



# Smithtown Central School District

26 New York Avenue, Smithtown, New York 11787

---

**Mark Secaur, Ed.D.**  
Superintendent of Schools  
(631) 382-2006

April 5, 2022

## **District Position Paper**

### **Topic: Mental Health**

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 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. Our families and students are provided the school based mental health assistance that they may need and depend upon. Our school buildings lend themselves to providing a natural environment for students and families to receive these services and support. This setting also allows for families to feel comforted and trust in accessing these supports and services. 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. Our students have access to school psychologists, school social workers, and school counselors in each of our schools. The district provides school based counseling, assists families with early detection of possible mental health challenges, and supports family and community treatment options. 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's staff educate and assist children on a daily basis. This interaction greatly enhances early identification methods and assists with connecting students and families with mental health services and strategies that they may not otherwise have knowledge about. Students that are mentally healthy are more likely to attend school with a positive mindset, engage in adding to the school culture, employ efficient problem solving methods, have meaningful relationships with others, and participate in school based endeavors. When students have access to school based mental services there are better short and long term outcomes. The Smithtown School District partners with parents and strongly believes in parental involvement and notification and communication when a student needs assistance.

The Smithtown schools provide strategies to students for managing emotions in a productive manner. This includes working on the development of coping mechanisms, healthy peer relationships, dealing with conflict, solving problems appropriately, and self-control. The benefits of school based services can be seen through school attendance, increased access to resources, developing skills of resilience, reductions in drop-out rates, an alignment of school and community resources, coordination of care, and children obtaining the help and services they may need in real time. The Smithtown Central School District has entered into a partnership with Northwell Health to further our coordination of care and support for students and their families in our school community. When students have the support and resources they need, they drastically increase their ability to successfully navigate the school and the community.