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# School-Based Counseling Program

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## CLINICAL SERVICES

- Counseling Services, which can include any of the following: Behavioral Health Assessments, Service Plan Development, Individual Counseling, Family Counseling, Group Counseling, Community Support Individual Services
- Psychiatric Services can also be provided via Telehealth or at one of the CHRIS 180 clinics

## REFERRALS

- Students struggling with trauma, anxiety, depression, anger outbursts, severe inattention, hyperactivity, social isolation, aggression, unresolved grief, suicidal thoughts, eating disorders, self-injury, etc.
- We are unable to provide services to children with a primary diagnosis of Autism or Intellectual Disability. Additionally, we cannot provide duplicated services, thus if a student is already receiving counseling services elsewhere we will not be able to provide the same service.
- School-based counseling services are considered a Tier 3 intervention, meaning for behavioral concerns it is expected that the school has already tried lower level supports and interventions prior to referring to CHRIS 180. We also serve can support students who have experienced a recent trauma and/or those who have a known or suspected mental health/emotional concerns. If you have questions about a referral, please talk to your point person or CHRIS 180 therapist.

## **REFERRAL PROCESS**

- School designates one point person to make all referrals to CHRIS 180
- School point person identifies students who would qualify for services
- School point person contacts the guardian and explains the program (and that it is voluntary). If the parent agrees, they must sign the district consent form so that the school can make the referral on their behalf to CHRIS 180
- School point person (once they have the guardian's signed consent form) completes the referral form and emails it to CHRIS 180 (assigned therapist and [counselingcenter@chris180.org](mailto:counselingcenter@chris180.org))
- CHRIS 180 will then verify the child's insurance status
- The CHRIS 180 counselor will contact the guardian to schedule the initial Behavioral Health Assessment (Which usually lasts approximately 2 hours). Both the guardian and child must be present for this
- If CHRIS 180 is unable to reach a guardian, they will notify the school point person. Then, the point person will assist with identifying alternative methods or phone numbers for reaching the guardian
- Depending on the funding available to your school, CHRIS 180 is able to serve students who are uninsured, underinsured or undocumented. This can be discussed in further detail with the Program Director assigned to your school.

## **CHRIS 180 STAFF ROLES**

- CHRIS 180 Therapist- Provide therapeutic services at school to students identified as appropriate referrals. They will complete the initial assessment with the guardian and student and provide individual, family and/or group therapy as needed. They can only work with individual students who have been referred to them.
- CHRIS 180 Community Behavior Specialist (CBS)- Provide additional behavior support to students receiving CHRIS 180 services. The CBS will do skill building sessions with the student at school and they can also

provide services in the community or at the student's home to work closely with the caregiver, if needed. They can also provide linkage to needed resources for the student and family.

- School-based staff are providing services via telehealth (video and phone calls) during the COVID-19 pandemic and subsequent school closures.

### **AFTER THE ASSESSMENT IS COMPLETED...**

- Once the assessment is completed, the CHRIS 180 counselor will start providing services in the school setting (session length and frequency will vary, depending on the clinical needs of each child)
- Within 30 days of the initial assessment, the guardian, child, and CHRIS 180 counselor will reunite to create an individualized treatment plan
- Guardian will participate in family sessions, as needed, depending on the needs of the child
- Every 6 months, the guardian will participate in a session to complete the reassessment and update the treatment plan
- CHRIS 180 Counselor will collaborate frequently with teachers and other school staff in regard to the students on the caseload

### **COVERAGE OF SERVICES**

We bill directly to insurance for most counseling services, depending on the child's insurance and the therapist's licensure level (and if they are paneled). We accept the following forms of insurance:

- Medicaid
- Amerigroup
- Cenpatico
- Wellcare
- Care Source
- BCBS
- Cigna
- Aetna
- United
- Ambetter

- We don't accept Tricare currently but hope to in the near future

### **WHAT WILL SERVICES LOOK LIKE?**

- It will vary from student to student, based on their needs. The CHRIS 180 counselor will determine what is clinically necessary (frequency and duration of sessions) and consult with the teacher to determine best time(s) to have sessions with the child. Counselor will do their best with scheduling, but please understand it may change due to the needs of the entire caseload
- Family sessions will also occur in the school setting
- Psychiatric services can take place over Telehealth or at a CHRIS 180 office
- If the insurance goes inactive at anytime, CHRIS 180 Family Advocate will assist the family with reactivating the insurance

### **WHAT ELSE CAN CHRIS 180 OFFER?**

If adequate funding is secured, CHRIS 180 can offer the following school-wide supports:

- Initial Trauma STARS training for the entire school staff (3-hour training during pre-planning days prior to school starting or on Professional Development days during the school year)
- Monthly trainings in small groups based on the Attachment, Regulation and Competency (ARC) model.
- One-on-one teacher coaching and support
- Consultation groups
- Open office hours for staff
- Collaborate with administrative team in regard to creating school-wide policies that are trauma informed and create psychological safety for both the students and staff

### **WHAT SHOULD A SCHOOL EXPECT?**

- The CHRIS 180 staff will work closely with the teachers who are working with each child. The CHRIS 180 staff will provide education about trauma-informed approaches to managing difficult behaviors. They will

also work with school staff to develop their own strategies to improve self-regulation and self-care.

- The CHRIS 180 staff will work closely with school administrators. They will meet at least once per month to review the caseload and discuss the status of each student who is receiving services
- CHRIS 180 staff will maintain a consistent schedule. If there are any major changes to the schedule they will inform the school administrators
- CHRIS 180 staff will need to attend mandatory meetings and trainings at the main office, as these are requirements of their positions. When this occurs they will notify the school administrators in advance that they will not be at school during those times

### **WHAT MUST THE SCHOOL PROVIDE?**

- A designated, private room for the therapist (It cannot be a shared or a public space due to confidentiality concerns)
- Access to the internet, printer, copier, scanner, shredder, and fax, if needed
- Access to the students throughout the day, when needed for sessions
- Teachers are willing and able to work closely with CHRIS 180 to support the students receiving services
- Teachers will complete a brief survey for students who are receiving CHRIS 180 services (At intake and once every 3 months until discharge)
- Administrators will be available once per month to meet with CHRIS 180
- Monthly data on students served (ISS, OSS, Disciplinary Referrals, Unexcused Absences, Tardies)