



Mental Health: Who can help your child?

Do you have concerns about your child’s emotional health, social skills or behavior? Is your child suddenly acting differently? Has your family experienced a life changing event or difficult transition? Do mental health disorders run in your family? Has a school staff member referred you to mental health provider? If so... here is a **quick look** at who can provide you and your family support!

	School Counselor	Therapist/Mental Health Counselor	School Social Worker	Psychiatrist	Mentor
	Academic monitoring	On-going individual, group, and family psychotherapy	Assessment of individual and family needs	Clinical/Medical assessment	Consistent individual meetings
	Class Scheduling	Clinical interview and assessment	Can provide individual, group, family counseling	Gives mental health diagnosis	Positive Encouragement and role modeling
	Recommends/Coordinates testing for Learning Disabilities and emotional disorders	Provides a diagnosis of mental and behavioral disorders	Makes referrals to community resources	Prescribes medication	Academic help/support
	Crisis Response	Creates treatment plan solving	Crisis Response	Monitors medication use	Advocacy
	Conflict Mediation and problem solving	Referral to psychiatrist	Case management	Located at a clinic or doctor’s office	Can visit school
	Linking to resources	Can be billed through health insurance	Advocacy		
	Short-term counseling				
	Therapy Diagnosis Medication	Medication	Diagnosis Medication	*Usually does not provide psychotherapy	Counseling Therapy

What happens during therapy? It is important that the Therapist build trust between you and your family. This can happen instantly or over the course of time, depending on the each person’s experience. First step is intake--the Therapist interviews you about your child and family history to determine a treatment plan and educate you about any mental health diagnosis given. Next, during on-going scheduled appointments, the therapist will use a variety of methods to help your child express their feelings, process difficult experiences, and teach coping and social skills. Your child may receive “homework” to practice a new social skill or communicate their feelings. The parents will be invited back to therapy to review the treatment plan and progress. The therapist and family decide together when therapy is no longer needed.

How does a person benefit from therapy? Therapy allows you to heal from traumatic experiences and learn new skills in a safe space. You can learn new ways to cope with difficult feelings, form positive relationships and change unwanted behavior.

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