



# Conewago Valley School District Counselors' Corner

January 2019

## Mental Health Awareness

- According to the the National Alliance on Mental Illness, Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.
- Only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to poorer school performance, truancy and increased risk of suicide.

## Mental Health resources available at CVSD

### SAP(Grades 7-12)

- The Pennsylvania Student Assistance Program (SAP) is a systematic team process used to mobilize school resources to remove barriers to learning. SAP is designed to assist in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success. The primary goal of the Student Assistance Program is to help students overcome these barriers so that they may achieve, advance, and remain in school.
- SAP helps schools identify students who are experiencing behavioral and/or academic difficulties that are posing a barrier to their learning and their success in school. SAP offers support to these students and their families. SAP is not a treatment program.
- A referral to the SAP Team can be made by anyone including teachers, administrators, parents, peers of the student, or the student himself.
- Following the SAP screening, the SAP Liaison will make every effort to contact the family to offer suggestions and provide recommendations. The SAP Team will be provided a general overview of the recommendations provided to the family.

### School Based Counseling(All grades)

- Our school based program targets elementary/secondary level students with emotional and/or behavioral needs.
- Students can be referred for services by either school personnel and/or parents.
- Funding for this program is insurance-based. Medical Assistance is accepted at every location with some schools also accepting specific commercial insurances.
- Students who receive services in this program become clients of True North Counseling Services. .
- School based therapy services include outpatient individual, group, and family therapy structures.
- Students receiving therapy within the school are much more likely to consistently participate in treatment than those who must travel to an outside facility during after-school hours.
- School-based therapists capitalize on students' existing academic and social networks by observing and treating clients within their natural environment.

## Additional Resources:

For more information on mental illness:

<https://www.nimh.nih.gov/index.shtm>

[Home | NAMI: National Alliance on Mental Illness](#)

## Contact Information:

### Elementary:

Conewago Township Elementary

Lisa Miller, [millerlisa@cvcolonials.org](mailto:millerlisa@cvcolonials.org) 624-2157 ext 8009

New Oxford Elementary

Roxann Hall, [hallr@cvcolonials.org](mailto:hallr@cvcolonials.org) 624-2157 ext 7009

### Conewago Valley Intermediate School

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### New Oxford Middle School

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### New Oxford High School

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