



Iowa

STATE SNAPSHOT

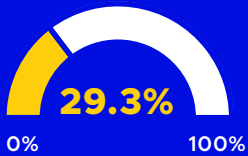
School Mental Health Report Card

School Mental Health Professionals

State's progress in meeting nationally recommended minimum school mental health staffing levels.

■ Percent of goal met

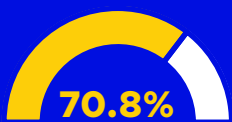
School Psychologists*



School Social Worker†



School Counselors‡



Policy Progress

State's progress in enacting policies that grow and support school mental health systems.

Enacted

Partial

Not enacted

Facilitate a Mentally Healthy School Climate	Excused mental health absences	
	Training teachers and staff	
	Alternatives to exclusionary discipline	
Promote Mental Wellbeing	Skills for life success	
	Mental health literacy education	
Emphasize Early Intervention	Mental health screenings	
Improve Connections to Mental Health Services	School telemental health program	
	School-linked mental health services program	
	School mental health coordinators or leads	
Bolster the School Mental Health Workforce	Workforce development program for school-based mental health professionals	
	Loan repayment for school-based mental health professionals	
Ensure Sustainable Financing	Medicaid coverage of school-based services for all Medicaid-enrolled students	
	No formal diagnosis requirement for services	

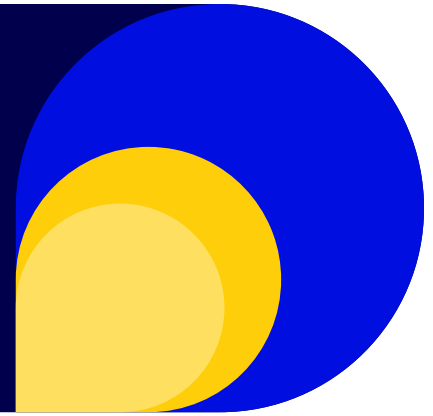
* National Association of School Psychologists, 2025.

† National Center for Education Statistics, 2020-21.

‡ American School Counselor Association, 2022-23.










This state report card is intended to prompt dialogue and policies to better meet school-based mental health needs; it reflects national data and state statutes available at the time this report was published. Measures are based on statutory requirements; some states may have these elements in place without statutes.

Metrics/ Definitions



Inseparable’s state snapshots capture each state’s progress in meeting nationally recommended staffing levels for school mental health professionals, as well as its progress in adopting a range of state policies that support student mental health.

States are measured against the following metrics:

Facilitate a Mentally Healthy School Climate	
POLICY GOAL	SCORING
Excused mental health absences	 Full credit if state statute or K–12 state guidelines require mental health absences to be excused
	 Partial credit if state permits excused absences
	 No credit if not enacted
Training teachers and staff	 Full credit if state statute requires mental health and suicide prevention training on a regular basis
	 Partial credit for only suicide prevention training and/or administrative/K–12 guideline requirements
	 No credit if not enacted
Alternatives to exclusionary discipline	 Full credit if state statute or K–12 guidelines require districts to use alternatives to out-of-school suspension
	 Partial credit if state statute or K–12 guidelines encourage districts to use alternatives to out-of-school suspension
	 No credit if not enacted or in guidelines

If you have additional or updated information you would like included, please email us at info@inseparable.us.

Promote Mental Wellbeing

POLICY GOAL

SCORING

Skills for life success



Full credit if state statute or K-12 state guidelines require life skills competencies



No credit if not enacted or in guidelines

Mental health literacy education



Full credit if state statute or K-12 state guidelines require mental health literacy education that includes mental health, suicide prevention, and substance use disorders



Partial credit if enacted only for certain grades or only covers suicide prevention and substance use disorders



No credit if not enacted or in guidelines

Promote Mental Wellbeing

POLICY GOAL

SCORING

Mental health screenings



Full credit if state statute requires annual mental health screenings for at least six grades



Partial credit if requirement is for less than six grades or establishes a pilot program



No credit if not enacted or in guidelines

Improve Connections to Mental Health Services

POLICY GOAL

SCORING

School telemental health program



Full credit if state statute establishes a school telemental health program



Partial credit if the program is a pilot or regional



No credit if not enacted in statute

School-linked mental health services program



Full credit if state statute establishes a program or policy to increase access to community providers in schools



Partial credit for pilots, programs, partnerships, or other agency efforts that are not in statute



No credit if no policy or program

Improve Connections to Mental Health Services *(continued)*

POLICY GOAL

SCORING

School mental health coordinators or leads



Full credit if state statute requires every district or school to have a mental health lead or coordinator of services



Partial credit if only for substance use disorder coordination



No credit if not enacted

Bolster the School Mental Health Workforce

POLICY GOAL

SCORING

Workforce development program for school-based mental health professionals



Full credit if state statute requires efforts to recruit, retain, and/or build a pipeline of school-based mental health professionals



Partial credit if the state has made efforts to recruit, retain, and/or build a pipeline of other mental health professionals



No credit if no policy or program

Loan repayment for school-based mental health professionals



Full credit if state statute includes loan forgiveness for school-based mental health professionals



Partial credit if only applicable for certain school-based professionals or settings, or establishes pilot programs



No credit if not enacted

Ensure Sustainable Financing

POLICY GOAL

SCORING

Medicaid coverage of school-based services for all Medicaid-enrolled students



Full credit if state covers school-based mental health services for all Medicaid-enrolled students



Partial credit if state has applied for CMS approval or enacted only for certain students



No credit if not enacted

No formal diagnosis requirement for services



Full credit if state statute or administrative regulations do not require a student to receive a formal diagnosis to receive mental health services through the state Medicaid plan



No credit if not enacted