

## Mental Health Care in Schools

School mental health care can:

- Increase academic achievement
- Increase attendance
- Promote a positive peer climate
- Make educators' jobs easier
- Improve life skills
- Decrease referrals to juvenile justice
- Improve school safety



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## Effectiveness of Mental Health Care in Schools

- 98% of children referred to school-based mental health services follow through, in contrast to only 17% referred to community care
  - There is no evidence that school-based mental health increases or reduces use of community services
- Students are generally satisfied with school-based mental health services
- When students reach emotional, behavioral and social success, all school stakeholders benefit



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# MHF-EE SAMPLE CURRICULUM

mental health facilitator—educator's edition

Module 1: Investing in Mental Health in the Schools

## Impact of Student Mental Health Problems

- Child behavior and emotional disorders can severely affect future educational outcomes
- Children need to be helped early in school to reach their full academic potential
- Schools play an important role in promoting child mental health
- Adequate investment is needed in child mental health for academic achievement
- There is a need to develop preventative versus reactive approaches

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Module 8: Understanding Problems

## Students Coping With Problems

- Many students will turn to friends, neighbors, voluntary associations, religious leaders, school personnel and family for assistance
  - But, family members may disapprove of seeking mental health care
- Parents tend to speak with a primary support person before seeking formal services
- Informal helping and support networks can be very helpful

**Teachers play an important role in helping students understand and solve their problems**

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