



# Spectrum of Support: School-Based Mental Health Professionals

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School Psychology and Special Education Evaluation Specialist



# Workshop Overview



Learn about how the Colorado Department of Education supports school-based mental health professionals across the state. In this session, we will explore the CDE's comprehensive approach to reviewing trainings and opportunities for continual growth and support in the field. Gain valuable insights into the resources, programs, and collaborative initiatives designed to empower professionals in their vital roles.

# Areas of Focus



- Mental Health for Students with Disabilities
- Special Education Evaluation & Eligibility
- Response to Intervention
- Risk (suicide/threat) Intervention & Prevention
- School Psychologists
- School Social Workers

# Objectives



- 1- Develop a comprehensive understanding of the Colorado Department of Education's multifaceted support system, including **trainings**, **resources**, and **programs**, available for school-based mental health professionals.
- 2- Learn practical strategies and **methods** to **access support** directly from the Colorado Department of Education.
- 3- Review **common questions** and **concerns** that arise in the field of school-based mental health, gaining insights and guidance on how to address them effectively.

# School Psychology Specialist

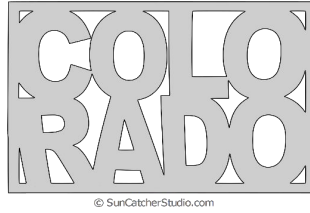


# Biography



Krista Klabo, Ed.S. NCSP serves as the School Psychology Specialist at the Colorado Department of Education. Her main focus is providing support to school psychologists and school social workers in carrying out their roles and responsibilities. Her areas of expertise include special education evaluation and eligibility, mental health support for students with disabilities, and intervention and prevention.

# About Me

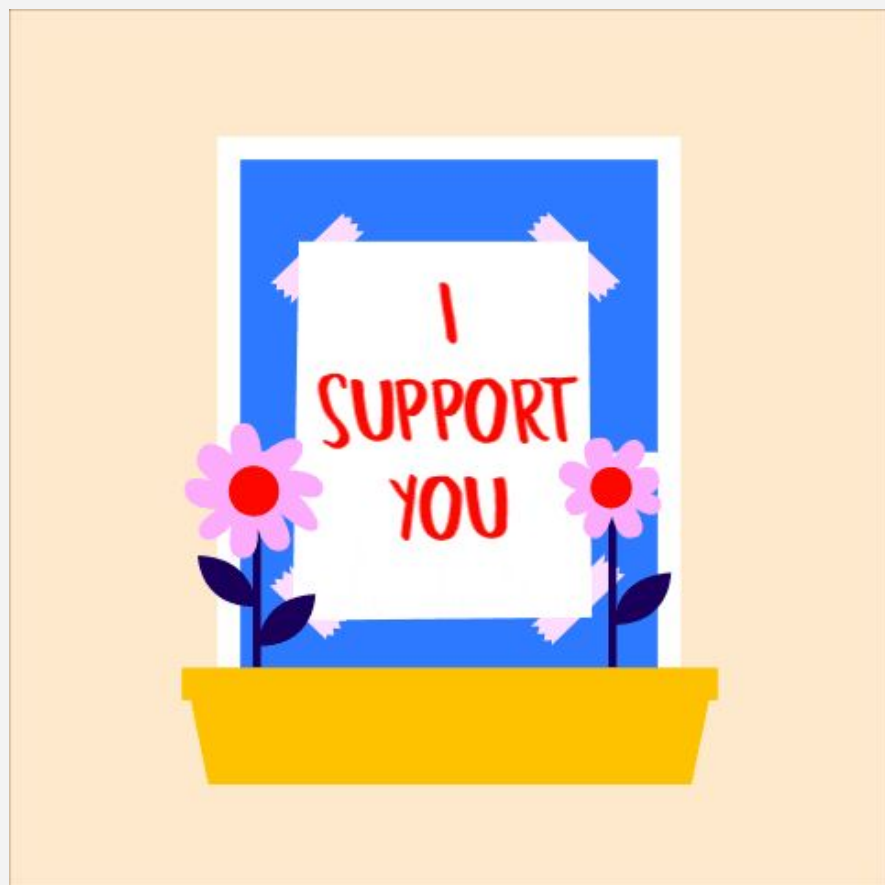


# How do I support the field?



Mental Health Advisory Committee	Special Education Evaluation Webinar Series	Back-to-School Behavior Webinar Series	SBMH Recruitment, Retention, and Internships
Individual District Trainings	Technical Assistance and Problem-Solving	Colorado Society of School Psychologists	Courage to Risk
Significant Disproportionality	Dispute Resolution and State Complaints	Bounce Back/ CBITS	Counseling and SEL Intervention Trainings

