

Claiborne High School, School-Based Therapy Services

What are School-Based Services?

McNabb Center is able to offer Claiborne High School students clinical weekly individual and monthly family counseling sessions based on insurance eligibility. Many insurance providers partner with McNabb Center and will be able to start working with student as accessible. Mental health and behavioral assessments will be completed upon on referral.

Therapist will be a master's level social worker, meaning, they will be trained in diagnosing and treating mental health disorders, providing crisis interventions, and can provide support to individuals and communities in need of social welfare assistance. Therapist will utilize evidence- based practices, which include Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectal Behavioral Therapy, Mindfulness, and Person- Centered Therapy, Art Therapy, and Psychoeducation.

Therapist will provide support and consultation to teachers and school personnel in implementing schoolwide trauma informed practices; training and education to school personnel in behavioral mental health topics. Psychoeducational groups will be provided to students to develop positive coping and de-escalation strategies.



Requirements for School Based Therapy Services:

- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
- TennCare insurance or no insurance at all.
- Intake Assessment
- Student **MUST** be willing to accept services; services are not mandatory!

Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

Depressive Disorders: irritability, crying, low self-esteem, violent or sad drawings/ writings, inability to focus, few friends, poor hygiene (when this is abnormal), loss of safety awareness, sleeping in class or complains they are often sleepy, suicidal ideations, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains).

Oppositional Defiant Disorder/ Conduct Disorder: defiant towards authority figures, manipulative, frequent lying, inability to accept accountability for behavior, property destruction, stealing, violence towards others, quick to response in anger.

Attention Deficit Hyperactivity Disorder (ADHD): inability to concentrate, poor time on task or inability to achieve tasks, forgetfulness, restlessness, daydreaming, frequent talking out of turn, poor academic performance, impulsive, elevated moods (easily excited or angered).

Trauma Related Disorders: Hypervigilance (sensitive to sensory stimulus like noises or touch), intense anger, lack of positivity, withdrawn, avoiding stimuli related to trauma, easily startled or quick to flinch, acting out in class, sexually inappropriate behaviors.

Substance Use Disorders: Possession of a substance, odd smells, rapid change in grades, glazed expression, change in friendship group, loss of interest in hobbies, mood swings, secretive behavior, erratic behaviors, stealing behaviors, change in weight and/or appetite, change in appearance.



If a student tells you they are being abused or neglected you **MUST** report. It is **YOUR** responsibility to report as the individual who **HEARD** the report! If failure to report, you can be held liable!

DCS TN Hotline:

1 (877) 237- 0004

“Failure to report abuse is a violation of the law and a Class A misdemeanor, carrying a sentence of use to three months imprisonment, a fine or both. Those who report and “act in good faith” are immune from any civil or criminal charges, which may result. The reporter has the right to remain confidential and anonymous.” TN. Gov

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McNabb Center is able to offer Claiborne High School students clinical weekly individual and monthly family counseling sessions based on insurance eligibility. Many insurance providers partner with McNabb Center and will be able to start working with student as accessible. Mental health and behavioral assessments will be completed upon on referral.

Therapist will be a master's level social worker, meaning, they will be trained in diagnosing and treating mental health disorders, providing crisis interventions, and can provide support to individuals and communities in need of social welfare assistance. Therapist will utilize evidence- based practices, which include Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectal Behavioral Therapy, Mindfulness, and Person- Centered Therapy, Art Therapy, and Psychoeducation.

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Requirements for School Based Therapy Services:

- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
- TennCare insurance or no insurance at all.
- Intake Assessment
- Student **MUST** be willing to accept services; services are not mandatory!

Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

Depressive Disorders: irritability, crying, low self-esteem, violent or sad drawings/ writings, inability to focus, few friends, poor hygiene (when this is abnormal), loss of safety awareness, sleeping in class or complains they are often sleepy, suicidal ideations, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains).

Oppositional Defiant Disorder/ Conduct Disorder: defiant towards authority figures, manipulative, frequent lying, inability to accept accountability for behavior, property destruction, stealing, violence towards others, quick to response in anger.

Attention Deficit Hyperactivity Disorder (ADHD): inability to concentrate, poor time on task or inability to achieve tasks, forgetfulness, restlessness, daydreaming, frequent talking out of turn, poor academic performance, impulsive, elevated moods (easily excited or angered).

Trauma Related Disorders: Hypervigilance (sensitive to sensory stimulus like noises or touch), intense anger, lack of positivity, withdrawn, avoiding stimuli related to trauma, easily startled or quick to flinch, acting out in class, sexually inappropriate behaviors.

Substance Use Disorders: Possession of a substance, odd smells, rapid change in grades, glazed expression, change in friendship group, loss of interest in hobbies, mood swings, secretive behavior, erratic behaviors, stealing behaviors, change in weight and/or appetite, change in appearance.



If a student tells you they are being abused or neglected you MUST report. It is YOUR responsibility to report as the individual who HEARD the report! If failure to report, you can be held liable!

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McNabb Center is able to offer Claiborne High School students clinical weekly individual and monthly family counseling sessions based on insurance eligibility. Many insurance providers partner with McNabb Center and will be able to start working with student as accessible. Mental health and behavioral assessments will be completed upon on referral.

