



**Adult & Child Health is an innovative, mission-driven healthcare organization which provides mental health services in over 120 Indiana Schools.** Our school-based program embeds behavioral health professionals in school settings to increase access to care, lessen absenteeism, and treat mental or behavioral health concerns onsite.

Our staff work side by side with students, educators, administrators, parents, and community supports to champion educational success.

## SCHOOL BASED TEAMS CONSIST OF:



There are many people at Adult & Child working to improve the lives of the students we serve. You will regularly see your A&C Therapist and Skills Development Specialist(s) at your school. The Lead Clinician and Team Leader support multiple schools both on and off site. Psychologists and Psychiatrists provide support at A&C offices.

## WHO WE SERVE

Each student is unique. Our programs are designed to encourage their strengths and support the challenges of each child. Our trained professionals can help with:

- Difficulty making or keeping friends
- Oppositional behavior or defiance
- Inappropriate anger or aggression
- Experiences with trauma
- Frequent behavior outbursts
- Sudden change in social interactions, sleep, or dietary patterns
- Social withdrawal and/or recurring sadness

## HOW SERVICES ARE FUNDED:

As a healthcare organization, we provide medically necessary services that are billed directly to the student's insurance carrier. If services are not covered by insurance, we have self-pay and slide scale fee options. Our Benefits Navigation Specialists and Providers work directly with the student's caregiver to determine what mental health services are covered by insurance, and will explore other options as needed.

## REFERRAL PROCESS:

Referrals usually come from teachers and school staff, and/or parents who see a need for services. Typically, we ask that the school be the first point of contact with the family to gauge interest in services. Our qualified therapists will then contact parents and schedule the initial assessment. After the assessment is completed, we determine what services will be provided and collaborate with the family and school staff to develop a treatment plan.

**Contact: 317.882.5122**

Adult & Child Health employs highly trained behavioral health professionals. Therapists and Skills Development Specialists use Evidence-Based Practices and Curriculum when providing goal-oriented treatment to students and families.

## THERAPISTS:

- Perform intake assessments
- Identify symptoms and diagnose through supervision of a psychologist
- Help with processing and exploring of feelings
- Help to reframe unproductive thought patterns
- Treat in one-on-one sessions

## SKILLS DEVELOPMENT SPECIALISTS:

- Compliment what is being worked on in therapy
- Teach coping skills to manage symptoms
- Coach appropriate behaviors and social skills in various settings
- Treat in one-on-one and classroom settings

*Both work as a team to provide case management, advocacy, and linkages to community resources*

*When School is OUT we are IN!*

*When school is not in session the need for services does not go away, in some cases it actually increases. Adult & Child Health provides services in the home and at our offices after school hours and during extended breaks.*

## THINGS TO REMEMBER:

- ✓ After an assessment it may be determined that a student's treatment needs may be more appropriate for one of the agency's other service lines. These will be assessed on a case by case basis.
- ✓ Not all services are covered by all insurance carriers and some providers may be out of a student's network. As a healthcare provider, we must follow all HIPAA rules and regulations in regards to confidentiality. As a result, we are only able to disclose information that is pertinent to a student's functioning in the school setting. It is also necessary that sessions are conducted in confidential spaces.
- ✓ We are unable to provide services to any student who has not participated in an intake with Adult and Child, as it is imperative that parents or guardians consent to services before treatment is provided. In the case of a mental health emergency for a student who is not a client of Adult and Child, we can prioritize the scheduling of the intake or provide appropriate referrals as needed.
- ✓ Adult and Child clinicians are required to attend regular meetings with our psychologist, attend trainings, and conduct client care in the community. We will communicate with the school regarding our schedules. Our clinicians are required to document the services they provide to students in order to comply with agency and insurance carrier expectations. They will regularly take time to document services in Adult and Child's electronic medical record while with a student.
- ✓ Adult and Child and school staff are both mandated reporters when abuse or neglect is suspected. Our internal policies in regards to reporting may be somewhat different from your school's policy. When a school staff member suspects abuse or neglect, it would be most appropriate for that person to follow school reporting policy.

Adult & Child Health School Based Services provide an additional layer of expert support to your students, their families, and your school. We know that Teamwork & Communication are keys to educational success and mental health wellbeing.

