Mental Health Intervention Team

Who we are:
The CFISD MHIT is an interdisciplinary team of mental health professionals comprised of:

- **Licensed Professional Counselors**
  Work with emotional/behavioral issues that interfere with mental health through a therapeutic relationship.

- **Licensed Psychologists/LSSPs**
  Have backgrounds in research, program development, data-based interventions, and Special Education.

- **Mental Health School Resource Officers**
  Represent the intersection of law enforcement, mental health, and education.

What we do:
The day-to-day duties of the MHIT are wide-ranging. At any given time, you may find us doing any of the following:

- **Campus Response**
  Visiting campuses to support the needs of students and staff during and following crisis events of any scale.

- **Mental Health Awareness**
  Working with student groups to reduce the stigma attached to mental health concerns.

- **Program Development**
  Researching and developing programs and procedures to ensure the district aligns with best practices in school-based mental health.

- **Training**
  Providing training to staff, parents and students district-wide on topics of interest and importance to mental health.

- **Crisis Help Line**
  Offering immediate support for staff working with suicide/threat risk or other campus crises.

- **Community Networking**
  Connecting with community mental health providers to build a network of responsive services for district families.
Suicide and Threat Prevention
As part of CFISD’s broad suicide and threat prevention programs, the MHIT has implemented district-wide assessment and response procedures.

School Safety Measures
The MHIT supports safety in CFISD through programs and interventions at all levels of student need.

I. Universal Prevention
- Direct support to campuses during suicide/threat response
- Individualized student safety plan
- Ongoing monitoring of high-needs students
- Parent collaboration to access community services
- Support during transition from hospital
- Support during reintegration after threat removal

II. At-Risk Students
- Crisis Help Line support for campuses
- Suicide risk screening and response protocols
- Threat assessment and response protocols
- Consultation with parents and staff of at-risk students
- Student Mental Health Alliance groups
- Suicide risk awareness and prevention trainings
- Threat awareness and response trainings
- Mental health trainings for staff/parents/students
- Networking with community providers
- Mental Health Minute newsletter
- District-wide needs assessments/data collection
- Ongoing research re: evidence-based practices

III. Students with severe needs

Suicide and Threat Prevention
As part of CFISD’s broad suicide and threat prevention programs, the MHIT has implemented district-wide assessment and response procedures.

**C-SSRS**
- The most empirically-supported and widely used suicide-risk screening.
- Endorsed by CDC, NIH, SAMSHA, WHO, DoD, among many others.

**CSTAG**
- Recognized as evidence-based program (NREPP, 2013).
- Only model to show effectiveness in controlled, peer reviewed studies.

**Columbia-Suicide Severity Rating Scale, Screener Version (C-SSRS)**
~ Columbia Lighthouse Project ~

**Comprehensive School Threat Assessment Guidelines (CSTAG)**
~ Dr. Dewey Cornell ~

**Research Supported**
- Readily trainable.
- Brief, straight-forward administration.
- Free to use and reproduce.

**Accessible**
- Results of screening inform response.
- Supports consistency in decision-making and response.
- Provides for continuity of care with community health collaborators.

**Added Benefits**
- Shown to reduce disproportionality in discipline.
- Reduces errors of over/under response.
- Helps teams concentrate efforts on a small number of serious threats.