

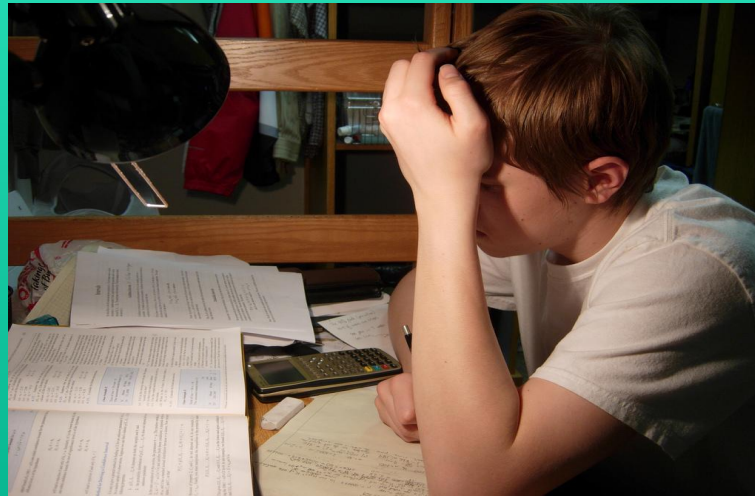


STUDENT EMPOWERMENT SERVICES

A partnership with Saratoga Center for the Family

HAVE YOU NOTICED?

...more children showing challenging behaviors that make it difficult for them to learn and handle their emotions?





BECAUSE, THERE IS. . .

There is an alarming prevalence of mental health disorders in our children.

- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24
- 37% of students with a mental health condition age 14 or older dropout of school, the highest dropout rate of any disability

WHAT'S AT STAKE?

Suicide is the 3rd leading cause of death in youth ages 10-24



90% of those who died by suicide had an underlying mental health condition

IDENTIFYING STUDENT NEED

Mental Health issues and disorders underlie many behaviors that interfere with student learning and success:

- Truancy
- Frequent physical ailments/somatic complaints
- Distractibility/inattentiveness
- Emotional dysregulation
- Family issues and changes
- Adjustment to new home/school/friends
- Irritability, anger, outbursts
- Drug or alcohol use/abuse
- Bullying



WE CAN HELP



BRIDGE THE GAP

Waterford Halfmoon UFSD has identified a desire to help address Mental Health treatment in the school community.

The Student Empowerment Program (SEP) was established in 2014 to help schools treat the mental health needs of their students.

Since 2014 we have continued to grow and expand, now treating 127 students in 3 districts, with 6 therapists and a new clinical coordinator.

WHAT ARE STUDENT EMPOWERMENT SERVICES?

Student Empowerment Services is a collaboration between Saratoga Center for the Family and Waterford-Halfmoon UFSD

Contracted full time qualified therapist to provide services exclusively to Waterford Halfmoon CSD.

Individual mental health treatment will be accessible on campus, to reach the most “at risk” youth

Students spend less time out of school while addressing essential underlying mental health concerns

Collaborating with school personnel around individual student cases to increase success.

WHY MENTAL HEALTH COUNSELING?

Beyond the scope of school counseling and more intensively involved with underlying issues and family support.

Saratoga Center for the Family will work with the district to hire the most qualified and best “fit” for the school

Services provided include:

- Assessment
- Intervention (trained in evidence-supported trauma treatment)
- Individual and family counseling
- Consultation and training for staff as needed
- Referrals and collaboration with outside providers

REFERRAL PROCESS

Teacher or staff identify need (behavioral/emotional)



Student discussed with Guidance Team or Administration (school counseling, psychologist, principal- 'point person' identified)



Services discussed with parents/guardians and referral form is submitted by 'point person'



Clinical Coordinator at SCFF contacts families to verify insurance and schedule initial intake evaluation session with therapist



