

R.E.A.C.H.

RAISING EXPECTATIONS AND CHILDREN'S HOPES



ADDRESSING A NEED:

- **INCREASE IN MENTAL HEALTH NEEDS (ANXIETY, DEPRESSION, TRAUMA)**
PA YOUTH SURVEY RESULTS
STATE & COUNTY-WIDE SAP REFERRALS & INTAKES
- **PENNSYLVANIA SCHOOL SAFETY TASK FORCE**
ENHANCED SOCIAL AND EMOTIONAL LEARNING
BUILDING COMMUNITY CONNECTIONS
INCREASED ACCESS TO MENTAL HEALTH SERVICES, INCLUDING MORE HEALTH PROFESSIONALS IN SCHOOLS

OVERVIEW:

PARTNERING WITH AN INTENSIVE THERAPEUTIC SUPPORT COMPANY PROVIDES A LEVEL OF CARE WITHIN THE SCHOOL SETTING SO STUDENTS WITH SIGNIFICANT MENTAL HEALTH, EMOTIONAL AND/OR BEHAVIORAL NEEDS CAN CONTINUE TO PARTICIPATE IN METHACTON SCHOOL DISTRICT'S ACADEMIC AND EXTRA-CURRICULAR PROGRAMS WHILE RECEIVING THERAPEUTIC SUPPORT IN THEIR HOME SCHOOL.

R.E.A.C.H. IS ABLE TO PROVIDE:

DAILY GROUP THERAPY

INDIVIDUAL COUNSELING AND PHONE ACCESS FOR AFTER-HOUR SUPPORT

FAMILY THERAPY (AS NEEDED)

COORDINATION WITH OUTSIDE OR COMMUNITY SUPPORT

SUPPORT FOR STAFF & PROFESSIONAL DEVELOPMENT

PARTNERSHIP:

SPRINGFIELD PSYCHOLOGICAL, IN PARTNERSHIP WITH METHACTON SCHOOL DISTRICT, WILL IMPLEMENT R.E.A.C.H. AT ARCOLA INTERMEDIATE SCHOOL DURING THE 2018-2019 SCHOOL YEAR.

SERVICES PROVIDED INCLUDE:

- TWO MENTAL HEALTH PROFESSIONALS
- A CLINICAL COORDINATOR TO SUPERVISE THE CLINICAL STAFF AND PROVIDE ADMINISTRATIVE SUPPORT
- ON-SITE SUPPORT FOR STAFF AT ARCOLA INTERMEDIATE SCHOOL
- PROFESSIONAL DEVELOPMENT FOR DISTRICT STAFF
- COLLABORATION WITH ADMINISTRATION THROUGHOUT THE YEAR TO ENSURE A RANGE OF SERVICES AND THERAPEUTIC INTERVENTIONS ARE AVAILABLE FOR OUR STUDENTS

CHALLENGES:

- SUICIDAL IDEATION
- DEPRESSION/SEVERE ANXIETY
- POST-TRAUMATIC STRESS DISORDER
- SUBSTANCE ABUSE
- EATING DISORDERS
- SCHOOL AVOIDANCE OR ATTENDANCE ISSUES
- ACADEMIC FAILURE
- AGGRESSIVE BEHAVIORS AT SCHOOL AND/OR AT HOME
- PROBLEMS WITH PEER/TEACHER RELATIONSHIPS OR SCHOOL AUTHORITY
- CONFLICT OUTSIDE OF THE SCHOOL ENVIRONMENT

SUPPORT FOR STUDENTS & FAMILIES:

