

Student Mental Health Services and Supports

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FCPS Practices Supporting Student Mental Health

Prevention and Education

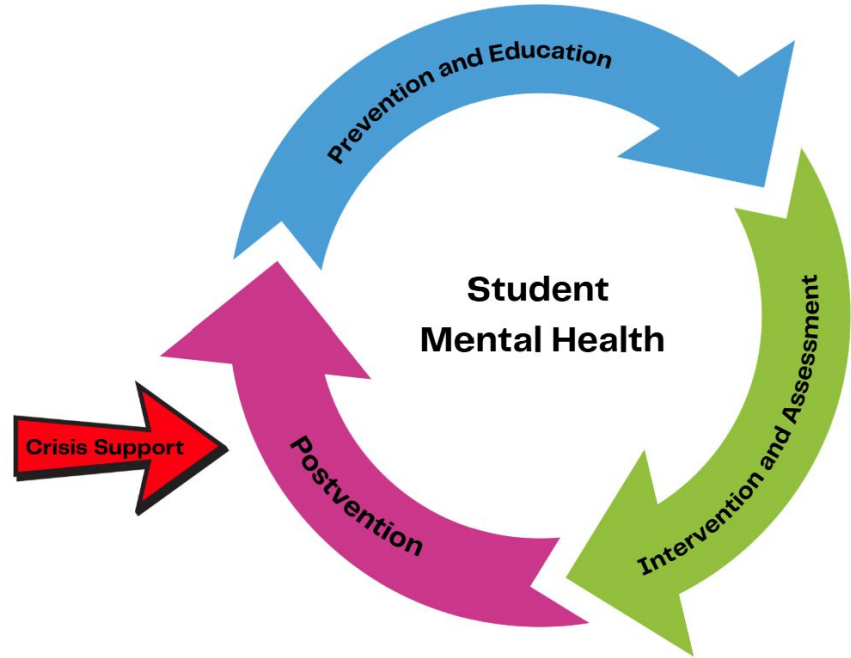
- Health instruction
- SEL practices
- School Counseling lessons
- Trauma Informed Practices
- Staff training

Assessment and Intervention

- Risk assessment and case management
- FBA/BIP
- Individual & Group counseling
- Mentoring
- Engagement with Substance Abuse Prevention Specialists
- Return to Learn supports

Crisis Support and Postvention

- School-based crisis response teams
- Regional crisis response teams



FCPS School-Based Mental Health Teams

All students and families in Fairfax County Public Schools have access to school-based mental health professionals who are available to help. You can contact these team members by calling your child's school.

[School Counseling Services](#)

[School Psychology Services](#)

[School Social Work Services](#)

[Substance Abuse Prevention Program](#)



Protective Factors-A Collaborative Approach

Caregivers

Educators

Community Members



Parents as Partners: Building Protective Factors

- Be available to help
- Know where your children are
- Involve your children in family decision-making
- Show respect for all family members
- Communicate clear disapproval of drug and alcohol use

Talking to Your Child About Mental Health

- Consider timing and setting
- Make it a two-way discussion
- Be patient and reserve judgment
- Practice coping skills as a family
- Make sure the focus is them-not you
- Use media ([books](#), movies/television, music)
- Check in frequently



Understanding Warning Signs

Understanding Crisis and Concern

Concern: Academic, social, emotional, or behavioral situation which is not an immediate threat to safety or security but warrants further review to inform intervention.

Crisis: A situation that needs to be dealt with immediately due to a potential for harm to self, others, or property.

Concern



Crisis

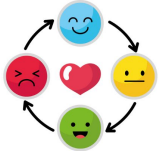


Child and Adolescent Development

Changes in 4 Primary Areas:



Physical



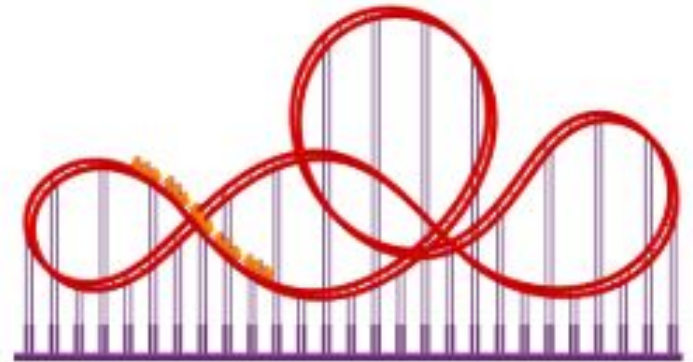
Emotional



Social



Cognitive



Warning Signs and Symptoms

Observe changes in:

- Appearance
- Behaviors
- Thoughts
- Feelings



When might I be worried?



FREQUENCY

Am I noticing concerns related to mental health most days?



DURATION

Have I been noticing concerning behaviors that last longer than before?



IMPACT

Am I noticing concerning behaviors that interfere with school performance, relationships, or participation in normal activities?

Warning Signs of Suicide

- Extreme anger and/or aggression
- Hopelessness or expressing no reason to live
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Overwhelming pain
- Sleeping more or less
- Withdrawal from others
- Drinking or substance use
- Seeking access for a way to end their life
- Talking and/or writing about hurting or killing self



Warning of Violence to Others

- Increasingly erratic, paranoid, delusional, unsafe or aggressive behaviors
- Seeking or searching how to obtain weapons
- Observable grievances with threats and plans of seeking revenge
- Acquiring or developing skills or knowledge to engage in violence
- Developing or communicating explicit or implied threats
- Showing interest in previous acts of violence (e.g., school violence, genocide)
- Violent extremist views and beliefs



Referral Resources

Emergency Resources

- 911
- 988
- [CSB Emergency Services](#)
 - Sharon Bulova Center for Community Health
 - Phone: 703-573-5679
- [CR2](#)
 - Phone: 703-527-4077
- Nearest Emergency Room

Non-Emergency Resources

- Contact your child's pediatrician
- Call your health insurance company or visit their website to search for a behavioral/mental health provider
- [Resources to Support Student Safety and Wellbeing](#)
- Work with the school counselor, psychologist, or social worker to identify other opportunities for services.

Additional Resources

- [Resources to Support Student Safety and Wellbeing](#)
- [Signs of Suicide for Parents](#)
- [Trainings Offered by Fairfax County Community Services Board](#)
- [FCPS Suicide Prevention](#)
- Pre-recorded Family Resource Center (FRC) videos
 - [Suicide Prevention: A School and Family Partnership](#)
 - [Signs of Suicide \(SOS\) Parent Video](#)
- [Fairfax-Falls Church Community Services Board](#)

**NO JUDGMENT.
JUST HELP.**

TEXT, CALL, CHAT

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