

Resource Guide

School-Based Mental Health Services

Providing mental health support for students is key to ensuring a healthy learning experience and to prevent tragic outcomes. A brief online review of mental health support provided by schools in Maryland, Virginia, and Washington, DC can be found below. Please note that support services are also identified as mental health support, psychologically support, and behavioral health support. Many schools have the opportunity to have in house behavioral health support, and others partner with external organizations to serve their schools.

ANNE ARUNDEL COUNTY, MD

Anne Arundel County In School [Psychological Services](#)

Point of Contact:

Tiffany Stewart Kline, Coordinator of Behavioral Supports & Interventions

Phone: 410-222-5333

Email: dstewartkline@aacps.org

Stephanie Mastal, NCSP, Resource School Psychologist

Phone: 410-222-5285

Email: smastal@aacps.org

Psychologist Assigned to Each School:

<https://www.aacps.org/cms/lib/MD02215556/Centricity/Domain/302/OPS%20OSSW%20Assignments%20for%20web%20page.pdf>

Services Provided:

- Individual Counseling
- Behavior Management
- Crisis Intervention
- Support Groups
- Coordinate private mental health providers
- Conduct individual student assessments
- Cognitive ability, social skills and emotional and behavioral development.

CALVERT COUNTY, MD

Calver County In School [Psychological Services](#)

Point of Contact:

Micah Beaston, Mental Health Coordinator

Phone: 443-550-8468

Email: BeastonM@calvertnet.k12.md.us

Psychologist and Counselors Assigned to Each School:

https://wwwold.calvertnet.k12.md.us/departments/student_services/student_services_directory

How to Access: All Calvert County school psychologists and school social workers can also be reached by phone at 443-550-8460 in the Department of Student Services at the Board of Education.

Services Provided:

- Crisis Intervention
- Assess learning styles, abilities, adaptive skills, and emotional status
- Determine strengths and interest
- Individual and group counseling
- Teach social skills
- Support peer mediation groups

CHARLES COUNTY, MD

Charles County In School [Psychological Services](#)

Point of Contact:

Mike Blanchard, PsyD, Supervising School Psychologist

Phone: 301-934-7331

Cheryl Hubbard, Administrative Secretary

Phone: 301-696-6882

Psychologist Assigned to Each School: <https://www.ccboe.com/ss/wp-content/uploads/School-Psychology-Services-Assignments-21-22.pdf>

Services Provided:

Assessments:

- Academic skills
- Learning aptitudes
- Personality and emotional development
- Social, Adaptive, and behavioral skills
- Suicide and violence assessments
- Depression screenings

Intervention:

- Counseling
- Social skills training and behavior management
- Crisis and loss support

Prevention:

- Identifies potential learning difficulties
- Design programs for children at risk of failure
- Provide parents with skills to cope with disruptive behavior

Education:

- Offer in-service training to teachers and community members

FREDERICK COUNTY. MD

Frederick County In School Psychological Services

Point of Contact:

Ann McGreevy, Supervisor

Phone: 301-696-6882

Cheryl Hubbard, Administrative Secretary

Phone: 301-696-6882

Psychologist Assigned to Each School: <https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fbo-3a18-11e6-b537-22000bd849of/1630448/dfc62e40-9a17-11e7-a14e-0aaded6003a8/file/PsychologistsAssignments.pdf>

Therapist Assigned to Each School: <https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fbo-3a18-11e6-b537-22000bd849of/1630449/dfc67562-9a17-11e7-813e-0aaded6003a8/file/SchoolTherapistDirectory.pdf>

Services Provided:

Assessments:

Academic skills
Learning aptitudes
Personality and emotional development
Social, Adaptive, and behavioral skills
Suicide and violence assessments
Depression screenings

Intervention:

Counseling
Social skills training and behavior management
Crisis and loss support

Prevention:

Identifies potential learning difficulties
Design programs for children at risk of failure
Provide parents with skills to cope with disruptive behavior

Education:

Offer in-service training to teachers and community members.

HOWARD COUNTY, MD

Howard County In-School Psychological Services

Point of Contact:

Dr. Cynthia Schulmeyer, Coordinator of Psychological Services

Phone: 410-313-7021

Email: Cynthia_schulmeyer@hcpss.org

Psychologist Assigned to Each School: <https://www.hcpss.org/schools/psychological-services/staff/>

Services Provided:

Consultation

- Help school staff understand learning and behavior problems and their effects on student achievement.
- Participate on problem-solving teams to supports student academic achievement
- Coordinate services between school staff, home and local community agencies
- Share community resources
- Advocate for students

Intervention

- Individual and group counseling (during school day)
- Develop behavior intervention plans to support students
- Assist students, staff and families with crises
- Help students' problem-solve conflicts

Prevention

- Help to identify potential learning problems
- Provide strategies to help parents and teachers address behavior

Assessment

When formal assessments are indicated through an individualized Education Program (IEP) or 504 team decision, a wide variety of techniques are used to assess a student's level of functioning in the following areas:

- Academic skills
- Learning aptitudes
- Social-emotional and behavioral functioning
- Social skills
- Learning environment and social climates

MONTGOMERY COUNTY, MD

MCPS [Psychological Services](#):

Point of Contact:

Dr. Christina N. Conolly, Director of Psychological Services

Phone: 240-740-5640.

