



WRAP: A Therapeutic Intervention Program in Schools

Wellness, Resources, Access, Prevention

Bert Nash Community Mental Health Center partners with school districts in Douglas County to provide in-school therapy and related services for students. Licensed WRAP clinicians collaborate with interdisciplinary school teams, provide crisis interventions, and provide support to students needing ongoing, goal-directed services to address behavioral health concerns.

Benefits of School-based Mental Health Services

- Reduced barriers, including transportation and the need for guardians to take time off work.
- Students can often start services sooner, leading to faster recoveries.
- Students miss less class time for mental health needs.

Reasons Students Are Referred for Evaluation

- Persistent behavioral concerns at school, home, or in the community.
- Persistent mood concerns, such as ongoing sadness, irritability, or anxiety.
- Persistent peer or interpersonal conflict.
- Social withdrawal or other sudden changes in behavior.

Individual, Family, and Group Therapy

Available to students who enroll in Bert Nash services as a client.

Therapy is:

- a working relationship between a client/family and a licensed mental health professional.
- a structured and purposeful process for problem-solving, skill attainment, and personal development.
- goal-directed and specific for each client's needs.

Therapy is not:

- a "quick fix" for behavioral concerns.
- a place to vent without specific goals in mind.
- a replacement for friends, family, or other natural supports.

Case Management

Available to students who meet eligibility requirements and enroll in Bert Nash services as a client.

- Reinforces the skills learned in therapy by providing direct support to clients at school, home, or in the community.
- Resource coordination and family support.

Crisis Intervention

Available to all students.

- Risk assessment
- De-escalation
- Safety planning
- Coordination for higher levels of care

Starting Services

School mental health personnel and WRAP clinicians evaluate all referrals. If a student could benefit from ongoing, goal-directed therapeutic interventions to address behavioral health concerns, the WRAP clinician will reach out to guardians to discuss the enrollment process, including registration, fees, assessments, and treatment planning. The initial appointment with families can be completed at school and ongoing services are provided during the school day.

If families are not interested in school-based mental health services, the student will be referred back to school mental health personnel and families will be provided with other options available in our community.