



# Reynoldsburg City Schools

## Identifying Student Mental Health

*Empowering leaders who impact the NOW and innovate the FUTURE*

# What is mental health?



**A person's condition with regard to their psychological and emotional well being.**

(Oxford Languages, 2023)

**The state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.**

(World Health Organization, 2023)



# Identifying mental health



- **Multi-Tiered Systems of Support (MTSS)**
  - Identify patterns of behavior
  - Implementation of interventions based on identified needs
- **Surveys/Screeners**
  - Needs assessments
  - Culture & climate surveys
- **Direct referral**
  - Self referrals
  - Parent/guardian referrals
  - Teacher/staff referrals



# Signs and symptoms



- **Changes in behavior**
  - Disruptive behavior
  - Destructive behavior
  - Acting out physically/verbally
  - Sleeping in class
- **Changes in academic engagement**
  - Skipping class
  - Reduced work performance/completion
  - Changes in attendance/tardiness



# Signs and symptoms

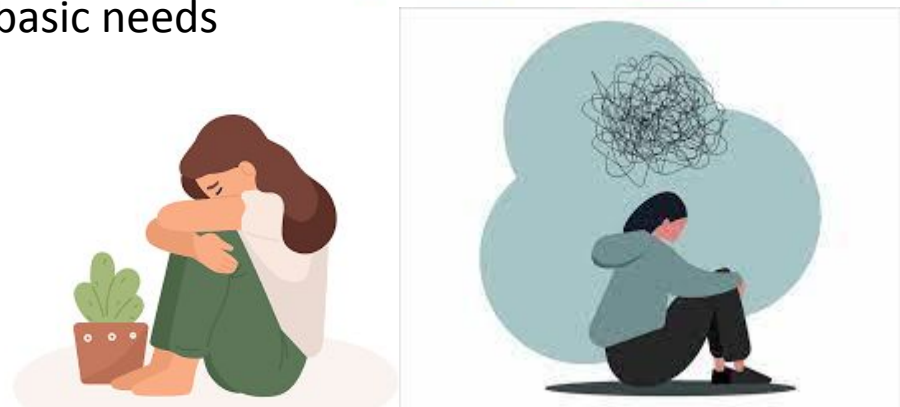


- **Changes in social engagement or relationships**
  - Self-isolating behavior
  - Drastic/sudden changes in social connections/friend groups
- **Increase in risk taking behavior/high risk behaviors**
  - Engaging in behaviors that pose a risk to oneself or others.
- **Self-reported concerns or disclosure of identified changes**
  - Students share their own personal concerns based on what they notice happening.
  - Other students sharing concerns for friends/peers with noticed changes in behavior or engagement.

# Contributing Factors



- **Social media/online experiences**
  - Bullying/harassment
  - Perceptions of expectations or norms
  - Online relationships and/or connections
- **Environmental factors**
  - Community relationships/engagement
  - Lack of support from others in their community
  - Abuse/neglect
  - Loss of housing/limited access to basic needs
- **Grief/loss**
- **Severe or long-term stress**



# Available resources



- **School Social Workers**
  - SRES, WRES, HMES, FRES, RHES, WRJH, SMBR, RHS (both campuses)
- **School Counselors**
  - SRES, WRES, TRES, SUES, WRJH, SMBR, RHS (both campuses)
- **Building partnerships**
  - Southeast Healthcare prevention services
  - Nationwide Children's Hospital school-based behavioral health
  - The Buckeye Ranch
  - The Village Network (SMBR only)
- **Community providers**







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