



## School-Based Mental Health Services

Research has shown that behavioral and emotional health contributes to effective learning and academic achievement. Southwestern Behavioral Healthcare, Inc. recognizes the need to have services accessible in the school setting for youth with serious emotional and behavioral needs. Southwestern Behavioral is committed to collaborating with schools, families, and other community partners to assist in identifying and addressing the emotional and mental health needs of our youth. Our goal is to assist youth in the development of positive coping and self-regulation skills, social skills, and interpersonal skills needed to learn and be successful.

Our services are designed to meet the individual clinical needs of each student. Once eligibility is determined, there is no out of pocket cost to students or families. Based on their needs, a student identified as meeting the eligibility criteria can receive a variety of evidenced-based clinical interventions. These include:

- 1) Skills Training and Development - This service designed to assist students in the remediation of a variety of skill deficits. Skills Training may include, but is not limited to: social skills, anger management, regulating emotions, problem solving, or whatever skill deficits may be impairing a student's academic and social functioning.
- 2) Behavioral Health Counseling and Therapy (individual and group) – This service addresses the individual clinical needs of a student such as depression, anxiety, trauma, substance use, family relationships, peer conflict, self-esteem, etc.
- 3) Case Management Services - This includes coordination of care and linkage to other appropriate services to meet the comprehensive needs of the student and their family.

Our Division of Child and Family Services clinicians have degrees in social work, psychology, or sociology. Our Bachelor's Level Community Resource Specialists provide School and Community-Based Skills Training and Case Management services. Our Licensed Clinical Social Workers and Master's Social Workers provide Behavioral Health Counseling and Therapy, Skills Training, and Comprehensive Mental Health Assessments. Our staff is trained in trauma-informed care and work with school personnel to schedule appropriate times and meeting places to ensure student confidentiality. Services are also available to families in their home or other community settings and parents and caregivers are encouraged to actively participate in services.

For more information about services and eligibility, contact Elizabeth Fallen, Coordinator of School Based Mental Health Services.

*...Caring For Our Communities*

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