

Best Practices for Mental Health referrals to MHPP

Generally, the process for involvement of a MHPP therapist will take several of the same steps schools engage in with any student identified with a potential social-emotional-behavioral need.

1. Teacher, administrator, parent or student identifies a potential mental health need in a student
2. School Counselor will meet with student and broadly clarify his/her/their circumstances, ensure immediate safety & identify their interest in services
3. School Counselor will determine appropriate level of services and best match for student's needs (Group? Individual sessions? School counselor? Therapist?)
4. School Counselor will contact parent to make recommendation (introduce MHPP therapist services as an option if individual therapy is recommended)
5. School Counselor will gain verbal consent to proceed with agreed upon route of care

If School Counselor determines (perhaps in consultation with other staff and/or MHPP therapist) that existing School Counselor's services or caseload do not meet the student's current need, or parent indicated a preference for outside therapist, School Counselor may make referral to the MHPP therapist (or other outside therapist, if better suited to circumstances).

6. School Counselor will complete an ACCESS referral for identified student: <https://socialsupports.esu2.org/>
7. School Counselor does not need to take any further steps with parent or student (except responding to student or parent inquiries as would be normal).
8. MHPP Therapist will respond to referral within 24-48 hrs., contact parent(s) and begin securing permissions, etc. via encrypted email system.
9. Upon parental completion of electronic permissions and intake form, Therapist will meet with student and schedule necessary sessions.
10. Therapist will periodically update School Counselor on timeline/status of individual cases as appropriate or desired by School Counselor.

We want to be part of YOUR mental health team. You know your students and families best! Let us know how we can support you!