

WMS

Parent

Chat

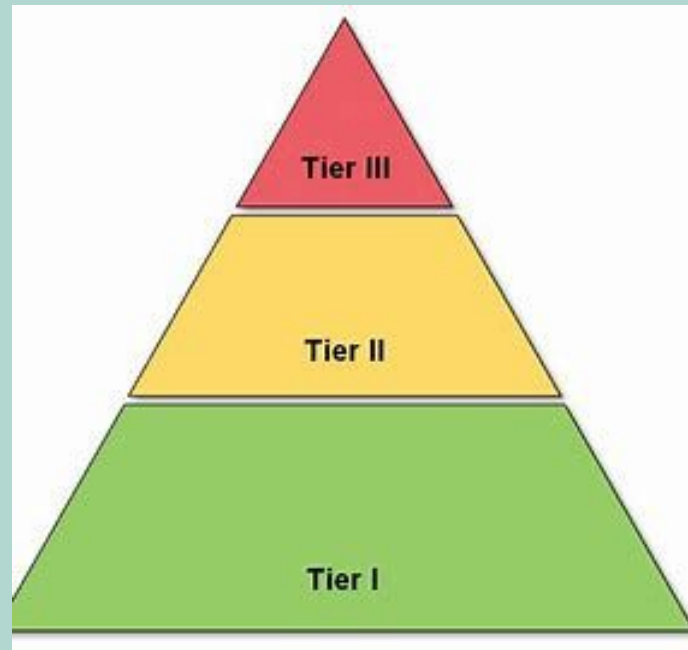
Tuesday, February 4th
8:00 am - 9:00 am

Welcome!

Today's Agenda:

- Introductions
- School-Based Tiered Supports
- Community-Based Mental Health Resources
 - Presenters
 - Natalie Lawson, Hazel Health
 - Jennifer Campbell-Raab, Nurse Educator, VA Peer Warm Line
- How to access services
- Q&A

School-Based Tiered Supports

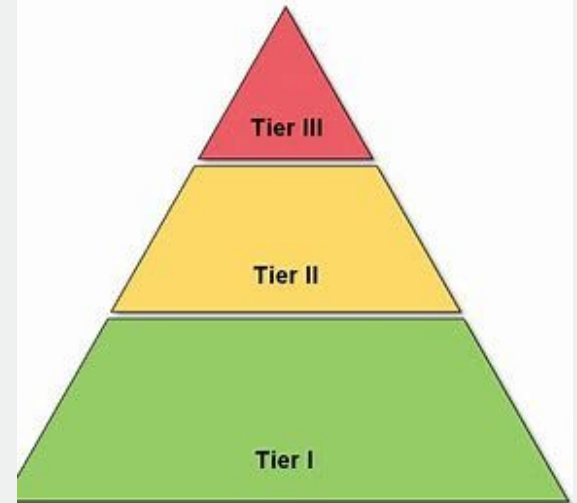
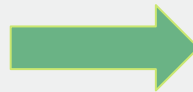


Tier I: Universal Supports

Core concepts are explicitly taught and reinforced by every adult in the school environment across the entire school with all students, at all times. When consistently implemented, Tier 1 strategies should assist the vast majority (roughly 80%) of students in demonstrating competencies and behaviors that lead to academic success. These supports remain in place even for students who have been identified as needing targeted or intensive support.

Examples:

- *Clear classroom/school expectations*
- *Character education lessons*
- *Parent/guardian communication*
- *Teacher/student conferences*
- *Post daily/weekly schedules*
- *Organization strategies*
- *Verbal Redirection*



Tier II Interventions: Targeted Supports

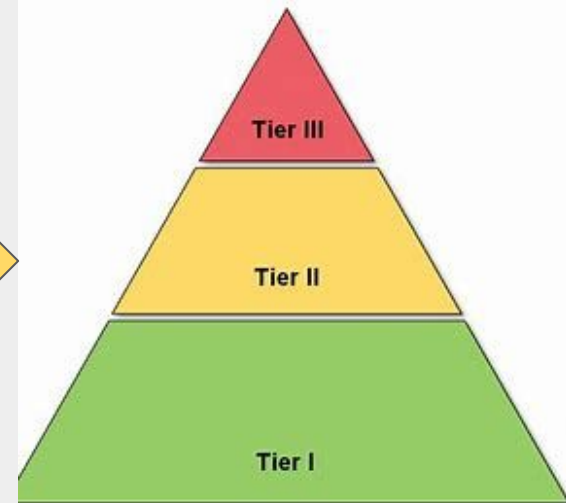
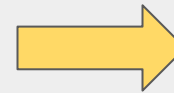
Tier I supports continue when students are demonstrating documented difficulties and need some additional support. Targeted additional support (Tier II) is provided in small group support or consistent one-to-one check-ins. Generally, Tier 2 strategies are needed for about 15% of a student population.

