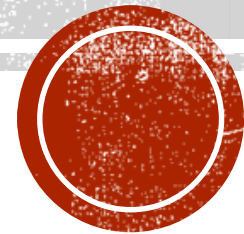


# MENTAL HEALTH

in Meade 46-1





**Maria Hartung**  
School Counselor  
at Stagebarn Middle School



**Natalie Serbousek**  
School Counselor  
at Sturgis Middle School

Kristi Ortiz – Sturgis Elementary School/Whitewood Elementary, Kellie Thomas – Sturgis Elementary/Sturgis Middle School, Shawn Koontz & Dadra Avery – Sturgis Brown HS, Heidi Kraft – Piedmont Valley Elementary, Ginger Johnson – Rural Schools/District Social Worker,  
Mallory Smith & Mercedes Borgen – School Psychologists



# SCHOOL COUNSELOR ROLE IN MEADE 46-1

- Brief, Solution-Focused Counseling
- Referrals to outside agencies
- Student Solution Team Building Coordinator
- Collaborative Problem Solving with Staff & Parents
- Student Advocacy
- Academic Accountability
- Scheduling
- Small Group Interventions
- Peer Mediation
- Coordinating State Testing
- Identifying & Monitoring At-Risk Students
- Coordinate and Supervise Peer-Led Programs
- Classroom Guidance/Preventative Services
- Crisis Response & Follow Up Support



- 11 Suicide Attempts (one completion)
- 103 Instances of Suicidal Ideation
- 30 DSS Reports for Suspected Abuse or Neglect
- 78 ATOD Violations
- 65 Scheduled Classes per week



# NATIONWIDE TRENDS

- Nationally, serious mental health problems such as self-injurious behaviors and suicide, are on the rise, particularly among youth
- In the average school of 600 students, approximately 100 students are coping with a mental illness
- Schools are the #1 place where Mental Health concerns are detected
- More than 1:20 young people ages 12 and over report current depression
- Mental Illness is associated with being pushed out of school through suspension, expulsion and credit deficiency
- When left untreated, coping with the pain of mental illness can contribute to self-harm.
  - Including thoughts of suicide, which is now the second leading cause of death for young people ages 10 – 24.
- Technology advances



# MEADE 46-1 IMPLICATIONS

- 32% Free & Reduced Lunch
  - Children who come from low socioeconomic homes are twice as likely to have adverse childhood experiences. (linked to negative, lasting effects of health and development)
- 29% of Youth in Meade County Live with a non-Family Member
- 474 Students in Special Services
  - Children with learning disabilities are at an increased risk for mental health concerns
- Limited mental health resources in the Black Hills area
- Drug and Alcohol referrals to treatment (in Meade Co.) have increased by 400% since 2015

School Counselors are spending most of their time responding to high need students and struggle to find time to provide other services.



# WHAT ARE WE DOING WELL?

- Partnerships with outside agencies – Lutheran Social Services , Action for the Betterment of the Community, Behavior Management Systems & YFS
  - Long-Term Individual Mental Health counseling
  - Family counseling
  - Drug and Alcohol Assessments and Outpatient treatment
  - Truancy Classes
  - Universal Prevention Lessons
- Professional Development for teachers
- Aligning our district counseling program with the ASCA National Model to ensure best practices
- Preventative lessons in classrooms daily



# SCHOOL COUNSELOR RATIOS

- SWMS/SIS = 535: 1.5
- SBMS = 426:1
- STEL = 591:1.4
- PVE = 506:1
- SBHS = 679:2
- WWE = 90: .1
- Rural Schools = 100: .2

ASCA recommended ratio:  
1 School Counselor : 250 Students

South Dakota Average:  
1 School Counselor: 300 Students





# WHAT DO WE NEED?

- Mental Health needs to be a priority
  - Professional Development for staff
    - Requested from Staff in a survey earlier this year
  - New contracted counselors

