

Pioneer Springs Community School
Mental Health Improvement Plan
2020-21

Consistent with the NC State Board of Education's policy SHLT-003, *School-Based Mental Health*, Pioneer Springs Community School commits to the following acts in recognition of the importance of mental health for staff, students, and families as the foundation to personal well-being and essential to maximizing access to education. Pioneer Springs will:

A. Evaluate

- a. Convene a Social and Emotional Health leadership committee tasked with the following activities.
- b. Conduct a social and emotional health and substance abuse needs assessment for students, families, and staff on an annual basis.
- c. In conjunction with the School Improvement Team, write and maintain a School Mental Health Improvement Plan based on the annual needs assessment and review it yearly.
- d. Review annually the school's policies and practices for crisis intervention.
- e. Review annually the school's discipline policies and practices; identify strategies to avoid over-reliance on suspension in the discipline of students identified with mental, social-emotional, or substance abuse health needs.
- f. Complete the annual report regarding school mental health due by September 15th of each year.

B. Educate

- a. Promote mental and social-emotional health through the adoption of a formal SEL curriculum for students (i.e. Responsive Classroom) which is facilitated in the K-12 classroom on a daily basis.
- b. Use a PBIS model K-12 to emphasize and reinforce positive student outcomes:

C. Train

- a. Provide ongoing and sustained staff training in mental health and suicide risk referral. Training will be a minimum of 6 hours in the initial year (2021-22 first six months) and at least 2 hours annually afterwards. The training includes 2 hours during initial workdays and will address:

- i. Youth mental health-
<https://mdbehavioralhealth.com/MHE/course/mycourses>
 - ii. Suicide prevention-
<https://learn.jasonfoundation.com/courses/childhood-teen-depression-educators/>
 - iii. Substance Abuse- **North Carolina Counseling Association (I'm a member)**
 - iv. Teenage dating violence in accordance with SL 2019-245-
<https://vetoviolence.cdc.gov/apps/datingmatters/>
 - v. Child sexual abuse prevention.
 - vi. Sex trafficking prevention.
- b. Train staff on effective use of the SEL curriculum for maximum consistency of implementation across campus.

D. Prevent

- a. Implement a suicide risk protocol for staff that provides guidelines for (1) risk of suicide and (2) procedures and referral sources.
- b. Actively advocate use of the “Say Something” tool for self/ peer referral.
- c. Maintain anonymous reporting boxes in all buildings as a tool for self/peer referral.

E. Connect

- a. Sign a Memorandum of Understanding with external agencies to assist in and support these efforts toward creating and sustaining coordinated support for mental and social-emotional health.
- b. Create a list of area counselors and resource phone numbers to share with staff, students, and families.
- c. Maintain resources within the school to create access for students to licensed mental and other health professionals, including school counselors, school psychologists, and school occupational therapists.
- d. Formalize processes to transition students between school and acute or residential treatment programs.