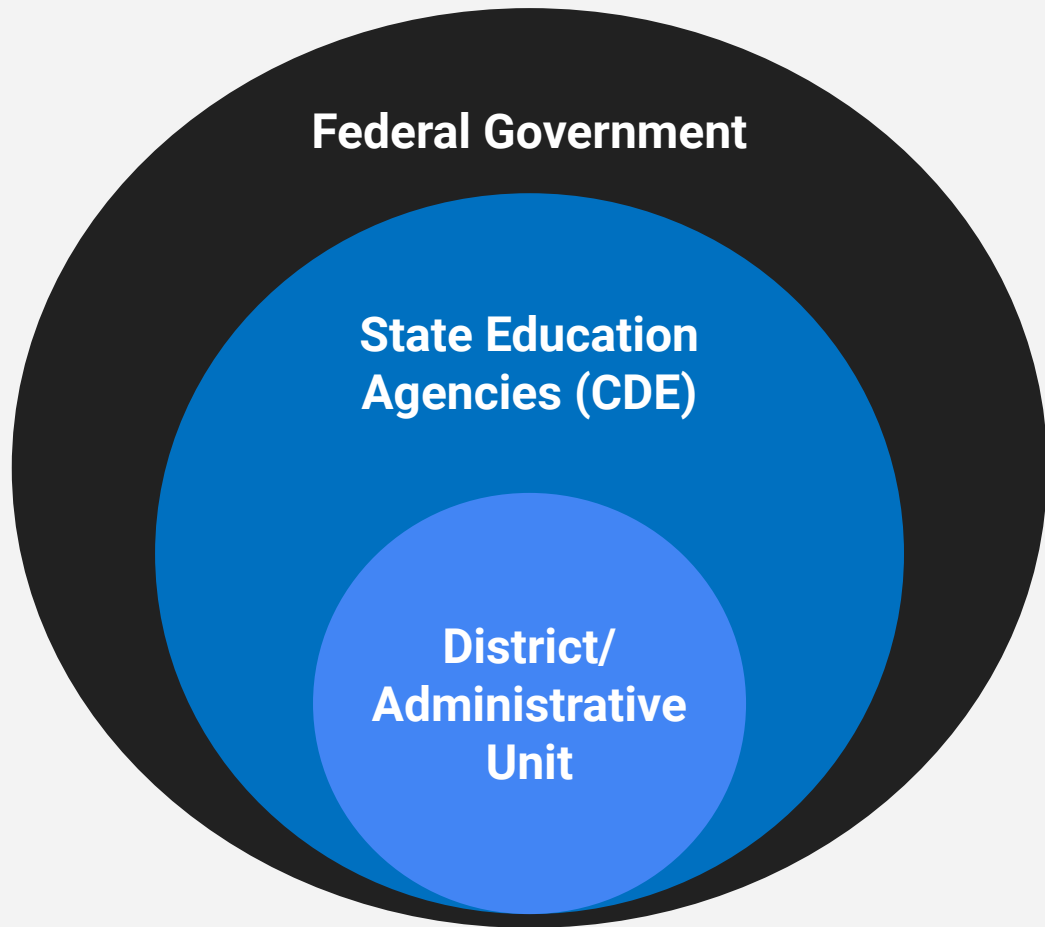




# Colorado Department of Education



**What level of  
government  
generally sets the  
special education  
laws?**



**STATE BOARD OF EDUCATION**

9 elected board members

**DIRECTOR OF STATE  
BOARD RELATIONS**

Angela Maramba

**DEPUTY  
COMMISSIONER**  
Alyssa Pearson

**EXECUTIVE  
ASSISTANT**  
Jenny Minich

**COMMISSIONER**  
Susana Córdova

**COMMUNICATION  
OFFICER**  
Dana Smith

**CHIEF OF STAFF**  
Scott Jones

**SCHOOL  
OPERATIONS OFFICER**  
Jennifer Okes

**EDUCATOR TALENT**  
Dr. Colleen O'Neil

**INFORMATION OFFICER**  
Marcia Bohannon

**STUDENT LEARNING**  
Dr. Floyd Cobb

**ASSESSMENT OFFICER**  
Joyce Zurowski

**SCHOOL SUPPORT**  
Dr. Rhonda Haniford

**ASSOCIATE  
COMMISSIONERS**

**CHIEFS**

# CDE Organization Chart

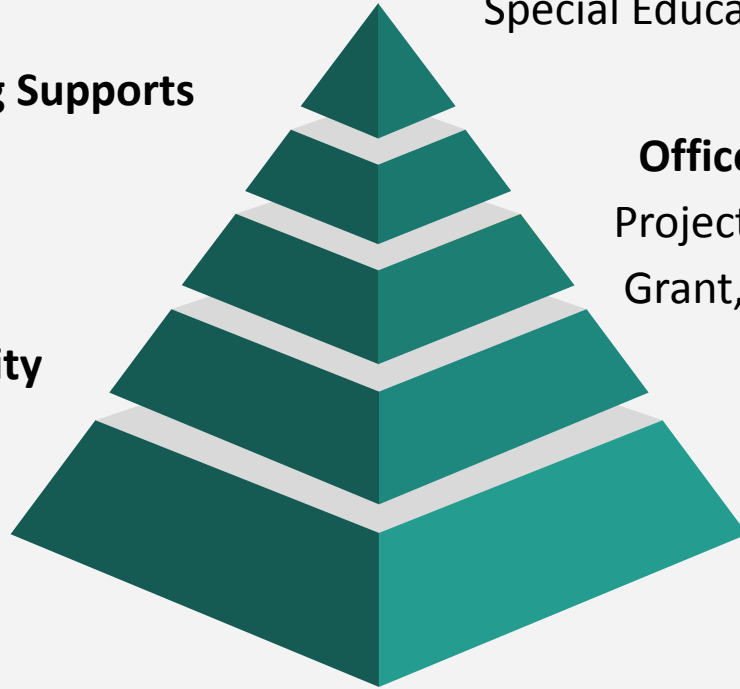
**Exceptional Student Services Unit**  
Special Education, Facility Schools, Gifted

**Office of Learning Supports**  
MTSS, RtI, PBIS

**Office of Health and Wellness**  
Project Aware, Counseling Corp  
Grant, Student Re-engagement

**Field Services, School Quality  
and Support Division**  
School and District  
Transformation Unit

**Curriculum, Instruction,  
Standards**



**Social, Emotional, and Behavioral Supports**

# Who do I contact?



[CDE Offices, Units and Divisions](#)

[Field Support Unit](#)

[ESSU Responsibility List](#)

# Resources



[Fact Sheets and FAQs](#)

[Technical Assistance \(TA\) for the Office of Special Education](#)

[Disability Categories](#)

[Family Resources](#)

# Colorado School-Based Mental Health Professionals





# Who are school-based mental health professionals?



Federal law according to the Every Student Succeeds Act (ESSA) Sec. 4102 defines a school-based mental health services provider as

“a State-licensed or State certified **school counselor, school psychologist, school social worker**, or other **State licensed or certified mental health professional** qualified under State law to provide mental health services to children and adolescents (birth to 21).”



