

## GUIDE TO:

# School Psychologists

## in Montgomery County Public Schools

...facilitating the academic, social, and emotional success of all students.

### TYPES OF ISSUES SCHOOL PSYCHOLOGISTS ADDRESS:

- Anxiety (including test anxiety)
- Family problems such as divorce/moves/death
- Depression/self-harm
- Unique learning styles
- Academic performance; study skills
- Bullying issues (victim, aggressor, and bystander)
- Anger management
- Self-esteem and identity
- Concerns about drugs and alcohol
- Attention and organizational difficulties
- Problems with peers

### PSYCHOLOGISTS

- **ENSURE** that every child learns in a safe, healthy, and supportive environment. They are school-based mental health professionals, trained in both psychology and education. Psychological services are available to all students.
- **ARE AVAILABLE** to consult with families, educators, and the community on issues such as learning strategies. They also help with early identification and interventions for students with special needs or with behaviors that interfere with learning, depression awareness, and substance abuse.
- **ARE SKILLED** in using a structured team approach to problem analysis, intervention developments, and progress monitoring. They implement this approach in schools across the county.

- **USE RESEARCH-BASED TECHNIQUES** to evaluate patterns of strength and weakness. Results are used to support student progress in the least restrictive setting.
- **HELP DEVELOP** and target interventions to meet specific needs. Areas of intervention may include academic, social-emotional, and behavioral domains.
- **DEVELOP AND HELP** to implement school and countywide programs to improve the school environment, make schools safer, promote tolerance, facilitate positive behavior, and identify children at risk.

## HOW CAN I CONTACT MY CHILD'S SCHOOL PSYCHOLOGIST?

You may contact the psychologist directly or you may request a referral through your child's teacher, counselor, case manager or principal.

A list of all school psychologists is available on our website at [www.montgomeryschoolsmd.org/departments/student-services/mentalhealth/psych.aspx?id=333012](http://www.montgomeryschoolsmd.org/departments/student-services/mentalhealth/psych.aspx?id=333012)

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