

## **Delaware County School Based Behavioral Health Programs**

**Crozer Community Hospital- *Community School at the Aston Location*  
100 Crozerville Road, Aston PA19014**

### **Community School (Elementary/Middle School Program) Program Philosophy:**

The mental health services at Community School are for children whose social and emotional disturbances are interfering with their educational progress and their ability to grow and learn in the school setting. The program offers students and families the opportunity to access licensed outpatient mental health services in a school setting.

All Students receive a comprehensive assessment that includes a complete psychiatric evaluation at intake and yearly as well as educational testing and evaluations as indicated. The counseling program is driven by specific behavioral treatment goals that are developed with input from the students, families, social worker, psychiatrist and school personnel. These behavioral treatment goals focus on specific positive behaviors that will ultimately lead to educational success. Students receive individual therapy and group therapy in accordance with their IEP team recommendations.

The Crozer mental health clinicians at the Community School use the Committee for Children's Second Step curriculum when facilitating group therapy sessions. Through the use of videos, music, take home activities, in-class activities and role plays, the Second Step curriculum assists students in developing their social-emotional skills. Topics include: making friends, managing and regulating feelings and emotions, anger management, bullying, and problem solving.

Psychiatric services include full evaluation and assessment, crisis assessment, diagnosis, consultation, and medication management to supplement the therapeutic supports when desired by the family. The Community School psychiatrist is available in the program 30 hours per week and leads a weekly clinical meeting for mental health and academic personnel.

The Delaware County Intermediate Unit contracts directly with Crozer Chester Medical Center's Community Division for eight hours of substance abuse education. This clinician provides group counseling/psychoeducational information to students in the Delaware County Academy high school program as well as facilitates groups in the Community School middle school. This clinician is also available to provide consultation to student who request or have been identified to be struggling with substance abuse issues. Student age is always considered, and proper consent obtained when applicable.

**Delaware County Academy**  
**100 Crozerville Road**  
**Aston, PA 19014**  
**610-459-3050**

The Delaware County Academy (DCA) is an alternative high school program which is part of the Delaware County Intermediate Unit (DCIU) Special Programs division. Delaware County Academy serves both male and female students, ages 14 and older in grades 9th through 12th. Delaware County Academy provides a small, supportive learning environment. Students may be referred by any of the fifteen school districts in Delaware County. The DCA administration works very closely with the home school districts to monitor progress, credit accumulation as well as to determine the feasibility of a return to district programming. In addition to providing academic instruction in all major subject areas using traditional and computer assisted instruction.

Crozer provides licensed outpatient counseling services. These services include individual and group therapy services. Psychiatric consultation, evaluation and medication monitoring is also provided through an on-site Child and Adolescent Psychiatrist if desired by the family.

Two clinicians presently work in the DCA program and will be piloting a group curriculum known as ART (Aggression Replacement Therapy). The ART curriculum has been selected for use with this population. ART or Aggression Replacement Therapy is a research-based, proven-effective approach for working with challenging youth. Aggression Replacement Training features three notable components that include: social skills training, anger control and moral reasoning.

Clinicians in the program provide case management services which include: close contact and communication with parents and community agencies such as mental health providers. The program is highly individualized and utilizes a school-wide positive behavior support plan. Active family communication is encouraged.

**Forward Bound  
100 Crozerville Road,  
Aston PA 19014**

### **Forward Bound Program Philosophy**

The Forward Bound program located at the Aston location. Forward Bound is a self-contained educational program identified for high school students who have been identified with a serious mental illness. The Delaware County Intermediate Unit contracts with Crozer Chester Medical Center to provide one full-time licensed clinician and four hours weekly of psychiatric time to support this program.

Due to the complex nature of their mental illness, students in the Forward Bound program have previously experienced many barriers in their former educational placements. The students in the Forward Bound program, ages 14 through 21, benefit from the small learning environment as the program has a maximum capacity of eight students.

In addition to receiving access to a challenging academic curriculum, the students are supported by a licensed mental health clinician who provides group therapy, individual therapy and case management services as outlined in each student's Individualized Educational Plan (IEP). The therapist works in conjunction with the program psychiatrist to provide four additional hours weekly solely to support the students in the Forward Bound classroom.

This program provides consultation, crisis intervention and medication management services. The therapist assigned to this classroom is trained in Illness Management and Recovery (IMR). IMR is an evidenced based practice used by the clinician to assist the Forward Bound students to develop personal strategies for coping with mental illness and moving forward with their lives.

The program itself incorporates a variety of educational, motivational as well as cognitive- behavioral techniques in hopes of encouraging clients to pursue personal goals. Specific topics include: building social support, advocating for self within the mental health system, stress management, using medication safely and effectively, reducing relapse, building social support, and practical facts about mental illness, etc.

