

SCHOOL PSYCHOLOGISTS SUPPORT STUDENT MENTAL HEALTH

1 in 5

School students suffer from a mental health disorder.



of children have had a potentially traumatic experience.

1.1 Million

High school students attempt suicide each year.



Students are more likely to seek mental health supports in school than other settings.

SCHOOL PSYCHOLOGISTS ARE TRAINED TO PROVIDE MENTAL HEALTH SERVICES IN SCHOOLS



Mental Health Assessments



Counseling & Behavior Support



Consultation & Referrals

SHORTAGES PREVENT SCHOOLS FROM MEETING STUDENTS' NEEDS

Recommended Ratio 1:500



The National Ratio 1:1,382



Shortages Result in:

- Limited access to services.
- Inability to provide preventive and early intervention services.
- Overemphasis on special education compliance.

ADDRESSING THE SHORTAGE OF SCHOOL PSYCHOLOGISTS



Work towards implementation of the NASP Practice Model.



Expand capacity by developing partnerships with local universities.



Increase funding to make salaries competitive and create new positions.



Reallocate paperwork duties to free up time for prevention and intervention.

School psychologists play a critical role in supporting student mental health and safety.

NASP 

www.nasponline.org

COMPREHENSIVE SCHOOL SAFETY

Ensures that ALL students:

- Feel accepted and respected
- Have positive relationships with peers and staff
- Can access social, emotional, and mental health supports
- Know how to get help and report concerns



Balances physical and psychological safety

Some physical security measures (e.g., metal detectors, armed guards) can *decrease* perceived safety without preventing actual violence.



Efforts to enhance the school climate, with reasonable physical security measures, can improve learning, behavior, and trust between students and adults.



Employs positive discipline strategies

Zero tolerance policies feed the school-to-prison pipeline, do not effectively reduce violence, increase negative behaviors, and inhibit academic achievement.



Effective discipline requires consistency, equity, reinforcement of positive behaviors, and family involvement.



Addresses student mental health and risk behaviors

School violence diminishes student well-being and motivation, and increases risk of aggression and school avoidance.

School-based mental health services improve school climate and reduce absences, discipline referrals and behavior problems.

Adequate access to school-employed mental health professionals promotes effectiveness and sustainability of services.

School psychologists play a critical role in providing comprehensive school safety and mental health supports.

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SCHOOL PSYCHOLOGISTS

support students' ability to learn and teachers' ability to teach.

THEY ARE EXPERTS IN



Learning



Behavior



Mental Health



School Systems

THEY PROVIDE

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers and families
- Culturally responsive services
- Crisis prevention and response



THEY SUPPORT

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School-family-community partnerships
- School-wide data-based decision making

THEY SERVE

in schools and other educational and clinical settings.



RECOMMENDED RATIO

1 school psychologist per **500-700** students

Lowering barriers to learning is critical to children's success in school.



Contact your school psychologist to find out how they can help.

School Psychologists:
Helping Children Thrive • In School • At Home • In Life
www.nasponline.org

