

## BENEFITS OF SCHOOL-BASED MENTAL HEALTH SERVICES

Studies have shown the value of developing comprehensive school mental health programs in helping students achieve academically and have access to experiences that build social skills, leadership, self-awareness, and caring connections to adults in their school and community. Schools that also choose to collaborate with community partners have found that they can enhance the academic success of individual students. These partnerships have found to significantly improve schoolwide truancy and discipline rates, increase the rates of high school graduation, and help create a positive school environment in which a student can learn and be successful in school and in the community.

## MENTAL HEALTH MATTERS

Magnolia School District's mental health program, Panther Care, serves students in grades K-12 and their families. Services offered include evaluation and assessment, treatment planning, individual, group and family therapy sessions, and crisis intervention. Areas of concern covered include anxiety, depression, mood disturbances, behavioral issues, grief and loss, adjustment issues, self-esteem, stress-related issues, and trauma.

Panther Care also works with school staff, especially educators, reinforcing them to make themselves a priority. Educators serve in caregiving roles and focus a lot of energy on their students and often little energy on themselves. Self-care is essential for educators to maintain good mental health. Panther Care provides self-care tips to school staff to help them meet their physical, psychological, emotional, spiritual, social, and professional needs, the six components of self-care.

Houston Taylor serves as the School-based Mental Health Coordinator for the District and Linley Moore serves as the District Mental Health Therapist.



(Left) Linley Moore, Magnolia School District Mental Health Therapist  
(Right) Houston Taylor, MSD School-based Mental Health Coordinator