**New Pathways  
School Based Behavioral Health Program  
100 Crozerville Road,  
Aston PA 19014**

New Pathways is a unique, intensive, school-based behavioral health program funded by Magellan Behavioral Health and the child's home school district. The program, a collaborative venture between Crozer Chester Medical Center, Delaware County Office of Behavioral Health, Magellan Behavioral Health and the Delaware County Intermediate Unit, serves all school districts in Delaware County. The program is approximately 12 months long. This includes: a summer program which incorporates academic and recreational activities.

Services include: Individual Counseling, Group Counseling (using the evidenced based Second Step Curriculum), Academic Instruction, Psychiatric Evaluation, Medication Management, Peer Mediation, Conflict Resolution Training, Active Family Participation, Positive Reinforcement, Social Skills Training, Systems Collaboration, Peer Mentoring, Recreational Activities, Transition Planning, Daily Award Ceremonies, Positive Education Program Philosophies, Blended Mental Health/Academic Model, Strength Based Treatment, Small Class Size (10-11 students), Transition Planning, and Summer Program.

The New Pathways program is grounded in the philosophy of Re-Education as developed by psychologist Dr. Nicholas Hobbs. Re-Education or Re-Ed as it is commonly referred to, is a philosophical basis for working with children and youth who have emotional and/or behavioral disorders. Re-Ed is a strength-based approach.

**Hours of Operation:**

7:30 AM – 4:00 PM, Monday through Friday, following the DCIU school year calendar. Located at *100 Crozerville Road, Aston PA 19014*. The program operates 12 months- academic school year plus 6 weeks of summer program. All students referred to the program must be currently active with Medical Assistance.

**Client Characteristics:**

Age Range Served- Children and adolescents ages 8-14 years (all children served are school age students with special education Individual Education Plans specifying the need for social and emotional supports in their school setting).

**Admission Criteria:**

Service is provided after the student has been accepted into the school via the Intermediate Unit educational placement process. All students enrolled at The Delaware County Academy and Aston Community School receive mental health services from Crozer staff working full time in the schools. The psychiatrist meets regularly with the educational staff to provide ongoing clinical information and consultation (both student- specific and more global in nature).

**Intake Procedures:**

Referrals are initiated by public and nonpublic school staff to the Delaware County Intermediate Unit. The overall mental health needs of the student are assessed at an initial intake interview and incorporated into the Individualized Education Plan. A Treatment Plan is developed based on that assessment. The student's individual and group treatment are integrated into the daily school routine and focus on issues that have hindered his or her educational, social, and emotional development.

**Case Management Procedures:**

The social workers at Community School provide the Administrative Management functions associated with the Base Service Unit; some students, who meet criteria, will be case managed by Blended Case Management.

**Treatment/Rehabilitation Modalities:**

Provides therapeutic services for children in the school setting:

**Psychiatric Services:**

This program has 30 hours of psychiatric time per week. The psychiatrist is responsible for intake evaluation, ongoing psychiatric evaluation, medication consultation and prescriptions, and staff supervision.

**Discharge Criteria:**

Graduation from the school; transfer from the school; discharge from the school for reasons other than graduation, or, a change in the Individualized Educational Plan.

**Follow-up Services:**

Follow-up services are provided to families by the Community School mental health staff. For planned discharges, all children and families are given discharge instructions at the point of discharge. Any necessary follow-up occurs via the social worker that worked with the child while he or she participated in treatment. If the family has been referred to another provider, program, or service, the social worker (after obtaining signed releases from the family or adolescent) may make intake appointments or arrange meeting dates and times to ensure continuity of care.

**The County Alternative High School**  
**710 South Old Middletown Road**  
**Media, PA 19063**  
**(610) 619-9870**

### **High School Program Philosophy**

The Delaware County School Based Behavioral Health Programs are a uniquely effective model of education, family, and mental health collaboration. The model allows for a proactive, integrated approach to the child's strengths and needs with intensive academic and mental health supports.

The behavioral health services at The County Alternative High School (TCA) are designed to treat adolescents whose social and emotional disturbances have historically interfered with their educational progress. The program offers students and families the opportunity to access mental health services in a licensed outpatient setting within the school program.

Treatment goals are developed in conjunction with the students, their families when appropriate, their clinician, psychiatrist and school personnel. These behavioral treatment goals focus on specific positive behaviors that will ultimately lead to educational success and ideally improved coping strategies.

Each student at TCA receives individual counseling with their assigned therapist and group therapy. Group therapy sessions utilize Dr. Sandra Bloom's S.E.L.F. Trauma-Informed Psychoeducational Group Curriculum. S.E.L.F., a cognitive behavioral therapeutic approach, is an acronym that focuses on four key aspects of recovery that include: Safety, Emotional Management, Loss and Future.

