School Based Therapy at JGMS

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CanvasHealth.org

Who are we?

- Trained and licensed therapists who work for Canvas Health but are at John Glenn Middle School full time.
- As your school's mental health therapists, we are committed to supporting students, families, teachers, and administrators.
- We work within your school's community setting to help identify and address mental health concerns, and eliminate barriers to accessing care.

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What do we do?

- Have a case load of students we provide therapy to regularly within the school day.
  - Helping students manage mental health issues such as depression, anxiety, grief/loss, trauma, etc.
- Collaborate with others within the school, offering consultation services to school administrators, teachers, and other treatment providers
- Provide support to legal guardians and caregivers of the students we are working with.

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What is therapy?

- Therapy is a place where you can come to talk about your problems, your successes and anything else you feel is important
- Typically meet weekly, can move to less frequent as improve
- Mindfulness - intention, attention, and openness
- Cognitive Behavioral Therapy – thoughts, feelings, and behaviors
- Problem solving – what could I have done differently to get the best outcome?
- Confidentiality-follows HIPPA
- Individualized

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Why School Based?

- Decreases barriers, i.e. transportation, availability, financial barriers (i.e. we have a grant to help with uninsured/underinsured)

- Added support at school to help with more of a wrap around support. (therapists can meet with school staff, teachers, attend IEP meetings, etc. if helpful).

- Therapists understand what is going on at the school and within the community as they are at the school daily.

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Warning Signs of Mental Health Concerns

- Anger outbursts,
- excessive worry or anxiety,
- recent changes in sleep, eating, or school performance,
- decrease in interest in things student used to enjoy,
- persistent disobedience,
- defying authority,
- inattention,
- reports of nightmares, history of trauma,
- long lasting negative moods,
- excessive complaints of physical ailments,
- difficulties making and maintaining friendships

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What to do if you are concerned about your child . . .

- Reach out to your child's school counselor to discuss what is going on.
- School counselor may be able to support some issues without additional services
- School counselor can work with you to recommend whether school based or community based services may best fit your child's need.

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