

School-based Counseling – Participating Schools *

Elementary Schools

Carlson

Eiber †

Foster

Gilpin RE1

King Murphy

Lawrence

Lumberg †

Molholm

Russell

Stein *†

Sobesky Academy Elementary

Middle Schools

Clear Creek

Gilpin RE1

Sobesky Academy MS

High Schools

Alameda *

Clear Creek

Gilpin RE1

Jefferson *

Sobesky Academy HS

* Indicate schools which have a school-based health center where physical and mental health services are provided. Assistance on site with Medicaid and Child Health Plan Plus paperwork and bilingual Spanish services are available.

† Bilingual Spanish mental health services available.

For more information, please call the School Services Coordinator at (303) 432-5200

A Special Thanks to Our Funders:

Mile High United Way

Metropolitan Community Provider Network

Jeffco Public Schools

Jeffco Public Schools Homeless & Medicaid Program

Clear Creek County Public Schools

Clear Creek County Department of Social Services

Gilpin County Public Schools

Colorado Department of Local Affairs



Jefferson Center
for mental health

303 425-0300
www.jcmh.org



Jefferson Center
for mental health



School-based Services

*School-based Counseling,
Day Treatment &
School-based Health
Clinic Programs*

A Cooperative Program of
Jefferson Center for Mental Health, , Clear Creek County
Schools, Gilpin County Schools



School-Based Counseling



Aggressive or impulsive behavior...grief and sadness due to loss...difficulty coping with parental divorce or separation...these types of behavioral problems and/or emotional issues

can often show up in school as well as at home. The school-based counseling program is an innovative collaboration between Jefferson Center and the school districts in Jefferson, Clear Creek, and Gilpin Counties to help children and their families resolve tough problems.

Providing therapeutic services to students at school reduces barriers to mental health treatment that may occur due to social stigma or lack of transportation or childcare. Children whose mental health needs are addressed often improve their attention and ability to learn, and tend to have fewer referrals for disciplinary reasons. Jefferson Center's School-Based Counselors are mental health professionals experienced in family therapy and treatment of children. Students benefit from individual and group counseling; families can access family therapy, obtain parenting suggestions and behavior management strategies and learn about other resources. Counselors attend parent-teacher conferences, back to school night and other community events. School-based counseling services include: group, family and home-based counseling; parent support groups and education; social skills education in classroom; case management, community info and referral; psychiatric medication management/consultation. Resources are also available through Jefferson Center including psychiatric care, respite services and emergency services.

Building Hope Changing Lives Strengthening Community

School-based Health Clinics

Jefferson Center's School-based Health Clinics, collaboration with Metro Community Provider Network (MCPN) and Jefferson County Public Schools at Stein Elementary and Jefferson and Alameda High Schools, provide coordinated physical and behavioral healthcare for children up to 18 years old. Providing these vital services directly in the school setting enables increased access to care, and also decreases the stigma that often exists around mental health services. The school-based health clinic provides free access to counseling services that helps students cope with behavioral and emotional stressors. Counselors utilize preventative affective education to improve students' self-esteem, teach anger management techniques, and help children identify and appropriately express feelings. The school-based counseling staff provides individual, group, and family therapy, and offer training and consultation to school teachers and administrators. In addition to the behavioral healthcare component of the clinics, a variety of physical health services include: immunizations; preventive medical care and sports physicals; substance abuse and violence prevention counseling; asthma treatment; tobacco cessation and prevention programs; and acute medical care.

Day Treatment Programs at Sobesky Academy

In 1991 Jefferson Center and Jefferson County Schools partnered to develop day treatment services for children/youth who have emotional and educational needs that cannot be met in the regular school setting. The Day Treatment staff work closely with each child/youth and their family to develop and monitor an individualized plan for treatment. The type and mix of services are determined based on the individual needs of the adolescent and their family.

The program places a major emphasis on social, emotional and behavioral development. Basic skill development and application are stressed through individualized academic instruction guided by the child's Individual Educational Plans (IEP) and taught by certified special education teachers.

In this collaborative program, individualized intensive mental health treatment and academic services are coordinated and integrated, enabling the youth to stay in the community. Highlights of the program include a therapeutic milieu, low student to staff ratio, Individual Educational Plans (IEP's), individual, group and family counseling provided year-round.