



Compass Health Network is excited to offer school-based therapy to the school districts in our service area. We are committed to providing care to students and our school communities through evidence-based practices with proven outcomes.

Is my student a good candidate for school-based therapy?

If your student is struggling with the following presenting concerns, we can help:

- Emotional or behavioral issues
- Depression
- Anxiety
- Self-harm
- Suicidal thoughts/behaviors
- Trauma
- Bullying
- Anger/aggression
- Substance use

Compass Health Network 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.



For more information, please talk with the school counselor at your student's school.



School-Based Therapy



Compass Health[®]
Network



How do I get a student connected to school-based therapy?

Talk with the school counselor at your school. They will fill out a referral form for your student. This prompts our school-based therapist to contact you and share details on getting the required documentation to you for review and signature.

What happens after I give consent for my student to have school-based therapy?

The school-based therapist will set a time to meet with you and your student to complete a comprehensive assessment. This information is used to build a wellness plan with specific goals designed to meet the needs of your student and your family.

What will my student do in school-based therapy?

Our school-based therapists meet with your student regularly and utilize a variety of evidence-based practices, including:

- Play Therapy
- Cognitive behavioral therapy
- Trauma-focused cognitive behavioral therapy
- EMDR
- Solution-focused brief therapy

Parents/guardians are invited and encouraged to be active in the treatment process. We cannot do this without YOU!

Our school-based therapist will work with your student's school to help them be more successful in the classroom and understand how best to support your student.

Benefits of school-based therapy

- Students are served in a familiar setting
- Eliminates barriers with securing services in the community (transportation, taking off work, etc.)
- Reduces student time spent outside of the classroom
- Provides an additional resource to the school staff in working with students struggling in the classroom
- Families have access to a full continuum of care through the Compass Health Network including community psychiatric rehabilitation services, psychiatry, medical, dental and substance use services.