Every school has access to the services of a school psychologist, although some school psychologists serve two or more schools so may not be at a particular school every day.

To find the school psychologist assigned to a particular MCPS school, [click here](#).

MCPS External School Services

These resources are organizations that partner with specific schools to provide behavioral health services in school.

1.

Identity, Incorporated is a non-profit that provide a broad array of programs and services focused on supporting the physical, social, emotional, and mental well-being of the students throughout their high-school years.

Point of Contact: Carolyn Comacho – ccamacho@identity-youth.org

Identity, Inc provides in school services at the following schools:

- Wheaton High School Wellness Center
- Watkins Mill High School Wellness Center
- Gaithersburg High School Wellness Center

2.

National Center for Children and Families (NCCF) is an organization that provide community supports, education and training, volunteerism, and social advocacy.

Point of Contact: Roscoe Johnson - rjohnson@nccf-cares.org

NCCF partners with the following schools to provide mental health support:

- Northwood High School Wellness Center

PRINCE GEORGE'S COUNTY, MD

Prince George's In School [Psychological Services](#)

Point of Contact:

Dr. Florence Foreman, Supervisor of Psychological Services

florenc.foreman@pgcps.org

PGCPS School-Based Wellness Centers

There are four schools in PGCPS that house wellness centers. These wellness center include licensed mental health professionals.

- Bladensburg High School
- Northwestern High School
- Fairmont Heights High School
- Oxon Hill High School

PG School Mental Health Initiative

Point of Contact:

Dana Cunningham, PhD

dcunning@som.umaryland.edu

The University of MD School of Medicine is providing services to PGCPSs. The goal of the University of Maryland-Prince George's School [Mental Health Initiative](#) Program Partners (PGSMHI) is to provide an integrated model of mental health services in the least restrictive setting to students with emotional/behavioral disorders. These individuals reside within the Prince George's County Public School system and are at risk of attending non-public special education programs.

ARLINGTON, VA

Arlington County Virginia In-School [Psychological Services](#)

Point of Contact:

Dr. Laura Newton, Director, of Student Services

Phone: 703-228-6061

Email: laura.newton@apsva.us

Psychologist Assigned to Each School: [Psychological Services - Arlington Public Schools \(apsva.us\)](#)

Social Workers Assigned to Each School: <https://www.apsva.us/student-services/school-social-workersvisiting-teachers/>

Services Provided:

- Consultation for staff and parents is available for the purposes of increasing understanding of learning and behavioral needs, connecting with resources and interventions, and to assist with navigating systems.
- Psycho-educational and socio-cultural assessments are available for students who may be in need of special education or accommodations in order to access their education.
- Interventions for academic and behavioral concerns are provided along with progress monitoring to assess growth and response.

FAIRFAX COUNTY, VA

Fairfax County Virginia In-School Psychological Services

Point of Contact:

Michael Axler, PsyD, Coordinator

Phone: 571-423-4250

Email: msaxler@fcps.edu

Psychologist Assigned to Each School: <https://www.fcps.edu/resources/student-safety-and-wellness/school-psychologists>

Services Provided:

- **Assessment:** Psychologists explore students' strengths and areas of need to aid school teams in identifying educational needs and generating interventions. This may take the form of:
 - Individualized classroom interventions
 - Psychological evaluation, utilizing assessment tools reviewed for reliability & validity and approved by a multidisciplinary committee
 - Functional Behavior Analysis & Behavior Intervention Plan
 - Suicide Risk Assessment
 - Threat Assessment
- **Consultation:** Psychologists collaborate with families, teachers, counselors, administrators, community agencies, private providers, and others to develop a well-rounded understanding of and approach to the student's social, emotional, and academic needs.

LOUDOUN COUNTY, VA

Loudoun County [Diagnostic and Psychological Services](#)

Point of Contact:

Heather Applegate, Ph.D., Supervisor of Diagnostic and Psychological Services

Phone: 571-252-1011

Email: heather.applegate@lcps.org

Each LCPS middle and high school has a full-time psychologist. At the elementary level, LCPS psychologists typically serve two or three schools.

