



Compass Health is excited to offer School Based Therapy to the school districts in our service area. Due to valued partnerships with funding sources including MoHealth Net, Compass Health is able to embed licensed or provisionally licensed therapists in the schools who are competent in delivering behavioral health services to students K-12. Students who are experiencing emotional or behavioral issues such as depression, suicidal thoughts, anxiety, trauma, bullying, anger/aggression, etc. can receive assistance in a familiar setting.

Compass Health Network (CHN) is committed to providing care to students that has proven efficacy for specific conditions. Quality and Compliance are at the forefront of our service model and continuous quality improvement is achieved through a variety of monitoring activities.

***CHN is a Certified Community Behavioral Health Clinic, a Community Mental Health Center, and a Federally Qualified Health Center offering a full continuum of health care including medical, dental, behavioral health, and substance use services.***

***We are credentialed by the Missouri Department of Mental Health, accredited by the Commission of Accreditation of Rehabilitation Facilities, and recognized by the National Committee for Quality Assurance.***



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# School-Based THERAPY



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PROMOTE WELLNESS.

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School faculty and administration identify students in need of therapy services and send required documentation home to parents/guardians. Once the completed forms are returned, therapists are able to begin meeting with students one-on-one for an assessment of need. Because Compass Health uses a holistic approach to care, the assessment will also include screening for other health issues and parents/guardians will be supported in accessing these services as needed.

Findings of the assessment lead to the development of a comprehensive Wellness Plan with recommended interventions to meet the needs of the student.

Treatment services for therapy include individual sessions using a variety of evidenced based methods that may include: Play Therapy, Cognitive Behavior Therapy, Trauma-Focused CBT, and Solution-Focused Brief Therapy to name a few. Family/guardians may also be invited to participate in family therapy sessions which can assist in improving family relationships, resolving conflicts, establishing healthy boundaries, and forming strong bonds.

Also, therapists are able to demonstrate skills to teachers, working as an integrated team to help students be more successful in the classroom. Therapists are available to assess students' needs and identify goals needed for the creation of individual education plans.



### **Benefits of School-Based Therapy provided by Compass Health**

- Students are served in a familiar setting; increased access to care by eliminating barriers associated with seeking services in the community (transportation, taking off work, etc.).
- Reduces student time spent outside of the classroom, protecting precious instruction time.
- Promotes an integrated and holistic approach to student overall health and well-being. Team members communicate regularly and contribute to student success.
- Students have access to a full continuum of care through the Compass Health Network including medical, dental, and other behavioral health services, including psychiatry and substance use services.