SCHOOL-BASED COUNSELING SERVICES FROM UPLIFT PROGRAMS

October 14, 2021





Prevention & Early Intervention Program

- Program goal: To help prevent mental health illness and address challenges at the earliest possible stages
- PEI provides prevention and early intervention services to children and their families
- Able to provide support to Medi-Cal insured, Non Medi-Cal insured, or families with no insurance
- Services are provided for an average of 3-6 months
- Team consists of 1 Family Partner, 1 Family Specialist, and 1 Clinician who are assigned to each school site
- Summer, Winter, and Spring break ongoing support and groups available
- Services provided in-person or via telehealth

PEI Services

Family Partner

Case Management/ Linkage and Referrals

Parent Coaching & Individual Triple P Level 4

Community Resourcing

Family Specialist

Behavioral Support (coaching/skill building) in the Classroom and/or at home

> Disruptive behaviors Social Skills Following Directions Peer Relationships

Strengthening Families Program (SFP)

Group Triple P Level 4/5

Clinician

Individual Therapy

Anxiety
Depression
Trauma
Adjustment to life stressors
Interpersonal Conflicts
Behavioral Challenges

Trauma Focused Therapy TF-CBT

Lower Needs

Higher Needs

Triple P Level 4 Parenting Groups

Designed to **target specific unwanted behaviors** and coach parents

- 8 Weeks long, 5 group sessions and the remaining are phone consultations
- Offered in English or Spanish
- Groups can serve 6-8 families
- 2 hour sessions

Triple Level 4 & 5 can be provided on an Individual Basis as needed

Strengthening Families Program (SFP)

Class Topics Include:

- Listening & Speaking Skills
- Problem Solving
- Rewarding Good Behavior
- Talking to Get Help
- Recognizing Feelings
- Dealing with Criticism
- Coping with Anger
- Orientation and 11 week program
- ◆2 ½ hour weekly sessions
- ◆Can serve 8-10 families
- Can be offered in English or Spanish



School Linked Services Program (SLS)

- ♦The SLS program is a therapy focused program designed to support youth and families with a more significant level of distress
- Full Scope Medical Required
- ♦ Long-term support 6-8 months
- Unsponsored funds are available for those without Medi-Cal (use of these funds will be determined on a case-by-case basis)

Services Provided by SLS

- Individual Therapy: Trauma, skill building, emotional regulation, behavioral concerns
- Family Therapy: Addressing family dynamics and communication styles that may be affecting the youth in the school setting
- Medication Support: Psychiatrist on staff to evaluate the need and support with medications for ADHD, Depression, or other needs
- Summer, Winter, and Spring break ongoing support and groups available
- Services provided in-person or via telehealth

What type of youth is better for SLS referrals?

- The concerns have persisted over a period of time
- Youth is having a significant level of distress in the classroom
- Significant trauma in the student's life
- There is a need for a deeper level of therapeutic support
- Medications needed

Continuum of Care

PEI Family PEI Family SLS PEI Specialist Clinician Clinician Partner Case Management/ Behavioral Short-term Long-term Support Therapy Therapy Linkage and (coaching/skill building) in the Referrals Classroom and/or at home **Psychiatric** Triple P Level 4/5 **Parent Coaching** Support Group or Individual Triple Family P Level 4 Resourcing

Lower Needs Higher Needs

Referral Process

Referral can be completed by school counselor or school point person at each school site.

School Point Person will send referral to School-Linked Services Coordinator.

Uplift Staff will receive the referral and will contact family within 24 hrs to schedule a meeting

Any other questions? Feel free to reach out to:

<u>Uplift FS Prevention & Early Intervention Program</u>

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