

NC Department of Health and Human Services

Student Health Resources for Preventing School Violence

Ann O. Nichols MSN, RN, NCSN
State School Health Nurse Consultant
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Linking School Climate, Student Mental Health and Violence

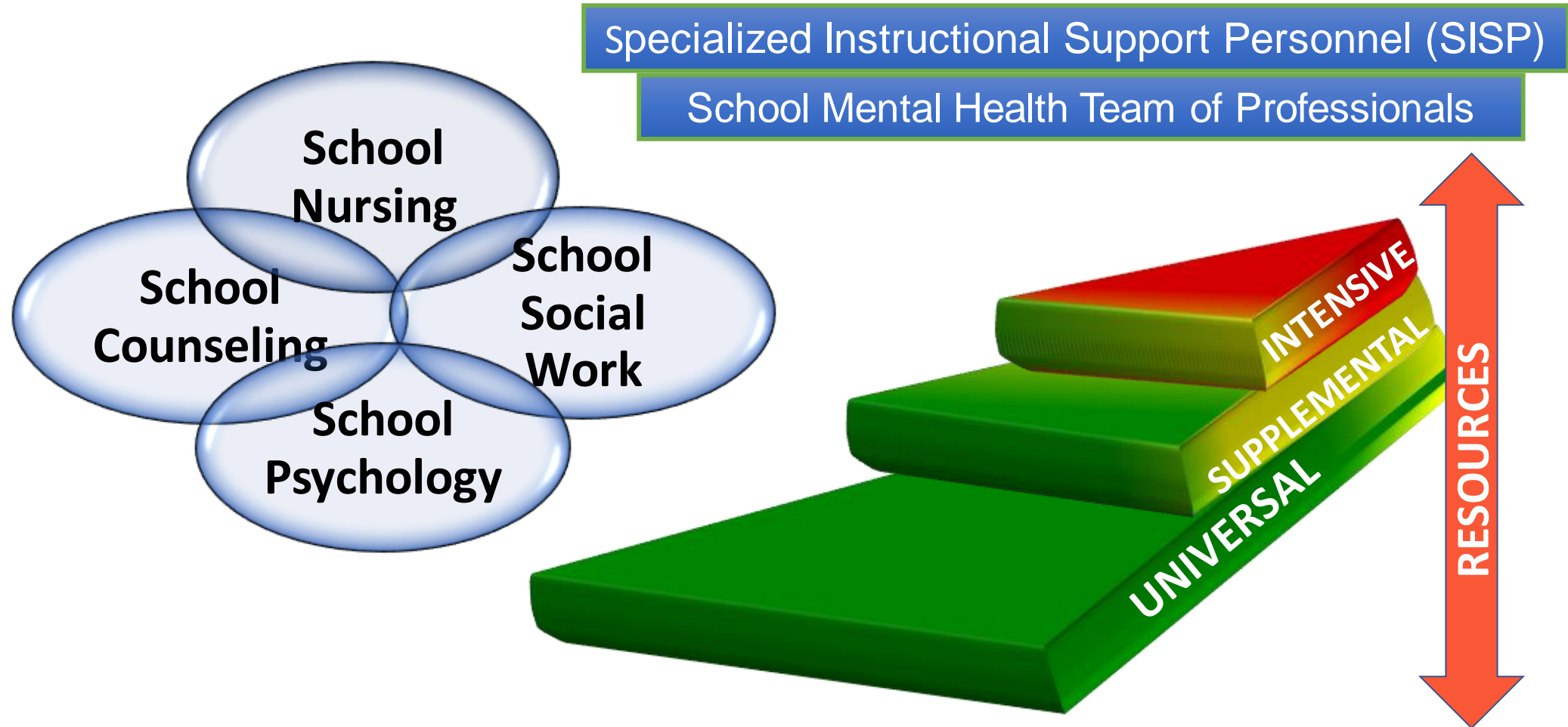
- Mentally and physically healthy students learn better and are better prepared to be successful in school.
- When successful in school, students are less likely to create unsafe situations.
- Some students face barriers to well-being and learning that cannot be overcome by instructional improvements alone.
- While mental health and well-being issues do not cause school shootings, they are a factor for many who react with violence.

Sense of Urgency: North Carolina Data 2017-2018

Students Receiving School Nursing Services/Counseling for Related Issues

Issue	Elementary	Middle	High
Known Suicide Attempt	68	315	583
Suicide Ideation	375	996	791
Depression	872	1998	2612
Other Mental Health Needs	4170	3641	5396
Violence/Bullying	1605	2775	1244

Integrated Systems of Support in Schools is Vital To Identification and Prevention



