



Effective School Solutions

**LEADING** the Way in  
**K-12 Mental Health Care**  
in **California**





## **Schools are navigating a pivotal moment in student mental health.**

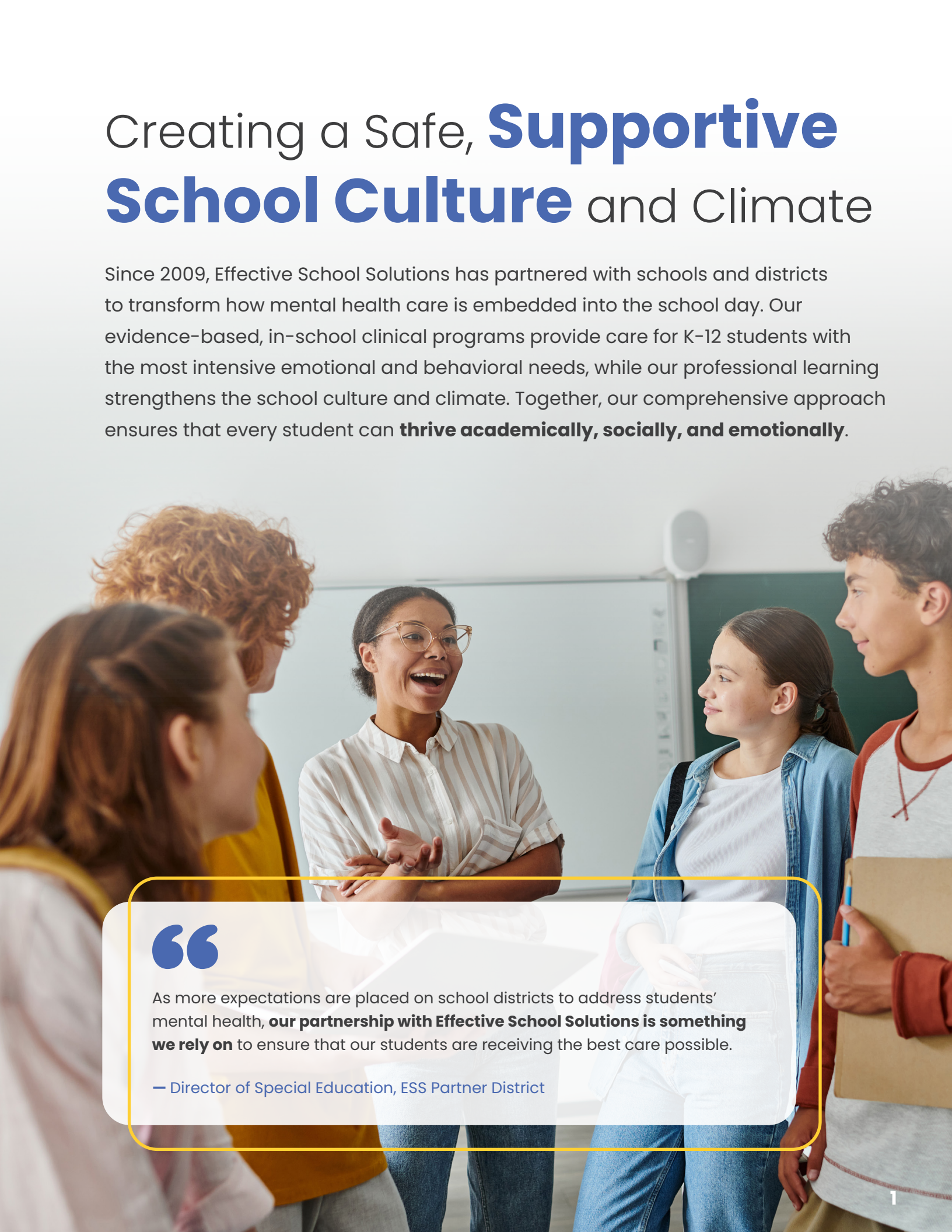
Across the country, districts are reporting a significant increase in complex emotional and behavioral challenges that lead to classroom disruptions, discipline referrals, chronic absenteeism, and out-of-district placements. These escalating needs result in lost learning opportunities for students and place an immense strain on teachers and administrators.

