

## School Based Mental Health Services Parent Information Flyer

### Who is CHRIS 180?

These services are provided through a partnership between Fulton County and CHRIS 180, a non-profit organization with 38 years of experience helping children and families. CHRIS 180 has been providing school-based services since 2014 and have worked with the following school systems: Atlanta, Clayton, DeKalb and Fulton. If you want to learn more about CHRIS 180 and their school-based services, check out their webpage at [chris180.org/schoolbasedservices](http://chris180.org/schoolbasedservices) or email them at [schoolbasedservices@chris180.org](mailto:schoolbasedservices@chris180.org).

Counseling services can be a positive support to all students with a wide range of needs. Over time, these services can help students:

- Cope with their feelings which should lead to fewer calls home
- Understand why they are having difficulty and learn better ways of responding
- Improve focus in the classroom and on academic work
- Maintain better relationships with family, friends, and school staff
- Better manage impulses and intense emotions

### What should I expect?

- An initial 1-2-hour intake appointment at the school to learn about your child's history, current needs and strengths. Afterwards, a plan is developed outlining goals for your child.
- The therapist will have counseling sessions with your child at school. Sessions are usually once a week and can range from 20-45 minutes depending on the age and need of the child.

### What is my responsibility?

- Participate in the intake appointment at the school (virtually while providing telehealth)
- Participate regularly after the intake appointment by having at least monthly "check-ins" with the therapist.
- Communicate with the therapist during the monthly check-ins and discuss how your child is doing at home and share any concerns you may have. The therapist will update you on your child's progress and if needed, share tips and strategies that can be used at home.

### Insurance and Financial Responsibility Information:

- **All students within the assigned school can be referred for school-based mental health services.**
- **Student and Parent Groups are provided each semester at no charge** and are open to all students and families based on need and group-size capacity.
- **If your child has insurance through Medicaid** or one of the CMO (Amerigroup, WellCare, CareSource, or Peach State), services will be provided free of charge and CHRIS 180 will be responsible for filing claims with the insurance company.
  - Parent or guardian would be responsible for providing insurance ID number and report any changes with insurance status to CHRIS 180.
- **If your child has private insurance**, CHRIS 180 will either file insurance or will provide a superbill for filing claims with the insurance company.
  - Parent or guardian is responsible for making co-pay payments prior to services being rendered or on an agreed upon schedule with the Provider.
  - If the private insurance won't cover or authorize services in the school, CHRIS 180 will provide an initial assessment and parent meeting free of charge. Parent or guardian will be presented with services that can be provided free of charge, a sliding scale/self-pay options or services available through a referral to a provider in the community.



- ***If your child has private insurance but the family opts to pay out of pocket***, parent or guardian will be presented services available through sliding scale/self-pay options.
- ***If your child is uninsured and demonstrates financial need***, services will be provided free of charge. CHRIS 180 will link the family with a designated Insurance Advocate to assist in obtaining insurance through the Medicaid Care Management Organizations (CMO). CHRIS 180 will provide services while Medicaid is being applied for and will continue services even if Medicaid is denied.

#### **HIPAA and Protected Health Information:**

- All clinical information is protected under HIPPA and stored in secured electronic health records
- A release of information is required to release any medical records to third parties.
- Upon enrolling in services, Guardians will be presented a release of information to share information with the student's school for purposes of progress tracking and demographic reporting.
- HIPAA Business Associate Agreements have been completed with Fulton County and Summit Counseling Center (the other School-Based Mental Health Services Provider) to ensure sharing of information takes place in the event clients must be transitioned to another provider.