Therapist will be a master's level social worker, meaning, they will be trained in diagnosing and treating mental health disorders, providing crisis interventions, and can provide support to individuals and communities in need of social welfare assistance. Therapist will utilize evidence- based practices, which include Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectal Behavioral Therapy, Mindfulness, and Person- Centered Therapy, Art Therapy, and Psychoeducation.

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Requirements for School Based Therapy Services:

- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
- TennCare insurance or no insurance at all.
- Intake Assessment
- Student MUST be willing to accept services; services are not mandatory!

Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

Depressive Disorders: irritability, crying, low self-esteem, violent or sad drawings/ writings, inability to focus, few friends, poor hygiene (when this is abnormal), loss of safety awareness, sleeping in class or complains they are often sleepy, suicidal ideations, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains).

Oppositional Defiant Disorder/ Conduct Disorder: defiant towards authority figures, manipulative, frequent lying, inability to accept accountability for behavior, property destruction, stealing, violence towards others, quick to response in anger.

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Trauma Related Disorders: Hypervigilance (sensitive to sensory stimulus like noises or touch), intense anger, lack of positivity, withdrawn, avoiding stimuli related to trauma, easily startled or quick to flinch, acting out in class, sexually inappropriate behaviors.

Substance Use Disorders: Possession of a substance, odd smells, rapid change in grades, glazed expression, change in friendship group, loss of interest in hobbies, mood swings, secretive behavior, erratic behaviors, stealing behaviors, change in weight and/or appetite, change in appearance.



If a student tells you they are being abused or neglected you **MUST** report. It is **YOUR** responsibility to report as the individual who **HEARD** the report! If failure to report, you can be held liable!

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- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
- TennCare insurance or no insurance at all.
- Intake Assessment
- Student **MUST** be willing to accept services; services are not mandatory!

Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

Depressive Disorders: irritability, crying, low self-esteem, violent or sad drawings/ writings, inability to focus, few friends, poor hygiene (when this is abnormal), loss of safety awareness, sleeping in class or complains they are often sleepy, suicidal ideations, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains).

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Substance Use Disorders: Possession of a substance, odd smells, rapid change in grades, glazed expression, change in friendship group, loss of interest in hobbies, mood swings, secretive behavior, erratic behaviors, stealing behaviors, change in weight and/or appetite, change in appearance.



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Claiborne High School, School-Based Therapy Services

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- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
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Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

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Claiborne High School, School-Based Therapy Services

What are School-Based Services?

McNabb Center is able to offer Claiborne High School students clinical weekly individual and monthly family counseling sessions based on insurance eligibility. Many insurance providers partner with McNabb Center and will be able to start working with student as accessible. Mental health and behavioral assessments will be completed upon on referral.

Therapist will be a master's level social worker, meaning, they will be trained in diagnosing and treating mental health disorders, providing crisis interventions, and can provide support to individuals and communities in need of social welfare assistance. Therapist will utilize evidence- based practices, which include Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectal Behavioral Therapy, Mindfulness, and Person- Centered Therapy, Art Therapy, and Psychoeducation.

Therapist will provide support and consultation to teachers and school personnel in implementing schoolwide trauma informed practices; training and education to school personnel in behavioral mental health topics. Psychoeducational groups will be provided to students to develop positive coping and de-escalation strategies.



Requirements for School Based Therapy Services:

- Mental Health Concerns
- Self-Referral or Referral from school personnel or student's family.
- TennCare insurance or no insurance at all.
- Intake Assessment
- Student **MUST** be willing to accept services; services are not mandatory!

Common Mental Health Concerns

Anxiety Disorder: restlessness, irritability, crying, decrease or increase in appetite, inability to focus, frequently losing items, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains), panic attacks, not sleeping enough, rigid obedience to schedules, incessant worry and/or nervousness.

Depressive Disorders: irritability, crying, low self-esteem, violent or sad drawings/ writings, inability to focus, few friends, poor hygiene (when this is abnormal), loss of safety awareness, sleeping in class or complains they are often sleepy, suicidal ideations, psychosomatic symptoms (frequent headaches, belly, chest, general aches and pains).

Oppositional Defiant Disorder/ Conduct Disorder: defiant towards authority figures, manipulative, frequent lying, inability to accept accountability for behavior, property destruction, stealing, violence towards others, quick to response in anger.

Attention Deficit Hyperactivity Disorder (ADHD): inability to concentrate, poor time on task or inability to achieve tasks, forgetfulness, restlessness, daydreaming, frequent talking out of turn, poor academic performance, impulsive, elevated moods (easily excited or angered).

Trauma Related Disorders: Hypervigilance (sensitive to sensory stimulus like noises or touch), intense anger, lack of positivity, withdrawn, avoiding stimuli related to trauma, easily startled or quick to flinch, acting out in class, sexually inappropriate behaviors.

Substance Use Disorders: Possession of a substance, odd smells, rapid change in grades, glazed expression, change in friendship group, loss of interest in hobbies, mood swings, secretive behavior, erratic behaviors, stealing behaviors, change in weight and/or appetite, change in appearance.



If a student tells you they are being abused or neglected you **MUST** report. It is **YOUR** responsibility to report as the individual who **HEARD** the report! If failure to report, you can be held liable!

DCS TN Hotline:

1 (877) 237- 0004

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