Because mental health is inextricably linked to academic performance, students must feel safe, connected, and regulated to succeed.

**How can districts effectively meet their students' needs and create an optimal learning environment?**

# Creating a Safe, **Supportive School Culture** and Climate

Since 2009, Effective School Solutions has partnered with schools and districts to transform how mental health care is embedded into the school day. Our evidence-based, in-school clinical programs provide care for K-12 students with the most intensive emotional and behavioral needs, while our professional learning strengthens the school culture and climate. Together, our comprehensive approach ensures that every student can **thrive academically, socially, and emotionally**.



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As more expectations are placed on school districts to address students' mental health, **our partnership with Effective School Solutions is something we rely on** to ensure that our students are receiving the best care possible.

— Director of Special Education, ESS Partner District

# The Impact of **In-School Mental Health Care**

Our work is grounded in the latest research and best practices in mental health, behavioral support, trauma, teacher efficacy, MTSS science, and school climate and culture. By strengthening behavioral stability, relational trust, and intensive intervention capacity, we enhance a school's ability to accelerate student achievement and academic growth.

## Improving Students' Academic, Social, and Emotional Outcomes

Effective School Solutions' clinical programs have been proven to reduce absenteeism, increase students' grades and academic outcomes, and decrease disciplinary referrals, suspensions, and out-of-district placements. We regularly evaluate student progress, measure the impact of our programs, and share this data with school and district leaders.

### Keeping students in-school, and in-district, also helps students to:



**Receive better access** to academics, extra-curricular activities, and sports



**Maintain a closer connection** to their school community and friends



**Increase learning time** in the **least restrictive environment**



2024–2025  
**School Year Results**

**97%** of students  
**prevented** from a therapeutic  
outplacement



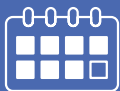
**91%** of parents  
and caregivers saw an  
**improvement in their child's  
behavior or mental health**



## YALE CHILD STUDY CENTER

### THIRD PARTY VALIDATION

We are proud to partner with the Yale Child Study Team to continuously validate the effectiveness of our programs. Recent research shows that for every additional weekly clinical session we provided to Tier 3 students, their **GPA increased by 5%, while absences and disciplinary incidents decreased by 6-10%.**



**40%** reduction in **absences** for students with chronic absenteeism



**54%** decrease in **suspensions** for students with history of severe disciplinary issues



**1 full** letter grade increase for academically struggling students

# Supporting the **Mental Health & Behavioral Needs** of ALL Students

Our **continuum of care** ensures that every K-12 student can learn in a safe, supportive environment. By strengthening both clinical supports and school-wide instructional practices, districts can ensure that students with significant needs receive specialized care in school, while all students benefit from classrooms that promote belonging, engagement, and academic success.

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**The ESS team works collaboratively with our staff** on behalf of our students to provide immediate therapeutic interventions to students. I often wonder how we were ever able to manage these students without the ESS program in our school.

— High School Principal, ESS Partner District



### **Tier 3**

High-acuity students, who have difficulty being successful in school

### **Tier 2**

Mild- to moderate-acuity students, who experience intermittent impact on their school functioning

