



# Expanded School Mental Health West Virginia

<https://livewell.marshall.edu/mutac>

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## Comprehensive School Counseling Programs (CSCP)

### Tool Kit #5

***“In order to support the success of all students, schools must ensure multi-tiered comprehensive school counseling programs that include universal prevention for all students, targeted interventions for at-risk students and a partnership with community provide to provide intensive interventions for the most at-risk students.”***

*– West Virginia Expanded School Mental Health Steering Team, 2017*

School counselors and school counseling programs are mandated for all West Virginia schools as per WVBE Policy 2315: Comprehensive School Counseling Programs

**Expanded school mental health (ESMH)** is a multi-tiered system of support where schools and strategic community partners work together to enhance student mental health in schools. It is a framework that:

- includes the full continuum of prevention; early intervention and treatment;
- serves all students;
- builds upon core programs/services being provided by schools
- emphasizes shared responsibility between schools, mental health providers and other community partners

3.1. The CSCP is an integral part of the total school program and is aligned with the school's mission. The CSCP is a proactive, systemic approach to assist students with the acquisition of attitudes, knowledge, skills and behaviors necessary to maximize student success and preparation for a variety of postsecondary options. The CSCP provides universal prevention for all students, targeted interventions

for at-risk students and intensive interventions for the most at-risk students. The CSCP is standards-based, designed to developmentally and sequentially address the WVSSS within each programmatic level. The CSCP utilizes school and community data to identify student needs in relation to the CSCP and to set annual priorities for the WVSSS. A certified school counselor, in collaboration with school and community stakeholders, will develop an Annual CSCP Plan in order to coordinate and implement a CSCP designed to address student needs.

**The CSCP contains four distinct delivery systems.**

**Integrated Delivery of WV Student Success Standards** The WVSSS are critical to the holistic development of all students and require integration into all aspects of each student's educational experience and include an integrated delivery approach by school staff and community partners.

**Responsive Services** The services include working with at-risk students to provide the help and support needed to ensure grade level success. Usually short-term in nature, responsive services include individual and small group counseling; academic and behavior intervention plans, crisis prevention and response; consultation with parents/guardians and other school staff; and referrals to school and community resources. Some students may require an immediate and expert response to assist with an academic, emotional or behavioral crisis of a severe nature.

**Student Supports** The student support component of the CSCP consists of a systemic, coordinated approach of developing and implementing The school counselor collaborates with stakeholders to ensure school-wide coordination of the CSCP and other student support programs, such as PBIS, ESMH,

schoolwide student advisory programs and programs that support a positive school climate and culture.

**Personalized Student Planning** Personalized student planning includes providing opportunities for students to discover their interest in emerging careers. A Personalized Education Plan (hereinafter PEP) is developed collaboratively, involving students, parents/guardians and school staff to ensure students maximize strengths, minimize weaknesses, set and reach academic and career goals.

School counselors are a critical partner in designing and implementing a multi-tiered interconnected system of student supports.

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### West Virginia Resources

West Virginia School Counseling Website  
<http://wvde.state.wv.us/counselors>

Addressing Mental Health in School Crisis Prevention and Response: A Resource Guide for WV Schools  
[http://wvde.state.wv.us/counselors/documents/addressingmentalhealth\\_resourceFINALforBoard.pdf](http://wvde.state.wv.us/counselors/documents/addressingmentalhealth_resourceFINALforBoard.pdf)

School Counselor "Use of Time" Log  
<http://wvde.state.wv.us/forms/counselors-log/>

Student Needs Assessment  
<http://wvde.state.wv.us/counselors/counseling-survey.html>

WVSSS Resources & Curricula  
<http://wvde.state.wv.us/counselors/wvss-standards-resources.html>

LINKS Student Advisory  
<http://wvde.state.wv.us/counselors/links/about.html>

Advisory Best Practice Assessment and Planning Tool for Schools  
<http://wvde.state.wv.us/counselors/links/documents/AdvisoryBestPracticeAssessmentandGoalSet>

Middle School Curriculum <http://wvde.state.wv.us/counselors/links/advisors/ms-lesson-plans.html>

High School Curriculum <http://wvde.state.wv.us/counselors/links/advisors/lesson-plans.html>

West Virginia School Counseling Protocols (click on Counselor Role – School Mental Health): <http://wvde.state.wv.us/counselors/protocols.html>

### General Resources

Collaborative on Social and Emotional Learning review and discussion of state learning standards:  
<http://casel.org/wp-content/uploads/2011/05/Forum-Brief-on-the-State-Scan-5-10-2011.pdf>

American School Counseling Association  
[www.schoolcounselor.org](http://www.schoolcounselor.org)

American Counseling Association  
[www.counseling.org](http://www.counseling.org)

National Center for School Counseling Outcome Research

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The purpose of the ESMH toolkits is to provide a common framework and recommendations to assist schools and community mental health providers to more effectively develop a comprehensive approach to school mental health that is consistent with current West Virginia Department of Education policies and best practices.



These recommendations and resources have been reviewed and approved by West Virginia's Expanded School Mental Health Steering Team.

For more information visit,  
<https://livewell.marshall.edu/mutac>

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Leadership for the West Virginia School Mental Health initiative is a shared commitment. This toolkit was prepared by:

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