

YBGR School Based Services Information Handout for Students

School Based Services (SBS) are delivered by a licensed mental health center in partnership with a public school. It includes having two staff who work with an average of 10-15 students.

◆ What does that mean for you as a student?

Yellowstone Boys and Girls Ranch (YBGR) and your school have agreed to house a therapist and behavior specialist in your school. The therapist will schedule times to meet with approximately 10 students for individual, group, and family therapy. The behavior specialist will work with you and your teacher(s)/principal/school counselor to schedule time in the classroom and outside of the classroom to provide structure and behavior interventions to help you be more successful in school.

The **therapist** is similar to a school counselor or school psychologist. However, the issues addressed by the therapist can often be more in depth. And because the therapist only has about 10-15 students to work with, they can spend more time with you.

The **behavior specialist** works with you, your teachers, and your principal to identify areas where you need additional support or where you may be struggling. Perhaps, you struggle with paying attention in reading or math. Your teacher may recognize that if you have additional support (such as one-on-one prompting during that time period) you may be more successful. You may have conflict at recess or during lunch and the SBS staff can work with you and offer guidance during these times. You may need time away from class to re-organize your thoughts, calm down and get re-focused. With your teacher's approval, the SBS staff can help. The staff will help you with determining appropriate behavior and teach you healthy coping skills.

◆ What are the benefits of having SBS in your school?

The therapist and behavior specialist are trained to work with you and help you be successful in school. With their help your grades can improve, trips to the principal/dean decrease and you can learn ways to better deal with struggles occurring at school with peers or issues at home.

◆ How do I get signed up for the program?

Talk to your school counselor, principal, teacher or the SBS staff about your interest in the program. Your parent/guardian must meet with the SBS staff to complete some paperwork. The SBS staff will communicate with you and your teacher(s), principal, school counselor and your parent/guardian(s) about challenges you are facing and what your needs are. Once you are part of the SBS program your confidentiality will be protected and information you disclose will not be communicated to others unless it has to do with your safety and/or the safety of others.

For more information contact your school's YBGR SBS team.
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