



Arlington
Public
Schools

POWERED BY  Hazel Health

APS x Hazel

Supporting HS / MS
students in APS



Every child

deserves care

What is Hazel Health?

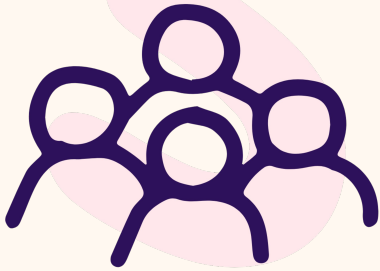
- The largest K-12 provider of school-centered telehealth
- All HS and MS students have access to 1-1 therapy with a licenced therapist regardless of insurance status, immigration status, or ability to pay

Hazel Health is @ home only!



257 MH sessions have taken place at home

Other Nearby District Partners



students now have **meaningful** access to evidence- based mental health services through this program.

Fairfax County Public Schools

Roanoke Public Schools

Alexandria City Public Schools

Prince Williams Public Schools

Henrico Public Schools

Who we are ?

A diverse team of licensed therapists who specialize in kids & teens

License types

LCPC, LMFT, LCSW-C
with avg. 7+ years of
clinical experience

90%

annual retention
among our clinicians

50%

identify as BIPOC,
or Black, Indigenous,
Persons of Color

40%

are bilingual,
totaling 30+ languages
spoken

✓ Locally licensed

✓ Evidence-based



Stephanie Gonzalez
*Licensed Clinical
Professional Counselor*



Norma Kawata
*Licensed Clinical
Professional Counselor*



Cindy Dorestant
*Licensed Marriage
and Family Therapist*



Ashley Usita
*Licensed Clinical
Professional Counselor*



Olivia Centuori
*Licensed Clinical
Social Worker-C*



Janethia Buckley
*Licensed Clinical
Professional Counselor*



Jean-Colt Belizaire
*Licensed Clinical
Professional Counselor*



Analee Phang
*Licensed Marriage
and Family Therapist*



What we work on in therapy?

The goal of therapy is to help kids feel less alone in their distress—and to equip them with skills and tools to solve problems on their own

Build self-esteem

Develop coping skills

Build resilience

Regulate emotions

Manage time & attention

Increase social confidence

Improve academic performance

Cope with grief or trauma

Form healthy friendships

Communicate effectively

Increase self-awareness

Tools to manage stress

Build confidence

Enhance self-control

Build family connection

Boost problem-solving

Learn healthy self-talk

How would I know if I should refer my child?

Hazel can help with all of the following:

Your child is experiencing:

- Transitional stress related to change in school, family dynamics, peer conflicts
- Challenging life events
- Grief/Loss
- Academic stress

You are noticing behavioral changes:

- Anger, Anxiety, Stress, Depression, Self-Esteem, Motivation, etc

Attendance Issues / Chronic Absenteeism

Your family prefers:

- (\$0) No-cost Mental Health Support
- The convenience of remote services and/or being seen at school

You are looking for expedited care:

- School services are at capacity
- Immediate support is needed for a student on a community waitlist

Children are **2x as likely to complete treatment** with Hazel

8 in 10 children who access mental healthcare at Hazel through their school complete treatment — making them 3x less likely to drop out early compared to traditional community mental health settings.

Traditional Outpatient
Community MH Setting

60%

treatment dropout rate

6 in 10 children who access care in traditional community mental health settings drop out of treatment early.¹

vs.

 Hazel Health

20%

treatment dropout rate

2 in 10 children who access care through Hazel drop out early; 80% complete treatment.²

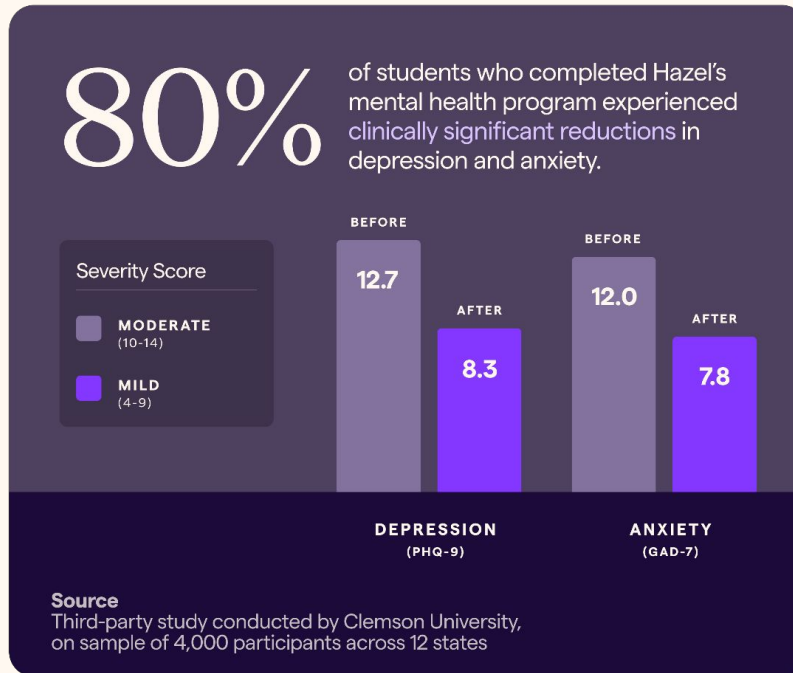
The impact of that treatment? **80%** of children experience **clinically significant improvements** after an average of **6** sessions.



Our clinical outcomes

Third-party validation

In one of the largest studies assessing the clinical efficacy of school-based teletherapy to date, Clemson University conducted a third-party analysis on the impact of Hazel's program on depression and anxiety among a sample of 4,000+ students across 12 states.



↓ **35%**
average reduction in severity across both depression and anxiety

6
after an average of six teletherapy sessions

What can I expect when Hazel contacts me?

A Hazel Enrollment Coordinator will give you a call to ask for your permission and arrange an “intake appointment” with a therapist for you and your child. During this meeting, the therapist will get to know your child’s needs. After that, we will set up weekly sessions for your child with the therapist based on the supports your child needs.

Your student was referred to teletherapy with Hazel Health!

Here's what to expect next:

STEPS:

1. Scheduling: ~5 minutes

You will receive an email and/or text from Hazel Health with a link to schedule your enrollment call. You can also schedule your enrollment by dialing 888-641-7063.

2. Enrollment call: ~10 minutes

A Hazel team member will:
- Help you fill out a consent form and insurance if needed
- Walk you through the process
- Answer your questions

3. Intake visit: ~75 minutes

The Hazel intake therapist will assess your student, their health history, and their unique needs. A legal guardian must attend this session for at least the first 30 minutes.

4. Weekly therapy: ~45 minutes

The Hazel therapist develops a personalized evidence-based teletherapy program. Your student participates in weekly sessions with their therapist

5. Care beyond Hazel

If your student needs long term care, our Family Resource Manager team will follow up and recommend 3 community providers to consider based on your family's needs.

- ✓ No out-of-pocket costs
- ✓ Support for all students: insured or uninsured

Have more questions?

Find your district's sign up page at getstarted.hazel.co