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

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

❖ TRAUMA
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