

What Is Mental Health Consultation?

Mental Health Consultation is a strengths-based program to reach faculty, parents and students in the SBUSD Preschool-6th grade classrooms. The *primary goal* is to strengthen the entire school community to promote positive social and emotional development as well as prevent, identify and reduce the impact of mental health problems among students and their families. It is a support based model that respects the multiple perspectives of teachers, families, school administrators and children.



To learn more about CALM and the services offered:

CALM

1236 Chapala Street

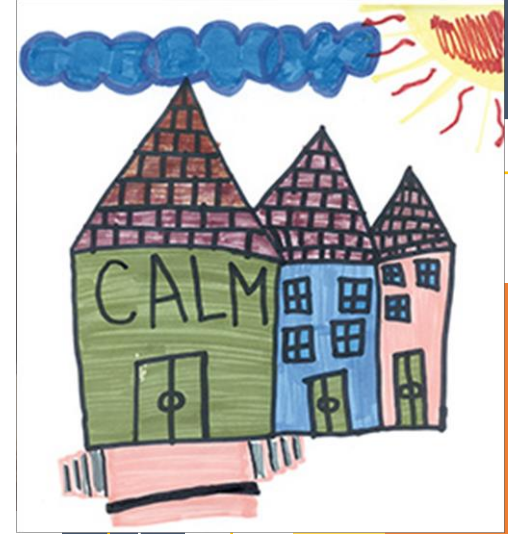
Santa Barbara, CA 93101

Phone: 805-965-2376

Calm4kids.org



School Based Services





What Does The Mental Health Consultant Do?

The Mental Health Consultant's role may take a variety of forms including:

- Supporting a teacher in creating a positive behavior support plan for a student
- Providing crisis intervention for students and families
- Offering trainings for faculty
- Individual and group support to students
- Parent education

How Does Mental Health Consultation Help Students?

- Children enter Kindergarten ready to learn
- Students function at their best socially and emotionally
- Challenging behaviors decrease in school and at home
- Students develop secure attachments with teachers
- Students mental health issues are addressed through individualized and group support from a therapist as needed
- Students in crisis receive immediate support



“If I treat you as what you are capable of becoming, I help you become that.”

-Goethe

How Does Mental Health Consultation Help Families?

- Families learn coping skills to create safe and stable homes
- Parents learn how to create a positive home learning environment for their children
- Parents can receive crisis intervention and support in times of need
- Families can meet for parenting and family support with the mental health consultant
- Families receive referrals and resources

