental Health and the Ohio Department of Education and inform OSPA members.