



School Based Services: *Partnering with Families and Schools*

School Based Services (SBS) provides comprehensive behavioral services for youth and their families through a collaboration with the school district. The idea is to provide youth help to address behavioral and mental health concerns and bring together the family and the school in how best to address and support the youth. To schedule an initial appointment, please call 602.618.9815 or visit <https://www.touchstonehs.org/school-based-services/> for more information.

Touchstone provides services in a way the youth and family feel most comfortable. There are in person services delivered with safety procedures. Additionally, Touchstone's School Based Services can be provided completely virtually through secure telehealth conferencing.

Youth are assigned an SBS Therapist and Interventionist. The Interventionist will provide active care coordination, case management, facilitate Child and Family Team meetings to help determine the most effective course of treatment, family support/resources, and may provide living skills to youth in order to help develop their social, emotional and other vital skills. Therapists may provide either individual therapy, family therapy and/or group therapy to help process the mental health concerns, and facilitate the youth, family and schools in supporting interventions to help the youth thrive.

Touchstone's School Based Services program can address a variety of needs including but not limited to: anxiety, depression, parenting support/skills, attention deficit hyperactivity disorder, anger management, emotional regulation, trauma, self-harm, suicidal ideation, substance abuse, and other concerns. In addition, Touchstone's SBS program offers specially designed School Based Groups that utilize a curriculum that has been shown to provide youth, families, and schools the ability to achieve positive improvements in academics, decrease in suspensions and expulsions, decrease in problem behaviors in the classroom and increased peer and social skills.