



TOP 5 REASONS TO REFER TO MENTAL HEALTH

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- 1.** If a student makes any suicidal or homicidal statements via verbal comments, notes or drawings. Irrespective of how minor they may seem these individual should be referred to someone for an evaluation.
- 2.** A student has encountered a major change in their life such as recent move to your school, death in family, divorce. For younger children losses can include a best friend in class, or a change in sports, or an activity. This is where group work can be done for prevention of further problems. Groups found to be helpful include social skills, anger management, self-esteem, and children of divorce, conflict resolution.
- 3.** When a student is on medication for attention problems and has a behavioral plan but difficulties still exist. Often in clinical studies these children/students are found to have additional mental health disorders that can be accounting for the learning and behavioral problems.
- 4.** When there is concern that psychotropic medication could effectively address the student's problems. Example is the student is inattentive or hyperactive in the classroom setting. The Mental Health evaluation can determine if there is an underlying neurological/CNS problem, which will lead to medication being prescribed. The other option is that the problem is more of an emotional one, and then it would best be controlled through therapy.
- 5.** When a Behavioral Support Plan is implemented with earnest effort and problem behaviors continue. A mental health evaluation is warranted.