# 2023 License Numbers

## **School Psychologist**

1,635 licenses

## **School Social Work**

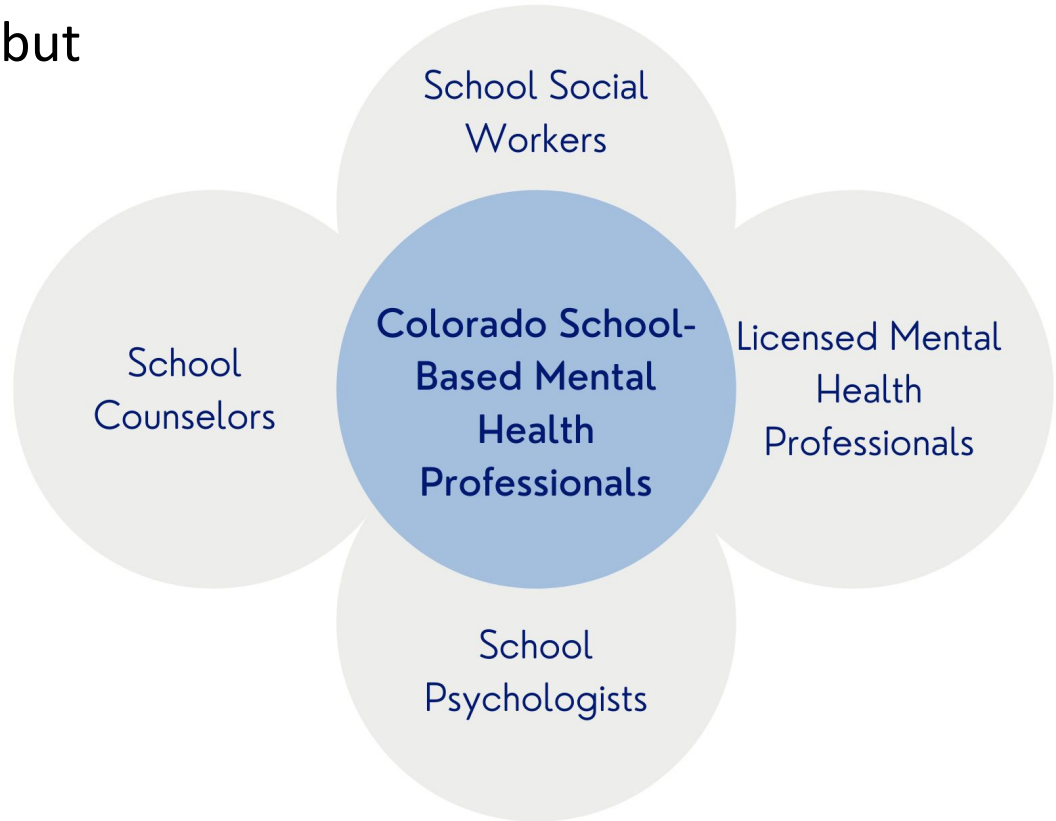
1,444 licenses

## **School Counselor**

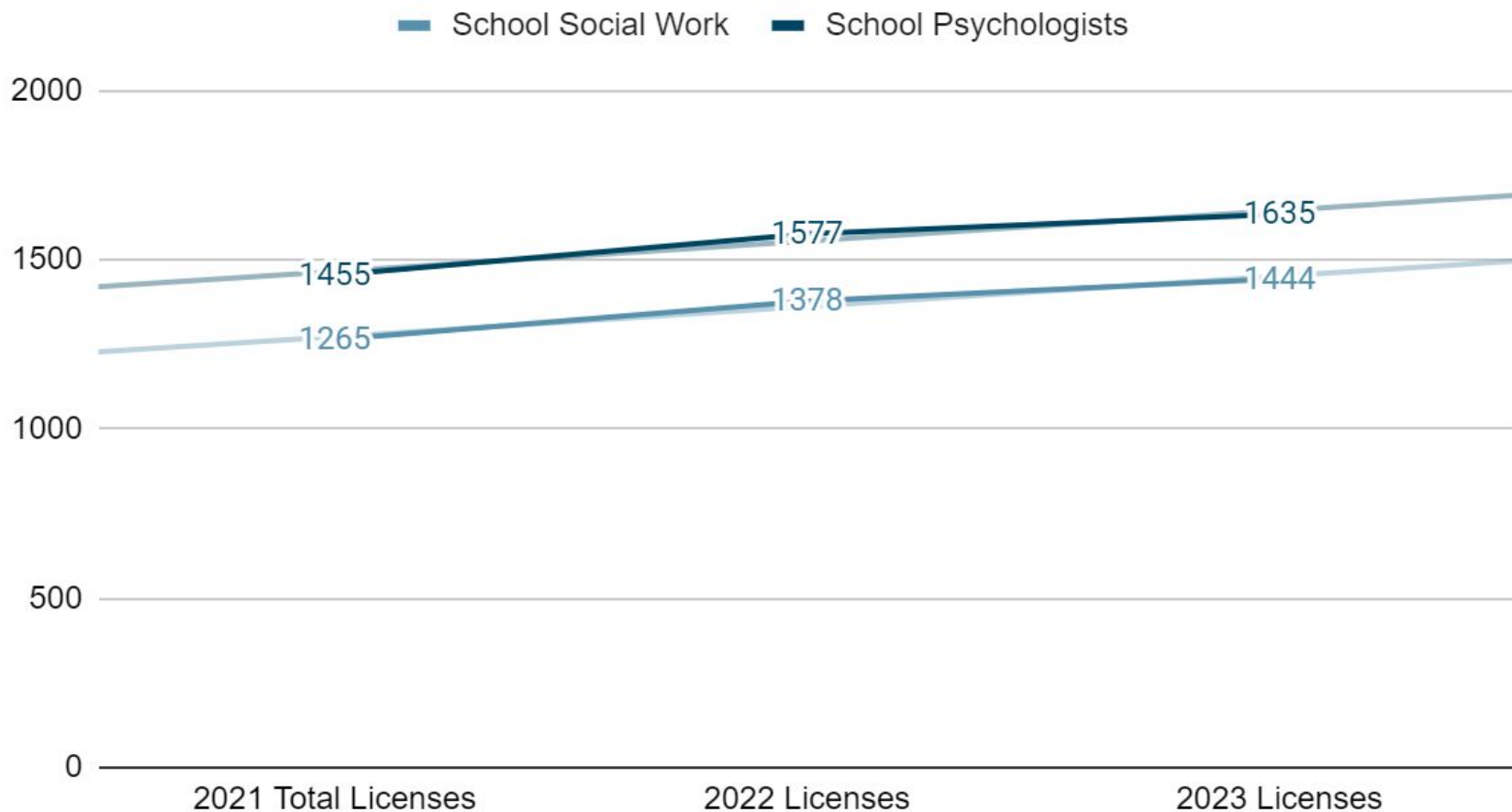
3,470 licenses



Each position is **unique** and has their own area of **expertise**, but all school-based health professionals are crucial team members that support students' growth and wellbeing.



# License Trends



# Role Break Down Comparison from 2021-2023

Role	Head Count 2021	Head Count 2022	Head Count 2023	Change
Counselor	2514	2511	2544	+33
Psychologist	1011	1019	1019	0
Social Work	915	945	989	+44
Total	4440	4475	4552	+77

# Role Break Down Comparison from 2021-2023

Role	FTE 2021	FTE 2022	FTE 2023	Change
Counselor	2466.1	2490.4055	2515.75	+22.3473
Psychologist	934.8	942	951.962	+9.962
Social Work	862.1	907.9203	947.1779	+39.2576
Total	4263	4340.3258	4414.8899	+74.5641

# Rough Ratios

Role	2021 Rough Ratio	2022 Rough Ratio	2023 Rough Ratio	Change	Recommended Ratio
Counselor	1 to 358	1 to 356	1 to 347.19	+8.81	1 to 250
Psychologist	1 to 944	1 to 941	1 to 866.79	+74.21	1 to 500
Social Work	1 to 1024	1 to 976.4	1 to 803.09	+173.31	1 to 250
All SBMH	1 to 207.2	1 to 204.3	1 to 194.04	+10.26	

**Total students (2022-23 = 883,264/ FTE)**  
Reduction of **3,253** students statewide from last year.

# Licenses



**1019** Head Count for School Psychologists versus 1635 active School Psychology Licenses.

- **616 / 37.70% unaccounted for SPs**

**989** Head Count for Social Work versus 1444 Active Social Work Licenses

- **455 / 31.50% unaccounted for SWs**

