

Selecting the Right Interventions to Support Students' Mental Health Needs

CONSIDERATIONS WHEN CHOOSING SCHOOL BASED INTERVENTIONS



Assess...

- types of mental health challenges that students face
- stressors contributing to these challenges
- how different students manifest these challenges



Examine...

- current efforts to support students' mental health needs and mitigate stressors
- resources that can be leveraged to increase mental health supports
- which community partners to engage to increase mental health supports



Select...

- intervention(s) that address students' needs
- intervention(s) that can be implemented given current resources and capacities
- intervention(s) that are most likely to work

Refer to the Menu of Trauma Informed Programs

See back side for questions to consider for each step.



Adapted from Substance Abuse and Mental Health Services Administration (2018). Selecting best-fit programs and practices: Guidance for substance misuse prevention practitioners. Retrieved from https://www.samhsa.gov/sites/default/files/ebp_prevention_guidance_document_241.pdf

Digging Deeper

QUESTIONS TO CONSIDER WHEN CHOOSING SCHOOL BASED INTERVENTIONS



Assess current needs

- What mental health challenges do our students face? How are we assessing and identifying these mental health needs?
- What stressors—in the home, school, and/or community—are contributing to these mental health challenges?
- How do different students manifest these mental health challenges at school? (e.g., problem behaviors, absenteeism, disengagement)



Examine current efforts and resources

- What types of interventions are we currently offering to address students' mental health needs and to mitigate stressors? What types of supports do these interventions provide?
 - Tier 1: School-wide and classroom-based supports for **all** students (e.g., social and emotional learning programs)?
 - Tier 2: Small group supports for **some** students (e.g., support group for students impacted by trauma)?
 - Tier 3: Individual supports for a **few** students (e.g., cognitive behavior therapy)?
- What types of financial and educational resources and staff capacities do we have that allow us to increase our mental health supports?
- Who can we engage in cross-agency collaboration to provide additional support to students?



Select interventions that fit your needs & context

- From the *Menu of Trauma Informed Programs*, which program(s) address the mental health needs of our students? Which interventions are designed for students like ours (e.g., grade level) and complement the current supports we offer?
- Which of these interventions can we implement, given our existing resources and capacities (e.g., financial considerations)?
- Which interventions are most likely to work in our school—based on the rigor of their evaluation and the context of our school (e.g., cultural dynamics)?
- Which interventions are most likely to get the buy-in from the staff, parents, and the community?