



## School-Based Therapy

Centerstone offers **School-Based Therapy** in more than 20 Tennessee counties. Providing integrated mental health treatment for children and adolescents, School-Based Therapists work within preschool, elementary, middle and high school facilities, helping students overcome behavioral, emotional or social problems that interfere with success at school and at home. Common issues may include:

- Aggression
- Anxiety
- Depression
- Isolation
- Poor Social Skills
- Stress
- Trauma
- Truancy

Our therapists help students reduce disruptive behavior and improve self-monitoring skills. Integrated as members of the school team, we can serve youth in a familiar setting, offering minimal interruption to their school day.

### Services:

School-Based Therapy includes:

- Individual therapy
- Family and group counseling
- Risk assessments (e.g., suicide – as needed)
- Specialized training and support services for parents and teachers
- Collaboration with other community providers
- Linkage to additional community resources

### Our Staff

Centerstone's School-Based Therapists are master's level credentialed to provide services based on their degree in social work, counseling or psychology. These creative professionals partner with teachers, school administrators and parents to develop individualized treatment plans and behavioral interventions for students.

### Referrals

Teachers, guidance counselors, principals, providers or parents may refer students for these services. To make a referral or sign up, call the child's school and ask to speak with a Centerstone School-Based Therapist.

### Funding

Funding for Centerstone's School-Based Therapy varies from county to county. Services may be funded by state or federal grants, TennCare, private insurance or self-pay. Call Centerstone to learn more about School Based Therapy in your community.

### Contact Information

Centerstone provides School-Based Therapy to thousands of children and youth throughout Tennessee.

For a complete list of schools with a Centerstone therapist on-site, please visit:

[centerstone.org/school-based](http://centerstone.org/school-based)

### About Centerstone

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

