



Mental/Behavioral Health Services

Behavioral Health Evaluation & Short-term Intervention Services

- Evaluation/mental health assessment
- Identification of needs
- Linkage to on-going treatment and community supports
- Virtual/phone participation by provider
- Re-Entry Support to student & family to reestablish routines, boundaries & educational expectations (6-8 weeks)
- Short-term support for behavioral & emotional difficulties (3 sessions)

Provided by Licensed Clinician - LMSW, LCSW or LMHC Hourly Rate - \$95

Referral & Care Coordination

- Consultation with school, student, & parent/guardian to determine needs
- Linkage to community supports with verification of insurance
- Connection to other resources to support family wellness
- Warm connection to ensure satisfaction with services

Provided by Licensed Clinician - LMSW, LCSW or LMHC Hourly Rate - \$90

Social Worker Allocation (on-site & virtual options)

- Provide consultation with school staff & students to conduct mental health needs assessments
- Provide short-term treatment services
- Work after school/evening hours to provide support to parents/guardians/family
- Provide Coordination of Care services
- Provide re-entry support services
- Continuity of care during school breaks & summer
- Work alongside school staff for a portion of school hours

Full Calendar Year:

0.15 FTE (5 hours per week) = \$24,000
0.2 FTE (7 hours per week) = \$32,000
0.4 FTE (14 hours per week) = \$65,000
0.6 FTE (21 hours per week) = \$98,000

School Year Only:

0.15 FTE (5 hours per week) = \$20,000
0.2 FTE (7 hours per week) = \$27,000
0.4 FTE (14 hours per week) = \$55,000
0.6 FTE (21 hours per week) = \$83,000

Consultations/Evaluation & Linkage



Psychiatric Evaluation

- 3 hours of formal evaluation consultation
- Evaluation/mental health assessment
- Written report providing diagnosis and treatment/school-based support recommendations

Clinical Case Conference

- Virtual/phone participation by provider at district Committee for Special Education (CSE) meetings

Provided by Psychiatrist or Psychiatric Nurse Practitioner \$999 per evaluation
\$9,000 for 10 evaluation / \$17,000 for 20 evaluations \$340 per hour for meetings



Staff Training & Community Education

Professional Development

- Education to enhance staff understand of mental health issues and challenges

Student Education

- Social, Emotional education and skill development

Community Education

- Workshop to support mental health, and social, emotional needs of students and families through education and skill support

Provided by Qualified Health Professional

Workshop fee per type or \$90 per hour to create a new workshop

Administrative Services



Administrative Fee

- Oversight of services
- Quality assurance & billing

\$150 monthly fee

Translation Services

- Translation assistance for students/families in which English is not their primary language - participation in calls/meetings (interpreter hired through agency and billed to district)

Provided by Qualified Translator -
\$65 per hour phone/virtual \$90 per hour in-person

Workshops

Healthy Relationships for Youth

Push-In Classroom Format: 12 classes

Evidence-Based: 'Love Notes 4.0'

Audience: Youth 14-21 (high school)

Provide youth with education and skills about healthy relationships including: gaining greater understanding about oneself (personality and expectation for the future), how to identify and start a healthy relationship, red flags of unhealthy relationships, communication skills, the impact of social media/technology, healthy sex and intimacy, and help seeking behaviors.

Fee: \$2,000

Healthy Relationships for Youth Abridged

Push-In Classroom Format: 6 classes

Evidence-Informed: 'Love Notes 4.0'

Audience: Youth 10-21 (middle & high school)

Shortened version of the full Love Notes 4.0 curriculum to provide youth with education and skills about healthy relationships including: how to start a healthy relationship, red flags of an unhealthy relationship, communication skills, the impact of social media/technology, healthy sex and intimacy, and help seeking behaviors.

Fee: \$1,000

Family Wellness-Parenting Skills

Evening Format: 6 - 2 hour sessions

Evidence-Informed: 'Family Wellness Survival Skills'

Audience: Parents of youth in district

Guidance, skills and education to foster healthy family interactions including mapping healthy families, parents as leaders, parents as models, solving family problems, as children grow in healthy families, values and preparing your child for life, and communication skills.

