



# MENTAL HEALTH NAVIGATOR

WHERE SERVICE & LEADERSHIP UNITE

## OVERVIEW

The Mental Health Navigator supports districts who are looking to strengthen their school-based mental health framework, ensuring that programming is aligned with DPI guidance. The Navigator will work with school district leadership to assess strengths and areas of improvement, train staff on mental health best-practices, create strong relationships with community professionals, and support students by using evidence-based interventions.

### PROGRAM GOALS

- **ASSESS**  
Assist schools in identifying their strengths and areas needing improvement to support the social, emotional, and mental health needs of students.
- **TRAIN**  
Train staff on best methods for supporting wellness at school (including Trauma Sensitive School Training).
- **SOLVE**  
Find creative solutions to address the identified areas of improvement by building upon already existing frameworks or implementing new programs.
- **CONNECT**  
Identify community resources that can be accessed to help support student mental health needs and staff wellness. Strengthen relationships and develop procedures to ensure continuity of care.
- **CREATE**  
Develop interventions for all tiers in the Multi-Tiered Systems of Supports. This may include consulting, treatment planning, and family work with select individuals who are identified to benefit from Tier 2 or 3 supports.

Academic Achievement + Wellness = Whole-Person Concept