



# School - Based Therapy



School-Based Mental Health program is a collaboration between CMS, Mecklenburg County, and eight local mental health agencies, including Thompson. The goal is to increase access to mental health services by having mental health clinicians in schools providing outpatient therapy services during the instructional school day.

## SCHOOL BASED MENTAL HEALTH PROCESS:

1. A student, guardian, or staff member can initiate the process with a student services staff member.
2. Available supports will be reviewed to determine if SBMH is appropriate. If appropriate, and the child's guardian agrees, the student will be referred to Thompson School-Based Services.
3. Thompson will provide an overview of services and schedule a clinical assessment (which lasts 90-120 minutes).
4. A treatment plan with identified goals will be created and agreed.
5. The student will receive therapy once per week, or as required, at school to avoid disruption to schedules, or delays in service.
6. A monthly meeting between therapist and guardians will be scheduled to review progress and address questions.
6. The SBMH program is billed via insurance, just like regular outpatient therapy services. Copay or deductibles will still apply.

*Questions about this service please contact your child's school counselor or another member of the student services team.*



**THOMPSON**  
Strengthening Children, Families & Communities

For more information, contact Thompson  
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