

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](#).

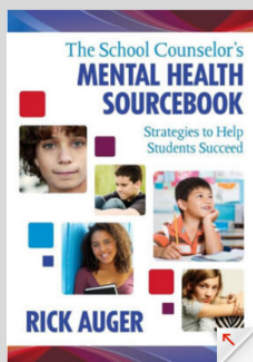
REFLECTION QUESTIONS:

- 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?

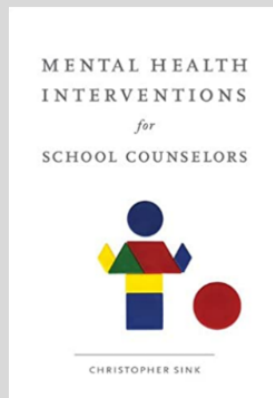
ADDITIONAL RESOURCES:

School Counselor's Role in Mental Health

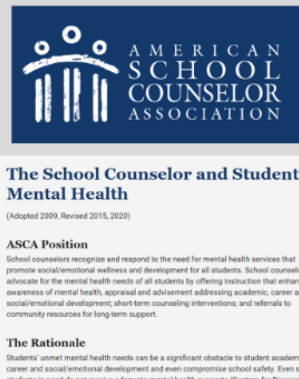
Primary Resources Used



Auger, 2011; 2015



Sink, 2011



ASCA, 2020

- [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](#)

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