

Supporting Students:

School-based Mental Health Quick Reference Guide



This quick reference guide outlines the roles of school-based mental health (SBMH) providers and authorized personnel*. It clarifies counseling vs. therapy, parent notification requirements, and guidance for working with community providers.

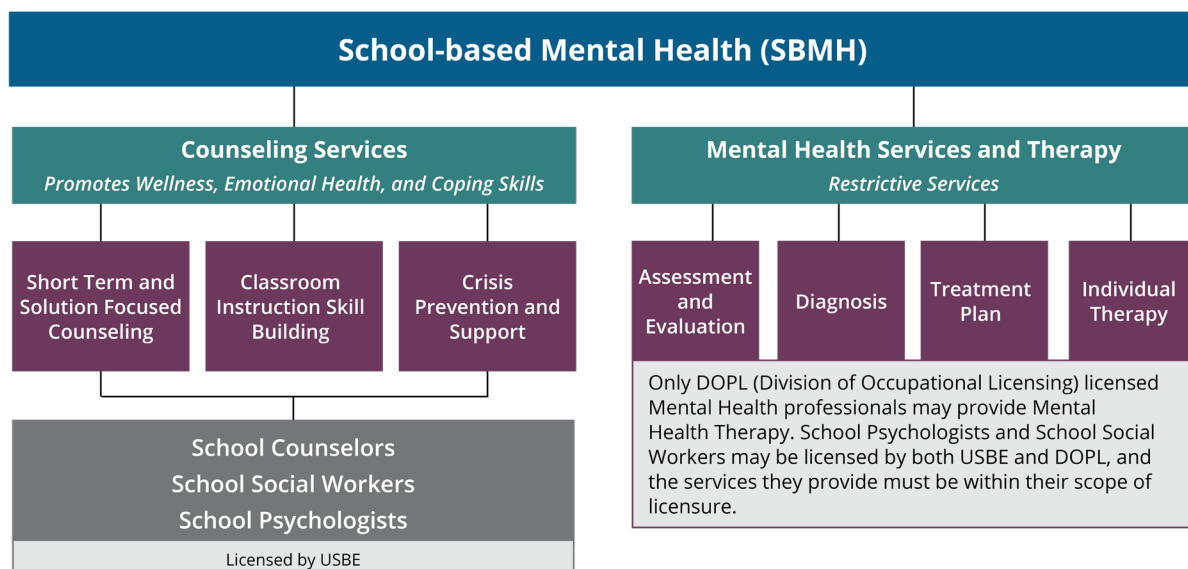
*Authorized personnel as defined in 53G-9-901(1)

Permitted SBMH Services

- » SBMH providers with an educator license can provide individual or group counseling.
- » Any trained individual can:
 - Provide basic stress management strategies.
 - Inform students and parents of the availability of mental health services.
 - Engage in generalized crisis response.

Limited SBMH Services

- » Providing a restricted service that takes place in a school setting with other students present, unless it is designated in an Individualized Education Program (IEP) or 504 plan.
 - Notify parents within one business day of session.
 - Give parents the opportunity to express subjects they do not want discussed during a restricted service.



Frequently Asked Questions

Question	What is the difference between school counseling and mental health therapy and who can provide these services?
Answer	SBMH providers engage in counseling services that help teachers address students' academic and emotional well-being needs, by teaching coping strategies, interpersonal skills, and referring students to appropriate services. Mental health professionals engage in therapy through established intervention methods and procedures that address mental illness.
Guidance	It is recommended that Local Education Agencies (LEAs) match job titles to the licensure and services being provided. For example, school social workers providing counseling should be referred to as school social workers. If they are authorized personnel providing mental health therapy, they should be designated as a SBMH therapist.

Question	Is suicide prevention, intervention, and/or post-vention practices limited by this new legislation?
Answer	No, these practices remain unchanged. Any trained staff, whether contracted or hired, can provide trainings, interventions, and crisis response. Ensure parents are notified of any crisis interventions, suicide ideation concerns, and provide information to parents about access to lethal means.
Guidance	During a crisis one should solely provide emotional support, basic stress management, and/or de-escalation techniques. Following a crisis, any mental health therapy or counseling services requires informed parental consent.

Question	Question What types of group intervention can be provided in a school setting?
Answer	Any group that is skills based can be provided to students in a school setting. For example, USBE and the University of Utah have created a skills-based grief support group curriculum.
Guidance	It is recommended that LEAs approve of any skills-based curriculum, to ensure it does not fall under the definition of mental health therapy.

SBMH Community Provider Checklist

Planning for SBMH Services

If services are delivered within the school setting, any applicable restricted service requirements must be observed.

Obtain a Memorandum of Understanding (MOU) or contract

Clearly specify what services will be provided

Clearly specify the location of services

Ensure services are being provided by the appropriately licensed professionals

Ensure the contract is signed by both parties

SBMH Services Implementation

LEAs must ensure confidentiality requirements are being adhered to throughout the data sharing process.

Establish a clearly defined referral process

Outline specific procedures for obtaining consent

Ensure consent forms are updated with restricted service requirements

Determine how consent forms and progress notes will be shared (digital platforms or paper copies)

Ensure a copy of the consent form is maintained by the LEA

SBMH Provider Training

LEAs must ensure that all staff, working in the school setting, whether hired or contracted, are properly trained.

Confidentiality and parent notification

Crisis response protocols

Foundational behavior support training

Emergency safety intervention protocols

School safety standard response protocols

When the LEA refers a student to a community provider's location for mental health services, or if families obtain supplemental services from their community mental health partner outside the school setting, restricted service requirements are not applicable.