Comprehensive School Mental Health Plan

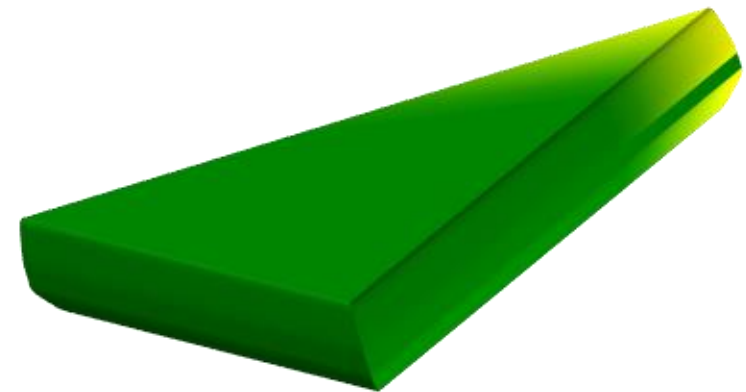
A Continuum of mental health supports and addresses the needs of ALL

Benefits:

- Healthy students stay healthy.
- Positive school climate and positive behavior supports improve students' overall trust in the system and feelings of safety.
- Students at-risk are identified early; efficient response to needs reduces risk factors.
- Students with intensive needs receive intervention matched to need through effective school-community partnerships that includes families.

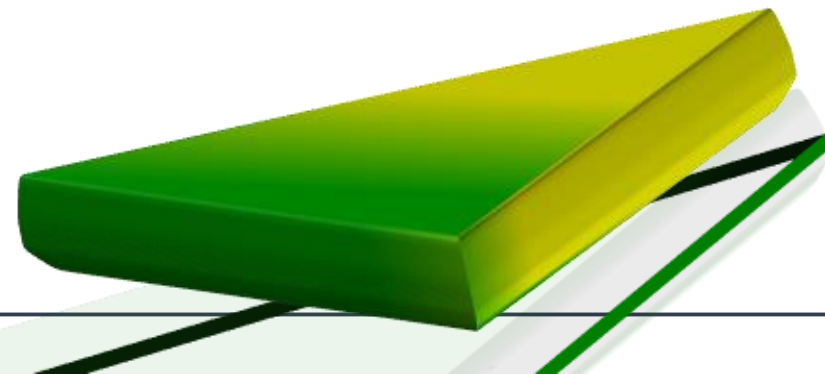
Universal Supports That May be Implemented for All Students

- Infusion of social–emotional learning into classroom curriculum
- School-wide positive behavior interventions and supports; focus on **positive school climate**
- Universal screening for academic, behavioral and emotional barriers to learning
- Effective discipline policies and practices, including culturally responsive practices
- Evidence-based bullying/violence prevention policies and practices
- Staff development related to mental health
- Crisis prevention and intervention teams



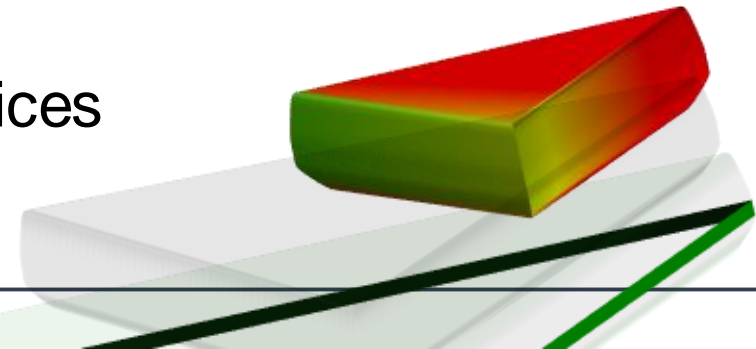
Supplemental Resources Required by Some Students

- Evidence-based mental & behavioral health programs
- Limited individual and small group counseling (e.g., social skills training, anger management, stress reduction)
- Development and monitoring of individual student behavior intervention plans
- Educator–family collaboration to address mental and behavioral health problems
- Collaboration among family, school and community to address mental and behavioral health
- Protocols for responding to bullying
- Suicide risk/threat assessment



Intensive Supports Required for a Few Students

- Individual and group counseling
- Cognitive–behavioral therapy, behavior therapy and dialectical behavior therapy
- Psychological assessment of social, emotional and behavioral problems
- Suicide intervention and postvention
- Crisis intervention/crisis response
- Collaboration among school providers with community agencies and other outside mental and behavioral health providers
- Referrals for more intense therapeutic services



While all are working on supports, school districts vary greatly in their available resources and in their development of a full system of support for the mental/behavioral health needs of students.

Effective Student Identification and Response Requires Sufficient Qualified Staff

<i>Nationally Recommended Ratios for Student Instructional Support</i>		NC Ratios
School Nurses	1:School (dependent on acuity/size)	~1:1050
School Psychologists	1:500-700	~1:2088
School Social Workers	1:250 (dependent on acuity)	~1:1427
School Counselors	1:250	~1:367

Each SISP Brings a Different Skill Set to the School that Combine to Create an Integrated System of Support

"Every day, students face multiple dangers, including fighting, pressure to join gangs, bullying — both in person and online — violent discipline, sexual harassment and armed violence. In the short term, this impacts their learning and in the long term, it can lead to depression, anxiety and suicide. Violence is an unforgettable lesson no child needs to learn."

UNICEF Youth Advocate

Want to Know More?

- [School Shooters: What's Their Path to Violence](#)
- [NC Annual School Health Services Report Pamphlet](#)
- [NC Student Instructional Support Personnel Page](#)
- [National Association of Student Instructional Support Personnel](#)