



8/26/21

Hello Parents and Guardians,

Xenia Community Schools has partnered with Catalyst Counseling, LLC to offer a School Based Support Worker (SBSW) for the district. SBSW services are free to students and families and provide prevention, intervention and education services that help eliminate barriers to academic success.

SBSWs are able to provide:

- Screening for mental health symptoms to help with emotional support and education
- Development of Achievement Plans that focus on grades/credits
- Referrals to community resources and agencies (food, clothing, utilities, shelter)
- Suicide prevention
- Coping skills and peer support groups

Referrals to SBSW services can be made by school staff as well as parents/guardians. The SBSW will attempt to contact the guardian at the first meeting with the student. Signed consent by the parent or guardian is required by the 6th meeting of the student and SBSW.

If you do not want your child to be seen by a Catalyst SBSW, please contact your child's administrator.

Catalyst Counseling, LLC is an organization that provides holistic and strength-based mental health services in a school setting. Catalyst promotes optimal academic/school functioning, developmental assets, and overall health and wellness to help people live happier, more fulfilling lives. Catalyst Counseling, LLC's SBSWs will have the advantage of providing early detection, immediate intervention, accessible, convenient services, as well as effective collaboration and coordination. A school based support worker will be part of the first line mental health team at Xenia Community Schools and will focus on mental health screening, goal setting, crisis intervention, safety planning, prevention, and coping skills education.

Early Detection and Immediate Intervention

The first signs of emotional distress are often detected in a school setting by teachers, administrators, counselors, school psychologists, or truancy officers. Problems related to attendance, behavior, and credits often indicate underlying mental health issues. School personnel are more likely to refer students for mental health services when the services are offered within the school and they have an established working relationship with the mental health team.

Catalyst onsite SBSWs will be easily accessible to students to provide immediate intervention. SBSWs have the advantage of providing onsite crisis intervention, consultation, mental health support and education, and team/family meetings to all students regardless of insurance. SBSWs are able to screen students for the severity of mental health issues and make achievement plans focused on improving behavior, relationships, and grades. Students are able to engage in coping skills practice and application in real life situations to promote teachable moments in peer and adult interactions. If students have more intensive needs, with parent/guardian permission, support workers can refer students to an onsite Catalyst school based therapist in their building for a mental health assessment.

Accessible and Convenient Services

Students spend a significant amount of their time in school. Catalyst Counseling, LLC SBSWs recognize the importance of providing full-time accessibility and convenient services by having offices located within the school. Research suggests that students are substantially more likely to seek help when mental health services are available in their school. School based support work allows for more accessible mental health screening, intervention, prevention, coping skills education, and referrals for medical services and basic needs. Additionally, SBSWs are able to provide immediate crisis intervention to students that otherwise would have waited an excessive amount of time for an offsite crisis team to respond or spend hours in the emergency room. Immediate intervention by a school based support worker creates the feeling of a caring and safe school environment.

Effective Collaboration and Coordination

Catalyst Counseling, LLC SBSWs bridge the gap between students, families, community, school professionals, and school based therapists. Building strong relationships is at the forefront of school based practice to provide more effective advocacy for students and families within the school setting. SBSWs provide education to school staff about mental health signs and symptoms, high risk warning signs, and when to make a referral. SBSWs work closely with parents/guardians, teachers, administrators, counselors, school psychologists, and truancy officers on behavioral interventions, safety plans, 504 plans, and individualized education plans (IEPs) as well as attending multidisciplinary team meetings. Support workers are able to make referrals to and collaborate with Catalyst therapists. This collaboration enhances students' emotional well-being and improves their academic performance. SBSWs also make referrals to outside entities such as medical professionals, hospitals, community agencies for basic needs, and juvenile court/probation officers.

Hours and Contact Information

Catalyst Counseling, LLC SBSWs work in the schools, office, and client home settings; therefore their hours of availability vary and are tailored to the needs of their students. Catalyst school-based Support workers may, at their discretion, give their cell phone numbers to students for purposes of scheduling only. For mental health emergencies, call 911 or contact your local crisis line.

- TCN Behavioral Health Crisis Hotline (Greene County) - (937) 376-8701
- National Crisis Line - 1-800-273-TALK (8255)
- Crisis Text Line - Text CONNECT to 741741

We are excited about this partnership that is a free support to students and families. **Again, please contact your child's school administrator if you do not want your student to see a Catalyst SBSW.** Let's make 2021-2022 a fantastic year to eliminate barriers to academic success!