

*Amh*

Warren-Washington  
Association  
*for* Mental  
Health



**Putting the Pieces  
TOGETHER  
School Based Mental  
Health Services**



INDIVIDUAL  
and  
FAMILY  
therapy  
in the school  
setting



- ❖ Increases  
Access to  
services
- ❖ Addresses  
issues related  
to rural poverty



# COMMON CONCERNS

❖ **SCHOOL STRESSORS:**  
such as bullying, and academic difficulties that impact a child's mood and behavior on a daily basis

❖ **TRAUMA**

❖ **CHILD'S FAMILY STRESSORS,** with attempts to engage the family in the sessions



# METHODS

- ❖ Cognitive behavioral approaches
- ❖ Play therapy for the younger children
- ❖ Multifaceted approaches to meet the individual's needs



# ADDITIONAL SUPPORTS

- ❖ Collaboration with teachers and school staff to help the child in the school setting
- ❖ Help teachers have a better understanding of the child's needs
- ❖ In-services and supports FOR teachers



# FUTURE SERVICES

❖ Tele-psychiatry

❖ Group therapy

❖ More trainings and in-services for all staff

❖ More schools



For more information, please contact :

**Wendy Berry**

**Director of Clinical Services**

**Warren Washington Association for Mental  
Health**

**518-747-8243**

**[wberry@wwamh.org](mailto:wberry@wwamh.org)**