



Integrated Cognitive Therapies Program
Guide to School-Based
Mental Health Services
For Parents/Guardians



ICTP School-Based Mental Health Services

General Information

Therapeutic Health Services Integrated Cognitive Therapies Program (ICTP) has contracted with Snohomish County Human Services to provide on-site mental health counseling at your child's school. Available services include an assessment of mental health symptoms, an individualized care plan focused on the student's needs and personal goals, individual therapy sessions, group therapy, and family coaching.

All ICTP Therapists are trained in Motivational Enhancement Therapy and Cognitive-Behavioral Therapies that focus on building emotion regulation skills and resilience. Therapists are Master's prepared Mental Health Professionals and supervised by a team of Child Mental Health Specialists who provide ongoing consultation and support throughout treatment.

Eligibility Requirements

Contracts with Snohomish County define the scope of services that THS provides at schools and student eligibility for care. In general, if a student has Medicaid/Apple Health OR has had trouble finding mental health care in the community, they may be eligible to receive care through THS at school.

How to Access Services

Referrals to THS are facilitated by the student's School Counselor or the Student Support Advocate. Please contact them directly if you would like your child to be connected with care. The ICTP Therapist or Supervisor will follow up with parents/guardians directly to confirm eligibility.

You may also contact the THS Everett Youth and Family Branch at 425-263-3006 to inquire about services. Please contact the ICTP administrative team with any other questions:

ICTP Manager:

Kara Key, LICSW, SUDPT

206-502-9792 | karak@ths-wa.org

ICTP Director:

Susan Caverly, PhD, ARNP

425-263-3006 | susanc@ths-wa.org

Confidentiality

Mental health services for teens 13 and older in Washington State are protected by HIPAA, which means therapists cannot share information about a student's care without their written permission.

Before beginning services with THS, students complete Release of Information (ROI) forms that help ICTP therapists coordinate with at least one adult in the school (School Counselor, SSA, administrator, etc.) and any other family members or individuals they want to include.

ICTP Therapists will involve parents/guardians as much as possible throughout the counseling process. While students sometimes choose to seek care without their parent/guardian's knowledge, therapists will explore their concerns, coach them on how to talk with their parents and/or help facilitate a conversation. When engaging parents is not an option for students, we follow Washington State Minor Consent laws. See the FAQ page for more information on how THS handles confidentiality in school-based care.



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Frequently Asked Questions

Eligibility/Contract

Why are there eligibility criteria?

- Snohomish County Human Services collaborates with many community mental health agencies to serve communities with limited mental health care resources. In its pilot stage, this contract is intended to increase access to services for the students with the most barriers, who would otherwise be unable to get mental health care. We understand that demand for mental health care has increased since the start of the COVID-19 pandemic and that barriers have increased for almost all populations. If you have questions about eligibility please contact your child's counselor, Student Support Advocate, or the THS ICTP team.

Does THS bill insurance? How much does care cost?

- THS is a community mental health agency that can bill Medicaid and some private insurances for services. The County requires that we bill any available insurance first, but grant funding is available to cover cost-shares. Most students that are eligible and enroll in school-based services with THS have no costs associated with their care.

Confidentiality

What information can therapists share about their work with a student?

- When a student decides to enroll in services, they complete Release of Information forms (ROIs) for anyone they would like involved in their care. At minimum, students are required to complete an ROI that allows therapists to share information with school staff, so that someone in the building is aware of their location when they are in appointments. Usually this includes the person making the referral, counselor, and/or SSA.
- Throughout treatment, therapists will provide updates about progress and coordinate care with parents/guardians and school staff based on each students' individual situation.
- Parents/guardians and school staff may provide updates and share concerns with the therapist at any time.

What if a student doesn't want their parent/guardian to know about their referral to services?

- Sometimes students decide to request a referral without informing their parent/guardian. In these cases, therapists work with students to identify their concerns and problem-solve. If the student chooses to keep things confidential, therapists must still inform a staff person for safety and attendance. In most cases, students are willing to involve family once they have had a few appointments and built trust with the therapist.



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What if there are safety concerns?

- If a student is at imminent risk of harming themselves or someone else, the therapist can share information with any family member or staff person that will help create safety. Students are first given the chance to choose who they'd like involved, but if they can't, therapists will collaborate with designated school staff and family.
- Sometimes students express suicidal or violent thoughts when they're in distress, but they aren't necessarily at risk of acting upon these thoughts. In these cases, therapists focus on identifying emotions and other ways to communicate their distress and/or problem solve a situation. Therapists work with students to create safety plans to help manage distress at school, and encourage them to involve a trusted staff member, parent/guardian, or other trusted adults in their safety plans.

Logistics

What days/hours are therapists available?

- Therapists strive to schedule their time so that they are available during the hours students are at school. Therapists' schedules may not necessarily match school hours, as they often have family sessions, case management tasks, or other care coordination that needs to take place in the later afternoon and evening.

How much class time will be missed?

- Therapy sessions are typically 45-60 minutes each week. Therapists do their best to stagger appointments so that students don't miss the same class every week, are not pulled from core classes, or classes in which they're struggling. Students and parents/guardians may work individually with their therapist to schedule appointments at our Everett Youth and Family Branch outside of school hours, keeping in mind that appointment availability may be limited.

Can students get psychiatric care and medications at school?

- THS school-based programs do not provide medication services at school. If a student is in need of a medication evaluation, therapists work with them to involve their families and schedule an appointment at the THS office.