Fee: \$2,000

Parents as Leaders & Models

Evening Format: 2 - 2 hour sessions

Evidence-Informed: 'Family Wellness Survival Skills'

Audience: Parents of youth in district

Most of what we learn is from our families. Learn how rules are values in action, how to use rewards and consequences, sticking together when making rules, staying in charge, how to deal with difficulty and disappointment, and how to solve family problems.

Fee: \$1,000

Workshops

Communication Skills

Evening Format: 2-hour session

Evidence-Informed

Audience: Parents of youth in the district

Learn how to be an effective listener, how to communicate your concerns and needs in a clear and meaningful way, learn how to utilize time-outs, what happens to your brain when you get upset/angry, and danger signs of communication.

Fee: \$500

Communication Skills & The Brain

Format: 2-hour session (offered day or evening)

Evidence-Informed

Audience: School Personnel Professional Development

Learn how to be an effective listener, how to communicate your concerns and needs in a clear and meaningful way, learn how to utilize time-outs, what happens to your brain when you get upset/angry, and danger signs of communication.

Fee: \$500

Healthy & Unhealthy Relationships

Format: 2-hour session (offered day or evening).

Evidence-Informed

Audience: School Personnel Professional Development

Healthy relationships matter. Learn about the benefits of a healthy relationship, warning signs of unhealthy relationships, why youth often do not seek help, and how to offer assistance.

Fee: \$500

Narcan Training

Format: 2-hour session (offered day or evening)

Audience: School Personnel Professional Development, Parents of the district & Community Members

Narcan is a brand name for naloxone, a medication designed to rapidly reverse opioid overdose for a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications. Our training provides information about opioid overdose, naloxone and how to use it effectively, *Free Naloxone kits provided to each person in attendance.

FREE

Workshops

Mental Health First Aid

Format: 2-hour self-study session & 4-hour virtual instructor lead session (offered day or evening)

Audience: School Personnel Professional Development & Parents of the district

Mental Health First Aid (MHFA) is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. MHFA teaches participants a five-step action plan to support someone developing signs and symptoms of a mental illness or experiencing an emotional crisis. Like CPR, MHFA prepares participants to interact with a person in crisis and connect the person with help. *First Aiders do not diagnose or provide any counseling or therapy.

Fee: \$500

Setting Up Your Child's Need for Remote Learning

Format: 1 hour session (offered day or evening)

Audience: Parents of the district

Learn helpful tools for school success that can be used for both in-person and remote learning. Understanding the importance of routines, and focusing on your child's strengths. Learn how to attend to your child's emotional needs, including overcoming communication blocks, emotional regulation, and meta moment. Finally learn some methods of self-care to practice independently and with your child.

Fee: \$500

Mental Health Self-Care

Format: 1 hour session (offered day or evening)

Audience: School Personnel Professional Development & Parents of the district

Learn about what self-care is, the importance of self-care, and how the COVID-19 pandemic has impacted our self-care. Explore different methods of self-care and how to find the right routine for yourself. Learn about resilience and resources to provide assistance to you as needed.

Fee: \$500

Childhood Trauma: Statistics, Symptoms & Skills

Format: 1 hour session (offered day or evening)

Audience: School Personnel Professional Development

What is childhood trauma? Learn about statistics of trauma, how it affects your students, and the impact trauma has on learning. Gain a better understanding of the types of trauma, what causes it, and how to support the children who have experienced it.

Fee: \$500

Workshops

Responding To Your Child's Anxiety

Format: 1-1.5 hours session (offered day or evening)

Audience: Parents of the district

Responding to Your Child's Anxiety provides an overview of child/adolescent anxiety: different types of anxiety, an understanding of the prevalence and method of treatment. This presentation is then tailored towards how the COVID-19 pandemic has impacted child anxiety and ways parents can help their children.

Fee: \$500

Custom Workshop

Workshops can be created as needed

Topics:

Professional Development

Education to enhance staff understand of mental health issues and challenges

Community Education

Workshop to support mental health, and social, emotional needs of students and families through education and skill support

Student Education

Social, Emotional education and skill development

\$90 per hour to create a new workshop

All Workshops Provided by a Qualified Health Professional

For more information contact
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