Services Provided:

Counseling: Psychologists provide counseling interventions to special education students as a related service and general education students to improve the social, emotional, and behavioral skills and functioning of children and adolescents.

Prevention Education: Psychologists provide classroom-based universal mental health education to students and serve as trainers for Sources of Strength to promote positive mental health, strengths, resiliency and protective factors.

Crisis Intervention: Psychologists respond to critical incidents that impact the emotional functioning of students and school staff providing psychoeducational interventions and supports.

PBIS Coaching: Psychologists coach school Positive Behavioral Interventions & Support (PBIS) teams in planning for, analysis of, and documentation of efforts related to implementation of PBIS

Behavioral Consultation and Intervention: Psychologists conduct behavioral assessments and develop function-based interventions for students whose behavior is interfering with their educational functioning.

Psychological Evaluations: Psychologists assess the cognitive, behavioral, and social-emotional functioning of preschool and school-age children, write comprehensive psychological reports, and hold conferences with parents to explain results and identify the educational and mental health needs of the child for students referred for special education or Section 504 services.

Progress Monitoring: Psychologist's screen and progress monitor students receiving intervention.

Threat Assessment: Psychologists provide mental health input to school threat assessment teams in assessing and resolving threats of violence against school staff and students.

Suicide Risk Screening: Psychologist's screen suicidal risk of referred students to identify the severity of suicidal thoughts and behavior to identify needed mental health supports.

Eligibility Team: Psychologists present psychological evaluation findings and assist the eligibility team in determining whether students qualify for special education and Section 504 services.

Problem Solving Team: Psychologists serve on school intervention teams (Unified Mental Health Team, Pupil Services Student Support Team) to promote individual behavioral and social-emotional interventions to support children.

Referral Review Team: Psychologists serve on the Referral Review Team to review records and other performance evidence to assist in determining whether a student is suspected of having an educational disability and in need of an evaluation.

PRINCE WILLIAMS COUNTY, VA

Prince Williams Public School Based Psychology

Point of Contact:

Shelley A. Legall-Brickey, Supervisor

Phone: 703-791-7250

Email: BrickeSL@pwcs.edu

List of School Psychologist:

https://www.pwcs.edu/academics_programs/special_education/disability_programs_related_services/related_services/psychological_services

Services Provided:

- Consult and collaborate with administrators, teachers, counselors, parents and community professionals in support of the Division's Strategic Plan to promote student learning and health.
- Promote parent-school collaboration and serve as a resource for education and psychological knowledge.
- Individual or group consultation.
- Development of instructional interventions, monitor individual student progress, evaluate the effectiveness of the instruction and propose modifications as necessary.
- Evaluate individual students using a variety of methods.
- Participate in the special education eligibility process, interpretations of psychological data, and review and synthesis of information to aid in determining appropriate educational services for students.
- Assist special education teachers in the development of appropriate goals, strategies and outcome measurement methods for students with special needs.
- Provide strategic individual and group counseling.
- Assume a leadership role in school and Division-wide programs and initiatives which support students, school staff and families in a variety of crisis situations. This would include collaborating with school and community professionals in the prevention, response to and management of crisis events.
- Participate in the assessment of the seriousness of student threatening behaviors in order to determine an appropriate course of action.
- Educate student, staff, and the community in the recognition and utilization of diverse talents and strengths of all individuals and groups in the Division.

WASHINGTON, DC

District of Columbia School Behavioral Health Program

Point of Contact:

Barbara Paulson, LICSW,

Deputy Director, Child, Adolescent and Family Services

Department of Behavioral Health

Barbara.Paulson@dc.gov

DBH and Community-Based Providers assigned to each school: <https://dbh.dc.gov/node/1500291>

Behavioral health clinicians in public schools:

Complement services already offered to students and families by school-hired providers.

Work within existing support services in the schools to help create a safer and more supportive school climate; and

Provide supportive services for schoolteachers and staff. Such services include professional development on a variety of behavioral health topics, classroom management techniques, and case management.

Clinicians provide prevention, early intervention and treatment services with students and families

Licensed clinicians perform risk assessments as needed

In addition, mental health program clinicians provide crisis intervention services in the aftermath of traumatic events affecting the school population.

District of Columbia Public Schools (DCPS) Mental Health Program

Point of Contact:

Kenya Coleman, Psy.D., LICSW, Senior Director, School Mental Health

Kenya.Coleman@k12.dc.gov

Services Provided:

Providing strategies and skills to help students improve their focus and concentration.

Linking students to practical resources to help families gain access to food, clothing, and transportation.

Providing therapeutic intervention to help students cope with stress and trauma.

Leading small-group sessions to support students with relationship building.

Providing substance abuse prevention and intervention.

Completing comprehensive assessments to help school teams make data-informed decisions.