TCA also utilizes the (ART) Aggression Replacement Therapy. ART is a research-based, proven-effective approach for working with challenging youth. ART features three notable components that include: social skills training, anger control and moral reasoning. PATTS (Peaceful Alternatives To Tough Situations) is also utilized at TCA.

The program also employs among its outpatient clinicians a therapist that specializes in substance abuse. This clinician is able to meet with clients identified to be struggling specifically with issues related to drugs and/or alcohol.

Psychiatric services provide consultation, crisis intervention, full evaluations and medication management to supplement the therapeutic supports. The TCA psychiatrist is available in the program 20 hours per week and leads a weekly clinical meeting for mental health and academic personnel.

## **Delaware County Girls Prep Program Program Philosophy**

The Delaware County Girls Prep program serves females in 9<sup>th</sup>-12<sup>th</sup> grade. This includes both Regular and Special Education students. In addition to providing a comprehensive academic program, the Girls Prep program provides an intensive mental health counseling program in a single sex environment for girls whose learning needs are best suited in this type of educational environment.

The Delaware County Intermediate Unit contracts with Crozer Chester Medical Center's Community Division to provide one full-time licensed clinician to support this classroom. Students in the classroom receive individual therapy, group therapy, and case management services. Daily crisis intervention is offered as well. Psychiatric consultation, evaluation, crisis assessment and medication monitoring are offered by the program psychiatrist. The psychiatric services provided by the psychiatrist are available 20 hours per week (split with TCA general).

Mental health counseling utilizes a strengths-based, skills building approach to create a safe space for girls to address risky behaviors, build on protective factors, and improve relationships in a format that interests and engages girls. The clinician has been trained in Dr. Sandra Bloom's S.E.L.F. Trauma-Informed Psychoeducational Group Curriculum. S.E.L.F., a cognitive behavioral therapeutic approach, is an acronym that focuses on four key aspects of recovery that include: Safety, Emotional Management, Loss and Future.

**ACES Program  
ES/ID Classroom  
Program Philosophy**

The Delaware County Intermediate Unit contracts with Crozer Chester Medical Center's Community Division to provide ten hours of psychiatric consultation to a small group of students located at TCA. Student population includes: students with history of behavioral issues coupled with mild to moderate cognitive deficits. Services include: psychiatric assessment and consultation, crisis assessment/evaluation and medication monitoring services.

The psychiatrist also facilitates a clinical meeting for academic staff in conjunction with the assigned Crozer clinician. The site is a licensed outpatient site. A clinician is assigned to work in the classroom within the program, providing both individual therapy services and group therapy services in accordance with IEP guidelines. Case management services are provided as well including outreach to family and outside system providers.

**Hours of Operation:**

7:30 AM – 4:00 PM, Monday through Friday, following the Delaware County Intermediate Unit (DCIU) school year calendar.

**Client Characteristics:**

Age Range Served- Adolescents ages 14 – 21 years (all children served are school age students with special education Individual Education Plans specifying the need for social and emotional supports in their school setting).

**Admission Criteria:**

Service is provided after the student has been accepted into the school via the Intermediate Unit educational placement process. All students enrolled at The County Alternative High School receive mental health services from Crozer staff working full time in the schools. The psychiatrist meets regularly with the educational staff to provide ongoing clinical information and consultation.

**Intake Procedures:**

Referrals are initiated by public and nonpublic school staff to the Delaware County Intermediate Unit. The overall mental health needs of the student are assessed at an initial intake interview and incorporated into the Individualized Education Plan. A Treatment Plan is developed based on that assessment; the student's individual and group treatment is integrated into the daily school routine and focus on issues that have hindered his or her educational, social, and emotional development.

**Case Management Procedures:**

The social workers at TCA provide the Administrative Management functions associated with the Base Service Unit; some students, who meet criteria, will be referred to Blended Case Management.

**Treatment/Rehabilitation Modalities:**

Provides therapeutic services for adolescents in the school setting. Services include: psychosocial screening/assessment; individual and group therapy; psychiatric evaluation; crisis intervention and assessment; medication management if desired; drug and alcohol services including individual therapy and assessment.

**Psychiatric Services:**

This program has 20 hours of psychiatric time per week. Psychiatrists are responsible for intake evaluation, ongoing psychiatric evaluation, medication consultation and prescriptions, and staff supervision. Students in the Forward Bound Program receive 4 hours of consultation per week of psychiatric services weekly.

**Discharge Criteria:**

Graduation from the school; transfer from the school; discharge from the school for reasons other than graduation, or, a change in the Individualized Educational Plan.

**Follow-up Services:**

Follow-up services are provided to families by the TCA mental health staff. For planned discharges, all children and families are given discharge instructions at the point of discharge. Any necessary follow-up occurs via the social worker that worked with the child while he or she participated in treatment. If the family has been referred to another provider, program, or service, the social worker (after obtaining signed releases from the family or adolescent) may make intake appointments or arrange meeting dates and times to ensure continuity of care.

