From the Center for MH in Schools & Student/Learning Supports at UCLA

John Maynard Keynes wisely noted:

*The real difficulty in changing the course of any enterprise lies
not in developing new ideas but in escaping old ones.*

Every day we receive reports that highlight the problem schools have addressing mental health concerns. But what is discussed to improve the situation amounts to old and inadequate thinking. Indeed, too much of what is advocated and pursued currently reflects a naive understanding of the role schools can and should play in addressing mental health. Last month we discussed major examples of old ideas for enhancing mental health efforts at schools.
See https://smhp.psych.ucla.edu/pdfdocs/1-12-24.pdf

As we continue to stress:

> If schools are ever to play a significant role with respect to mental health concerns, the efforts must fit into a school's efforts to support all students. And, from a school perspective, that means embedding the focus on mental health into a system of student/learning supports that addresses a broad range of barriers to learning and teaching. For this to happen, schools must rethink and mobilize use of existing student support resources and systematically weave in whatever is available in the community to provide for the increasing number of students experiencing learning, behavior, and emotional problems.

Too much of the advocacy for enhancing mental health in school continues to focus on the fantasy that school budgets will ever allow for hiring enough counselors, psychologists, social workers, etc. Moreover, the overemphasis mainly on enhancing *services* narrows the intervention focus in inappropriate ways. It is time to rethink how to develop existing student/learning supports into a unified, comprehensive, and equitable system.

Ready to move forward?

Here are some resources:

> *>Student/Learning Supports: A Brief Guide for Moving in New Directions*
> https://smhp.psych.ucla.edu/pdfdocs/briefguide.pdf

> *>Resource Mapping & Management to Address Barriers to Learning*
> https://smhp.psych.ucla.edu/pdfdocs/resourcemapping/resourcemappingandmanagement.pdf

> *>Rethinking MTSS to Better Address Barriers to Learning*
> https://smhp.psych.ucla.edu/pdfdocs/newsletter/fall19.pdf

> *>Fiscal Cliff Threatens Student/Learning Supports: It's Time to Braid and Rethink Resource Use*
> https://smhp.psych.ucla.edu/pdfdocs/fall23.pdf

> *>Transforming Student/Learning Supports & Enhancing Equity of Opportunity*
> https://smhp.psych.ucla.edu/pdfdocs/24mono.pdf

Also, see:

> *>Embedding Mental Health as Schools Change* https://smhp.psych.ucla.edu/pdfdocs/mh20a.pdf

> *>Addressing Barriers to Learning: In the Classroom and Schoolwide*
> https://smhp.psych.ucla.edu/pdfdocs/barriersbook.pdf

> *>Improving School Improvem*ent https://smhp.psych.ucla.edu/pdfdocs/improve.pdf

Best wishes as we all work to improve student and staff well-being.

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