The CHILL Project by Allegheny Health Network

Frequently Asked Questions

What is the CHILL Project?

Allegheny Health Network (AHN), has partnered with several area school districts to provide a mindfulness-informed and preventative school-based behavioral health program serving students, staff, and families.

The CHILL Project provides students with a wide range of opportunities to learn and practice mindfulness techniques and coping skills. Further opportunities to learn and practice skills will be implemented in the custom-built CHILL Centers, where all students will have access either scheduled or as needed.

The CHILL Centers are staffed with Behavioral Health School Educators who lead mindfulness training to help students achieve greater academic success, reduce anxiety, improve student-teacher relationships, and improve students' abilities to engage in better decision-making.

Students may also visit the CHILL Center at any time throughout the day to speak privately with CHILL Educators, or simply take a few moments of quiet reflection and calm before they resume their normal schedule. Staff members are encouraged to visit the CHILL Center for moments of mindfulness to support their own well-being and that of their students.

The CHILL Project also offers opportunities for students who require a higher level of care by providing traditional outpatient counseling services in the school setting. The Behavioral Health School Educator and School-Based Therapist work together to support the mental health of everyone in the school community.

Who is the CHILL Project for?

Students in participating schools are eligible for this voluntary service, supporting students of all ages dealing with a variety of challenges. The CHILL Project covers 4 domains of service, including:

- Students
    - School-Based Therapy Services
    - Mindfulness Room
    - Skill Based ESY
    - Monthly Skills Lessons
- Staff/Faculty/Administrators
    - Professional Developments
    - Consultations
- Families/Guardians
    - Family Communication
    - Monthly Educational Sessions
    - Collaboration and Research

Allegheny Health Network

The CHILL Project™ by Allegheny Health Network
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(412) 650-1107

School-Based Therapy

Frequently Asked Questions

What is School-Based Therapy?

School-based therapy is a voluntary outpatient mental health service provided in the school by The CHILL Project of Allegheny Health Network (AHN). Therapy is provided by a master's level clinician employed by AHN and billed through the student's health insurance coverage.

Instead of traveling to an office for therapy, students and their families are able to access this service during the school day. Students see their therapist at a scheduled time up to once a week for therapy for 30-60 minutes, then return to class. The therapist, guidance department, and teachers all collaborate to find the most appropriate time for students to have their sessions.

Who qualifies for School-Based Therapy?

Qualifying students in participating schools are eligible for this voluntary service*, supporting students of all ages dealing with a variety of challenges.

Common topics addressed in therapy are...

- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anger Management
- Improving Relationships with Others
- Trauma
- Grief and Loss
- LGBTQ+
- Coping with Life Changes and Stress

*While School-Based Therapy is able to address many different challenges, it is not always the best fit for every student. In these cases, The CHILL Team, along with the school district's faculty and School Assistance Program (SAP), will assist finding services that best fit students' needs.

How do I obtain services for my child?

School faculty may suggest school-based therapy to families and students. If agreed upon by all parties, families will sign a consent form for the school to send a referral to the program's office directly. Once the office has the referral, they will call the family to gain information necessary for the referral, such as insurance and contact information. After this, the therapist will reach out to schedule an intake assessment.

Additionally, students can use the School Assistance Program (SAP) of their school district. These programs provide screenings and recommendations for services and can assist in referring to our program.

At any point, families may call (412) 650-1107 to begin the referral process.
For any additional questions, please contact your school's CHILL Team and/or Guidance Department.

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