

November Care Package

Tier II Solutions for Student Well-being



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Bite (5-10 minutes)

Explore the world of student well-being and the dynamic realm of Tier 2 service in schools. Learn how these targeted supports identify and address early signs of social, emotional, and behavioral challenges, offering support that can prevent these concerns from escalating into crisis.

Option 1: Watch Tier 2 Instruction and Interventions

Self-Reflect:



- Where are the students performing now?
- Where do we want them to be?
- How long do we have to get them there?
- How much do they have to grow per week, month, or year to reach the goal?
- What will it take to make it happen?

Option 2: Read The Case for School Mental Health

Discuss with Your Team:

- How does your learning environment support the mental health of students?
- How do you identify and refer students who may benefit from additional mental health support?

Snack (30 minutes +)

Read Rates of Mental Health Service Utilization by Children and Adolescents in Schools and Other Common Service Settings: A Systematic Review and Meta-Analysis

Discuss with Your Team:

- What surprised you the most about these findings?
- Is your approach to addressing student mental health and behavioral health equitable?
- What location do you consider to be the most optimal for students to access mental health care services?
- Within your tiered system of support, do you provide mental health support at Tier 2?



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Meal (60 minutes +)

Option 1: Watch the November Webinar – Tier II Solutions for Student Well-being



Not all supports need to be offered to everyone, and not all supports have to be offered to individual students either. But what do group supports look like? Tier II supports can become an afterthought. Who offers them? How does that work with a school schedule? How do you fund this work? We want to share ideas on ways you can level up your Tier II supports. Learn about the strategic team staffing that will provide greater access to resources and coordination of supports. We'll be hosting University of Washington's Rachel Barret and her colleague Debra Limon to share some pro tips to inspire you. We'll also have a panel of practitioners to share what this work looks like in Ocosta, and Burlington-Edison. Free Clock Hours are available through [pdEnroller](#). [Register for live content](#) on November 8th or watch the recording.

Discuss with Your Team:

- How do you address the Mental Health needs of your students?
- What Tier 2 supports do you have in place?
- What staffing under Tier 2 supports do you have in your school building? In your district?

Buffet (180 minutes +)

Option 1: Use the [SHAPE Assessment](#) for school mental health systems planning

The School Health Assessment and Performance Evaluation (SHAPE) System is a web-based platform that offers schools, districts, and states/territories a workspace and targeted resources to support school mental health quality improvement. SHAPE was developed by the National Center for School Mental Health (NCSMH) to increase the quality and sustainability of comprehensive school mental health systems. It houses the National School Mental Health Census and the School Mental Health Quality Assessment (SMH-QA). These measures are designed for team completion at the school or district level to document the school mental health system components, assess the comprehensiveness of a SMH system, prioritize quality improvement efforts and track improvement over time.



Option 2: Review your district’s emotional and behavioral distress plan using OSPI’s Model District Template

Model District Template: Student Social, Emotional and Behavioral, and Mental Health Recognition, Screening, and Response

Revised Code of Washington (RCW) 28A.320.1271 requires that all K–12 school districts adopt a plan to screen, recognize, and respond to indicators of social, emotional, behavioral, and mental health (SEBMH) such as, but not limited to, sexual abuse, substance use, violence, or youth suicide. It guides districts to refer and respond for appropriate intervention in a manner that is consistent with research-based practices and compliant with the law. District leadership teams are meant to complete the Model District Template, pages 9–19 of this document, to plan and implement screening.



Nikki York *she/her*

School Social Worker & Behavioral Health Program Supervisor
Student Engagement & Support
Office of Superintendent of Public Instruction (OSPI)

p: 360-742-6333



All students prepared for postsecondary pathways, careers, and civic engagement.



Christian Stark *he/him*

Behavioral Health & Suicide Prevention Program Supervisor
Student Engagement & Support
Office of Superintendent of Public Instruction (OSPI)

c: 564-200-3082



All students prepared for postsecondary pathways, careers, and civic engagement.

