Serving Students with Depression: Implications for School Counselors
Webinar 2: Tier 1 Supports: Prevention for All
Presented by: Dr. Emily Goodman-Scott and Dr. Peg Donohue

KEY TAKE-AWAYS:

- **Foundational Tier 1 supports for prevention:**
  - Comprehensive school counseling program,
  - Warm and supportive learning environment,
  - Removing barriers to students’ access, opportunities, and learning,
  - Culturally sustaining and social justice-guided practices,
  - Use data-driven, evidence-based practices,
  - School-wide focus on coping skills, social skills, and other social-emotional concepts,
  - Collaboration with school staff, families, and community members.

- Please see the evidence-based practices table for Tier 1 recommendations.

REFLECTION QUESTIONS:

- What is the school and school counselor’s role in supporting students with depression at the Tier 1/Prevention level?
- How can school counselors integrate culturally sustaining and social justice-guided practices toward depression prevention (Tier 1)?
- After hearing about the Tier 1 case study examples, what strategies can you see yourself implementing?

ADDITIONAL RESOURCES:
School Counselor’s Role in Mental Health

Primary Resources Used

- The School Counselor’s Mental Health Sourcebook, Rick Auger
- Mental Health Interventions for School Counselors, by Christopher Sink
- ASCA position statement on mental health
- ASCA Aspects (October 2020): Unified Mental Health Teams by Dr. Tracy Jackson

Evidence-based Practices

- TIER ONE EVIDENCE-BASED PRACTICES
- Intervention Central
- What Works Clearing House
- CSCORE

**SEL, etc.**
- CASEL, SEL Core Competence Areas
- Harmony SEL
- Mindful Schools
- VDOE SEL

**Racial Trauma and Fostering Growth**
- Educators’ Toolkit for Addressing Racial Trauma and Fostering Growth

---

*THIS INFORMATION WAS BROUGHT TO YOU BY...*

[Office of Student Services, Virginia Department of Education](https://www.vdoe.virginia.gov/student-services)

For more resources and professional development opportunities please subscribe to our [newsletter](https://www.vdoe.virginia.gov), visit the [Virginia Career and Learning Center for School Mental Health Professionals](https://www.vdoe.virginia.gov), or follow us on twitter [@VDOE_SESS](https://twitter.com/VDOE_SESS).