

PCS believes that, whenever possible, treatment should take place in a child's natural environment—and what better setting than school, where kids spend so much of their time.

Several PCS services are provided on-site, in schools. PCS school based services vary in their intensity and purpose. Below you will find brief descriptions of those services.

## School Based Outpatient

School Based Outpatient (SBO) is a community based alternative to traditional outpatient therapy. In School Based Outpatient, PCS licenses a school as a satellite outpatient facility, thus allowing for services to be billed to Medical Assistance (MA). PCS places a therapist on site at schools to meet the mental health and drug & alcohol treatment needs of students. Individual, family, and group counseling are the main components of SBO.

SBO services allow a child to have access to treatment during the day, thus eliminating common barriers such as:

- Low parental involvement
- Lack of transportation
- Scheduling difficulties

Interestingly, less than 20% of children enter treatment when referred to a traditional outpatient clinic.

However, more than 90% of children enter treatment when referred to a school based outpatient program. PCS currently offers SBO in many schools across south central Pennsylvania.

## Behavioral Health Rehabilitation Services

Behavioral Health Rehabilitation Services (BHRS), more commonly known as Wrap Around Services, are for children who need individual therapeutic assistance. A skilled staff person works with the child for a specified number of hours per week in his/her home, school, and/or community.

Behavioral Specialist Consultants (BSC), Mobile Therapists (MT), and Therapeutic Staff Supports (TSS) work together to provide the following services:

- Formulation and implementation of behavioral treatment plans
- Collaboration with and transfer of skills to parents, school staff, and other caregivers
- Specialized treatments targeting symptoms of various childhood mental health disorders such as Attention Deficit Hyper-Activity Disorder, Oppositional Defiant Disorder, and Anxiety Disorders
- Specialized Autism treatment

## Student Assistance Program

The Student Assistance Program (SAP) places trained assessors in schools to identify students who are experiencing behavioral and/or academic difficulties which pose a barrier to their learning success. Together, parents and the SAP team work to develop a plan to help the child succeed in school. The plan might involve services and activities in school and/or services from a community agency. The SAP team will offer support to identified students and their families and assist them in accessing relevant school and/or community services.

The Student Assistance Program (SAP) offers:

- Identification and assessment of personal, family, and school related problems
- Brief counseling and consultation
- Referral to and continued support with appropriate and accessible services and resources

The primary focus of SAP is to help students overcome difficult barriers in order to achieve goals, remain in school, and advance in their emotional growth.



## Alternative Education

Alternative Education settings offer students who struggle to fit into mainstream classrooms a viable opportunity for success. PCS provides counseling within junior and senior high school Alternative Education Programs.

The program is designed to assist students who have been placed in Alternative Education for committing violations like drug possession, fighting, weapons violations, etc. The goal is to rehabilitate students, enable them to complete their education successfully, and avoid expulsion.

Pennsylvania Counseling Services, in conjunction with Alternative Education Programs, can offer the following benefits to students:

- Individual, group, and family counseling
- Emotional development
- Behavioral growth

Since its inception in 1994, the program has been quite successful. The average length of stay for students is 90 days. Most participants complete the program successfully and return to their public school.

Our goal by providing these programs is to put a caring therapist in the life of every hurting child.

Pennsylvania Counseling Services offers the following programs in schools:

- School Based Outpatient (SBO)
- Behavioral Health Rehabilitation Services (BHRS)
- Student Assistance Program (SAP)
- Alternative Education

To learn more about PCS school based services, please call 1-800-777-0305.

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Placing a caring therapist in the life of every hurting child

# SCHOOL BASED SERVICES

WE CAN HELP YOUR STUDENTS.

A life changed early...  
is a life changed forever.



Touching Lives for Greatness