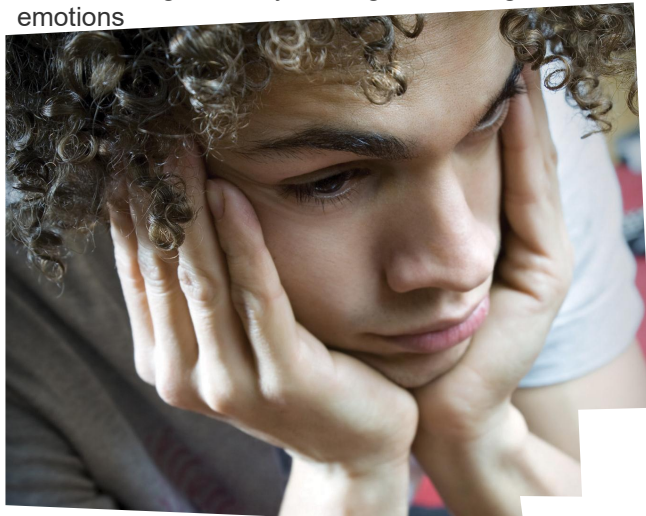


Being able to recognize and support mental health needs in schools matters because:

- Mental health problems are common and often develop during childhood and adolescence
- They are treatable!
- Early detection and intervention strategies work. They can help improve resilience and the ability to succeed in school & life

Signs of Possible Concern:

mood problems, anxiety, sleep problems, family stress, family or community violence, school behavior and attention problems, inattention and impulsivity, nightmares, irritability, difficulty concentrating, difficulty dealing with strong emotions



Licensed Mental Health Practitioners



**Taira Masek, LCSW, MPA
MHPP Project Director**



**Meaghen Wostoupal, LMHP, CPC
Mental Health Practitioner**



**Korina Cave, M.S.E., LMHP
Mental Health Practitioner**



**Meaghan Delaney, M.S.E., PLMHP
Mental Health Practitioner**



2320 N. Colorado Ave
Fremont, NE 6826-0649
402-721-7710

2020-21 Participating Districts

- Cedar Bluffs
- Oakland-Craig
- Wisner-Pilger
- North Bend Central
- Tekamah Herman
- Logan View

School-Based Mental Health Services



Not all wounds are visible.

We can help! Contact your School Counselor or Administrator for additional information

Graduate Level Interns



Maddie Gage Megan Unwin Laura Krieger Shannon Pille Birdi Miramontes

To be healthy as a whole, your mental health plays a vital role!

Mental Health Professional Partnership (MHPP)



Every Child has the Potential to Thrive!



Each child is unique. Our priority is teaching young people the skills they need to manage their strong emotions so that they can thrive

Why School Mental Health?

Good mental health is critical to children's success in school and life. Mental health is not simply the absence of mental illness but also encompasses social, emotional, and behavioral health and the ability to cope with life's challenges.

Research has shown that students are more likely to seek counseling when services are available in school. Schools offer an ideal environment for prevention, intervention, positive development, and regular communication between school and families.

What is MHPP?

Mental Health Professional Partnership (MHPP) works with school districts to build comprehensive school mental health systems that serve elementary, middle, and high school youth. MHPP utilizes the strengths and expertise of school and community-partnered professionals to provide services and supports that address social, emotional, and behavioral well-being of students.

Services may occur by direct or remote presence through video or telephone resources. These services are provided by a master's level school mental health intern, a provisionally licensed or a fully licensed mental health clinician. Mental Health services could include: screening and assessment, individual counseling, group counseling, crisis intervention and support, classroom behavior support, teacher/school staff consultation, advocacy, resource sharing, and collaboration for the purpose of student success.

What is a comprehensive school-based mental health system?

- Provide array of evidence-based services
- Represent partnerships between school staff and community mental health program staff that allow schools to integrate student mental health into the educational setting
- Operate on the foundation of school-community-family-youth partnerships
- Address a full range of academic, behavioral, and social needs for students

Goals:

MHPP is focused on strengthening positive coping skills and building resiliency in today's youth. A lack of these skills can lead to high-risk behaviors. Positive coping skills can provide today's youth the power to control their stress and handle upsets.

Collaboration:

School-based clinicians establish relationships with their school through teams that include grade level teachers, guidance counselor, principal, and clinician. If anyone of the school team feels that consultation services are warranted, a phone call will be made home to the parent or legal guardian. If the family is open to consultation, and the parent gives consent and signs the necessary paperwork, a student may be seen for individual or group counseling during the school day.

Crisis Intervention

Crisis Services provide intervention, assessment, supportive counseling, linkage, and follow-up services for staff, students, and families facing various types of crisis.



How do I get more information?

If you or a family member have questions, to find out more or to request counseling services talk with your school counselor or administrator.

