

# School-Based Therapy Program

Review of 2018-19 School Year  
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# Purpose & mission

- ❖ The purpose of this program is to increase functioning in attendance, achievement, and adjustment in students deemed to be at-risk or who are experiencing difficulty in the school setting. School-Based Therapists provide direct clinical services to identified students, based on the needs of the child and the parent/guardian consent. Services include individual, group, and/or family therapy. Collaboration with teachers, administrators, and parents is paramount to the success of these services. Outside referrals are made for additional services, as indicated.
- ❖ In 2016-17 our focus shifted more specifically to aiding in **Support Services** for students who engage in disruptive behaviors by way of providing therapy, transition support, & case management. That continues to be our focus.

# Referral sources

- ▶ Memorandum of Understanding—A collaboration between juvenile courts, school systems, law enforcement & community agencies to reduce referrals to juvenile courts for school-based misbehaviors and expand the use of positive disciplinary practices in schools.
- ▶ Transition students—those moving from alternative placements to mainstream or vice versa
- ▶ Referrals from School Staff—when a need is observed by staff
- ▶ Referrals from Parents—parents request services thru teachers, guidance, or administration
- ▶ Referrals from outside agencies should they not be able to see the student anymore
- ▶ \*\*\*Our services are included in the medical form, so if a student is referred to another agency but the parent does not respond, the referral falls back to us and we begin services with verbal consent of parent/guardian.

## Students serviced in schools 2018-19

- ▶ Students referred for therapy: 529
- ▶ Student contacts: 3,369 (this number does not include outside agency contacts)
- ▶ Students seen by CCPS-Based Therapists (3 providers): 227
- ▶ Students seen by Mt. Comprehensive Care (12 providers): 326
- ▶ Students seen by Pennyroyal Center (5 providers): 100 approximately
- ▶ Most of the students serviced are referred due to emotional or behavioral difficulty or transitioning from Alternative or psychiatric placement.
- ▶ Our role as SBTs has been to review caseloads of all providers of the schools to ensure there are no overlaps in caseloads or billing. Note: only outside agency providers bill for therapy services in the school system.

# Curriculums/Programs Used in Therapy 2018-19

- ▶ Why Try—a resilience education curriculum that provides simple solutions for drop-out prevention, violence prevention, truancy reduction, and increased academic success.
- ▶ Mind-Up—Trauma-Informed curriculum that dramatically improves the behavior and learning in the CCMS EBD Unit
- ▶ Emotional ABCs—emotional regulation program for elementary school students for grades K thru 2<sup>nd</sup>
- ▶ Social Skills Groups in the EBD units in the elementary schools
- ▶ Safe Touch—sexual abuse prevention for K thru 5<sup>th</sup> grades
- ▶ Life Skills Training—taught by select teachers in grades 7<sup>th</sup>-9<sup>th</sup> grades, we facilitated this grant over the past 3 years.

# Community Collaboration

- ▶ **Ongoing participation in school pathways project strategic planning with the Christian county court system—reduce referrals of youth to juvenile court for school-based misbehaviors & expand the use of positive disciplinary practices in school**
- ▶ **Participated as an active member of the Fair Team all year**
- ▶ **Worked closely with Cumberland Hall to better assist our students being discharged from inpatient hospitalization**
- ▶ **Collaboration for outpatient mental health services at Pennyroyal Center**
- ▶ **Represent CCPS as a member of the Regional Interagency advisory council (RIAC)**
- ▶ **Represent CCPS as a member of the Family Advisory Council with the Christian County Ag Extension Office**
- ▶ **Collaboration with Mt. Comprehensive Care**
- ▶ **Christian County Community Health Assessment**
- ▶ **KY Association of School Social Workers**
- ▶ **KY National Association of Social Workers**
- ▶ **Trauma Informed Care Collaborative**

# Trends Observed in 2018-19

- ▶ Social media having a negative effect on adolescent mental health
- ▶ Higher levels of anxiety as a reason for referral throughout all ages. In elementary school, the students of military parents in transition or parent over seas serving had higher anxiety levels. This was especially evident at South Christian Elementary.
- ▶ More violent shooting among young people
- ▶ Increased suicidal thoughts among adolescents
- ▶ Ongoing trend of difficult family dynamics causing high stress for students within the poverty threshold

# CCPS Crisis Support Team

- ▶ In September 2018 Brad Hawkins arranged for Guidance Counselors, Social Workers, and School Psychologists to attend a 2 day training for school crisis prevention and response.
- ▶ We now have a more efficient and organized way to handle these crisis situations as a district and this has been quite successful.
- ▶ As School Social Workers we try to be present each and every time crisis response is needed as support to students.
- ▶ In 2018-19 we responded to both crisis situations that occurred.