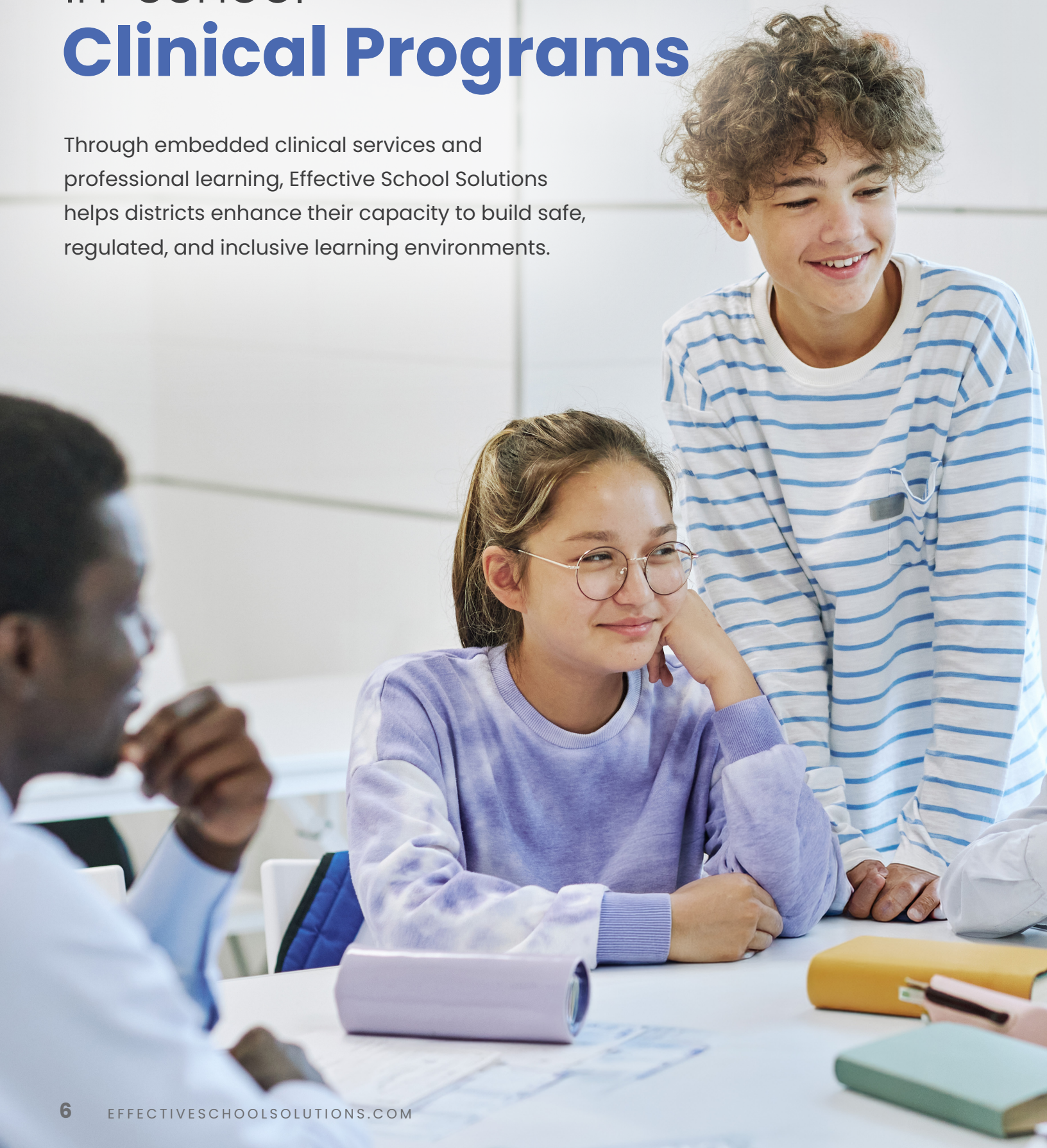
### **Tier 1**

All students can benefit from mental health screening, education, and prevention

**PROFESSIONAL LEARNING & COACHING**

# In-School **Clinical Programs**

Through embedded clinical services and professional learning, Effective School Solutions helps districts enhance their capacity to build safe, regulated, and inclusive learning environments.





### Tier 3 Intensive Care

Provides in-school clinical programming for students with the most intensive challenges; includes **individual, group, and family therapy**, as well as **psychoeducation** groups for Tier 1 and 2 students (when there is capacity) and **professional learning** to build school-wide culture and capacity.

