

MTSS as a Framework for Mental Wellness in Catholic Schools



Data Sources

- Referral System
- Universal Screening (academic, risk factors for...)

Crisis Response

Tier 3

5%

Intensive Individualized Interventions



Wrap Around Support - Community Partnerships (access to mental health professionals)



Targeted Group Intervention (small group counseling, social skills groups)



Support Team Model (counselor, resource teacher, administration)

Supportive Instruction

School actively identifies stressors within the environment of the school and works to prevent them. School-wide instruction has built in supports to prevent anxiety



Promising Practices

Fair Homework Policies
Access to tutoring and support
Balanced assessment
Differentiation/UDL

Mental Health Awareness/Education

Schools provide education to reduce the stigma and raise mental health awareness



Promising Practices

NAMI On Campus High School Clubs
Parent Education Workshops
Mental Health Curriculum

Positive Behavior Supports

Schools define, teach and positively motivate expected behaviors. Behavior data is tracked and analyzed. Gospel-based responses to misbehavior.



Promising Practices

PBIS
Restorative Justice

Social-Emotional Wellness

Explicit instruction in skills related to self-awareness, self-management, responsible decision-making, social awareness, relationship skills. Spiritual wellness is practiced as various forms of prayer are modeled, taught and practiced.



Promising Practices

Christian Meditation
SEL Curriculum - Anchor
Responsive Classroom

Community/Relationship

Connectedness among students in different grade levels and teachers/students is explicitly designed and supported. Relationships with and among families are cultivated. Community is cultivated between the school and parish, building community and sharing supports.



Promising Practices

House System
Faith Families, Advisory
Tech-free Lunches
Family Mentor Systems
Parish and Community Events

This framework rests on the foundation of the school's Catholic faith, mission, charism and traditions which would be integrated to all aspects of programming.