

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

Friendship Elementary School
Shrewsbury Elementary School
Southern Elementary School

Student Assistance Program

Helping Elementary At-Risk Team

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School-Based Outpatient Satellite Program

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Helping SYCSD Elementary At-Risk Team

Program Overview

Many students are troubled by problems which not only interfere with their educational performance but with their physical, mental, social, and emotional development as well. When students are struggling, teachers, counselors, administrators, and other school staff are concerned. Help is available for students having difficulties.

SYCSD's elementary student assistance program is a systematic, professional, and realistic response to students' barriers to learning. We call our trained response group HEART, which stands for Helping Elementary At-Risk Team.

Referral and Process

Student referrals to HEART may be made by school staff and/or parents. Parents may contact their child's school counselor or administrator to request a referral. The components of the HEART program are as follows:

1. Prevention of at risk behavior by providing coping skills.
2. Identification and referral procedure of at risk students.

3. Intervention of HEART to provide assessment and possible referral to an outside professional agency or school based interventions and services

Who comprises the Elementary HEART Team?

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

The team responsibilities include:

1. Maintain communication and confidentiality among staff members, HEART members, and parents concerning students being referred.
2. Ensure proper implementation of the assistance program in accordance with legal and ethical restraints.
3. Provide continuing educational programs for students, staff, and team members.

4. Offer appropriate in-school supports/interventions.
5. Make appropriate referrals to outside community agencies.

Identifying Symptoms of At-Risk Youth 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/feeling sad
- Emotional outbursts
- Unpredictable mood or attitude swings
- 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