

Counseling Services

Teen Health/School Based Counseling offer a variety of services to meet the mental health needs of children and teens including depression and anxiety, stress management and support for grief and anger. Referral services are utilized for those who may benefit from needing psychiatric services (medication).

ASSESSMENT:

Social workers offer screening and assessment for a variety of mental health conditions affecting children and adolescents. Comprehensive screening and assessments are available to individuals at each of our Health Centers and take place prior to all therapy services. Services include, but are not limited to:

- Anxiety & Depression
- Post-traumatic stress disorder (PTSD)
- Trauma
- Grief
- Suicidal ideation
- Screening for substance abuse
- Adjustment disorders



INDIVIDUAL THERAPY:

Individual therapy sessions are designed to address a variety of mental health needs and are based on the individualized treatment plan. The duration and frequency of sessions are determined by the client's progress and the provider's professional judgement. Social workers offer a variety of therapeutic interventions including:

- Cognitive behavioral therapy (CBT)
- Interpersonal therapy
- Supportive therapy
- Motivational interviewing & more



FAMILY THERAPY:

Teen Health/ School Based Counseling can offer services not only to the client, but to families as well. Family therapy seeks to address potential concerns within the family that affect the client and other family members. In general, family therapy sessions take place during the school day and involve the identified client and their family members. Parent sessions are also available.



GROUP THERAPY:

Social workers also offer group therapy in order to treat multiple clients at once who have the same condition. These conditions include, but are not limited to, depression anxiety and anger management. Group therapy often utilizes principles from cognitive behavioral therapy to address the specific topic of the group. Groups are offered periodically during the school year and often cater to site specific needs.




WELLNESS, PREVENTION AND EDUCATION:

Our mission is to provide expertise in health and promote the academic success of the nation's children and youth by providing leadership and advocacy. Counseling clinics can provide individual, group & classroom education.

*See program menu for details on topics we can provide!



 Check out "Locations and Hours" to see what services are available!