



## Parents...

- Is your child not doing well in school because of behavior problems or mental health concerns?
- Are your child's grades suffering because of behavior or mental health needs?
- Is your child getting in trouble at school?
- Has your child been moved out of a general education classroom into an alternative program for behavior reasons?
- Has your child ever been restrained by school staff or placed in a time-out room?
- Has your child's school ever disciplined, suspended or expelled him for conduct that might be related to unmet behavioral or mental health needs?



## Federal law may entitle your child to...

- A free and complete evaluation of your child's behavioral or mental health needs
- A plan to help your child's teachers address behavior that gets in the way of your child's learning
- Individualized instruction to meet your child's learning needs
- Behavioral and mental health supports to help your child succeed in school
- A special disciplinary process to determine whether any misconduct by your child is related to his behavioral or mental health needs



## Behavioral and mental health supports may include:

- Classroom aides and supports
- Individual, group and family counseling
- Training to help parents support their child's behavioral or mental health needs
- Mentoring programs
- Instruction in social and communication skills
- Anger management instruction
- After-school activities
- Crisis services
- Service coordination for services provided by the school and other agencies, such as community mental health centers

## Would school mental health and behavioral services help your child?



### For more information and for advocacy help, contact:

#### **Alabama Disabilities Advocacy Program (ADAP)**

University of Alabama  
Box 870395  
Tuscaloosa, Alabama 35487-0395  
(205) 348-4928  
(800) 826-1675 (toll free in Alabama)  
adap@adap.ua.edu (e-mail)  
www.adap.net

ADAP provides free legal services to children and adults with disabilities in Alabama.



## Additional Resources

#### **Way to Go!**

Examples of Successful  
Mental Health Programs in Schools  
[http://www.bazelon.org/newsroom/  
2006/6-7-6-WayToGo.html](http://www.bazelon.org/newsroom/2006/6-7-6-WayToGo.html)

#### **National Alliance on Mental Illness**

[http://www.nami.org/template.cfm?section=child\\_  
and\\_teen\\_support](http://www.nami.org/template.cfm?section=child_and_teen_support)

#### **National Federation of Families for Children's Mental Health**

<http://www.ffcmh.org/>

## School Mental Health and Behavioral Services



**Tools for School Success!**