MENTAL HEALTH ASSOCIATION
INSPIRING HOPE AND HEALING
SUPPORTING MORRIS & SUSSEX COUNTIES
NJ STATEWIDE STUDENT SUPPORT SERVICES
www.MHAinspire.org/NJ4S

NJ4S

This flowchart is to assist in informing appropriate referrals. This does not automatically disqualify a student, please reach out to consult.

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TIER 3 WORK FLOW

Is the student open to NJ4S counseling services?

- No → This is a voluntary service and requires student consent. Reach out to consult.
- Yes → **Is the student currently enrolled in mental health counseling?**
  - Yes → This is likely considered a duplication of services. Reach out to consult.
  - No → **Does the student have ongoing absenteeism and school avoidance behaviors?**
    - Yes → Services are predominantly provided in school. Reach out to consult.
    - No → **Are there current safety concerns for the student (i.e. suicidal ideation, self-harm, etc.)?**
      - Yes → A higher level of care may need to be considered. Reach out to consult.
      - No → **Will the parent/guardian consent to counseling services if the student is 15 or under?**
        - No → Parents/guardians for youth 15 and under must consent to services. Students 16+ can consent to their own services, however a trusted adult emergency contact is required. Reach out to consult.
        - Yes → **NJ4S is for you!**

Submit application for individual student in NJ4S Portal. If consult is needed, see contact information above.

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TIER 3 SERVICES

NJ4S Brief Clinical Counseling Services

TIP SHEET

Scope of Services

- Short-term counseling (8–12 sessions) for students in grades 6–12.
- Focused on achieving a short-term treatment goal, serving as a bridge to long-term care, or providing assessment and referral.
- Not intended for crisis response, mandated services, or school clearance evaluations.
- All referrals must be submitted through the NJ4S portal.

Referral Limitations

- The student requires immediate, higher-level care.
- The student is already engaged in ongoing mental health counseling.

Consent & Collaboration

- Parental/guardian consent is required for all students 15 and under.
- Students 16+ can consent to their own services, however a trusted adult emergency contact is required.
- A signed release of information is encouraged to support collaboration between school and NJ4S (both forms are provided by NJ4S).

Group Services

- If similar concerns arise among multiple students, a clinical group may be requested (please note consent forms are needed for each student).

Tips for Successful Participation

- **Treat sessions like any outpatient therapy:**
  - Ensure sessions are respected and free from interruptions.
  - Please inform the clinician if a student will be absent, has a scheduling conflict (e.g., school drill, field trip, or half day), or is otherwise unavailable for their session.
- **Be prepared:**
  - Reserve a private space for sessions.
  - Mark session times in calendars.
  - Call the student down or provide a pass so they arrive on time.

Contact Assistant Director Emily Savino
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