

School-Based Psychological Therapy

Strongsville City Schools**Strongsville, OH Cuyahoga County****Initiative Type(s):**

Mental health services, Family engagement and support services

Community Partner(s):

Community-based mental health treatment provider

Description of Initiative:

This program allows us to support all students and families in need of therapeutic mental health support. Students can see therapists during the school day, making it convenient and consistent for the students and their parents. There is three-way communication between the therapists, school and students' parents to ensure everyone is on the same page about the students' needs.

Initiative Benefits:

Our students and families now have the chance to get immediate help from a licensed therapist to work with them through immediate or ongoing issues. The wellness dollars have allowed the district to ensure this program is equitable and available to all students, regardless of their financial means. Students can work through behavioral issues and, therefore, focus on their academics. It also gives our school counselors more time to do more proactive work through classroom lessons and student groups.

Essential Staff and Partners:

Essential partners for our program include school district administrators, counselors and staff from Nancy Lowrie and Associates.

Action Steps to Get Started:

District administrators initially met with Nancy Lowrie and Associates to discuss the program. As many of our students already were receiving services at their Strongsville office, these students were able to transition to meeting with therapists at school and other students were able to receive services as well. This partnership has been mutually beneficial. We continue to meet regularly to evaluate the program and determine future needs. With the wellness dollars, we are looking to expand to create parent education programs focused on anxiety, drug issues, school collaboration, and more.

For More Information:

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NOTE: Student Wellness and Success Funds were used for this initiative.