

## **Students**

### **Mental Health**

The Governing Board recognizes that students' emotional well-being and mental health contribute to their ability to perform to their full academic and personal potential. The Superintendent or designee shall develop strategies and services to build students' resiliency skills, help students cope with life challenges, and reduce the stigma associated with mental illness.

The Superintendent or designee shall consult and collaborate with school-employed mental health professionals, the county mental health department, psychologists and other health professionals, social workers, and/or community organizations to strengthen local mental health services and develop and implement an integrated plan to support student mental health.

To the extent possible, the district shall focus on preventive strategies which increase students' connectedness to school, create a support network of peers and trusted adults, and provide techniques for conflict resolution. The district shall investigate and resolve any complaint of bullying, intimidation, harassment, or discrimination in accordance with law and district policy.

The district shall provide instruction to students that promotes their healthy mental, emotional, and social development. Health education courses shall be aligned with the state content standards and curriculum framework and shall include, but not be limited to, instruction related to identifying signs of depression and self-destructive behaviors, developing coping skills, and identifying resources that may provide assistance.

The Superintendent or designee shall provide school staff with information and training to recognize the early signs of an emerging mental health condition, identify risk factors and warning signs of suicidal intent, respond to students who have been impacted by traumatic stress, and link students with effective services and supports. Such information may also be provided to parents/guardians and families.

The Superintendent or designee shall develop a protocol for identifying and assessing students who may be suffering from an anxiety disorder, depression, eating disorder, or other severe or disabling mental illness. The Superintendent or designee may establish districtwide or school-site crisis intervention team(s) to respond to mental health concerns in the school setting.

A school counselor, school psychologist, or school social worker may provide mental health counseling to students in accordance with the specialization(s) authorized on the individual's credential. As needed, students and their parents/guardians may be provided referrals to mental health services in the community and/or to mental health services at or near district schools.

If a student has an emotional or mental illness that limits a major life activity, has a record of such impairment, or is regarded as having such impairment, or may need special education and related services, the student shall be referred for an evaluation for purposes of determining whether any educational or related services are required in accordance with Section 504 of the Rehabilitation Act or the federal Individuals with Disabilities Education Act, as applicable. (Education Code 56301-56302; 29 USC 794; 28 CFR 35.108)

**Mental Health (Cont.)**

The Superintendent or designee shall explore potential funding sources for district programs and services that support student's mental health. In accordance with local plans and priorities, the district may apply to the county for grants for prevention and early intervention activities that are designed to prevent mental illness from becoming severe and disabling and to improve timely access for underserved populations.

**State Reference**

28 CCR 35.101-35.190

Ed. Code 215-216

Ed. Code 234.6

Ed. Code 32280-32289.5

Ed. Code 49060-49079

Ed. Code 49600

Ed. Code 49602

Ed. Code 49604

Ed. Code 56171

Ed. Code 56300-56385

Nat. Child Traumatic Stress

Network Publication

W&I Code 5698

W&I Code 5840-5840.8

W&I Code 5850-5883

**Description**

Nondiscrimination on the basis of disability in state and local government services

Student suicide prevention

Bullying and harassment prevention information

Comprehensive safety plan

Student records

Responsibilities of school counselors

Confidentiality of student information

Suicide prevention training for school counselors

Duty to identify and assess children in private schools who need special education services

Identification and referral, assessment

Child Trauma Toolkit for Educators, 2008

Emotionally disturbed youth; legislative intent

Prevention and early intervention programs

Children's Mental Health Services Act

**Federal Reference**

20 USC 1400-1482

29 USC 794

34 CFR 300.1-300.818

**Description**

Individuals with Disabilities Education Act

Rehabilitation Act of 1973, Section 504

Individuals with Disabilities Education Act