Therapist meets with child and family/guardian and establishes therapy plan



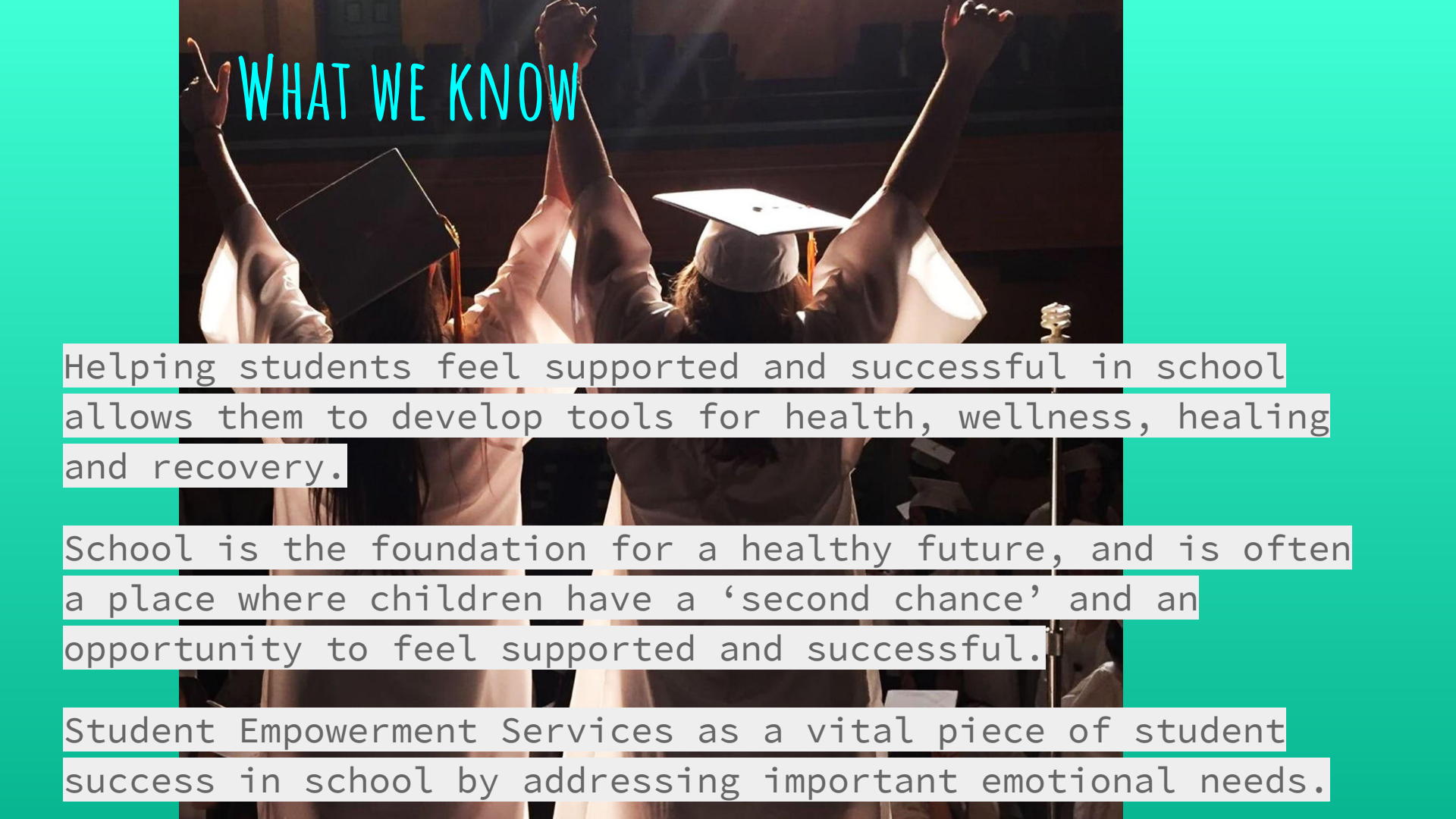
Clinical coordinator and Therapist follow up with referral source. Therapist has ongoing communication and monthly family contact

PAYING FOR SERVICES

Sessions are billed to family or individual insurance plan, verified prior to first meeting.

Grant money is available for qualified individuals who are unable to pay for services (DSS) and for victims of crimes (OVS).

SCFF will facilitate linking families with community provider if they are not able or interested in working within the school.

A photograph of graduates in white gowns and caps celebrating on a stage. Their arms are raised in the air, and the scene is lit with warm, dramatic lighting. The background is dark, making the graduates stand out. The text 'WHAT WE KNOW' is overlaid in a bright cyan color at the top left.

WHAT WE KNOW

Helping students feel supported and successful in school allows them to develop tools for health, wellness, healing and recovery.

School is the foundation for a healthy future, and is often a place where children have a 'second chance' and an opportunity to feel supported and successful.

Student Empowerment Services as a vital piece of student success in school by addressing important emotional needs.

REFERENCES

1. National Institutes of Mental Health (2018). "Suicide." Retrieved December 6, 2018, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>
2. Isometsa, E.T., (2001). Psychological Autopsy Studies - A Review. *European Psychiatry*, 16(7), 379-85. Retrieved December 6, 2018, from <https://www.ncbi.nlm.nih.gov/pubmed/11728849>
3. U.S. Department of Education. (2014). *35th Annual Report to Congress on the Implementation of the Individuals with Disabilities Education Act, 2013*. Washington, DC: U.S. Department of Education. Retrieved January 16, 2015, from <http://www2.ed.gov/about/reports/annual/osep/2013/parts-b-c/35th-idea-arc.pdf>
4. Substance Abuse and Mental Health Services Administration, *Results from the 2014 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration. (2015). Retrieved October 27, 2015
5. Kessler, R.C., et al. (2005). Prevalence, Severity, and Comorbidity of 12-Month DSM-IV Disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593–602. Retrieved January 16, 2015, from <http://archpsyc.jamanetwork.com/article.aspx?articleid=208671>