

SYCSD School-Based Outpatient Satellite Program

*A partnership with PCBH - Pennsylvania
Comprehensive Behavioral Health Services*

The SYCSD/PCBH School Based Counseling Program utilizes a multi-disciplinary approach to bridge the gap between young people who need mental health care, and young people who receive mental health care by providing coordinated mental health services at a licensed satellite office of PCBH in the familiar environment of the school setting. Southern York County School District is fortunate to have PCBH offer satellite offices in all five of its school buildings.

The need:

As with many programs, the need for child and adolescent mental health services far exceeds the available mental health resources. Students and families in Southern York County have faced delays or lack of access to services due to long wait lists, lack of transportation and/or schedule related barriers. The human and educational consequences of inadequately addressing mental health concerns are significant and include poor academic performance, school avoidance/truancy, bullying, poor peer relationships, self-harm, behavioral issues, and increased risk of suicide and other high risk behaviors.

The solution:

Our goal is to provide coordinated, quality, and confidential mental health services in a familiar environment that are easily accessible to students and reduce the amount of time students and parents miss from school and work to access services.

Our strategy:

PCBH mental health professionals work with school administrators, teachers, school nurses, and other agencies as necessary to develop a seamless, fluid, interlinked multi-level framework that encompasses

positive child and youth development, prevention, early intervention, and intensive interventions.

Referrals:

Referrals to the SYCSD/PCBH School Based Program are generated by the student assistance program teams within the district, or by other staff members who work closely with students and parents. Students and parents may also request this service through the child's school counselor, principal, or the district's Coordinator of Social Services. Parents are an important member of the school based program and are required to provide their signed consent for their child to receive this service, as well as participate in the treatment plan, as required. Services are based upon approval through participating insurances.

PENNSYLVANIA COMPREHENSIVE BEHAVIORAL HEALTH SERVICES, LLC

School-Based OPT Mental Health Satellite Office Program

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SOUTHERN YORK COUNTY SCHOOL DISTRICT

Susquehannock High School
Southern Middle School

Student Assistance Program

Helping Educate At Risk Teens

&

School-Based Outpatient Satellite Program

*A partnership with PA Comprehensive
Behavioral Health Services*

SMS & SHS Student Assistance / HEART Teams

Helping Educate At-Risk Teens

Program Overview:

The student assistance program was implemented to refer and provide support to at-risk students who face barriers to their learning. These barriers may stem from home, peer or school related issues that negatively impact their ability to function successfully and reach their full potential.

The student assistance program teams at the middle and high schools are called “HEART” – Helping Educate At-Risk Teens.

HEART Team Process:

- Assessing the referral
- Gathering data
- Presentation and discussion of the data
- Making appropriate recommendations
- Securing parental permission for referrals for HEART liaison assessment
- Monitoring/Supporting

Referrals:

The referral process is handled with confidentiality. Referral to the HEART team may be initiated by students, teachers, or

parents. Mailboxes are located in the school to accept student referrals. Adult referrals may be made by contacting the student’s school counselor, principal or any HEART team member. Referrals to outside agency personnel require signed permission from the parent/guardian.

Who serves on the SMS/SHS HEART teams?

SYCSD HEART teams include concerned members of the professional staff (school counselors, coordinator of social services, school psychologists, teachers, nurses, and administrators) and two TrueNorth Wellness community agency liaisons who have received specialized training in recognizing and working with at-risk students.

What will they do?

- Gather data
- Determine the type of problem and its severity
- Hold informal conference
- Present and discuss the data
- Recommendations or referrals are made

to the proper agencies with parental permission

- Continue to monitor and provide support for the student

Identifying Symptoms of At-Risk Teens to be Aware of:

- Change in dress
- Inability to sleep or sleeping excessively
- School Avoidance/poor attendance
- Erratic school performance/drop in grades
- Family fights
- Depression
- Unpredictable mood or attitude swings
- Blood shot eyes
- Emotional highs/lows
- Isolating self/withdrawing
- Defiance of rules and regulations
- Loss of initiative/lacks motivation
- Self-harming behaviors
- Concerning social media interactions
- Anger management issues