

What to Expect:

School-Based Mental Health

School-Based therapy is a convenient way to provide mental health therapy to students. It removes barriers such as transportation and scheduling difficulties which often stand in the way of students receiving therapy. It allows for students to work with therapists directly in the environment in which they often struggle the most; in school. Our therapists can provide individual therapy, assessments, and referrals for additional services. In addition, there is the possibility of seeing the student and their family outside of regular school hours in their homes or in the community.

Who is eligible?

- ▶ Individuals/families who have qualifying insurance (our office will verify this for the client)
- ▶ Students who are experiencing symptoms of depression, anxiety, or another mental health concern
- ▶ Students with behavioral problems in the classroom
- ▶ Students who have received a referral from the school social worker for mental health services

What can I expect?

- ▶ Therapists will collaborate with school social worker, teachers, and staff to aid the student in working towards their goals
- ▶ Our therapists will meet with students once a week for at least 45 minute sessions
- ▶ School-Based therapy is not restricted to the school only; at times therapists are able and willing to meet the student in their home to hold family therapy sessions or see the student during summer break in their home

A student may be a good fit for School-Based Therapy if:

- ▶ They are experiencing mental health symptoms
- ▶ They are having behavioral problems in the classroom
- ▶ You notice a change in a student's behavior (i.e. they have become more quiet/withdrawn or more disruptive, they begin missing assignments, etc.)
- ▶ You know of stressors or events in a student's life that are concerning



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