- STUDENTS IDENTIFIED BY SCHOOL PERSONNEL OF BEING AT-RISK FOR ALTERNATIVE PLACEMENT, RETURNING FROM AN ALTERNATIVE PLACEMENT, OR PRESENTING WITH MENTAL/EMOTIONAL NEEDS DURING THE SCHOOL DAY ARE CANDIDATES FOR REFERRAL.
- SYSTEMS COLLABORATION: WORK WITH FAMILIES, SCHOOL PROFESSIONALS AND OUTSIDE MEDICAL/MENTAL HEALTH PROVIDERS TO ENSURE CONTINUITY OF CARE.
- IMPROVEMENTS IN ATTENDANCE AND ACADEMIC PERFORMANCE
- DECREASES IN SYMPTOMS AND DISCIPLINE REFERRALS
- USE OF INTEGRATED, STRENGTH-BASED CARE WITH THE PRIMARY FOCUS ON SCHOOL ADJUSTMENT AND SUCCESS

SUPPORT FOR STAFF:

- CLINICAL STAFF WILL PROVIDE ONGOING SUPPORT TO STAFF SO APPROPRIATE THERAPEUTIC INTERVENTIONS ARE USED ACROSS ALL SCHOOL ENVIRONMENTS RESULTING IN LESS DISRUPTIONS AND/OR DISCIPLINE REFERRALS.
- IN ADDITION TO ADDRESSING STUDENTS' INDIVIDUAL NEEDS, GROUP THERAPY SESSIONS WILL FOCUS ON RELATIONSHIP BUILDING, STRESS TOLERANCE AND HOW TO FOSTER AND INCREASE ACADEMIC RESPONSIBILITY AND PERSONAL SUCCESS.
- IN-CLASS SUPPORT, WHEN NEEDED, TO PROVIDE DE-ESCALATION OR OBSERVATIONS
- PROFESSIONAL DEVELOPMENT WILL BE PROVIDED ON TOPICS SPECIFICALLY RELATED TO MENTAL HEALTH AND EFFECTIVE STRATEGIES FOR STAFF TO USE IN THEIR CLASSROOMS.

ADDITIONAL BENEFITS:

- PROVIDES A MINIMUM OF TWO DAILY CONTACTS FOR EACH STUDENT REQUIRING THIS LEVEL OF CARE
- ALLOWS FOR PROACTIVE, PREVENTATIVE APPROACH
- TEACHES COPING SKILLS, ANGER MANAGEMENT AND SELF-REGULATION
- STRENGTHENS HOME, SCHOOL AND COMMUNITY CONNECTIONS
- USES THERAPEUTIC INTERVENTIONS TO ADDRESS MENTAL HEALTH-RELATED BEHAVIORAL NEEDS
- INCREASES COUNSELING SUPPORT - EXPERTISE IN MENTAL HEALTH AND CRISIS INTERVENTION
- ADDS ANOTHER LEVEL OF SUPPORT FOR STUDENTS

BUDGETARY CONSIDERATIONS:

2 YEAR PROPOSAL:

2018-2019 AGREEMENT COST (PRO-RATED – NOVEMBER 2018) \$133,650*

2019-2020 AGREEMENT COST (ESTIMATE BASED ON FULL YEAR - 2.75% INCREASE) \$171,650*

- *INCLUDES COSTS FOR: 2 MENTAL HEALTH CLINICIANS, CLINICAL COORDINATOR SUPERVISION, CORE TEAM MEETINGS, PROFESSIONAL DEVELOPMENT FOR DISTRICT STAFF AND FAMILY-BASED COUNSELING SERVICES

NEXT STEPS:

ONCE THE AGREEMENT IS APPROVED, SPRINGFIELD PSYCHOLOGICAL WILL WORK WITH THE DISTRICT'S CORE TEAM TO DEVELOP THE IMPLEMENTATION PLAN BASED ON THE TIME LINE BELOW:

OCTOBER 2018:

SPRINGFIELD WILL SECURE PROFESSIONAL STAFF

THE DISTRICT'S CORE TEAM WILL MEET WITH SPRINGFIELD PSYCHOLOGICAL TO REVIEW SPECIFIC PROGRAMMING NEEDS, STUDENT REFERRALS, SCHEDULES, AND ROOM ALLOCATIONS

MEETINGS WITH PARENTS WILL BE HELD

NOVEMBER 2018:

PROFESSIONAL DEVELOPMENT FOR ARCOLA STAFF

PROGRAM IMPLEMENTATION