



# Mental Health Awareness

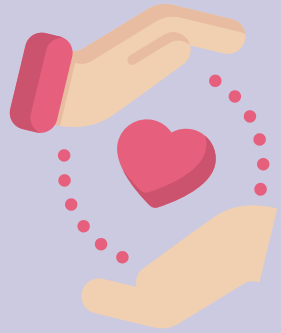
*A commitment to support our students' mental health and wellness.*

## MENTAL HEALTH SUPPORTS

The Smithtown Central School District is committed to supporting our students' mental health and wellness. A crucial component of our student support structure includes school-based mental health. Our families and students are provided the school-based mental health assistance that they may need and depend upon.

## FAMILY PARTNERSHIPS

- The Smithtown School District partners with parents and and communication when a student needs assistance.
- Our school district shares a responsibility to work with families in an important role of ensuring that students are safe and in a supportive educational setting.
- Students spend a large portion of their day in our schools and this provides a mutually supportive family-school connection.
- This setting also allows for families to feel comforted and trust in accessing these supports and services.
- With parental permission, we partner with outside therapists and agencies to provide a comprehensive their families.
- The district provides school-based counseling, assists families with early detection of possible mental health challenges, and supports family and community treatment options.
- Our school buildings lend themselves to providing a natural environment for students and families to receive these services and support.



## SYSTEMS OF SUPPORT

require further investigation by mental health professionals outside of the school system. The Smithtown Central School District implements school based mental health services via a variety of ways:

- School Psychologists
- School Social Workers
- School Counselors

## POSITIVE OUTCOMES FOR STUDENTS

The Smithtown Schools provide strategies to students for managing emotions in a productive manner:

- Development of coping mechanisms
- Solving problems appropriately
- Healthy peer relationships
- Self-control

## BENEFITS

- Regular school attendance
- Increased access to resources
- Developing skills of resilience
- Reductions in dropout rates
- Alignment of school and community resources
- Coordination of care
- Children obtaining the help and services they may need in real time

