

Delaware County School Based Behavioral Health Programs

Child Guidance Resource Centers

Upper Darby School District: *High School, Hillcrest Elementary School, Stonehurst Elementary School*

Child Guidance Resource Centers (CGRC) Outpatient Services in the Upper Darby School District are designed to increase access to care for children and families in this underserved area, and to facilitate collaboration with school supports. The outpatient program helps children with mental health difficulties, and their families, reduce behavioral symptoms and improve emotional well-being. CGRC is licensed as an outpatient psychiatric clinic by the Pennsylvania Department of Public Welfare. It is a free-standing, private, non-profit community-based mental health center.

PROGRAM PHILOSOPHY:

Child Guidance Resource Centers believes that children, adults and families have basic competencies that they can utilize to work toward and achieve treatment goals. Our efforts focus on helping clients identify their strengths and assets in addition to their problems, because available coping skills are essential elements in the treatment process. We collaborate with clients, families, and school staff to help them efficiently improve their functioning and ability to manage current social demands. This philosophy results in the use of short term, practical treatment methods that focus on symptom reduction and improving both psychological and social functioning. CGRC is committed to providing high quality mental health services to children, adolescents, and families without regard to age, sex, race, religion, ethnic background, handicap, or sexual orientation. In addition to increasing access to care, our school-based outpatient clinics allow for closer and more efficient collaboration with the child's school team.

SERVICE DESCRIPTION:

Services are provided by experienced child and family therapists. Therapists have graduate level training (master's degrees) and clinical experience working with children, adults and their families. The school-based therapists are licensed clinicians. Our school-based clinicians primarily provide services during the school day, but also offer appointments before and after school hours on an as needed basis to accommodate family's work schedules.

Within the Upper Darby School District, services are offered at Hillcrest Elementary School (2601 Bond Ave., Drexel Hill, PA 19026), Upper Darby High School (601 N. Lansdowne Ave., Drexel Hill, PA 19026), and Stonehurst Elementary School (7051 Ruskin Lane, Upper Darby, PA 19082). Children are typically referred by teachers, guidance counselors, or administrative staff, but may also be self-referred. Services are available for all students at each school. Hillcrest Elementary and Stonehurst Elementary are both K-5 schools. The High school is 9-12th grade. On occasion, students from other schools within the district are also seen at these schools.

CGRC offers an array of diagnostic and therapeutic services including individual, group, and family therapy provided directly in the school setting. This enables clients and families to access care within their own community and facilitates collaboration with school supports. Referral to our Havertown office for other services such as psychological evaluation and testing, psychiatric evaluation, and prescription of medication with psychiatric consultation and monitoring is available as needed. Our school-based

clinicians are also able to help families connect with higher levels of care such as BHRS and Family Based Services when indicated.

ADMISSION AND DISCHARGE CRITERIA:

Admission Criteria

- 1) Children who attend the Upper Darby School District
- 2) The child/adult has a DSM diagnosis.
- 3) There are significant cognitive, behavioral, and/or social impairments which interfere with the child's ability to function in the home, school, or community.
- 4) The presenting problem as verified through bio-psychosocial assessment is appropriate for outpatient treatment.
- 5) The child and family demonstrate motivation to comply with treatment.
- 6) The child is not in imminent danger of harm to self or others which requires a more restrictive treatment setting.
- 7) The child does not have a primary diagnosis of substance abuse, eating disorder, intellectual disability or learning disability although these may be secondary diagnosis.
- 8) The child is medically stable and does not require more intensive medical monitoring.

Discharge Criteria

1. Treatment goals as established in the child's/adult's treatment plan, have been accomplished.
2. The child's/adults clinical condition has improved as reported by parent/guardian or as observed and documented by the therapist.
3. The child/family or adult have failed to attend or participate in therapy despite documented outreach efforts.
4. The child/adult no longer meets continued stay criteria.

Child Guidance Resource Centers
William Penn School District- *Walnut Street Elementary & Pennwood Middle School*

MISSION STATEMENT:

Child Guidance Resource Centers Outpatient Services in the William Penn School District are designed to increase access to care for children and families in this underserved area, and to facilitate collaboration with school supports. The outpatient program helps children with mental health difficulties, and their families, reduce behavioral symptoms and improve emotional well-being. CGRC is licensed as an outpatient psychiatric clinic by the Pennsylvania Department of Public Welfare. It is a free-standing, private, non-profit community-based mental health center.

PROGRAM PHILOSOPHY:

Child Guidance Resource Centers believes that children, adults and families have basic competencies that they can utilize to work toward and achieve treatment goals. Our efforts focus on helping clients identify their strengths and assets in addition to their problems, because available coping skills are essential elements in the treatment process. We collaborate with clients, families, and school staff to help them efficiently improve their functioning and ability to manage current social demands. This philosophy results in the use of short term, practical treatment methods that focus on symptom reduction and improving both psychological and social functioning. CGRC is committed to providing high quality mental health services to children, adolescents, and families without regard to age, sex, race, religion, ethnic background, handicap, or sexual orientation. In addition to increasing access to care, our school-based outpatient clinics allow for closer and more efficient collaboration with the child's school team.

SERVICE DESCRIPTION:

Services are provided by experienced child and family therapists. Therapists have graduate level training (master's degrees) and clinical experience working with children, adults and their families. The school-based therapists are licensed clinicians. Our school-based clinicians primarily provide services during the school day, but also offer appointments before and after school hours on an as needed basis to accommodate family's work schedules.