Interventions:

- *Individual conferences*
- *Small Groups*
- *Behavior contracts*
- *Behavior Support Plans (NOT in conjunction with an FBA)*
- *Check-in/Check-out (CICO)*
- *Check and Connect*
- *Restorative Circles / Restorative Conversations*

Supports:

- *Conduct Observations*
- *Consult related services staff/specialists*
- *Collaboration w/ outside agencies*



Tier III Interventions: Intensive Supports

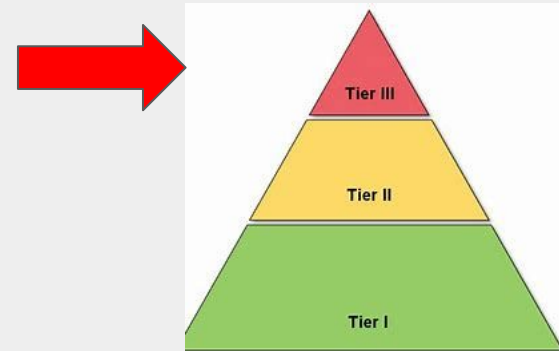
Tier III targets supports for students with the highest level of need(s). These interventions are typically delivered on an individual basis and are meant to encompass only 5% of the student population. Tier III supports are the most intensive supports offered.

Interventions:

- *Individual counseling sessions (social skills, SEL, mental health support, etc.)*
- *Individualized Interventions (Specific Targeted Goals)*
- *Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP)*

Supports:

- *Behavior Specialist Referral*
- *Intervention Counselor*
- *Referral for external services when appropriate*



When might you want to seek outside services?

- o When your child asks for it!
- o Ongoing school avoidance/refusal
- o Sudden changes in eating, sleeping, energy level, isolation/
social interaction, hygiene, academic performance or
motivation
- o Suicidal ideation, self-harm and pervasive negative thoughts
- o Family changes – divorce, death or illness

Community-Based Mental Health Resources

Hazel Health



Connect your child or teen to virtual mental health support

With Hazel Health, your child can get the mental health support they need, at school or at home, **at no cost to you.**

Virtual sessions with licensed therapists

- 1 Sign up**
Give permission for your child or teen to see a Hazel therapist
- 2 Therapy referral**
Either you or a school staff member refers your child to therapy by contacting Hazel
- 3 First therapy session**
Hazel matches your child with a therapist and schedules an appointment
- 4 Weekly therapy sessions**
Over video, the therapist helps your child cope with what they're feeling
- 5 Therapy completion**
Your child has achieved their therapy goals and is discharged from the therapy program
- 6 Care coordination**
If needed, Hazel helps connect your family with long-term mental health services in your community

During weekly therapy sessions, Hazel Health therapists help students understand and cope with what they're feeling

Anxiety

Depression

Grief/loss

Self-esteem

Change

Academic stress

Bullying

and more

Services are available at school during school hours, and at home Monday to Friday between 7am-7pm local time

Scan to learn more



Learn more and consent for services hazel.co/acpsk12

Request a therapy appointment for your child by calling Hazel Health at 1-800-76-HAZEL (42935). Services differ by district and school. To see what services your district offers, visit hazel.co/get-hazel.

VA Peer Warm Line

Mental Health
VIRGINIA

PEER SUPPORT.
HERE WHEN YOU NEED US.

Call our Warm Line
866-400-6428



Call or text for nonjudgmental & confidential mental health support.

CALL
Monday - Friday
9 AM - 9 PM

TEXT
Daily
5 PM - 9 PM

LIVE CHAT
Daily
5 PM - 9 PM

WEEKENDS & HOLIDAYS
5 PM - 9 PM

SPANISH CALL SUPPORT
Friday & Saturday
5 PM - 7 PM



WHO WE ARE

Our trained Peer Recovery Specialists are here to listen, support and offer resources to anyone with mental health concerns.

If you are in crisis, call or text the
Suicide and Crisis Lifeline at 988.

mentalhealthvirginia.org



Arlington County Mental Health Services

Your family's health and wellness is our priority. Below you'll find Arlington County resources to help your family in times of crisis or emergency. Help is only a phone call away.



Regional Crisis Call Center (HOPELINK) 703-527-4077

Call to: get connected to a professional who will refer to crisis services.

Text CONNECT to 85511



Mobile Crisis (CR2) 703-527-4077

Call when: A person is in crisis, having an emergency, or needs to talk

Text CONNECT to 85511



REACH 703-527-4077

Call when: An individual with developmental disability needs crisis intervention.

