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:

- **Mental Health Awareness**: Working with student groups to reduce the stigma attached to mental health concerns.
- **Campus Response**: Visiting campuses to support the needs of students and staff during and following crisis events of any scale.
- **Training**: Providing training to staff, parents, and students district-wide on topics of interest and importance to mental health.
- **Program Development**: Researching and developing programs and procedures to ensure the district aligns with best practices in school-based mental health.
- **Community Networking**: Connecting with community mental health providers to build a network of responsive services for district families.
- **Crisis Help Line**: Offering immediate support for staff working with suicide/threat risk or other campus crises.
### 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

#### III. Students with severe needs
- 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

### 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.

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### 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

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

- **Readily trainable.**
- **A flexible, efficient process.**
- **Free to use and reproduce.**

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

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### Suicide Risk Screening

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

### Threat Assessment

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