

# SCHOOL-BASED COUNSELING SERVICES FROM UPLIFT PROGRAMS

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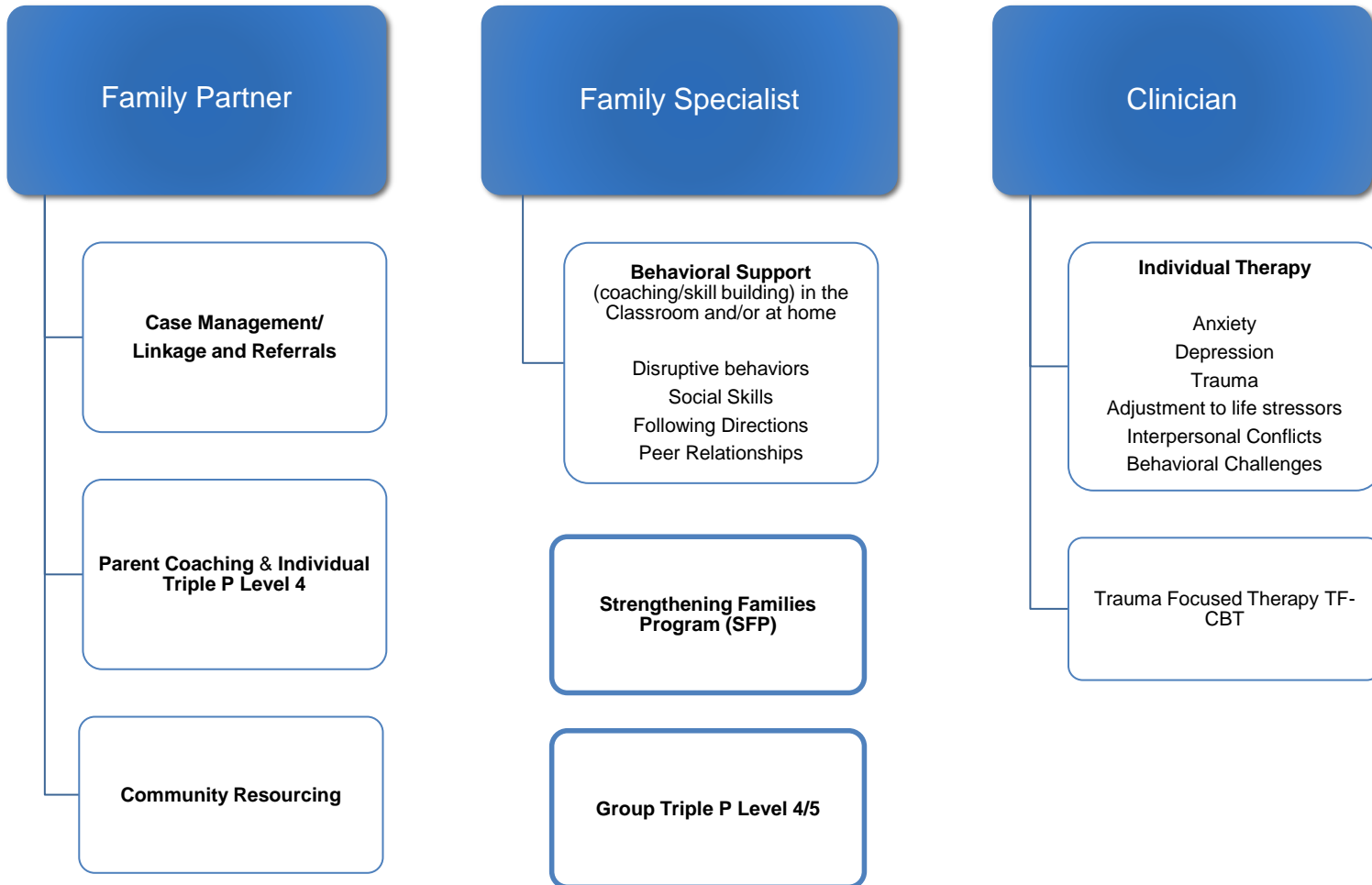
October 14, 2021