Text CONNECT to 85511



Emergency Services 703-228-5160

Call when: A person is at risk of harming themselves or others.



Children's Behavioral Healthcare 703-228-1560

Call when: There are concerns about a young person's mental health or drug/alcohol use.



Trans Lifeline 1-877-565-8860

Call when: Seeking trans peer support for the trans community. It is by, and for, trans people.



Trevor Project 1-866-488-7386

Call when: a young person who is LGBTQIA+ seeks crisis intervention or suicide prevention services.

Children's Behavioral Health Bureau

would like to share with you

NEW WAYS TO ACCESS ELECTRONIC REFERRAL FORMS AND MORE



Please visit our website or scan
the **QR code** to access and
submit an electronic referral
form and email release of
information form to
CBHBinfo@arlingtonva.us



**ARLINGTON
VIRGINIA**

Child & Family Services

WHERE ON OUR WEBSITE?

Same Day Access (Children's Behavioral Health)

It's OK to ask for help!

Arlington County is committed to providing quality care and service to the members of our community. When it comes to mental health and substance use needs there are often challenges to accessing services when people are most in need and motivated to begin the recovery process. We are pleased to announce that our Same Day Access hours of operation have been extended to offer mental health and substance use services that are more accessible for members of the community.



Access our services in a way that best works for you!

- Drop-in for an assessment without an appointment (hours below)
- Call us for consultations, questions, or to schedule an appointment at 703-228-1560

Telehealth and in-person services are available.

Same Day Access Assessment hours:

| | | |
|-----------|------------------|------------------------|
| Monday | 10 A.M. - 2 P.M. | Drop-In Only* |
| Tuesday | 10 A.M. - 2 P.M. | Scheduled Appointments |
| Wednesday | 10 A.M. - 2 P.M. | Scheduled Appointments |
| | 3 P.M. - 6 P.M. | Drop-In Only* |

CONTACT US

Children's Behavioral Health Bureau
2100 Washington Blvd., 3rd Floor
Arlington, VA 22204
[Map, Directions, Transit Information](#)

For Client Services

- Call Children's Behavioral Health Same Day Access: 703-228-1560.
- Call the Regional Crisis Call Center for 24-hour mobile crisis response: 703-527-4077 or text CONNECT to 855-11
- **If you need emergency mental health services, call 703-228-5160.**

Hours of Operation

Same Day Access Assessment Hours

- County holiday schedule
- Closings, delays and cancellations

Make a Referral

Professionals and providers may fill out this online referral form and submit a Release of Information form (available in English and Spanish) to cbhbinfo@arlingtonva.us.

Can my child receive psychiatric medication?



[I am a professional, can I refer a youth and/or family that I am working with?](#)

Yes, to make a referral please [fill out this online referral form](#) and submit a Release of Information form, available in [English](#) and [Spanish](#), and then e-mail it to cbhbinfo@arlingtonva.us.

You can alternatively ask the legal guardian to contact 703-228-1560 to schedule an intake or visit us during drop-in hours.

NOTE: If you are a legal guardian or youth requesting services, you do not need to fill out this form.





MARYMOUNT UNIVERSITY
SCHOOL OF COUNSELING

THE COMMUNITY CLINICAL MENTAL HEALTH COUNSELING TRAINING-CLINIC (CMHC CLINIC)


The CMHC Clinic provides **FREE** counseling services via telehealth to anyone in rural, urban, and suburban communities in the Commonwealth of Virginia. The CMHC Clinic is committed to increasing mental health care equity and assisting in eliminating the stigma surrounding mental health among marginalized communities.

OUR SERVICE:

- ✓ Individual counseling
- ✓ Family Counseling
- ✓ Group Counseling
- ✓ Telehealth & In-Person Appointments Available Now!



**CONTACT US TO SCHEDULE A FREE
APPOINTMENT TODAY!**

 703-908-7611

 mhclinic@marymount.edu



INTENSIVE OUTPATIENT PROGRAMS (IOP)

- SUBSTANCE USE DISORDER IOP
- BEHAVIORAL HEALTH IOP

The Intensive Outpatient Program (IOP) at VHC Health provides structured, intensive group counseling for youth, ages 13-17. Our programs offer personalized care to address the substance use disorder and mental health recovery needs using evidenced-based practice in a welcoming and patient-centered space on the main campus of VHC Health.

Process for Supporting Outside Referrals



Where to Begin?

[APS Mental Health Webpage](#)

[Hazel Health - free through APS](#)

[Arlington Children's Behavioral Health](#)

[Psychology Today](#)

[APS Parent Resource Center](#)



Please complete a VERY short feedback form so we can make our Parent Coffees the best they can be!



THANK YOU FOR JOINING US!