

School-Based Partnerships

with Horizon Health Services

As a behavioral health provider, we recognize the need for enhanced mental health support for children and adolescents within the school setting. We appreciate the opportunity to partner with your school in providing quality and collaborative care to your students and their families.

What treatment services does Horizon provide in their school-based program?

Horizon provides mental health treatment for elementary, middle, and high school students. Treatment is designed to address each child/adolescent's individual needs, and includes:

- Individual therapy sessions
- Family Sessions (on-site or through telehealth)
- Cognitive-Behavioral Therapy (CBT)
- Trauma informed interventions, including: Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)
- Dialectical Behavioral Therapy (DBT)
- Play therapy
- Creative interventions that incorporate art and movement
- Child and Adolescent Psychiatry program that includes Initial Psychiatric Evaluation and Medication Management (available in clinic and via telehealth)
- Coordination with school counselors, pediatricians, and other key persons/agencies
- Family Peer Support
- EMDR

What kinds of emotional and behavioral problems do Horizon's school-based counselors treat?

- Anxiety symptoms
- Depression symptoms
- Mood disorders
- Trauma symptoms
- Peer relationship problems
- Family dysfunction (family issues)
- School adjustment problems

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Meet the Horizon Team:



Melissa Walter, LMHC
Director of
Child and Adolescent Services
MWalter@horizon-health.org

Melissa is the point of contact for all new school inquiries. She will also assist with staffing, schedules, and supervisory matters. She can work with you on requests for additional time and can triage clinical or operational questions that may arise.



Elizabeth Hole, LCSW
Corporate Director
of Outpatient Operations
EHole@horizon-health.org

Elizabeth will work closely with Melissa and the schools on initial contracts and applications for satellites as required by the New York State Office of Mental Health.



Christina Pearl
Corporate Director of
Communication
cpearl@horizon-health.org

Christina is the point of contact for all trainings, communications, and opportunities for engagement with the schools and Horizon.

We know the importance of access, trainings, effective treatment and reliable coordination.
We can work collaboratively to establish training opportunities throughout the year for your schools.