ABOUT SCHOOL-BASED THERAPISTS

School-Based Therapists work in the field of Marriage and Family Therapy, Professional Clinical Counseling, Clinical Social Work, and/or Pupil Personnel Services. These may include licensed individuals, postgraduate level associates, or graduate level students/trainees.

- Licensed Marriage and Family Therapist (LMFT) or Registered Associate Marriage and Family Therapist
- Licensed Clinical Social Worker (LCSW) or Associate Clinical Social Worker
- Licensed Professional Clinical Counselor (LPCC) or Registered Associate Professional Clinical Counselor
- Pupil Personnel Services Credential (PPSC) Emphasis: School Counseling or School Social Work

For more information about how your students in your district may access mental health services, visit us at:

wellnesstogether.org

welnesstogether
wel2gether
wel2gether

Wellness Together
P. (877) 412-8031
E. info@wellnesstogether.org

Creating Access to Student Mental Health Services
HELP YOUR STUDENTS SUCCEED WITH STUDENT MENTAL HEALTH SERVICES

Wellness Together provides evidence-based interventions for your students facing social and emotional challenges that impact academic performance, attendance, and behavior at school. Let us partner with your school or district to provide School-Based Therapists delivering data-driven programs that support your Local Control and Accountability Plan (LCAP) goals. Improve your Multi-Tiered System of Supports (MTSS) by making these important Tier 2 and Tier 3 interventions available to all of your students.

![Detailed data reports throughout the year](image)

![School-Based Therapists on your school campus](image)

Mental health services available with secure video conferencing

Cost effective approach to add student learning supports to your MTSS

FREQUENTLY ASKED QUESTIONS FAQs

What is the role of a School-Based Therapist (SBT)?
School-Based Therapists collaborate with school personnel, students, and families to promote social and emotional wellness and support student success.

Who qualifies for services?
Any student who is enrolled in a participating school district may be referred. School-based therapy services are typically offered within Tier 2 or Tier 3 of a school’s Multi-Tiered System of Supports (MTSS).

How do students access services?
Schools designate staff members to make student referrals. Typically, these individuals are members of a Student Support Team (SST), school counselors, school psychologists, or administrators.

Where and when are services provided?
Sessions take place on school campus during the school day, either in person or online.

How long are individual or group counseling sessions?
Sessions are approximately 40 minutes in length and are offered weekly.

How are student mental health services funded?
Local Educational Agencies (LEAs) utilize different funding sources to provide these mental health services to students and families. Contact Wellness Together at info@wellnessstogether.org to discuss potential funding options for your school or district.

SOCIAL & EMOTIONAL LEARNING

Using Cognitive Behavior Therapy (CBT), students learn to:
- Set personal and academic goals
- Recognize unhelpful thoughts and behaviors
- Identify thoughts that trigger negative emotions
- Create positive replacement thoughts and behaviors
- Implement new coping skills that support learning

FAMILY ENGAGEMENT

School-Based Therapists (SBTs) engage parents, guardians, extended family, friends, and/or community members to:
- Create S.M.A.R.T. goals
- Identify solutions to guide the student toward his or her goal
- Monitor progress
- Provide follow-up support
- Offer additional community resources