**Chester High School**  
**Outpatient Clinic 200 W. 9<sup>th</sup> St.**  
**Chester, PA 19013**  
**610-447-8249**

The Enrichment Academy program is a unique school-based behavioral health program that provides outpatient therapy services to students with significant emotional and/or behavioral concerns, those returning to the school district from either an out of district private alternative placement or from a placement within the juvenile court system. The Enrichment Academy is a 10-month school based alternative program housed in the Chester High School for students with an Emotional Support classification as part of their Individualized Educational Plan.

Referrals can be made through the school's SAP (Student Assistance Program). Students with outpatient counseling services outlined in their Individual Education Plan related service section will be provided individual therapy as well. In addition, all students are eligible to receive psychiatric consultation and medication management

**Hours of Operation:**

7:30 AM – 4:00 PM, Monday through Friday, following the Chester Upland School District school calendar.

**Toby Farms Elementary  
School Outpatient Clinic  
201 Bridgewater Road,  
Brookhaven PA 19015  
610-447-3815**

The Toby Farms program is a unique school-based behavioral health program that provides outpatient therapy services to students with significant emotional and/or behavioral concerns, those returning to the school district from either an out of district private alternative placement or students who would typically be placed out of district to keep them in district. This is a 10-month school based alternative program housed in the Toby Farms Elementary School for students with an Emotional Support classification as part of their Individualized Educational Plan.

Referrals can be made through the school's SAP (Student Assistance Program). Students with outpatient counseling services outlined in their Individual Education Plan related service section will be provided individual therapy as well as group therapy. The students also have access to a psychiatrist one day a week.

**Hours of Operation:**

7:30 AM – 4:00 PM, Monday through Friday, following the Chester Upland School District school calendar.

**South East Delco  
Delco Academy  
Outpatient Clinic  
800 MacDade Blvd  
Collingdale, PA 19023  
610-915-3496**

The South East Delco Outpatient Clinic is a K-12 school-based behavioral health program that provides outpatient therapy services to students with significant emotional and/or behavioral concerns, those returning to the school district from either an out of district private alternative placement or students who would typically be placed out of district to keep them in district. This is a 10-month school based alternative program housed in Collingdale for students with an Emotional Support classification as part of their Individualized Educational Plan.

Referrals can be made through the school's SAP (Student Assistance Program). Students with outpatient counseling services outlined in their Individual Education Plan related service section will be provided individual therapy as well as group therapy. The students also have access to a psychiatrist one day a week.

**Hours of Operation:**

7:30 AM – 4:00 PM, Monday through Friday, following the Southeast School District school calendar.

**Client Characteristics:**

Age Range Served- Children and adolescents grades K-12 (all children served are school age students with special education Individual Education Plans specifying the need for social and emotional supports in their school setting).

**Admission Criteria:**

Service is provided after the student has been accepted into the program via the Southeast Delco School District educational placement process. All students enrolled at the Delco Academy receive mental health services from Crozer staff working full time in the schools. The psychiatrist meets regularly with the educational staff to provide ongoing clinical information and consultation.

**Intake Procedures:**

Referrals are initiated by the Southeast Delco School District. The overall mental health needs of the student are assessed at an initial intake interview and incorporated into the Individualized Education Plan. A Treatment Plan is developed based on that assessment; the student's individual and group treatment are integrated into the daily school routine and focus on issues that have hindered his or her educational, social, and emotional development.

**Case Management Procedures:**

The social workers at the Delco Academy provide the Administrative Management functions associated with the Base Service Unit; some students, who meet criteria, will be referred to Blended Case Management.

**Treatment/Rehabilitation Modalities:**

Provides therapeutic services for adolescents in the school setting. Services include: psychosocial screening/assessment; individual and group therapy; psychiatric evaluation; crisis intervention and assessment and medication management if desired.

**Psychiatric Services:**

This program has 8 hours of psychiatric time per week. Psychiatrists are responsible for intake evaluation, ongoing psychiatric evaluation, medication consultation and prescriptions, and staff supervision.

**Discharge Criteria:**

Graduation from the school; transfer from Delco Academy into another Southeast Delco school; discharge from the school for reasons other than graduation, or, a change in the Individualized Educational Plan.

**Follow-up Services:**

Follow-up services are provided to families by the Delco Academy mental health staff. For planned discharges, all children and families are given discharge instructions at the point of discharge. Any necessary follow-up occurs via the social worker that worked with the child while he or she participated in treatment. If the family has been referred to another provider, program, or service, the social worker (after obtaining signed releases from the family or adolescent) may make intake appointments or arrange meeting dates and times to ensure continuity of care.