



Together...making health and well-being a reality!



SCHOOL-BASED MENTAL HEALTH SERVICES

School Based Mental Health Services

Aspire Indiana provides students and their families with behavioral health services while minimizing disruption of learning and growth in an educational setting.

SERVICES INCLUDE:

- Therapy
- Life Skills Instruction
- Case Management

WHY ASPIRE?

Aspire Indiana has been providing quality behavioral health services for more than 40 years. Aspire Indiana Health provides primary medical care which, combined with our powerful behavioral health legacy, becoming a true fully integrated “whole health” provider.

As a CMHC, we can provide the Medicaid Rehabilitation Option (MRO). What this means is that we can provide the additional “add-on” services to therapy that those providing only therapy cannot.

Our life skills and case management services allow for the objectives being worked on in the therapy sessions to be practiced and incorporated into the student’s daily life. This could include assistance and collaboration with the family and teachers, before and after school programs, day care providers, guidance counselors, etc. This allows for more focused time with the student to achieve their goals for a happier, more fulfilling life.

Therapy Services

WHAT

Therapy services can include individual therapy, family therapy and group therapy. Therapy services can happen in the school setting in a confidential space. If qualified by insurance, therapy services can also be provided in the home or community setting.

HOW

Therapy services are a therapeutic service provided by a Master’s level clinician and overseen by a licensed professional. The goal of therapy is to work toward an objective identified in the client’s treatment plan, which is built on the client’s diagnosis and Level of Need.

WHO

A client must have at least one of the following:

- Active Medicaid coverage
- A qualifying diagnosis
- Medical necessity — there is a clinical need and the services provided are an appropriate response to that need

Life Skills Instruction Services

WHAT

Life Skills Instruction services include, but are not limited to, services to aid in the achievement of developmental milestones that would have been achieved if not for the presence of a behavioral health disorder.

This can include restoring a person’s ability to live independently or gain independent living skills (money

management, using community services, etc.). Medication related education, parenting education/training, domestic violence education, participation in Child & Family Team meetings (if prompting and assisting client and/or caregiver in the use of skills), Coping skills related to illness management, anger/conflict management, foster family support, child development education, social skills, and behavior modification.

A Client would qualify for skills based on assessment administered by Master's level therapist, which would be identified on treatment plan related to diagnosis and need assessment.

HOW

Skills instruction is a therapeutic services provided by Bachelor's level clinician and overseen by a Master's level therapist. Life skills instruction would be provided in order to work towards an objective identified on the student's treatment plan, which is built on the client's diagnosis and Level of Need.

- Location: Home, community, school, office (almost anywhere)
- Contact: Face-to-face with client, caregiver, or client and caregiver/family members
 - » Can NOT provide over the phone or to other paid professionals, only to the client and/or natural supports

WHO

- A client must have at least one of the following:
- Active Medicaid coverage
- A MRO qualifying diagnosis
- A level of need (LON) score of 3 or higher on the CANS assessment
 - » A score of 2 can request a PA for skills
- Medical necessity — there is a clinical need and the services provided are an appropriate response to that need

Case Management Services

WHAT

Case Management services include assessment and evaluation to determine the needs of the student we are serving, staffing the student's needs with the treatment

team, meetings (includes meeting with families, teachers or school staff members, DCS, etc), discussing treatment needs and the development of goals and/or other events. The purpose of case management is to assist in monitoring progress of treatment and follow-up, coordination of services needed, additional referrals and/or related activities.

HOW

Case Management services can be provided by Bachelor's level clinician and overseen by a Master's level therapist or a Master's level therapist overseen by a licensed professional. Case management would be provided in order to work towards an objective identified on the student's treatment plan, which is built on the client's diagnosis and Level of Need.

- Location: Home, community, school, office (almost anywhere)
- Contact can take place:
 - » Face-to-face
 - » Collateral contacts (i.e. parent, foster parent, other identified caregivers, teachers, daycare providers, guidance counselors, principals, etc.)
 - » On behalf of (i.e. community referrals for assistance, staffing purposes, supervision, and meeting with other providers to collaborate.)
 - » Via telephone (for the purpose of providing an intervention)

WHO

- A client must have at least one of the following:
- Active Medicaid coverage
- A MRO qualifying diagnosis
- A level of need (LON) score of 3 or higher on the CANS assessment
 - » A score of 2 has limited case management included
- Medical necessity — there is a clinical need and the services provided are an appropriate response to that need

School-Based Appointments: .. (317) 587-0568

24/7 Crisis..... 1-800-560-4038

Website www.AspireIndiana.org