



## **OUTSOURCED BEHAVIORAL HEALTH/EDUCATION SERVICES**

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

### **Philosophy and Purpose**

Children experiencing emotional, behavioral and mental health issues can have difficulty coping with daily life, and often struggle to succeed in traditional schools. Their problems interfere with their ability to learn, may cause them to harm themselves or others, and prevent them from meeting their full potential. Children who face this struggle need special education and behavioral health services support. Wesley Spectrum can partner with schools to offer an encouraging environment, build resiliency and restore hope for a brighter future.

### **Eligibility**

More than 20 percent of children and adolescents have mental health problems. We provide mental health therapists, behavior specialists and special education consultants to help children who have mental health needs that are impacting their academic progress, and could be helped by therapy and learning supports.

### **Availability**

Wesley Spectrum Outsourced Behavioral Health/Education Services are available to any of 52 school districts in five counties in Southwestern Pennsylvania, for elementary, middle or high school programs.

### **Funding**

The cost of providing services is covered by the individual school district. There is no cost to the student.

### **Intake**

We meet with school district officials to discuss the specific needs of their student population. Together we develop a successful program. Some districts experience cost savings when they are able to keep their students in the district.

### **Licensure and Accreditation**

All Wesley Spectrum professionals, therapists and teachers maintain current credentials through professional development and licensing.

### **Treatment Approach**

School districts are facing demands to offer students a continuum of services – including mental health services. By partnering with Wesley Spectrum, they can give their students the best possible support, provided by high quality, experienced therapists. These services may allow a child to stay within the school instead of going to a more restrictive educational setting.

Wesley Spectrum partners with families, students and school districts to design a program that enhances the continuum of services provided to students with learning and social/emotional needs. Our professionals can provide school-based treatment that benefits children within their own school and community.

Wesley Spectrum achieves the best outcomes for each child by basing our decisions – every step of the way – on what is best for this individual child. We call this Kid-Centered Decision Making and it encompasses Kid-Centered Planning, Kid-Centered Environment and Kid-Centered Measurement. By treating each child as an individual, we are able to give the child what he or she needs, within the context of the regular school day. This gives each child an individualized program: a better plan, a better environment and better outcomes.

### **Services**

Through Outsourced Behavioral Health/Education Services, Wesley Spectrum helps children who are experiencing emotional, behavioral or mental health problems. We provide skilled professionals who go to schools or other organizations to extend their capabilities, delivering services to children in those facilities. We provide each clinician with training, access to psychiatric consultation, and clinical supervision to be certain that evidenced-based practices are followed. We can also provide strategies for students with Autistic Spectrum Disorders and workshops or in-service training for staff and/or families.

Our master's prepared mental health therapist (intervention specialist) can blend mental health with education through individual therapy, group therapy, family services, relapse prevention, crisis plans, and collaboration with or referral to



## *Strength to learn, to live, to love*

other community providers or services. Our bachelor's level intervention specialist will work with LS/ES classroom teachers to help students develop skills for social/behavioral functions, conflict resolution, problem solving, decision-making and building relationships. They can also offer crisis support. All bachelor's level staff have immediate access to consultation with a Wesley Spectrum mental health therapist and psychiatrist.

Another service option is for Wesley Spectrum and the school district to work together to design a school-based partial hospital program. This service provides intensive therapy for students and is integrated into their academic school day. Funding for this service may be supported through Medical Assistance.

### **Outcomes**

Wesley Spectrum Services works with the school in a partnership, to help as teachers document students' behavior and academic performance and track their progress toward their individual goals. A student's goals might include a happier and more successful school experience, better attendance and/or more involvement in mainstream classrooms with less restrictive environments. A teacher's goal might be to feel more successful

in educating and managing the ES students. Many schools survey parents' level of satisfaction, and review and compare attendance records.

Public schools face difficult challenges in trying to anticipate and meet these students' needs. A partnership with Wesley Spectrum provides stability and support to students with mental health issues and helps them achieve their full social and academic potential.

### **Contact Information**

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