

How can I access mental health supports for my child?

Is your child in a mental health crisis (You have concern about their imminent safety and feel they are a harm to themselves or others).



YES



NO

Call 911, 988, or (if it is safe to do so) transport them to a local crisis center.

Community Behavioral Health Pavilion:
7165 Clearvista Pkway
St. Vincent Stress Center:
8401 Harcourt Rd

Has the problem persisted for more than 6 weeks?



NO

Connect with your child's school counselor to discuss your concerns and explore ways the school can support. Consider accessing more information and resources found on our website at hseschools.org/counseling.



YES

If the problem has persisted for more than 6 weeks, it might be time to seek professional help for your child.



Are you interested in seeking services within the school setting, or outside of school?



OUTSIDE SCHOOL



AT SCHOOL

There are excellent clinicians in our community that work with youth and families to support many different problem areas or concerns:

- Your child's counselor can provide you a list of referrals.
- Your employer may offer an Employee Assistance Program.A
- Your family doctor can provide referrals to specialists.
- Your insurance company has a list of providers in your network.
- Fishers Health Department has a great **resource page** that includes a list of local providers
- Local churches, mosques, synagogues, etc. may have a religious leader who has a counseling certificationA
- Aspire Indiana Health – **access line 877-574-1254**
Carmel and Noblesville Clinics: **M-Th 8:15-3p and F 8:15-1p**
- Community Behavioral Health – **access line 317-621-5700**

Connect with your student's school counselor to discuss a referral to the School Social Worker (grades 5-12) or to the Community Health Therapist (all grades).

Social work supports are available, with parent consent, to all students in grades 5-12 free of charge. Social workers are considered a Tier 2 support and are a great starting point if you have a new concern.

Community Health provides a licensed mental health therapist in all HSE Schools that provides clinical mental health services to students. Parent consent and participation in services is required, and all services are billed through insurance.

Do you feel your child needs more specialized care or a higher level of mental health care?



SPECIALIZED CARE

Sometimes children benefit from specialized mental health treatment, especially for certain presenting problems such as eating disorders, substance use, and trauma. You can find a referral for a more specialized treatment by contacting your doctor or HSE Schools Mental Health Coordinator, **Molly Kirwan**.

A few local hospitals and community mental health centers have IOP, PHP, and Inpatient Treatment Programs:

Community Behavioral Health

317-621-5700

St. Vincent Stress Center

317-338-4800

Hendricks Behavioral Hospital

844-991-9900

Options Behavioral Health Hospital

855-820-3801

Valle Vista Health System

800-447-1348



HIGHER LEVEL OF CARE

There are different types of higher levels of mental health treatment:

Wraparound Services: Wraparound is a state-funded program for youth ages 6–17 who have a diagnosis of a serious emotional disturbance. A significant need must be demonstrated in order to qualify. Call 211 or visit the **Wraparound portal**.

Intensive Outpatient Program (IOP): Intensive outpatient programs for youth often last 4–8 weeks. Often, these programs include a combination of individual, group, and family therapy a few hours a day, a few days per week.

Partial Hospitalization Program (PHP): Similar to IOP, a partial hospitalization program lasts 4–8 weeks (depending on clinical need and insurance) and includes a combination of individual, group, and family therapy every day of the week.

Inpatient Treatment: A short-term stabilization for severe mental health concerns, such as suicidal ideation, homicidal ideation, psychosis, and other behaviors that could cause harm to self or others. Hospitalization typically lasts 3–7 days and the goal is stabilization and securing ongoing treatment.

