



**THE CENTERS**

Health. Family. Work. **H.O.P.E.**

# School-Based Behavioral Health Therapy(SB-BHT)

Be seen. Be heard. **Be healthy.**

**SCHOOL-BASED SERVICES ADDRESS MENTAL AND BEHAVIORAL HEALTH STRUGGLES INCLUDING, BUT NOT LIMITED TO:**

Attention Difficulties

Depression

Social/Peer Challenges

Anxiety

Defiance

Grief And Loss

Aggression

Hyperactivity

Other Family/Home Stressors



**FOR MORE INFORMATION, CONTACT**

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The Centers School-Based Therapists provide individual counseling to children in charter and public schools throughout Cuyahoga County. These supportive services are brought directly to children at school and are incorporated into their academic day. Services are available year-round and provided in the community, at home, or via telehealth when schools are not in session.

Once a referral has been made and a provider has been assigned, each child will receive a mental health assessment from our master's level clinicians to better understand a child's history, presenting areas of need, and best course of treatment.

The Centers recognizes the importance of working together with families, teachers, administrators, and other service providers to assist children in meeting their behavioral and mental health needs in all environments. Our therapists use a collaborative approach to create individual service plans to best address a child's specific individual needs. We work alongside caregivers to monitor progress, provide psychoeducation, link to resources, and help implement strategies to see a positive change in the child's behavior and overall mental health.

Additionally, through our partnership with the ADAMHS board, The Centers is able to provide short-term consultation and prevention services within our identified schools. These services allow clinicians to reach a greater number of students within the schools via small or classroom groups, assess and triage urgent student needs, link students or families with needed resources, and facilitate psycho-educational opportunities with students and school staff.

