

# School-based Mental Health Services

*School-Based Mental Health  
allows students to receive  
mental health services right  
in our building, during school  
hours, from a licensed  
clinical counselor*

*Behavioral Health Services  
provided by  
Prevea Health*



*Our Mission: To take care  
of people with passion,  
pride and respect.*

## **For more information**

Contact Telehealth Team:

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Visit our Website:

[www.lakeholcombe.k12.wi.us/SBMH](http://www.lakeholcombe.k12.wi.us/SBMH)

## ***There is help.***

Mental health disorders, like  
heart disease and diabetes, can  
be treated very effectively.

Most who seek help feel better.  
More than 80% of people treated for  
depression improve, and treatment  
for panic disorders has a  
90% help rate.

# Telehealth *School-Based* Mental Health *Services*

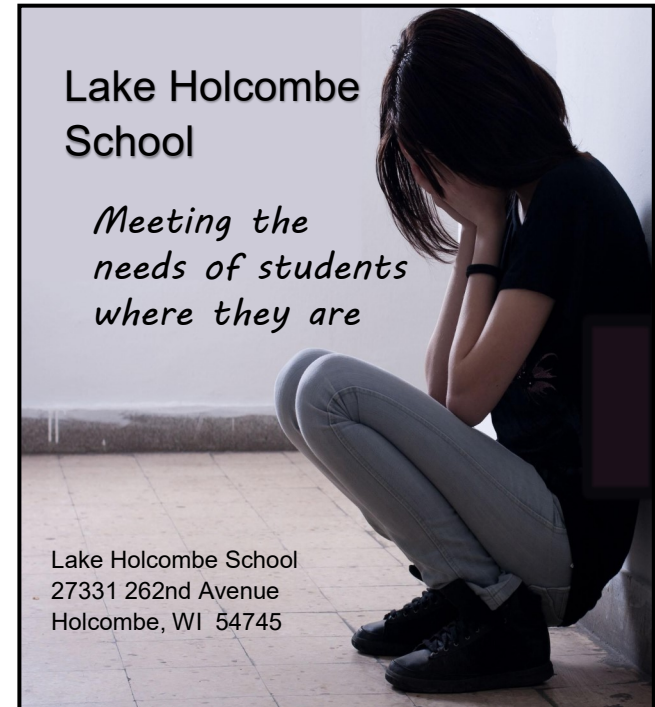
**Prevea & Lake Holcombe**

*Providing behavioral health  
counseling through telehealth  
at Lake Holcombe School  
during school hours*

**Lake Holcombe  
School**

*Meeting the  
needs of students  
where they are*

Lake Holcombe School  
27331 262nd Avenue  
Holcombe, WI 54745



# ***Telehealth* Mental Health Services**

## **What is it, and how does it work**

School-Based Mental Health is a partnership between a school and a behavioral health provider to have mental health counseling by a licensed professional counselor in the school building during school hours. Lake Holcombe School has partnered Prevea for these services to be delivered through telehealth.

With telehealth the counselor and student meet through a video and audio connection. Counseling sessions are more readily available—avoiding long wait times for initial appointments, students miss fewer hours from school, and securing services is easier for parents.

### **Who is a good candidate for SBMH?**

Students, ages 8-18, who are experiencing high levels of social-emotional challenges, such as feelings of depression, anxiety, response to trauma, family conflict, and/or substance use disorder would benefit from mental health services.

### **How is this different from seeing the school counselor?**

A school counselor is trained to identify concerns but is not a trained mental health counselor, so a school counselor's impact in providing help is more limited.

### **Steps to getting counseling services...**

- Contact any of the telehealth team for counseling intake forms.
- Return completed paperwork to the school. The school will submit the paperwork to Prevea.
- The school makes the appointment with Prevea and sets up the telehealth connection.
- A parent attends the first session with the student; the session can be through telehealth at the school.
- Future sessions are coordinated by the school, a parent does not need to attend.
- Parents can suspend counseling sessions at any time.

## ***Lake Holcombe School***

promoting high levels of learning and growth by adapting to the needs of all our students

## **Questions You May Have**

### **How does the technology work?**

*WebEx is used to connect the counselor with the student. The connection is made and started by one of the Lake Holcombe Telehealth Team. No special technical skills are needed by the parent or student.*

### **How secure is the session?**

*The counseling room will be locked to outside visitors. The transmission through WebEx is secure, only the student and counselor know what is discussed.*

### **Who pays the service?**

*The parent is responsible for payment which could come through insurance or Badger Care. Prevea can help in finding out if your insurance covers behavioral health services.*

### **Who are the counselors?**

*Within Prevea Behavioral Care, all services are provided by licensed professional counselors.*

*Counselors assigned to school based telehealth are experienced with children and adolescents, and comfortable with the telehealth format. A male or female counselor can be requested, or you may prefer to take the first available counselor.*

### **Is my child alone in the room?**

*While the student may choose to be alone for the session, an adult is near by in case needed.*