



General Education Supports for Mental Health Services

General education mental health services support students and parents who require additional instruction in social emotional learning strategies. Supports include practices such as structured or semi-structured social skills groups, parent seminars, and individual sessions.

Global Teletherapy Therapist(s) can provide structured SEL services to address the socioemotional learning needs for a school's general education population using a curriculum already in place at the school or identified as an appropriate curriculum for the students' targeted needs.

These services are provided on a contract basis and are tailored to the school's individual needs. If the school requires a designated program or set curriculum to be used during scheduled services, that needs to be provided by the school directly, or a budget may need to be given for the therapist to select a curriculum based on the specific service need.

Referral Process

Prior to submitting a referral to Global Teletherapy, the school is responsible for collecting informed consent, which must include service delivery model, frequency, duration, and parent consent. It is recommended that the school group the referrals together for each service being provided (example: names of students for group or names of parents for seminars).

Global Teletherapy representatives will work with the school to develop a systematic process for managing referrals which includes developing a referral form and spreadsheet that contains the referral identification information. In addition, GT will work with the school to outline how student services and data monitoring will be tracked.

Student In Distress Process

Schools are responsible for having an established protocol in place, which includes point of contact information and documentation process, for Global Teletherapy Therapists to follow if a student shows signs of distress while receiving services.

If a school chooses to contract a full time per diem therapist to be available during school hours, the therapist can follow the school's outlined assessment process and implement additional counseling support.

1:1 Crisis Support

Global Teletherapy Therapist(s) can be available during school hours to provide assistance to a student experiencing a crisis and in need of a risk or threat assessment.



General Education Supports for Mental Health Service Options

Parent Support Services

Global Teletherapy Therapist(s) can offer parent support services through group parent seminars (e.g. parenting classes) to address behaviors at home that potentially impact school performance.

Group Counseling

Global Teletherapy Therapist(s) can provide counseling services in a 10 week structured group setting with 2-8 students, to address emotional concerns. Lessons focus on teaching coping skills, emotional regulation, and/or anger management skills. If curriculum is provided, speciality groups that address grief, environmental adjustment (social isolation), and organizational management can also be offered.

Definition of Counseling Groups

Coping Skills - This group will support students in learning different coping strategies and how to implement these learned strategies across settings when faced with stressful situations.

Emotional Regulation - This group will support students in strengthening their ability to express themselves in a healthy manner. Emotional regulation includes defining and identifying both positive and negative feelings, along with how we can strengthen them, use them, and control them by applying appropriate coping strategies.

Anger Management - This group will offer support to educate and guide students who struggle with controlling their anger by helping them understand automatic thoughts and responses. Students will learn to reframe their thoughts and actions to express themselves in a positive manner.

Grief - This group provides a safe space, support, and understanding for students coping with loss. Students will learn about the grieving process, as well as skills to help them cope and honor their loss.



General Education Supports for Mental Health Service Options Continued

Environmental Adjustment (Social Isolation) - This group will focus on students who may be experiencing a difficult time transitioning to the virtual environment. Students will be able to connect with other students who share similar feelings towards digital learning and the impact on social interactions. They will foster new relationships and strategies on how to adjust to the home school environment.

Organizational Management - This group will focus on students who may be struggling with time management, attendance, scheduling, and following routine. Students will learn how to create and follow a routine, self-advocate, and daily habits to encourage success.

Social Skills Groups

Global Teletherapy Therapist(s) can provide counseling services in a semi-structured group setting to address social skill deficits and communication skills.

Definition of Social Skills Groups

Social Skills - This group is aimed to support students in strengthening their conversational, friendship, and problem-solving skills to elicit prosocial behavior.

1:1 Short Term Counseling Services

Global Teletherapy Therapist(s) can provide short term counseling (up to 6 to 8 weeks) for a student to address concerns that impact the student's performance at school (e.g. attendance issues, disciplinary concerns, or emotional distress).

Example of Short Term Counseling Goal

After 6 sessions of individual counseling, the student will be able to accurately identify and apply 3 coping strategies during times of distress as measured by parent/student report and therapist observation.