



# Mental Health Awareness

*A commitment to support our students' mental health and wellness.*

## MENTAL HEALTH SUPPORTS

The Smithtown Central School District is committed to supporting our students' mental health and wellness. A crucial component of our student support structure includes school-based mental health. Our families and students are provided the school-based mental health assistance that they may need and depend upon.



## FAMILY PARTNERSHIPS

- The Smithtown School District partners with parents and strongly believes in parental involvement, notification and communication when a student needs assistance.
- Our school district shares a responsibility to work with families in an important role of ensuring that students are safe and in a supportive educational setting.
- Students spend a large portion of their day in our schools and this provides a mutually supportive family-school connection.
- This setting also allows for families to feel comforted and trust in accessing these supports and services.
- With parental permission, we partner with outside therapists and agencies to provide a comprehensive and unified approach to supporting the students and their families.
- The district provides school-based counseling, assists families with early detection of possible mental health challenges, and supports family and community treatment options.
- Our school buildings lend themselves to providing a natural environment for students and families to receive these services and support.



## SYSTEMS OF SUPPORT

Typically, schools are the first point of contact for children and families when identifying potential situations that may require further investigation by mental health professionals outside of the school system. The Smithtown Central School District implements school based mental health services via a variety of ways:

- School Psychologists
- School Social Workers
- School Counselors

## POSITIVE OUTCOMES FOR STUDENTS

The Smithtown Schools provide strategies to students for managing emotions in a productive manner:

- Development of coping mechanisms
- Healthy peer relationships
- Dealing with conflict
- Solving problems appropriately
- Self-control

## BENEFITS

- Regular school attendance
- Increased access to resources
- Developing skills of resilience
- Reductions in dropout rates
- Alignment of school and community resources
- Coordination of care
- Children obtaining the help and services they may need in real time

