

## Mental Health Progress Report

The Mental Health Initiative has taken some exciting turns in the past year. As recipients of the HELP grant, and through the support of BISD funding, we were able to add 3 school counseling interns this year, and a full-time special education counselor, increasing our student-to-school counselor ratio to 265:1, and doubling the availability of counseling to our special education students.

In the past year, we have expanded our multi-tiered pyramid of interventions to include a mental health counseling component, and developed a system of referral, and flushed out a direction for our Comprehensive Counseling, Mental, and Behavioral Health team, driven by the Texas Comprehensive Model for School Counselors, and including Mental and Behavioral supports. Currently, an assessment model including Beginning of the Year, Middle of the Year, and End of the Year Assessments are being implemented to drive self-evaluation, and promote growth and development of our program at both district and campus levels. Brownwood ISD has been recruited by Region 15's Anne Hardagree to participate in the SHAPE grant system, designed to interact with TEA and receive guidance as well as provide feedback for the state in implementing and assessing Mental and Behavioral Health programs, including community outreach and assistance.

Recently our Beginning of the Year Assessment outlined Horizontally and Vertically aligned guidance curriculum for students to learn executive functioning skills, social skill development, conflict resolution, bullying prevention, growth mindset, and many other skills at a significantly higher rate than the previous year, in grades PK-8. All lessons are provided concurrently via media resources to distance learners as well.

While concerns regarding COVID, including concerns regarding the illness itself, or concerns regarding other related matters such as policies and procedures continue to arise, the Comprehensive Counseling, Mental, and Behavioral Health Team have worked together with teachers and families to address needs and mental health concerns as they arise, and pursue safe and secure outcomes.

In addition to structural systems put into place, we are excited to be expanding our services of Trauma-informed small group settings, and small groups that affect individuals such as stress, anxiety, depression, and loneliness, in accordance to assessments sent out to parents and students. We are also looking forward to increasing our parent outreach through social media outlets and short informational snippets. As always, quality training regarding Trauma-Informed Care to our teachers, administration, and staff remains a priority.

As a team, we are also expanding our community outreach, and have leadership representation at the CRCG, and have recently added Anger Management courses through TAME CCCT resources. Our hope is to continue this expansion and collaboration, though we are exercising caution to respect both COVID boundaries, and ensuring proper support of academic time is respected as well.

As a Collaborative Counseling, Mental, and Behavioral Health Team, we would like to express our sincere appreciation to the Board, and to our Administrators for the ongoing support and awareness of the struggles regarding mental and behavioral health. Thank you.

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