**2544** Head Count for Counselors versus 3470 Active School Counselor Licenses

- **926 / 26.70% unaccounted counselors**

For a total of **1,997 / 30.5%** licensed SBMH not working in that under that job code

**\*The number of unaccounted for people has increased from last year (1,808 / 28.8% in 2022) to (1,997 / 30.5%) for a total of 189 professionals in one year do not work in that role.**



# How CDE Supports the Field



# How Can I Help You?



## Professional Development and Training

- Dialectical Behavior Therapy
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS) /Bounce Back
- Behavioral and Mental Health Interventions and Strategies
- Executive Functioning
- Special Education Evaluation

## Recruitment

- National Recruitment
- Internships & Practicum Support

# Technical Assistance and Coaching



- Building
  - Colorado Society of School Psychology Crisis Response Team
- District
- Group
  - Problem-solving
  - Scope of Practice
  - Systems and Policy Support

# Special Education Evaluation Webinar Series



Throughout the series, we will cover essential topics, including comprehensiveness in evaluations, meaningful family participation and collaboration, cultural considerations, building a thoughtful body of evidence beyond standardized measures, and assessment interpretation and communication. These topics are crucial for ensuring thorough evaluations, fostering strong partnerships with families, addressing cultural diversity, utilizing alternative assessment methods, and effectively communicating assessment findings.

