

## **SCHOOL BASED MENTAL HEALTH SERVICES**

HELPING STUDENTS SUCCEED IN AND OUT OF SCHOOL



Stanford Sierra Youth & Families (SSYAF) provides supportive services, such as mental health assessments, treatment plans, individual interventions, and group services for students. Services can be uniquely tailored to meet the individual needs of the school.

### **Services in school can include (but are not limited to):**

- **Mental Health Assessment, Screening, and Referral:**

Comprehensive mental health assessment and linkage to appropriate counseling and support services.

- **Individual Services:**

Individual services can help improve a student's ability to learn and excel and truly benefit from the lessons they are being taught. Services can come in the form of one-on-one assessment, treatment planning, behavior management, individual rehabilitation, and skills building.

- **Group Services:**

Group services are an effective, efficient way in which services can benefit a large number of students and can lead to positive culture change for the school as a whole. Examples of group services include suicide prevention, anger management, mindfulness, and social skills groups. SSYAF can customize group services to meet the unique needs of the school.

- **Behavior Support Plans (BSP) & Crisis Prevention and Intervention:**

A qualified SSYAF staff can provide individual and group services to students and can inform teachers on mental and behavior health topics, as well as assist in the management of classroom behaviors.

- **Consultation:**

Group training sessions can be offered to staff and administrators on the topic of Trauma Informed Crisis De-escalation & Prevention.

### **For more information, contact:**

Tonya Bauhofer, Clinical Director  
(916) 417-1367  
tbauhofer@ssyaf.org

Sara DeCoursey, Associate Director  
(916) 616-9687  
sdecoursey@ssyaf.org