

## **MENTAL HEALTH SERVICES**

### Table of Contents

Purpose Statement – p.1  
Description of Services – p.1  
    Service Objectives – p.1  
Prevention/Intervention – p.2  
    Eligibility – p.2  
Referral Procedure – p.3  
    SBHI Contacts – p.4  
Referral Checklist – p.5

## **Purpose Statement**

The purpose of the offering mental health services is to provide students with short-term counseling; and if needed, with parent / guardian permission continued services, or needed referral to alternate providers; and to provide prevention education to students and faculty.

Offering mental health service is based on a belief that the emotional, behavioral and relational aspects of a student contributes or detracts from their academic, vocational and social success. The goal of the mental health services is to assist students academically and behaviorally for a successful transition into adulthood.

## **Description of Services**

The Miami Valley Career Technology Center has partner with Samaritan Behavioral Health to provide short-term counseling, and prevention education to help students cope with problems in order to be successful in school.

Mental health services are for referred students that display a wide array of problems that may be impacting their academic performance and social relationships. Services offer an opportunity for students to learn skills to solve problems and manage emotions that may be impacting their life.

Ongoing communication with the student's school counselor is facilitated in order to assure success of the student and the continuity of care. Therapeutic educational strategies to enhance mental health such as depression awareness, conflict resolution, bullying prevention may be offered.

There is no cost to the parent for these short-term counseling services provided at MVCTC. Additional counseling is available with parental permission based on insurance approval or referral to an approved provider.

## **Service Objectives**

The objectives of the mental health services are to:

- Implement a mental health intervention component with a licensed therapist.
- Address the emotional, behavioral and relational needs of the student.
- Facilitate on going communication with the student's school counselor is facilitated in order to assure success of the student and the continuity of care.
- Reduce the frequency or severity of the identified problem by providing individuals with short-term counseling services and by developing prevention education for the school at large.
- When requested, support the student by providing family members with updated communication, problem solving, and coping skills.
- This service offers a range of appropriate crisis and brief mental health interventions, and referrals with community agencies when necessary

## **Prevention / Intervention**

In collaboration with MVCTC staff, prevention-education seminars may be designed for groups of students or faculty, such as:

- Learning to handle stressful situations
- Providing support for relationship issues
- Bullying prevention and intervention
- Developing time management skills
- Coping with depression

## **Eligibility**

Students are eligible upon referral from the school counselor, nurse or supervisor of student services. Below are some examples of the types of problems:

- An inability to build or maintain satisfactory interpersonal relationships with peers and teachers.
- Inappropriate types of behavior or feelings under normal circumstances.
- A general, constant mood of unhappiness or depression.
- A tendency to develop physical symptoms or fears associated with personal or school problems.
- Reaction to a life trauma.
- Anxiety
- ADHD
- Family conflicts that manifest in the school setting
- Poor anger management
- Oppositional defiant behavior
- Bullying

\*\* Eligibility is not limited to the above-mentioned behaviors.

## **Referral Procedure**

1. When more than the MVCTC's typical educational involvements with student behaviors are determined, the educator may refer the student to the school counselor.
2. A school counselor identifies a student who demonstrates behaviors that adversely affect his/her education performance. With a chronic or repeat issue, the school counselor collects documentation of interventions tried and the results of those interventions.
3. If warranted, the school counselor completes a referral form for therapy.
4. When a student is eligible for the SBHI mental health services, the therapist will conduct a screening and schedule follow up services.
5. The SBHI therapist will develop behavioral interventions and arrange with the school counselor follow-up dates to assess progress. The SBHI therapist will consult with the school counselor, when necessary, regarding the student and the reported behaviors or concerns.
6. The therapist discusses with the student any needed resources or supports to help the student experience success.
7. According to the Ohio Revised Code 5122.04, a mental health professional may provide outpatient mental health services to a minor 14 years of age or older for not more than 6 sessions or 30 days, whichever occurs sooner. Further sessions must include parental/guardian consent.
8. If there is a need for an additional referral, the SBHI therapist will contact the family and review available resource options.



Thank you for your input! For questions or concerns,  
please call our Program Directors.

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