

# ELEMENTARY AND SECONDARY SCHOOL EMERGENCY RELIEF FUND II

Menu of Options for Early Childhood, K-12, and Higher Education



## Option Ten: Providing mental health services and supports.

The mental health toll on students resulting from the COVID-19 pandemic has been immense, and as students continue to endure the severe difficulties brought by the pandemic and accommodating crises, policymakers should be sure to target a portion of ESSER dollars to mental health services. Some options on how that can be done include the following.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">EARLY CHILDHOOD</p>	<p>Additional resources to strengthen connections between children, educators, and families, such as restructuring schedules to allow for more intentional <a href="#">social-emotional support</a>, responsive caregiving, additional counselor capacity, etc.</p> <p><a href="#">Trauma informed approaches</a> for staff, families, and children such as:</p> <ul style="list-style-type: none"> <li>■ Professional development.</li> <li>■ Mental health consultation.</li> <li>■ Contract services.</li> <li>■ Instructional supplies.</li> <li>■ Social-emotional curricula.</li> <li>■ Staff wellness activities.</li> <li>■ Mental health support for staff.</li> <li>■ Parenting education and family supports.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">K-12</p>	<p>Increased access to mental health professionals and surveys to assess student health during and immediately after the crisis. Wisconsin focused on building their staff capacity to provide mental health services through <a href="#">various programming</a>.</p> <p>Programming focused on cyberbullying, responsible social media use, is allowable as mental health support and can help address documented challenges around teenagers, social media, and mental health.</p> <p>Essential needs (e.g., food, clothing, health care, and other social services) provided to families.</p> <p>Trauma-informed trainings and practices.</p> <p>Tiered mental health supports and interventions either through counseling staff or contacted community platforms.</p> <p>HIPAA/FERPA <a href="#">compliant virtual</a> and <a href="#">remote platforms</a> for the delivery of counseling services.</p> <p>Professional development for teachers and administrators on <a href="#">behavioral and emotional issues</a> for children in remote learning.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">HIGHER EDUCATION</p>	<p>Relationships with organizations that provide advising services in both the K-12 and higher education spaces, such as <a href="#">College Possible</a> and <a href="#">College Advising Corps</a>, thinking about how to scale their services across the state, especially in rural areas. Provide more dedicated funding for school counselors in the K-12 space. <a href="#">Texas and Pennsylvania</a> established a report card system for identifying criteria of partnerships.</p>