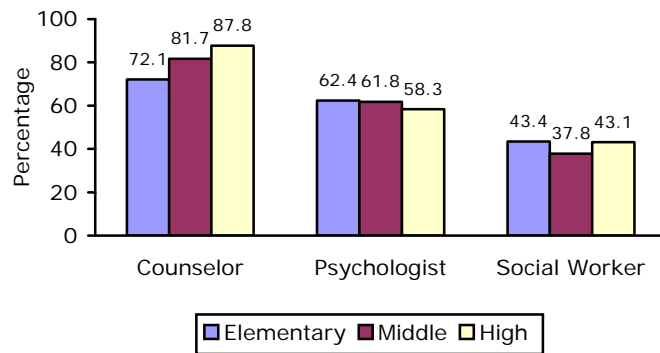


## Mental Health and Social Services

**About SHPPS:** SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- 79.2% of states and 71.9% of districts had a person who oversees or coordinates school mental health and social services.
- The percentage of states that required each school to have someone to oversee or coordinate mental health and social services at the school decreased from 18.8% in 2000 to 8.9% in 2006.<sup>1</sup>
- 49.8% of districts required each school to have someone to oversee or coordinate mental health and social services at the school, and 76.8% of schools had a person who oversees or coordinates standard mental health or social services at the school.

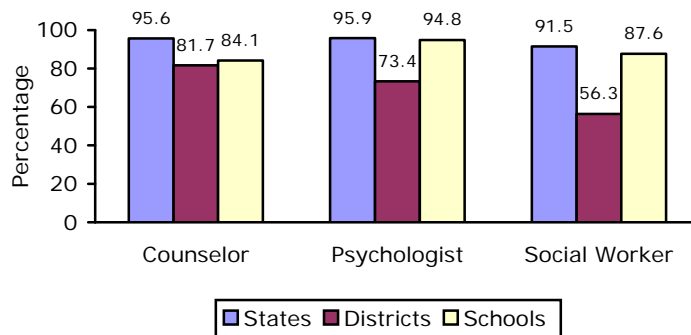
**Percentage of Schools That Had a Part-time or Full-time Counselor, Psychologist, or Social Worker, by School Level**



- The percentage of states that required that student assistance programs (SAPs) be offered to all students increased from 34.0% in 2000 to 55.6% in 2006, and the percentage of districts with such a policy increased from 51.2% to 73.0%.

- 57.4% of schools offered SAPs to students.
- 29.9% of districts and 13.6% of schools had a school based health center (SBHC) that offered mental health and social services to students.
- 62.2% of districts and 44.8% of schools had a contract, memorandum of agreement, or other similar arrangement to provide mental health or social services to students through arrangements with organizations or professionals outside the school.

**Percentage of States, Districts, and Schools That Required Newly Hired School Mental Health and Social Services Staff to Be Licensed or Certified by a State Agency or Board**



- 75.4% of schools required newly hired counselors to have a master's degree in counseling.
- 78.8% of schools required newly hired psychologists to have a master's degree in psychology.
- 63.9% of schools required newly hired social workers to have a master's degree in social work.

<sup>1</sup> Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ( $p < .01$  from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they do not meet these criteria or if no comparable variable existed in both survey years.

<b>Percentage of Schools That Provided Specific Types of Mental Health and Social Services, Preventive Services, and Service Delivery, by Location</b>		
<b>Mental Health or Social Service</b>	<b>At School</b>	<b>Not on School Property</b>
Alcohol- or other drug-use treatment*	53.8	34.9
Assistance with enrolling in Medicaid or SCHIP	46.1	22.2
Assistance with enrolling in WIC or accessing food stamps or food banks*	49.9	28.5
Counseling after a natural disaster or other emergency or crisis situation	94.2	33.0
Counseling for emotional or behavioral disorders (e.g., anxiety, depression, or attention deficit hyperactivity disorder [ADHD])	86.2	37.5
Crisis intervention for personal problems	95.4	36.3
Eating disorders treatment*	46.2	27.3
HIV counseling, testing, and referral*	40.7	27.2
Identification of emotional or behavioral disorders	81.7	34.9
Identification of or referral for physical, sexual, or emotional abuse	93.8	37.1
Identification of or referral for students with family problems	94.0	37.2
Job readiness skills programs*	56.8	25.3
Referrals for after-school programs	60.0	23.9
Referrals for child care for teen mothers*	57.6	29.2
Services for gay, lesbian, or bisexual students*	59.0	22.9
Stress management	83.6	28.1
Tobacco-use cessation*	60.2	26.3
Weight management	34.5	16.9
<b>Prevention Service in 1-on-1 or Small-Group Sessions</b>		
Alcohol- or other drug-use prevention	73.0	30.7
HIV prevention*	54.4	26.5
Injury prevention and safety counseling	60.9	21.2
Nutrition and dietary behavior counseling	42.9	18.3
Physical activity and fitness counseling	35.7	15.2
Pregnancy prevention*	60.4	28.9
STD prevention*	55.6	28.1
Suicide prevention	82.6	29.5
Tobacco-use prevention	64.1	24.6
Violence prevention	90.7	30.9
<b>Service Delivery</b>		
Case management for students with chronic health conditions (e.g., asthma or diabetes)	40.3	24.8
Case management for students with emotional or behavioral problems	83.7	33.8
Comprehensive assessment or intake evaluation	65.1	34.7
Family counseling	49.7	32.4
Group counseling	78.6	30.9
Individual counseling	92.9	37.2
Peer counseling or mediation	67.9	20.4
Self-help or support groups	64.4	28.4
*Among middle and high schools.		

Where can I get more information? Visit [www.cdc.gov/shpps](http://www.cdc.gov/shpps) or call 800-CDC INFO (800-232-4636).

