

**Resources for Planning Mental Health in Schools**  
( <http://smhp.psych.ucla.edu/pdfdocs/planning.pdf> )

Training in children's mental health provides a solid base upon which to build an approach to mental health in schools. Fortunately, to build on this base, there is a growing set of resources specifically related to mental health in schools.

From our perspective, efforts to enhance mental health in schools go well beyond delivering school-based mental health services. A fundamental concern is connecting with the wide array of folks who can contribute to the work, some of whom already are involved with mental health in a school. From a school's perspective, the objective should be to build and strengthen a comprehensive, multifaceted, and cohesive approach to addressing barriers to learning and teaching.

*We have a special introduction to the topic on our website – with links to many resources. On the homepage – <http://smhp.psych.ucla.edu/> , click on *About Mental Health in Schools*.*

\*\*\*For an indepth discussion, see the 2010 book written by the Center co-directors:\* *Mental Health in Schools: Engaging Learners, Preventing Problems, and Improving Schools* published by Corwin Press.

\*\*\*Online access – *Mental Health in Schools: Guidelines, Models, Resources & Policy Considerations*. This field-defining resource and reference work is designed to address national policy and practice concerns about what mental health in schools is, is not, and should be. See - <http://smhp.psych.ucla.edu/pdfdocs/policymakers/cadreguidelines.pdf>

\*\*\*To quickly find and access a wide range of resources – including the many we have developed on specific topics – go to our Online Clearinghouse Quick Find menu – <http://smhp.psych.ucla.edu/websrch.htm>

\*\*\*We also have developed a special “Gateway to a World of Resources for Enhancing MH in Schools.” This is a categorized links "map" that provides quick access to relevant internet sources for resources. It is also a tool to facilitate various forms of networking and to help analyze strengths, weaknesses, and gaps/inequities in available resources. The gateway also can be a starting point for enhancing collaborative partnerships among key groups with overlapping interests related to mental health in schools. See – [http://smhp.psych.ucla.edu/gateway/gateway\\_sites.htm](http://smhp.psych.ucla.edu/gateway/gateway_sites.htm)

\*\*\*Also see the Center's *Resource Synthesis to Help Integrate Mental Health in Schools into the Recommendations of the President's New Freedom Commission on Mental Health* – <http://smhp.psych.ucla.edu/pdfdocs/newfreedomcommisison/resourcesynthesis.pdf>

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As can be seen from the above resources, a good starting place is to learn about what and who the school district and schools already have in place to (a) support students who manifest mental health and psychosocial problems and (b) promote mental health and prevent problems. Ask those already working on such matters about what is working well and where the gaps are. This involves clarifying priorities in terms of what needs strengthening and what gaps need to be filled (e.g., mental health promotion? prevention? early intervention? treatment?).

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**ABOUT THE CENTER FOR MENTAL HEALTH IN SCHOOLS at UCLA**

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As contact is made with the folks already involved with mental health and psychosocial concerns in a district and at a school, it is important to set up an ongoing “resource-oriented” mechanism (e.g., a resource-oriented team) for meeting together to enhance what many schools are now calling “learning supports.” (The term “learning supports” or a “learning support component” provides a unifying concept under which to pursue mental health in schools in a way that schools can see as directly relevant to achieving their mission). The objective of meeting together on a regular basis is for ongoing coordination, monitoring, evaluation, and enhancement of resources to do the work. For more about this, see the Center’s online documents:

>>*Key Leadership Infrastructure Mechanisms for Enhancing Student & Learning Supports* –

[http://smhp.psych.ucla.edu/pdfdocs/report/resource\\_oriented\\_teams.pdf](http://smhp.psych.ucla.edu/pdfdocs/report/resource_oriented_teams.pdf)

>>*Developing Resource-oriented Mechanisms to Enhance Learning Supports* –

[http://smhp.psych.ucla.edu/pdfdocs/contedu/developing\\_resource\\_oriented-mechanisms.pdf](http://smhp.psych.ucla.edu/pdfdocs/contedu/developing_resource_oriented-mechanisms.pdf)

\*\*For guidance in working with others at a school related to “case-oriented” concerns, see:

>>*School Based Client Consultation, Referral, and Management of Care* –

<http://smhp.psych.ucla.edu/pdfdocs/consultation/consultation2003.pdf>

>>*Enhancing School Staff Understanding of MH and Psychosocial Concerns: A Guide* -

<http://smhp.psych.ucla.edu/pdfdocs/Report/enhancingschoolstaff.pdf>

\*\*For resources related to frequently occurring problems at schools, see:

>>*Attention Problems: Interventions and Resources* –

<http://smhp.psych.ucla.edu/pdfdocs/attention/attention.pdf>

>>*Conduct and Behavior Problems in School Aged Youth* –

<http://smhp.psych.ucla.edu/pdfdocs/conduct/conduct.pdf>

>>*Bullying Prevention* –

<http://smhp.psych.ucla.edu/pdfdocs/quicktraining/bullyingprevention.pdf>

\*\*Of special importance to mental health in schools is work with teachers. They need help to become more effective in working with students who manifest behavior, emotional, and learning problems. In many schools, one of the biggest problems confronting teachers is how to re-engage students who have become disengaged from classroom learning. Re. this concern, see:

>>*Re-engaging Students in Learning* –

<http://smhp.psych.ucla.edu/pdfdocs/quicktraining/reengagingstudents.pdf>

\*\*In general, working as part of a team in a school can be a great opportunity to create a safe, caring, and nurturing school climate and sense of community to benefits everyone at the school. There are many good resources on this. See, for example:

>>*Natural Opportunities to Promote Social-emotional Learning and Mental Health* –

<http://smhp.psych.ucla.edu/pdfdocs/newsletter/fall03.pdf>

***Can't find what you need?*** Contact us by email at [smhp@ucla.edu](mailto:smhp@ucla.edu) or call 310/825-3634 or write Center for Mental Health in Schools, Dept. of Psychology, UCLA, Box 951563, Los Angeles, CA 90095-1563.