

STUDENT MENTAL WELLBEING IN SCHOOLS

Tracy Moseman, Office of
Public Instruction



Putting Montana Students First **A+**



MTSS of Student Well-being



Select (1-5%)
Interventions to support continuum of care. Individual, Assessment-based, and Intense.

Individual Students

For Select Students

Targeted (5-15%)
Strategies and interventions for small groups, some individualizing, rapid response, high efficiency that address:

- Reinforce social support systems
- Strengthen self-regulation skills

Universal (80-90%)
Strategies to build positive, proactive, preventive, and adaptive systems for all.

- Awareness
- Education
- Teaching universal expectations

For All Students (age appropriate)



TIER 1

SEL Curriculum/ School Climate Initiatives

Second Step Violence Prevention

PAX Good Behavior Game

Signs of Suicide

Zones of Regulation

Youth Aware of Mental Health (YAM)

Health Classes

Resiliency Strategies/Health/Nutrition/Sleep/Stress
Reduction/Physical Activity

Policy/Procedures/School Climate Initiatives



TIER 2

- Check and Connect
- Lunch Groups, Small Groups for targeted students
 - New Students
 - Social Skills Development
 - Students experiencing life changes such as divorce, deployment
 - Substance Use
- Check In Check Out
- Mentoring Programs

TIER 3

Comprehensive School and Community Treatment (CSCT)

Special Education Programs/IEP's

Short Term Support by School Counselors

Referrals to Community Services



STAFF AT EACH TIER

Tier 1

- School Counselors
- School Psychologists
- Support Staff
- Classroom Teachers

Tier 2

School Counselors

School Psychologists

Classroom Teachers

Tier 3

Clinical Staff contracted through CSCT

Special Education Staff

School Psychologists

School Counselors



LIMITATIONS

School Counselors 1:400 Ratio in Mt Schools

- School Systems under 126 students do not need to have a counselor (160 school systems out of 318)
- ASCA model Academic, Career, and Social/Emotional support
- Not licensed clinicians
- Often tasked with administrative functions in a building

School Psychologists: Often testing is a major function, not available in every school

Tier 3 CSCT: limited caseload in schools, not available in every school



SUMMARY

School district supports for student wellness look different depending on staffing and resources available

Districts that receive grants or special funding have access to certain evidence-based programs that others may not when cost is a factor

A multi-tiered system of support in schools helps ensure the right support is given to students at each tier

There is a continuum of mental wellness supports available for districts based on need and cost

CONTACT

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