

# Supporting the Mental Health Needs of Howard County Public School System Students



Mental Health  
Association of Maryland

September 22, 2021

# Topics:

- HCPSS School-Based Support Staff and Structures
- HCPSS Multi-Tiered Systems of Support for Mental Health
- Community Collaboration
- Additional HCPSS Resources



# Model for Mental Health Supports in Schools

The Howard County Public School System (HCPSS) strives to give all students comprehensive support, with every adult serving a role in students' social-emotional well-being. The school system embeds mental health supports throughout the instructional program and embraces community and family partnerships. This approach better equips HCPSS to help each child thrive socially, academically and emotionally.



**1 in 4**

Howard County high school students experienced sad or hopeless feelings\*



**1 in 5**

Howard County middle school students experienced sad or hopeless feelings\*

\*Source: 2018 Youth Risk Behavior Survey

**57%**

of Howard County children demonstrated readiness for kindergarten,\*\* with social (emotional) foundations among the key criteria

\*\*Source: 2019-20 Kindergarten Readiness Assessment



# HCPSS School-Based Support Staff

School Counseling

Alternative Education

Psychological Services

Pupil Support Services

Health Services

School Based Mental Health  
and School Social Work

Black Student Achievement  
Program

Hispanic Achievement Program

Office of International Student  
and Family Services

# HCPSS School-Based Structures

Student Support Team

Home and Hospital

Instructional Intervention Team

Section 504

Positive Behavior Intervention  
and Supports

Individualized Education  
Program (Special Education)

Curriculum:

Health Education (K-9)

School Counseling (K-12)

# Multi-Tiered Systems of Support for Mental Health

What is Multi-Tiered Systems of Support (MTSS)?  
A framework that matches a continuum of evidence-based practices to students' needs to attain improved outcomes.

## ***Tier 3 - Individualized Interventions (1-5%)***

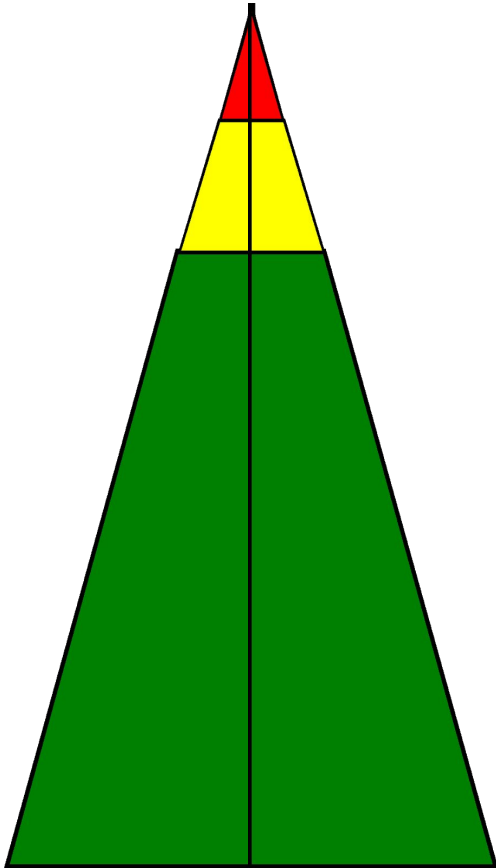
Intensive interventions designed for the individual student

## ***Tier 2 - Targeted Interventions (5-10%)***

Interventions designed to target a skill(s)  
Small groups of students

## ***Tier 1 - Universal Interventions (80-90%)***

School and/or classroom interventions  
For all students



# Cross-Section of HCPSS Mental Health Supports

	Tier 1 Universal Interventions	Tier 2 Targeted Interventions	Tier 3 Individualized Interventions
School Counselors	X	X	X
School Psychologists	X	X	X
Nurses, Health Assistants	X	X	X
Pupil Personnel Workers	X	X	X
Social Workers, Community Providers	X	X	X
Alternative Educators	X	X	X
BSAP, Hispanic and International Achievement Liaisons	X	X	
Teachers	X	X	
Instructional Intervention Teams		X	X
Student Support Teams		X	X
Mental Health Community Advisory Council	X	X	
Superintendent's Community Mental Health Subcabinet	X	X	

# Universal Interventions

- Social Emotional Learning at Elementary Level (Collaborative Classrooms)
- Suicide Prevention: Information for Educators (Annual Staff Training)
- Positive Behavior Intervention and Supports and Restorative Justice
- Health Education (K-9) and School Counseling (K-12) Curricula

## Additional COVID-19 Pandemic Interventions:

- [COVID-19 Resources for Parents](#) and [Mental Health and Wellness](#) on Website
- Re-entry Social-Emotional Behavioral “Look-Fors” and Process:
  - Concerns related to COVID-19
  - Classroom Performance
  - Social-Emotional Well-Being



# Targeted Interventions

- In-School Alternative Education Program/Supports
- Small group interventions such as Check-In/Check-Out
- Student Support Team (SST)\* and Instructional Intervention Team (IIT)
- Class-wide interventions that address executive functioning skills (e.g., organization, task initiation, sustained attention)
- Small group counseling to provide supports with topics such as:
  - Coping strategies
  - Self-management strategies
  - Socialization skills

\*Meet weekly during COVID-19 pandemic

# Individualized Interventions

- Individual Counseling (School Counselor/Psychologist/Social Worker)
- Functional Behavior Assessment/Behavior Intervention Plan
- Suicide Intervention and/or Threat Management Procedures
- Home and Hospital Instruction
- Referral to and/or Collaboration with Community Providers, including School-Based Mental Health Services

## Additional COVID-19 Pandemic Interventions:

- Check-Ins with Students of Concern (Members of Student Support Team)
- Telehealth Services for individual counseling during virtual learning

# Community Collaboration

## Mental Health Community Advisory Council (MHCAC)

**Vision:** All Howard County children, youth and families have equitable access to behavioral health services and social emotional well-being supports that meet their unique needs.

**Mission:** Through a community-wide collaboration, we seek to promote behavioral health and social emotional well-being through community awareness and stigma reduction, increasing access to early identification, intervention services, and education to ensure all children, youth and families have access to behavioral health and social emotional resources.

**Membership:** Open to anyone interested in youth and adolescent mental health; currently over 125 community agencies, HCPSS staff , local providers, etc.

**Meetings:** First Friday of the month from 9:00am to 10:30am.

For more information please contact [cynthia\\_schulmeyer@hcpss.org](mailto:cynthia_schulmeyer@hcpss.org).



# Additional HCPSS Resources

## Community News and Programs

Academic Enrichment

Afterschool and Camps

Arts & Music

Child Care

Culture/Diversity

Environment/Nature

Health

Sports/Recreation

Tutoring/Mentoring

Volunteering

## Model for Mental Health Supports in Schools

Preventing Youth Suicide - Tips for Families (Spanish, Chinese, Korean)

Resources: Tips, Guidelines and Where to Get Help

# Contact Information

## **Cynthia A. Schulmeyer, Ph.D., NCSP**

Coordinator, Psychological Services

Mental Health Services Coordinator

Howard County Public School System

[cynthia\\_schulmeyer@hcpss.org](mailto:cynthia_schulmeyer@hcpss.org)

(410) 313-7021

# Questions