Within the William Penn School District, services are offered at Walnut Street Elementary School (224 S. 6th St, Darby, PA 19023) and Pennwood Middle School (121 Summit St., Darby, PA 19023). Children are typically referred by teachers, guidance counselors, or administrative staff, but may also be self-referred. Services are available for all students at each school. Walnut Street Elementary is a K-6 school and Pennwood Middle School is a 7th and 8th grade school. On occasion, students from other schools within the district are also seen at these schools, determined on a case by case basis.

CGRC offers an array of diagnostic and therapeutic services including individual, group, and family therapy provided directly in the school setting. This enables clients and families to access care within their own community and facilitates collaboration with school supports. Referral to our Havertown office for other services such as psychological evaluation and testing, psychiatric evaluation, and prescription of medication with psychiatric consultation and monitoring is available as needed. Our school-based clinicians are also able to help families connect with higher levels of care such as BHRS and Family Based Services when indicated.

ADMISSION AND DISCHARGE CRITERIA:

Admission Criteria

- 1) Children who attend Walnut Street Elementary or Pennwood Middle School
- 2) The child/adult has a DSM diagnosis.
- 3) There are significant cognitive, behavioral, and/or social impairments which interfere with the child's ability to function in the home, school, or community.
- 4) The presenting problem as verified through bio-psychosocial assessment is appropriate for outpatient treatment.
- 5) The child and family demonstrate motivation to comply with treatment.
- 6) The child is not in imminent danger of harm to self or others which requires a more restrictive treatment setting.
- 7) The child does not have a primary diagnosis of substance abuse, eating disorder, intellectual disability or learning disability although these may be secondary diagnosis.
- 8) The child is medically stable and does not require more intensive medical monitoring.

Discharge Criteria

1. Treatment goals as established in the child's/adult's treatment plan, have been accomplished.
2. The child's/adults clinical condition has improved as reported by parent/guardian or as observed and documented by the therapist.
3. The child/family or adult have failed to attend or participate in therapy despite documented outreach efforts.
4. The child/adult no longer meets continued stay criteria.

Child Guidance Resource Centers Southeast Delco School District- Academy Park High School

MISSION STATEMENT:

Child Guidance Resource Centers Outpatient Services in the Southeast Delco School District are designed to increase access to care for children and families in this underserved area, and to facilitate collaboration with school supports. The outpatient program helps children with mental health difficulties, and their families, reduce behavioral symptoms and improve emotional well-being. CGRC is licensed as an outpatient psychiatric clinic by the Pennsylvania Department of Public Welfare. It is a free-standing, private, non-profit community-based mental health center

PROGRAM PHILOSOPHY:

Child Guidance Resource Centers believes that children, adults and families have basic competencies that they can utilize to work toward and achieve treatment goals. Our efforts focus on helping clients identify their strengths and assets in addition to their problems, because available coping skills are essential elements in the treatment process. We collaborate with clients, families, and school staff to help them efficiently improve their functioning and ability to manage current social demands. This philosophy results in the use of short term, practical treatment methods that focus on symptom reduction and improving both psychological and social functioning. CGRC is committed to providing high quality mental health services to children, adolescents, and families without regard to age, sex, race, religion, ethnic background, handicap, or sexual orientation. In addition to increasing access to care, our school-based outpatient clinics allow for closer and more efficient collaboration with the child's school team.

SERVICE DESCRIPTION:

Services are provided by experienced child and family therapists. Therapists have graduate level training (master's degrees) and clinical experience working with children, adults and their families. The school-based therapists are licensed clinicians. Our school-based clinicians primarily provide services during the school day, but also offer appointments before and after school hours on an as needed basis to accommodate family's work schedules.

Within the Southeast Delco School District, services are offered at Academy Park High School (300 Calcon Hook Road, Sharon Hill, PA 19079). Children are typically referred by teachers, guidance counselors, or administrative staff, but may also be self-referred. Academy Park services children from 9-12th grade. Services are available for all students. On occasion, students from other schools within the district are also seen at these schools.

CGRC offers an array of diagnostic and therapeutic services including individual, group, and family therapy provided directly in the school setting. This enables clients and families to access care within their own community and facilitates collaboration with school supports. Referral to our Havertown office for other services such as psychological evaluation and testing, psychiatric evaluation, and prescription of medication with psychiatric consultation and monitoring is available as needed. Our school-based clinicians are also able to help families connect with higher levels of care such as BHRS and Family Based Services.

ADMISSION AND DISCHARGE CRITERIA:

Admission Criteria

- 1) Children who attend SE Delco School District
- 2) The child/adult has a DSM diagnosis.
- 3) There are significant cognitive, behavioral, and/or social impairments which interfere with the child's ability to function in the home, school, or community.
- 4) The presenting problem as verified through bio-psychosocial assessment is appropriate for outpatient treatment.
- 5) The child and family demonstrate motivation to comply with treatment.
- 6) The child is not in imminent danger of harm to self or others which requires a more restrictive treatment setting.
- 7) The child does not have a primary diagnosis of substance abuse, eating disorder, intellectual disability or learning disability although these may be secondary diagnosis.
- 8) The child is medically stable and does not require more intensive medical monitoring.

Discharge Criteria

- 1) Treatment goals as established in the child's/adult's treatment plan, have been accomplished.
- 2) The child's/adults clinical condition has improved as reported by parent/guardian or as observed and documented by the therapist.
- 3) The child/family or adult have failed to attend or participate in therapy despite documented outreach efforts.
- 4) The child/adult no longer meets continued stay criteria.