



## School-based Counseling Partnerships

Let's leverage every available resource to support youth mental health and wellness

**Christian Family Solutions** creates innovative ways to deliver mental health services in a school setting. We offer several ways for a school to bring a mental health professional on site. Through these partnerships, the school staff, students, and families have the necessary support and access to mental health support in the school setting. Our on site professionals build relationships with students, reducing stigma and increasing the opportunity for early and effective intervention.

Our flexible program aims to create a win-win-win situation for the school, its students and families, and CFS as a mental health ministry. We help schools take advantage of grants available for mental health, we walk parents through the possibility of using insurance benefits for clinical services, and we work with our CFS donor base to build accessible and affordable services. The end result is a program that supports students and is a good fit for the partner school.

Our program options allow schools to access a level of care and expertise they might not be able to attain on their own

*"I am so very thankful that my daughter has another strong Christian adult that she was able to connect with at school. You have no idea the impact you have had not only on my daughter, but on my family."*

– Parent of a Student



"A student asked for services during the first few months of her junior year. She came one time and then stopped because she was not ready to open up. The power of consistency and small interactions in the hall helped the student feel comfortable enough to reach out again during her senior year. This would not have happened if CFS was not in school."

School Administrator at a CFS partner school

## Structure with Flexibility

*Choose the option that works best for your school*

### School-based Therapist

A dedicated master's level therapist from CFS provides clinical services as well as school counseling/case management services on site. The school and CFS share the cost of employing the therapist. A portion of the therapist's time is reserved for clinical services which are scheduled and billed through CFS. In most cases, insurance benefits cover the cost of clinical services. A CFS intake specialist works with families and walks them through this process. The School-based Therapist can be full- or part-time, depending on the school's needs.

**Donors make this option work for schools.** When we provide clinical services at schools, we typically offer the first few sessions with a counselor at no cost. This helps break the ice between the student and the therapist, builds trust, and creates buy-in for a healing plan.

If additional sessions are needed, parents can consent to continued treatment using insurance benefits. Those initial sessions are critical, and they are made possible by our generous donors.

Thank you to all of our donors for helping us carry out this work.

### Wellness Specialist

A mental health support specialist with training and expertise in the areas of student mental health and wellness is assigned to serve the school. The Wellness Specialist provides student check-ins, skills groups and support groups, social/emotional/behavioral support, and case management. A Wellness Specialist is not a licensed clinician and does not provide clinical therapy but can refer students for outpatient counseling if that level of treatment is needed. The school pays the full cost of employing the Wellness Specialist on site. The Wellness Specialist is an employee of CFS supported by the training, resources, and team of experienced CFS professionals.