[Register Here](#)

# 2023-2024 Office Hours For Serious Emotional Disability, Social Emotional Learning, Mental Health & Behavior



**First Tuesday of each month from 8:00 AM to 9:30 AM.**

## **Session dates & topics of focus are:**

- ☐ November 7, 2023- Selective mutism
- ☐ December 5, 2023 – Learned Helplessness
- ☐ January – No office hours
- ☐ February 6, 2024 - Lying
- ☐ March 5, 2024 - Stealing
- ☐ April 2, 2024 – Avoidance Behaviors
- ☐ May 7, 2024 - Attention Seeking

**[Register Here](#)**

# Registration Now Open for New Protection of Individuals from Restraint and Seclusion Act Online Moodle Course



## [Application Link](#)

The Colorado's State Board of Education has adopted the Protection of Individuals from Restraint and Seclusion Act (PPRA), which outlines the procedures to be followed:

- Administration of restraint and seclusion.
- Staff training.
- Documentation requirements.
- Review of the use of restraint and seclusion.

This course covers the Restraint and Seclusion regulations (PPRA) and will also share the changes to PPRA from House Bill 22-1376.

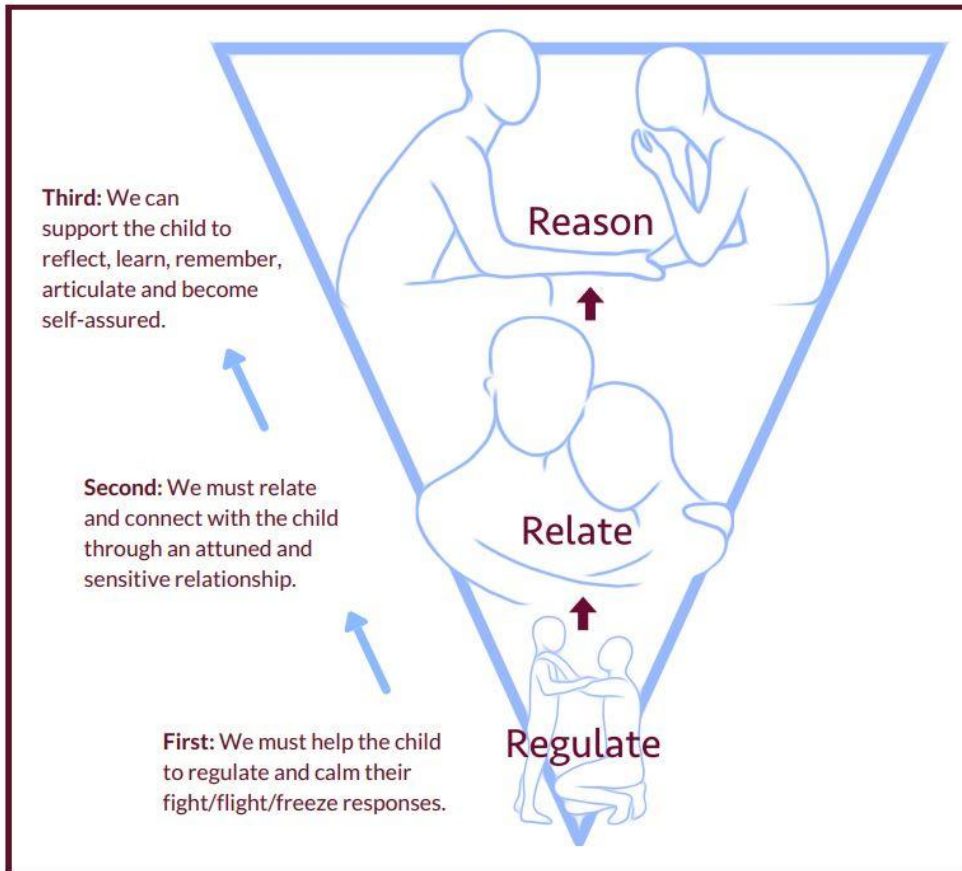
[PPRA Regulations](#)  
[House Bill 22-1376](#)

# Federal Grants Awarded to the Help Expand the Number of School Psychologists and School Social Workers in Colorado



[University of Colorado Denver](#), [University of Northern Colorado](#), [University of Denver](#) school psychology programs, and [Poudre School District](#), in cooperation with Colorado State University's school social work program, were awarded [federal grants](#) to help address the nation's mental health crisis.

