



# OUTER CAPE HEALTH SERVICES SCHOOL BASED SERVICE SITE

WELCOMES MRHS TO AN EXCITING NEW SCHOOL YEAR!

Outer Cape Health Services (OCHS) proudly welcomes the Monomoy Regional High School (MRHS) student body back for the 2026–2027 school year. Our school-based team looks forward to reconnecting with students and continuing to support their health and well-being.

As part of our ongoing commitment to providing equitable access to a wide range of health and social services, OCHS will continue to have an onsite Navigator and Therapist available to students on a weekly basis.



Throughout the 2026–2027 school year, OCHS plans to expand the use of its wellness space by providing students with opportunities to participate in educational workshops during the Jawesome lunch hour. These workshops will be led by OCHS staff, and will focus on a variety of topics related to mental and physical health.

Through these opportunities, students will be encouraged to strengthen their understanding of overall wellness, build emotional resilience, and develop practical skills to better understand and manage their mental and physical well-being.

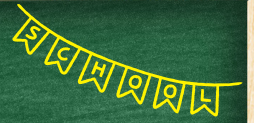
In addition, OCHS aims to partner with the school's Wellness Department to provide curated workshops and presentations focused on physical and mental health, further promoting student wellness through education, prevention, and skill-building.



Students who paused services over the summer will have the opportunity to reconnect with the school-based behavioral health program in the fall. Students will continue to have access to behavioral health services during the school day in a safe, private, and supportive environment. Services will continue to be provided on an individual basis, and a parent or guardian will be contacted in advance.

Any student interested in connecting with behavioral health services for the Fall 2026 semester are encouraged to contact the school-based Navigator at 508-237-8964 or [outercapehealthservices@monomoy.edu](mailto:outercapehealthservices@monomoy.edu).





| Navigator-Connecting Services:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tele-behavioral Health Services:                                                                                                                                                                                                                                                          | Tele-medicine Services**:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• Family Outreach and Assistance utilizing community-based programs</li> <li>• Health/Dental Insurance Access (through OCHS Healthy Connections Program)</li> <li>• Transportation</li> <li>• Court/Legal Aid</li> <li>• Community Support and Advocacy</li> <li>• Food, Fuel, Utilities and Clothing</li> <li>• Life Skills: Job Support, Financial Management, Goal Setting</li> <li>• Summer/Vacation Activity Planning</li> <li>• Mental Health and Substance Abuse Screening</li> <li>• Connection to tele-medicine services</li> </ul> | <ul style="list-style-type: none"> <li>• Comprehensive Diagnostic Assessment</li> <li>• Mental Health and Substance Abuse Counseling</li> <li>• Child and Adolescent Needs and Strengths (CANS) Assessment</li> <li>• Individual Psychotherapy</li> <li>• Family Psychotherapy</li> </ul> | <ul style="list-style-type: none"> <li>• Chronic Condition Follow-ups</li> <li>• Healthy Lifestyle Coaching (Weight management, Sleep hygiene, Exercise routine)</li> <li>• Women's Health &amp; Contraceptive Counseling</li> <li>• Substance Abuse Education</li> </ul> <p>**Tele-medicine services are available to new or existing OCHS primary care patients. The school-based navigator may assist students with non-OCHS primary care providers in accessing services at their regular non-OCHS provider's office.</p> |



Clinical services with medical and behavioral health clinicians will be charged to patient insurance and may be subject to cost sharing (copays, deductibles, etc.). Students and/or guardians may contact the navigator for assistance accessing financial support resources.

\*Under the General Laws of the Commonwealth of Massachusetts, there are exceptional and/or emergency circumstances under which a minor may give consent for his/her own care.

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter112/section12f>



For more information contact the School-Based Navigator at:  
 Tel: 508-237-8964  
 Email: [outercapehealthservices@monomoy.edu](mailto:outercapehealthservices@monomoy.edu)

