

# JOHN F. KENNEDY UNIVERSITY



## Office of Clinical Training

### SCHOOL - BASED PROGRAM SERVICES INFORMATION

#### GENERAL OVERVIEW

#### Services Include:

- Individual Therapy
- Group Therapy
- Skills Workshops
- Informational Presentations
- Collaboration with Staff/Faculty
- Parent Support Meetings

The School Based Program (SBP) is the largest of the Community – Based Programs offered through the Office of Clinical Training at John F. Kennedy University. The SBP currently serves schools in Mount Diablo, Pittsburg, Antioch, Oakland and Alameda Unified School Districts as well as the Contra Costa and Solano Community College Districts.

The philosophy and mission of the SBP is two-fold. We believe that the status of one's mental health is impacted by everything one does and impacts everything one does. This determines how successful one can be in school, their career and in their personal life. Therefore, it is imperative that quality mental health services are easily accessible and affordable. The SBP aims to provide these services to schools and colleges in our surrounding community, helping students achieve maximum personal growth as well as academic success.

Additionally, we serve as a training facility for mental health counselors. We pride ourselves in delivering a unique and comprehensive training experience for graduate students and associates learning to become mental health professionals as well as inspire and empower them to become actively involved in the community.

#### OVERVIEW OF SBP COUNSELORS

The SBP is staffed by volunteer trainees and associates (counselors) who are currently in or have graduated from one of the following graduate programs:

- Marriage and Family Therapy, Standard or Holistic Track (MFT)
- Counseling Psychology (PCC)
- Psychology Doctorate (PsyD)

SBP counselors receive training that is designed specifically to orient them to the logistics of working in a school/college, as well as clinical issues that often arise with students.

All counselors are supervised through the Office of Clinical Training by licensed clinicians who have been licensed for at least 2 years.



# HOW COUNSELORS CONTRIBUTE TO THE SUCCESS OF THE STUDENTS



SBP counselors work collaboratively with parents, school administration and faculty members to provide comprehensive therapeutic services tailored to the needs of the school/college and students. Some of the needs SBP counselors work with schools/colleges to address are:

- Classroom Behavior Problems
- Social Interaction Problems
- Academic Underachievement
- Low Self Esteem
- Depression/Anxiety
- Grief and Loss
- Family Crisis
- Victims of Child Abuse

*“Our program is designed to be flexible in terms of services delivered, so we can meet the particular needs of each school and student that we serve.”*



## PROGRAM COST

The SBP partners and contracts with local schools and districts to offer free mental health services to students. The total cost of services to the school/college or district is dependent upon the unit of services requested.

A **unit of service** is defined as one counselor providing 6 hours of **counseling services** at a school/college site each week from October through June. Each unit of counseling service is usually provided in one day each week. However, split days can sometimes be arranged to best accommodate schedules of the school and counselor.

**Counseling services** include individual sessions, group/workshop sessions, classroom and schoolyard observations, consultations/collateral meetings with parents, school staff and/or other helping professionals.

The **Program cost** is dependent on the number of units requested and the length of time in months the counselors are at the site each year.

The current annual cost per unit of service for October - June is \$6000.

The current annual cost per unit of service for January - June is \$4000.

Schools/Colleges can request services in the summer quarter at a pro-rated cost.

## ADDITIONAL SBP SERVICES AVAILABLE TO SCHOOL/COLLEGE DISTRICTS



*EDUCATION FOR  
CHANGE  
“Preparing students for  
success through  
impactful learning  
experiences connected  
to service”.*

### **Additional Workshops**

Schools/colleges may request psycho-educational workshops, beyond what their assigned SBP counselor is able to provide within the units of service requested. Workshops may be delivered to students, staff, faculty and or parents/families of students at the school. As with the SBP, we aim to tailor our services to the needs of the school, therefore the topics can be requested by the school/college. Potential topics for workshops include, but are not limited to:

- ✓ **Test Anxiety (Students)**
- ✓ **Social Skills Building (Students)**
- ✓ **Managing Anxiety (Students, Parents, Staff, Faculty)**
- ✓ **Time Management (Students, Parents, Staff, Faculty)**
- ✓ **Positive Parenting (Parents)**
- ✓ **Managing Children with Behavioral Issues (Staff, Faculty, Parents)**

### **Parent or Teacher/Staff Workshops:**

- \$150 (covers 2-3 hours and up to 25 participants)
- \$250 (covers 2-3 hours and up to 50 participants)

### **Child/Adolescent Workshops:**

- \$75 (covers 2-3 hours and up to 15 participants)
- \$175 (covers 2-3 hours and up to 30 participants)

## **FOR QUESTIONS, PLEASE CONTACT:**



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John F. Kennedy University has been committed to giving back to the northern California communities since its founding in 1964.