

School Psychology

Psychological services are provided in each school by licensed school psychologists. Psychologists are members of the multi-disciplinary team which develops intervention plans for students who are experiencing problems with learning or adjustment.

What is a school psychologist?

School psychologists are licensed professionals with specialized training in child psychology, learning, and development; as well as assessment, behavior management, and counseling. They use research and results-based strategies to promote:

- good mental health,
- high academic achievement,
- positive social skills and behavior, and
- safe and supportive learning environments.

Psychological Services

Psychological services may include:

- individual evaluations of the intellectual, social, and emotional development of students;
- individual or small group counseling;
- classroom observation and consultation for behavior or learning problems;
- consultation with parents, school personnel, and community agencies;
- increasing knowledge about mental health topics through forums such as staff development programs and parent workshops; and
- referral to community mental health resources.



Crisis Response

School psychologists are critical members of school crisis response teams. They are prepared to help families and schools deal with crisis and loss by providing immediate intervention, disseminating information, identifying individuals at risk, providing mental health services, and linking individuals with community services.

Collaboration and Prevention

School psychologists use many different strategies to address individual student needs, as well as to enhance systems that support students on the school and district-wide levels. They help lower barriers to learning through:

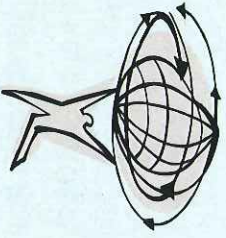
School psychologists work with parents, educators, and other mental health service providers to help each child develop resiliency, competence, and self-esteem.

- assessment/diagnosis to provide accurate information on the nature of a child's problem and the best approach to address it;
- intervention/treatment to help children and youth overcome mental health problems; and
- consultation/case management to promote more effective, coordinated support for children's mental health needs.

When to contact a school psychologist?

A school psychologist can help parents:

- develop strategies for academic, emotional, or behavioral challenges;
- understand resources available within the school;
- decide whether to seek additional help for their child; and
- connect with resources in the community.



“Helping Students Access Their World”

How to contact a school psychologist?

- Call your child's school and ask for the school psychologist.
- Check your school's website or the APS website at: www.apsva.us.
- Call the Office of Pupil Services at 703-228-6061.

*Arlington Public Schools
Department of Student Services
Office of Pupil Services*

1426 N. Quincy St.
Arlington, Virginia 22207
Phone: 703-228-6061

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