**SAMPLE ACCOMMODATIONS FOR STUDENTS WITH**

**MENTAL HEALTH DISABILITIES**

**Exhibit appropriate social behavior**

* Develop simple and appropriate code of conduct for environment:
  + acceptable verbal language or gestures
  + engaging in debate or discussion
  + acceptable student interaction
* Practice appropriate social skills
  + Role play
  + Video demonstration
* Encourage all students to model appropriate social skills
* Use a tutor, upperclassman, or mentor to reinforce appropriate social skills especially during meal times and free time.
* Reward/praise student engaging in appropriate behavior
* Identify the “out” for those times when the student can’t demonstrate appropriate skills
  + Hand gesture, word, or signal
  + Where to go to regain composure
  + How to return/re-engage in environment

**Communicating with others**

* Adjust method of communication to best suit the student's needs
  + One-on-one
  + Face-to-face
  + In the presence of another
* Teach/model appropriate verbal communication skills
  + Addressing person by name or title
  + Waiting to speak (not interrupting others)
  + How to enter another group’s conversation
* Encourage students to move personal conversation away from classroom, study room, common area, etc.

**Maintaining Concentration**

* Prioritize tasks/activities/assignments for the student
* Help arrange the student's environment
  + Redesign space
    - minimize auditory/visual distractions
    - reduce clutter

**Managing Stress**

* Frequent breaks (for movement and to re-organize self)
* Reinforce time management techniques:
  + Emphasize due dates on calendars
  + Develop a color-coded system (each color represents a task, or event, or level of importance)
  + Help students add entries on their own calendar or I-Phone, or double-check entries to ensure accuracy
* Identify support personnel
* Invite Therapy Animals onto site for visit

**Medication Side Effects**

* Water bottle in class, in testing, and in dorm
* Schedule adjustments
  + For therapy appointments, later start to class day, change in time medication is taken so adjustment to dorm schedule
* Positive Peer Mentor (particularly during meal times)

For additional examples of accommodations for students with mental health disabilities go to the disability website located in Citrix or the Job Accommodation Network (JAN) <http://askjan.org/soar/>.