# 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



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
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- ◆ 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
- ✧ Un-sponsored 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

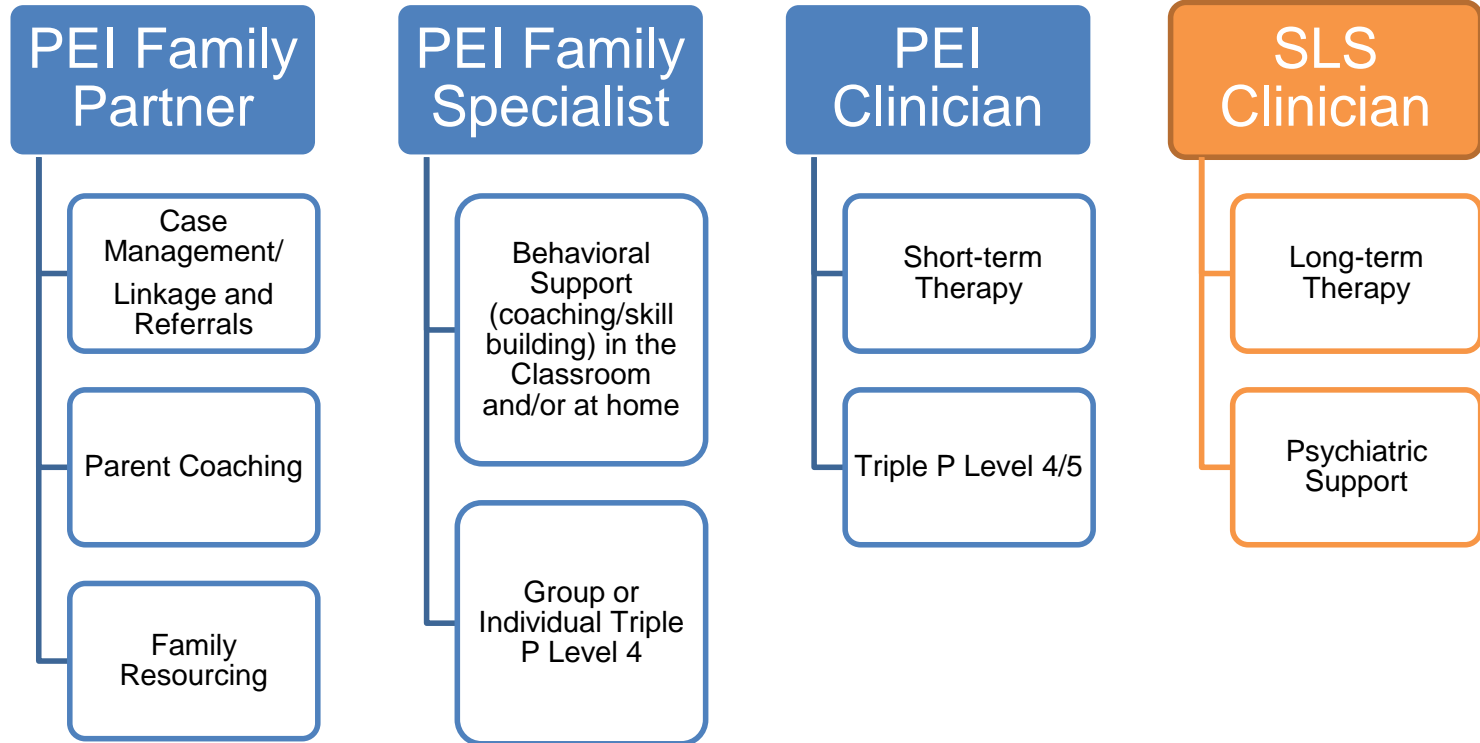
- Individual Therapy: Trauma, skill building, emotional regulation, behavioral concerns
- Family Therapy: Addressing family dynamics and communication styles that may be affecting the youth in the school setting
- Medication Support: Psychiatrist on staff to evaluate the need and support with medications 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



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:

## **Uplift FS Prevention & Early Intervention Program**

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