### Behavioral Support

Combines behavioral supports to **treat externalizing behaviors** in the moment and therapeutic care to address underlying mental health concerns; includes treatment from a mental health clinician, behavioral specialist, and mental health technician.

### Tier 2/3 Hybrid Support

Offers a flexible clinical model for districts with a greater range of student needs; includes building a **structured high-intensity program** for a small number of high-need students, while also supporting less acute students.

### Early Elementary Support

Includes a specialized, intensive approach tailored to the developmental needs of young learners, integrating play-based therapy, skill-building, and structured clinical support. By intervening early, we can **strengthen emotional regulation, reduce behavioral disruptions, and support sustained academic success**.

### Student Crisis Assessment & Re-Entry Support

Supports **all phases of crisis response** and follow-up, including evidence-based mental health assessments, referrals to appropriate services, coordination with outside providers, daily planning and debrief meetings with administrators, and case management of a student's re-entry plan.

### Summer Support Programming

Provides continuity of care and **preventive and stabilizing interventions** for students with the most intensive mental health and behavioral needs, ensuring students return to school ready to engage, not to recover.

### Wellness Coaches

Brings **wellness promotion, education, early intervention support**, and referral services tailored to the needs of young individuals into the school building on a daily basis.

### Professional Learning & Coaching

Empowers educators to strengthen their own regulation, build meaningful relationships, and repair when challenges arise, while also **developing the capacity to foster classrooms** where students feel supported, understood, and ready to learn.

# Our Comprehensive Clinical Approach

Effective School Solutions partners with districts to embed clinical programs into the school day so learning—and mental health care—can happen side-by-side.

**Our comprehensive approach** includes everything a school needs to implement a proven-to-work clinical program that addresses complex student needs and strengthens outcomes school-wide, without diverting instructional focus.



## Individual, Group, and Family Therapy

Our work is grounded in evidence-based modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), family systems therapy, motivational interviewing, and trauma-informed care. Through a multimodal approach, we deliver targeted interventions that build on student strengths, address root causes, and foster long-term resilience.



## Experienced, Licensed Clinicians

We recruit, employ, and support highly-experienced, licensed mental health clinicians, technicians, and behavioral specialists with deep expertise in supporting students with complex emotional and behavioral needs. Our clinicians are held to rigorous professional standards and continuously advance their practice through ongoing training in current research and emerging best practices.



## Clinical Oversight

School-based clinicians work within a structured framework of layered supervision, receiving weekly clinical supervision focused on programming and treatment to ensure consistent implementation of high-impact, evidence-based therapeutic practices. Comprehensive electronic health records document all student interactions and, when applicable, align directly with IEP goals to ensure coordinated, accountable care. Our dedicated quality and risk management team conducts systematic record reviews to uphold strict clinical protocols and safety standards.



## Professional Learning & Coaching

Student regulation and resilience are shaped by the adults who support them. We equip teachers, counselors, non-instructional staff, administrators, families, and caregivers with the mindset, knowledge, and skills required to sustain safe, inclusive learning environments. Our professional learning drives measurable outcomes, including improved staff retention and morale, stronger academic performance, and a healthier, more cohesive school culture.



## Data Analysis & Progress Monitoring

Clinical excellence requires measurable impact. We embed rigorous progress monitoring and outcome evaluation into daily practice to ensure services translate into meaningful results. Program effectiveness is assessed across critical indicators, including attendance, academic performance, and discipline trends. Our *MindBeat Pulse™* dashboard provides a daily snapshot of the district's data, allowing administrators to see student progress as it happens.



# Effective School Solutions

## **Unlocking the Power of CYBHI** for California Schools and Districts

When a California school or district implements our in-school clinical programs, we also guide you through every step of the CYBHI process. We:

- ♥ Manage the end-to-end process from eligibility to implementation.
- ♥ Handle compliance and reporting requirements.
- ♥ Advocate for your district to ensure you maximize reimbursement opportunities.

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