



Pike Road City Schools
Mental Wellness Program Plan
2022-2023 School Year

I. Overview & Key Objectives

Pike Road Schools (PRS) will implement a Multi-Tiered Systems of Supports for the PRS Mental Wellness Program Plan. This system of supports identifies interventions, supports, and strategies that can be implemented in Tier I, Tier II, and Tier III of the support system. For each tier, there is an evaluation of the implementation of interventions, strategies, and supports that assist in determining the need to transition from one tier to the next. Key objectives of the Multi-Tiered Systems of Supports for the PRS Mental Wellness Program Plan include the following:

- A. Provide a systematic approach to providing support for mental wellness;
- B. Provide a structured plan for supporting mental wellness in efforts of supporting each school's Alabama Continuous Improvement Plan;
- C. Identify interventions, supports, and structures that are applicable district-wide for mental wellness and well-being; and
- D. Provide a process for evaluating each tier and identifying appropriate next steps that should be taken in the Multi-Tiered System of Supports for the PRS Mental Wellness Program Plan.

II. Technical Assistance

The district's Mental Health Coordinator will facilitate the implementation of the Mental Health Plan. School leadership teams, counselors, faculty staff, and stakeholders will

work collaboratively to assess the needs of students and implement interventions and strategies identified in the Mental Health Plan. Technical Assistance for Mental Health may be provided from but is not limited to the following:

- A. Mental Health Coordinator;
- B. Consultation from the Alabama State Department of Education;
- C. Faculty and staff members;
- D. Contracted Personnel; and/or
- E. Community Partnerships.

III. Professional Learning

Opportunities for professional learning may be provided to school leadership teams, counselors, faculty, staff, and stakeholders as needed. Professional learning can be facilitated by, but is not limited to the following:

- A. Mental Health Coordinator;
- B. Consultation from the Alabama State Department of Education;
- C. Faculty and staff members; and/or
- D. Contracted Personnel.

IV. Tier I

Tier I intervention and supports refers to school mental health promotion for all students. It includes activities that promote positive social, emotional, and behavioral skills in students. Tier I intervention is universal, core instruction that is implemented in the classroom and school-wide. Tier I includes all students, regardless of whether they have been identified or are a risk for any mental health problems. Tier I is the foundation for

Tier II interventions and is thoroughly evaluated before progressing to Tier II. Pike Road Schools will implement school-wide, research-based interventions and supports for Tier I intervention which includes the following:

- A. Implementation of classroom management strategies;
- B. Monitoring of student attendance;
- C. Monitoring of student behavior;
- D. Student Early Warning System;
- E. Developing a positive school climate that focuses on student engagement, safety, and positive classroom environments;
- F. Developing and implementing school-wide expectations for positive behavior;
- G. Implementing classroom and school-based strategies to promote healthy relationships and promote student community and connectedness;
- H. Increasing mental health literacy;
- I. Utilizing the restorative circle strategy for conflict resolution and problem-solving;
- J. Assessing teacher and staff wellbeing;
- K. Classroom Instruction;
- L. School-wide campaigns; and/or
- M. Student participation in school events and assemblies.

V. Tier II

Tier II interventions and supports are identified as mental wellness early interventions. These interventions are meant to address students who are evaluated at Tier I and require additional support. Tier II students are students who are identified as at-risk for

a given problem or concern. Pike Road Schools will implement the following Tier II interventions and supports:

- A. Early Warning System process;
- B. Small group instruction;
- C. Behavior contracts;
- D. Report Card conferencing;
- E. Safety plans;
- F. Behavior assessments;
- G. Ripple Effects Program;
- H. Mental Wellness Check-in;
- I. P.A.T.H. and Peer Helper Program;
- J. Suicide Assessment and Referral Process; and/or
- K. Behavior Threat Assessment.

VI. Tier III

Tier III interventions and supports focus on the individualized needs of identified students. Its services address mental health concerns for students who are already experiencing significant distress and impaired functioning. Tier III services may include referrals and/or services with School-Based Mental Health professionals or community services. These interventions are designed to be specific and tailored to the needs of the student. Pike Road Schools will implement the following Tier III interventions and supports:

- A. Referrals to School-Based Mental Health Professionals;

- B. Pull-out sessions;
- C. Alternative learning opportunities;
- D. Crisis Response Team; and/or
- E. Community Partnerships.

VII. Evaluation of Tiers

In the Multi-Tiered Systems of Supports for Mental Wellness, an evaluation of the implementation of strategies and supports for each tier is required. There should be documentation of specific strategies and interventions provided to support the student. For each tier, this documentation should include strategies, implementation time frames, evaluation of effectiveness, and suggested next steps for students. Additionally, there should be an evaluation of referrals, and feedback from faculty and staff.