

Fact Sheet

Mental Health and Social Services

From CDC's School Health Policies and Programs Study (SHPPS) 2000

About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

Organization and Staffing

- 52.0% of states, 62.6% of districts, and 77.8% of schools have a person who oversees or coordinates school mental health and social services.
- 18.5% of states and 40.8% of districts require schools to have someone to oversee or coordinate mental health and social services.
- 77.1% of schools have a part-time or full-time guidance counselor, 66.0% of schools have a part-time or full-time school psychologist, and 43.9% of schools have a part-time or full-time school social worker.

Student Assistance Programs (SAPs)

- 34.0% of states and 51.2% of districts require schools to offer SAPs to all students.
- 62.0% of elementary, 63.1% of middle/junior high, and 64.6% of senior high schools offer SAPs to students.

School Based Health Centers (SBHCs) and Services Provided at Other Sites

- 79.5% of states, 24.9% of districts, and 10.4% of schools have a SBHC that provides mental health and social services to students.
- 28.6% of states require districts or schools to provide mental health and social services to students through arrangements with agencies, organizations, or professionals not located on school property.
- 59.0% of districts and 51.6% of schools have such arrangements.

- 44.1% of schools have arrangements with a local mental health or social services agency.
- 18.7% with a local health department.
- 17.4% with a private psychologist.
- 14.3% with a private counselor.
- 14.0% with a local hospital.

Professional Preparation

Guidance Counselors:

- 98.0% of states and 71.7% of districts require newly hired guidance counselors to be certified by a state agency or board.
- 82.8% of schools require state certification.
- 76.4% of schools require a master's degree in counseling.

School Psychologists:

- 95.6% of states and 74.3% of districts require newly hired guidance counselors to be certified by a state agency or board.
- 91.9% of schools require state certification.
- 74.8% of schools require a master's degree in psychology.

School Social Workers:

- 92.3% of states and 57.3% of districts require newly hired school social workers to be certified by a state agency or board.
- 79.8% of schools require state certification.
- 65.1% of schools require a master's degree in social work.

Percentage of Schools Providing Mental Health or Social Services, Prevention Services, or Methods of Service Delivery

	Schools
<i>Mental health or social services</i>	
Alcohol or other drug use treatment	58.1
Assistance with enrolling in CHIP	50.4
Assistance with enrolling in WIC or accessing food stamps or food banks	42.2
Crisis intervention for personal problems	93.9
Eating disorders treatment	47.3
HIV testing and counseling	23.3
Identification of or counseling for mental or emotional disorders	85.2
Identification of or referral for physical, sexual, or emotional abuse	93.1
Job readiness skills program	60.4
Referral for after-school programs	57.9
Referrals for child care for teen mothers	49.4
Services for gay, lesbian, or bisexual students	40.8
Stress management	78.6
Tobacco use cessation	63.6
<i>Prevention services¹</i>	
Accident ² or injury prevention	50.5
Alcohol or other drug use prevention	75.9
Eating disorders prevention	53.5
HIV prevention	51.6
Nutrition and dietary behavior counseling	43.8
Physical activity and fitness counseling	32.4
Pregnancy prevention	59.5
STD prevention	53.4
Suicide prevention	76.7
Tobacco use prevention	67.2
Violence prevention	86.9
<i>Methods of service delivery</i>	
Case management for students with behavioral or social problems	83.1
Comprehensive assessment or intake evaluation	64.0
Family counseling	60.8
Group counseling	75.7
Individual counseling	89.8
Peer counseling or mediation	67.1
Self-help or support groups	59.6

¹Provided in one-on-one or small group discussions by mental health or social services staff.

²Although the SHPPS 2000 questionnaires used the word “accident” because it is familiar to many people, public health officials prefer the word “injury” because it connotes the medical consequences of events that are both predictable and preventable.

For additional information on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, <http://www.cdc.gov/shpps>.