

School Based Mental Health

Frequently Asked Questions for Parents



About Glade Run

Glade Run currently contracts and provides outpatient counseling services in several school districts located in Allegheny, Butler and Beaver counties.

Glade Run operates three school-based outpatient program models: Mental Health Partnership (MHP); Therapeutic Classroom; and Modified Therapeutic Classroom. The school-based therapists conduct initial psycho-social assessments and then provide individual, family and group therapy as determined by the individual student's treatment plan.

What is School Based Mental Health (SBMH)?

SBMH refers to mental health services for school age youth addressing social, emotional and behavioral health along with the ability to cope with life's challenges. Services are delivered in the school setting during the school day and, if needed, can continue during the summer months.

Why is my school district partnering with Glade Run Lutheran Services to provide school based mental health services?

Your school district cares about its students and recognizes the need to provide access to services that will support mental wellness within the classroom. Research demonstrates that students who receive mental health support achieve better academically. In addition, classroom behavior, on-task learning, and students' sense of connectedness and well-being all improve as well.

Who will be providing mental health services to my child?

School based mental health services will be provided by licensed therapists through Glade Run Lutheran Services.

As a parent, do I have any financial obligation?

Payment is based on individual insurance similar to your medical insurance. After completing the referral and during the initial phone call from the therapist, parents will be informed of any financial obligation prior to the start of any services.

Where will my child's services take place?

Services are delivered in approved spaces within the school. These spaces have been approved by the Office of Mental Health and Substance Abuse (OMHSAS).

Will my child miss class or need to stay after regular school hours?

Appointment times are determined by the student, parent and school counselor and are typically during the school day unless the therapist, student and parent make other arrangements.

Can I participate in my child's therapy?

Therapy is confidential but Glade Run offers Family Therapy as well if the team determines it necessary and/or with a parent/guardian request.

How do I get started?

- Referrals may be completed by parents/guardians, teachers, nurses, counselors/social workers or the student him/herself.
- This referral is forwarded to Glade Run's outpatient referral coordinator, who verifies student insurance and forwards to the program supervisor for staffing.
- At that time, the assigned therapist will contact the student's family to set up intake, which will take place at the school. This process is typically completed within 24-48 hours.

For more information about school based mental health services, contact us at 412-661-1827, ext. 113.



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