

Mental Health Supports for Parkrose Students

Green Zone-Universal Supports for all

- PBIS-Teaching and acknowledging behavior expectations and skills
- Zones of Regulation-Teaching emotional self-regulation skills to all K students
- Trauma-Informed Practices-Voluntary professional development for staff, to be scheduled
- Health /Wellness classes at MS and HS address mental health as part of curriculum

Yellow Zone-Strategic supports for those who need it

- Social-Emotional Learning-small group skill instruction by counselors
- Behavior support plans for individual students, based on teaching and acknowledging behaviors to replace problematic behaviors
- Check In/Check Out-Individual students meet daily with a staff person, set and review goals
- Alternative recess, lunch bunch-alternative options for students who need a smaller or more structured recess or lunch
- School psychologists/counselors coordinate communication with community-based mental health treatment providers

Red Zone-Intensive supports for those who need it

- Functional Behavior Assessment and extensive behavior support plans
- Individual social emotional learning instruction-from counselors or school psychologist
- 3 Multnomah County Mental Health Consultants-assess, refer, provide direct therapy
 - 1 consultant -4 days/week, at School-Based Health Clinic, MS, Russell and Sacramento
 - 1 African-American Consultant -1 day/week
 - 1 Spanish-speaking Consultant-1 day week
- Trillium Services Therapist-at Shaver and at Prescott
- Lifeworks NorthWest –at High School 2 days /week, provides drug/alcohol assessments, conducts drug/alcohol treatment groups, provides treatment for students with both substance use/mental health diagnoses
- Educational placements at therapeutic schools

School counselors and school psychologists trained in Crisis Response, Suicide screening and prevention and Risk screening and prevention. District-wide protocols used for suicide and risk screenings.