How to Improve MH in Schools with Available Funds

The increased focus on students' mental health problems has schools scrambling to improve mental health supports.

In doing so, the trend is to pursue initiatives for increasing mental health *services*, integrating *services*, adopting MTSS, SEL, etc.

We suggest that rather than rushing to generate yet another separate and costly initiative, it is wise to take a moment to reflect and then move forward with the big picture of student and school needs and resources in mind. Two realities to consider are:

> **(1) Responding to mental health concerns at school is just one part of the broader concerns for**
> **addressing barriers to learning and teaching.**
>
> **(2) And clearly, because school budgets are tight, working on these concerns involves use of limited funds.**

So, rather than generating another separate initiative, it is time to rethink and embed mental health concerns into a school's efforts to provide a range of essential student/learning supports. **See examples at** https://smhp.psych.ucla.edu/improving_school_improvement.html .

And because current federal funding streams continue to engender piecemeal approaches to students' learning, behavior, and emotional problems, increased attention must be given to making essential improvements by *Braiding and Rethinking Available Resources.* **See link at** https://smhp.psych.ucla.edu/improving_school_improvement.html .

For other aids, go to https://smhp.psych.ucla.edu .

Best wishes and be well,

Howard & Linda