

# Mental Health at Austin ISD

Addressing students' mental health needs can have a profound effect not only on the students receiving services, but also on their classmates, teachers and school staff. Youth treatment achieves long-lasting results when educators can recognize and acknowledge the multiple systems, such as school and home, that help shape a student.

## The Austin ISD Experience

Austin ISD has 19 secondary and 23 elementary School Mental Health Centers, all of which employ what is known as the Ecological Model of Care. This is an evidenced-based framework for children and adults who have experienced complex trauma that requires collaboration among child, home, school and treatment providers.

In this model, a therapist not only works directly with students, but also involves their families and educators to create a school community that recognizes the whole child.

## Address Student Needs Early to Address School Safety

Mental well-being is necessary for learning to take place, and quality mental health programming promotes school safety, student achievement, and healthy human development.

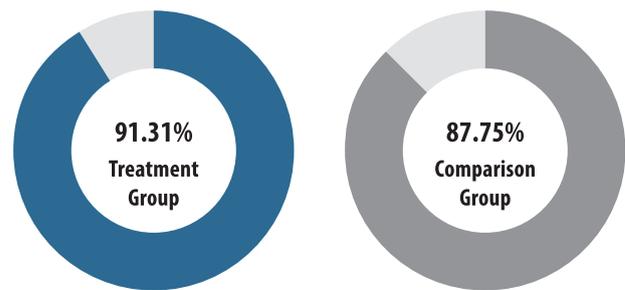
AISD's work through the School Mental Health Centers shows promise in addressing school violence, as the work intervenes on key emotional and behavioral issues that could lead to serious violent acts if left unresolved. Early investment also saves money in the long run, as the cost of incarceration and inpatient mental or behavioral care is far higher.

## Solutions

- Make it easy for students to get help through on-site therapy at multiple locations.
- Intervene early through small groups that help vulnerable students build social support and skills for healthy coping.
- Appropriate funding to support campus based mental health services.
- Provide behavior and mental health interventions across all tiers, including, Social and Emotional Learning, Trauma-Informed Care and Trust-Based Relational Intervention training and interventions for all staff.
- Change the environment and culture of a school and system from "What's wrong with you?" to "Help me understand you."

## Average Attendance

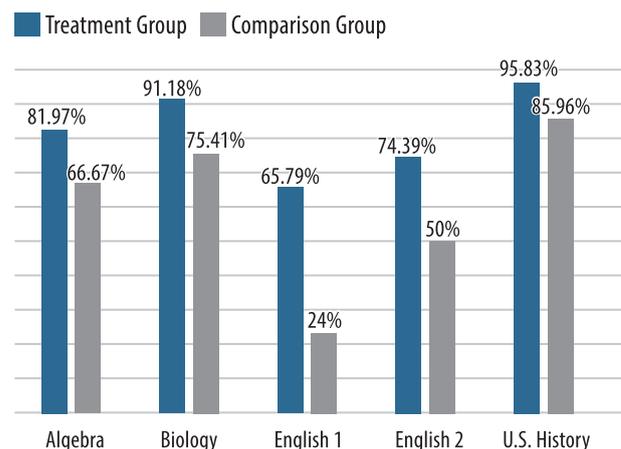
In comparing two test groups, average attendance increased to 91.31 percent for the group that had treatment, up from 87.75 percent.



Source: [www.vidaclinic.com](http://www.vidaclinic.com)

## Students Meeting Standards

The percentage of students who met standards in five subjects increased in the group that received treatment. English 1 saw the most improvement with a 41.79 percent increase.



Source: [www.vidaclinic.com](http://www.vidaclinic.com)