

School-Based Youth Services



Hunterdon Healthcare

Your full circle of care.

Hunterdon Behavioral Health

School-Based Youth Services

We are a part of Hunterdon Behavioral Health, at Hunterdon Medical Center. We provide supportive counseling services to students onsite at schools across the county. We can meet with students as often as once a week and also see them on a “check-in” basis - every few weeks.

The program helps kids deal with their struggles outside the classroom so that they can succeed inside the classroom,”



Referral Process

We generally get referrals from school counselors; but referrals can come from anyone -parents, students friends, principal, school nurse - or the student.

Reasons for Referral may be anxiety, depression, peer issues, stress with family, academic issues - and sometimes when a student has lost a pet. There are many reasons a student could benefit from counseling this is just a short list.



Parents must sign paperwork allowing the student to participate...

When we get a referral for new student, will meet once with student prior to receiving the necessary paperwork from parents or guardian.

...and in cases of divorce, both parents must sign. Our records are covered under HIPAA, so they are confidential from the school unless parents sign a Release that allows us to have some contact with school (that's primarily with the student's school counselor). A Release is purely optional - but it does help us to provide the best coordinated care for the student.



Assessment & goals

We meet with student and do an assessment that includes the issues and develop - with the student - a list of goals we would then work on together.



We also provide referrals and case management.

If we feel that the student would benefit from seeing a psychotherapist or a doctor, we will make that recommendation and help facilitate that process.



But - there are exceptions to confidentiality...

...if the student is danger to themselves, a danger to others or is being abused by an adult, we are obligated to break confidentiality and share this information with the parents and the school.



Difference between school counselors and the School-Based Program

We generally function as an additional layer of intervention for students. If school counselors feel that their work with the student has not yielded the results they had anticipated, they can refer to us.

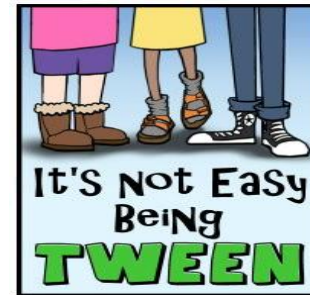


Signs that suggest the need for School-Based might be a student who...

Is in the counseling office frequently

Is dealing with issues beyond those that are typical

Experiences a “qualifying event” - loss of parent, serious illness



Finally, the School-Based counselor can be a resource for the school.

Presentations for the staff and parents, and participation in team meetings, help to round out the School-Based counselor's role.



QUESTIONS??????

