

Non-Discrimination Policy

It is the policy of Valley Health Care to treat all patients and not to discriminate with regard to race, color, religion, national origin, age, sex, sexual orientation, gender, gender identity or expression, disability, religion, or socioeconomic status.



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VHC is a Health Center Program grantee under 42 U.S.C. 254b, and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).



School-Based Mental & Behavioral Health

How can the Valley Health Care School-Based Mental & Behavioral Health Team help with students' school performance?

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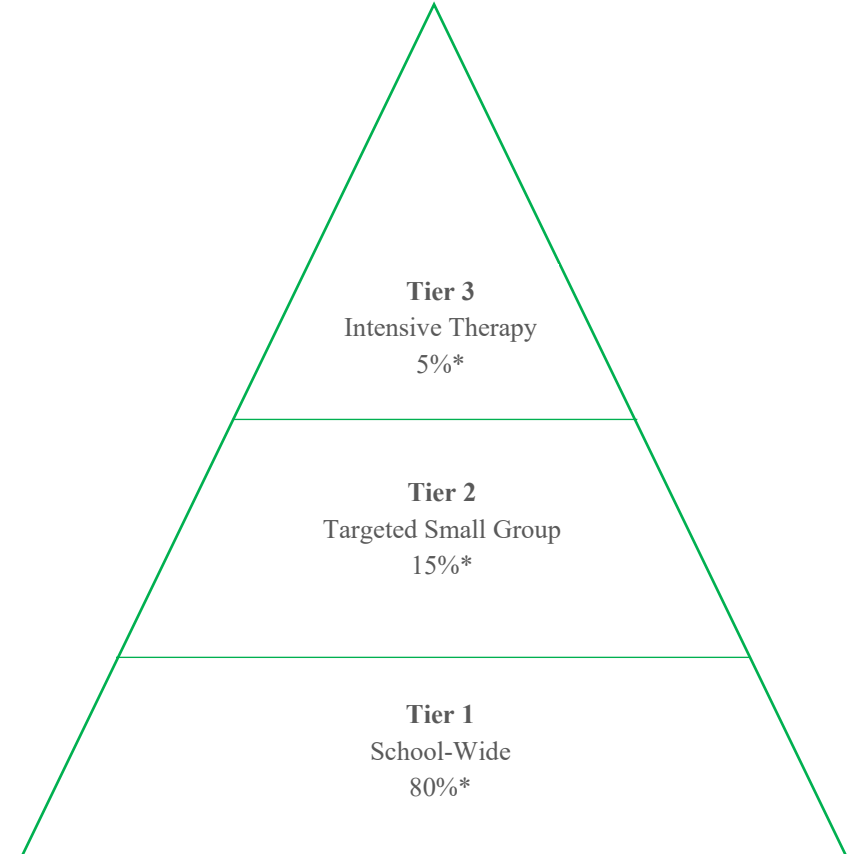
Our Goal

The Valley Health Care School Based Mental and Behavioral health program is a collaborative school-based and community effort focused on removing barriers to learnings for youth by offering expanded school-based services while incorporating medical and mental health services. Through this unique, collaborative formal agreement, Valley Health Care is striving to meet diverse student needs, improve well-being, increase attendance and achievement, and ensure connectedness.

Why mental health in schools?

Staggering numbers of children with mental health needs do not receive appropriate services. By conservative estimation, approximately 20% of youth need mental health intervention; some estimates range as high as 38% (NASBHC, 2009). These mental health issues can provide enormous barriers to learning. As our schools are faced with many competing priorities to raise academic standards it becomes essential that we work together to address the barriers that interfere with student achievement. The Valley Health Care Mental & Behavioral Health Team can assist in breaking down these mental health barriers. In addition, the team works to decrease stigma and poor understanding of mental health issues and services that may create additional barriers in students' lives. The school-based health services can play an important role in overcoming some of these disparities in children's mental health services, as well as addressing barriers to student learning.

Valley Health Care School Based Mental & Behavioral Health Learning Supports Pyramid



* Approximate percentage of students targeted for services at each tier.

- **Tier 1 (School-Wide):** Programs that support the social and emotional development of all students.
- **Tier 2 (Targeted):** Targeted small groups for students with similar concerns.
 - Peer Groups
 - Violence Reduction, Anger Management, Peer Mediation
 - Grief, Loss, and Change
- **Tier 3 (Intensive):** Individual therapeutic intervention based on a referral.

What type of information is shared with school staff?

- SBMBH Team will obtain a release of information for school staff.
- Information shared with school staff will be discussed with the student and family first so that expectations are clear as to what types of information will be shared.
- Generally, information that is shared is only that information relating to and assisting student success in the classroom and school setting.

What does a school-based therapist/counselor do?

- Provide early assessment and intervention
- Evaluate and triage students' mental health needs
- Make recommendations based on students'/families' needs
- Assist students/families with transition
- Case management/case coordination services
- Member of an interdisciplinary/school support team
- Advocate for students/families

Why are school-based services helpful?

- All students are eligible for services
- Easily accessible
- Flexibility of services
- Work with students and their families
- Reduces barriers to treatment such as transportation, funding, etc.
- Team approach

Confidentiality Statement

During the intake process with the Valley Health Care Mental & Behavioral Health Team, the parent/guardian will sign a release of information to the school. This allows the team to communicate with school staff, coordinate services, provide consultation, obtain updates on client progress, and allow the therapist to provide services to the student directly at school.

Cost

Services provided at our School-Based Health Clinic can be billed to insurance. Families will be billed for applicable copays. Most major insurances, including Medicaid, are accepted. If the student does not have insurance, Valley Health Care will assist in enrolling the student in an insurance plan or Valley Health Care's Sliding Fee Discount Program.



Referral Process

School counselors and/or principals act as “gatekeepers” for all referrals to School-Based Mental & Behavioral Health (SBMBH) services.

Parents, guardians, **any school staff**, and students can make a referral for School-Based Mental & Behavioral Health services directly.

STEP 1

School staff identifies a student with needs. (Some school staff may find it helpful to consult with the SBMBH Team to review his/her concerns regarding a particular student prior to a formal referral.)

STEP 2

A referral form, which contains contact information and identified behaviors or concerns should be completed and provided to the “gatekeeper.”

STEP 3

“Gatekeeper” contacts parent/guardian and receives consent to move forward with referral process.

STEP 4

SBMBH Team receives referral from “gatekeeper” and the Team will make contact with the parent/guardian. An appointment will be scheduled with the parent/guardian to complete the intake interview and sign the necessary documents. If it is not possible for the parent/guardian to come into the school office for the intake appointment, then other arrangements can be made.

STEP 5

The SBMBH Team will notify the “gatekeeper” and referring staff via email.



School-Based Health Clinic

Mental & Behavioral Health Referral Form

Student Name: _____ DOB: _____

Parent/Guardian Name: _____

Phone: Home _____ Cell _____

Referral Source (Name and Relationship to Student): _____

Reason for Referral: _____

Date/Time of Parent/Guardian contact regarding referral: _____

Signature of “Gatekeeper” who made contact: _____

For Office Use Only

Has permission already been given: Yes / No

Intake scheduled for: _____

Any additional information: _____