# Dr. Bruce Perry & PBS Youtube



[Creating a Safe Environment](#)

[Creating an Inclusive Classroom](#)

[Reframing Classroom Discipline](#)

[Building a Connected Classroom](#)

[Insights for Educators Supporting Mental Wellness](#)



# Mental Health Education Literacy Resource Bank



Colorado's Youth Mental Health Education and Suicide Prevention Act, HB 19-1120, directs the Colorado Department of Education to create and maintain a mental health education literacy resource bank for Colorado with assistance from the Colorado Department of Public Health and Environment Office of Suicide Prevention, the Suicide Prevention Commission and the Colorado Youth Advisory Council.

[Mental Health Education Literacy Resource Bank](#)

# Colorado School Psychologists: Support, Advocate, Lead



2023 CSSP ANNUAL CONFERENCE NOVEMBER 2nd-4th

VAIL HYATT

This year's conference theme **Colorado School Psychologists: Support, Advocate, Lead** focuses on the role we take as leaders in our school buildings, communities, and beyond. Highlighting all the ways school psychologists can lead in our work, this theme hopes to inspire practitioners to see themselves as leaders and consider other opportunities to expand their reach in the lives of students and families and our profession at large.

**Full Schedule in Attached Flyer** Obtain your Legal & Ethical requirement for NCSP Renewal!

## **Conference Registration**

Register online at [www.cssponline.org](http://www.cssponline.org)

Early Registration Deadline: **Submitted by Oct. 15<sup>th</sup>, 2023**

Online registration closes October 27, 2023.

Onsite registration opens November 2, 2023.



## Discipline Resources

- Association for Supervision and Curriculum Development (ASCD). [Getting Consistent with Consequences.](#)
- Center on Positive Behavioral Interventions and Supports (PBIS). [Creating a PBIS Behavior Teaching Matrix for Remote Instruction.](#)
- Learning for Justice. [Reframing Classroom Management: A Toolkit for Teachers.](#)
- Responsive Classroom. [Punishment vs. Logical Consequences.](#)

# FREE Mental Health Training for Educators!

## Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators and school staff in supporting the mental health of students in the classroom. Developed by the Mental Health Technology Transfer Center (MHTTC) Network in partnership with the National Center for School Mental Health, this package offers evidence-based strategies and skills to engage and support students experiencing adversity and distress.

[Classroom WISE Website](#)



# Mental Health First Aid Courses



[Adult MHFA](#) – This course teaches adults, age 18 or older, how to recognize and support other adults who experience mental health or substance use concerns.

Youth MHFA – This course teaches adults, age 18 or older, how to recognize and support children and youth who experience mental health or substance use concerns.

[teen MHFA](#) – This course teaches students in 10th – 12th grade how to recognize and support other teens who experience mental health or substance use concerns.

[Find a Course](#)

# Safe and Supportive Classroom



## [Guide to Active Listening](#)

This resource is a guide to active listening skills and strategies, which provides ways to help make students feel heard and understood.

## [Positive Affirmations](#)

This resource describes the importance of using positive affirmations to create a safe and supportive classroom.

## [Strategies for Engagement](#)

This resource is an overview of the engagement strategies.

## [Strategies for Welcoming Students](#)

This resource provides ideas for warmly welcoming students to the classroom, which can encourage engagement.

## [Student Interest Inventory](#)

This resource is a list of questions that can be used to better understand students and their interests, which helps students feel safe and supported.

# Safe and Supportive Classroom



## Strategies for Classroom Safety

This resource provides an overview of the classroom safety strategies.

## Symbols of Inclusion

This resource describes the importance of displaying inclusivity symbols in the classrooms to signal the classroom is a safe and supportive space to students.

## Take What You Need Poster

This resource explains how to create a Take What You Need Poster, as well as the benefits of including this poster in a classroom.

## Defining Restorative Circles

This resource is a guide to using restorative circles, which can be used proactively to develop relationships and build community or reactively to respond to wrongdoing, conflicts, and problems.

## Defining Restorative Conferences

This resource is a guide to implementing restorative conferences, which are structured meetings between offenders, victims, and both parties' families and friends to deal with the consequences of the wrongdoing and how to repair harm.



**Training**

**Technical  
Assistance**

**Resources**





# Evaluation





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