



Student Services Counseling Center

San Bernardino County Superintendent of Schools is committed to providing equal opportunity for all individuals in Superintendent programs and activities. Superintendent programs, activities and practices shall be free from unlawful discrimination.

For questions or complaints, contact:

Title IX Coordinator/Director
Risk Management

sbcsshr@sbcss.net | 909.386.9670

Nondiscrimination Policy:

https://bit.ly/sbcss_nondiscrimination

Transforming lives through education
Student Services Counseling Center

1812 West Park Avenue, Redlands, CA 92373

sbcss.counseling@sbcss.net | 909.748.0259 ext. 206 | www.sbcss.net



About Us

The Student Services Counseling Center offers school-based counseling services to San Bernardino County Superintendent of Schools enrolled students and their families who are experiencing difficulties and distress with mental health, relationships, school behavior problems, substance use, and/or family difficulties. Our mental health clinical therapists utilize Evidence Based Practices and work in collaboration with staff, parents, probation, and district personnel to support students in reaching their personal and academic goals. Services are provided at no cost to students or their families. Bilingual services are also available.

What Does Counseling Look Like?

Services begin with an assessment interview in which a clinical therapist will meet with the student and their parents and/or guardian to determine the type of services needed. The clinical therapist will then develop an individualized care plan designed with specific goals to assist the student in developing skills to alleviate symptoms that necessitated counseling services. Services are provided primarily at the school site during the school day. Telehealth services via phone or Zoom are also available as needed.



Our Services

- Assessment and evaluation
- Crisis intervention and stabilization
- Individual, group and family therapy
- Trauma support
- District and probation required certificates
- Substance abuse classes
- Anger management classes
- Linkage to resources
- Case management
- Intensive care coordination
- Career counseling and coaching
- Life skills and goal planning
- Suicide prevention
- Teen parenting education
- Assisting with decision making
- Behavior management

Evidence Based Practices

- Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing
- Oaklander Therapy Model for Children and Adolescents
- Assessing and Managing Suicide Risk
- Trauma Resiliency Model
- Integrated Treatment of Complex Trauma for Adolescents
- Trauma Informed Systems
- Somatic Experiencing Approach
- Mindfulness
- Play therapy interventions
- Art therapy interventions

Areas of Experience

- Anxiety
- Depression
- Suicidal ideation
- Self-harming behaviors
- Anger management
- Trauma
- School behavior and attendance
- Drug and alcohol abuse
- Social skills
- Grief and loss
- LGBTQ awareness and support

Additional Support and Services

- Synergy workshops
- Career days
- Educationally Related Mental Health Services
- Student study teams
- Suicide prevention presentations
- Human trafficking prevention presentations
- Anti-bullying presentations
- Sexual harassment prevention presentations
- Social skills training
- Mental health training

Access to Services

- Contact the counseling center by phone or email
- Come to any campus and ask to speak to the on-site clinical therapist
- Complete counseling packet and return to school site or clinical therapist

