



The School Counseling Mental Health Initiative seeks to partner with Colorado schools to understand student mental health issues and help schools improve their intervention effectiveness.



What is the School Counseling Mental Health Initiative?

The School Counseling Mental Health Initiative (SCMHI), a work of Denver Seminary, is a team of researchers seeking to partner with public, private, and charter schools to research student mental health. Through a collaborative process with our partners, SCMHI utilizes results of qualitative and quantitative studies to identify and address the mental health needs of students.

SCMHI Approach

- **Highly flexible:** Non-prescriptive methodology to address research partner's needs
- **Partner-centered:** Educators, staff, and mental health providers
- **Fully funded:** No cost to research partners

Learn more about SCMHI

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School Counseling Mental Health Initiative

Community.
Collaboration.
Change.

The Problem

School administrators, faculty and staff are on the front lines of student mental health support. As a result, they are tasked with addressing anxiety, depression, and suicide, amongst many other school and societal stressors. While educators and counselors are seeking to address these needs, lack of funding and evidence-based resources can be a barrier to creating lasting change.

SCMHI is seeking to:

Expand and diversify its current model of community-based partnership research to rural and urban areas to better understand the mental health needs of underserved and under-resourced communities, while seeking to support both the mental health needs of K-12 students and equipping future counselors to meet the needs of their students.

SCMHI Goals



Partner with schools to increase research-based knowledge surrounding mental health needs and school-based intervention/prevention programs



Disseminate findings to educators and mental health providers



Provide resources for educators and mental health providers based on research findings

Questions

How does SCMHI relate to Denver Seminary's School Counseling program?

The work SCMHI conducts impacts the school counseling and clinical counseling programs in two major areas. First, SCMHI hires graduate level research assistants in the school counseling and clinical counseling program, to not only have a stakeholder voice in our research, but also to cross-train and enrich the learning experience of students within the program. Additionally, the data collected through SCMHI research projects directly impacts and informs the development of the school counseling program to better prepare future counselors.

How is SCMHI funded?

Denver Seminary was given the opportunity to pursue this research project through the donations of several generous donors who are invested in improving student mental health in Colorado. As a result, research is conducted with no cost to our school partners.

How is SCMHI making a difference?

The research partnerships established through SCMHI with larger districts, private Christian schools, and charter schools have created a network of mental health providers openly discussing and proactively seeking to address student mental health needs. We hope these rich conversations will lead to data driven solutions that benefit diverse education systems and positively impact student mental health and wellbeing.

What has SCMHI research data found to be most influential on student mental health?

SCMHI has found a culture of mental wellness, rather than illness, empowers staff and students to create and support strong policies and procedures surrounding student mental health. In addition, the presence of emotionally intelligent teachers and parents is necessary for students to effectively communicate their emotional experiences and needs.



“The information, support, and expertise provided in collaboration with SCMHI has been unique and invaluable...”

—public school partner”

Next Steps



Consider

How SCMHI research team might help your school or district.



Reach out

We will discuss your needs and create a collaborative partnership based on your areas of interest.



Learn more

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