

**Manteno CUSD #5
Mental Health
Resource Packet
for Parents**

School Based Mental Health Providers: Manteno CUSD #5

Job Descriptions

School Counselor:

School guidance counselors work with all students. They prioritize student scheduling, academic progress and post-secondary (career and college) planning, in their day-to-day tasks. School counselors support the entire student body's social and emotional needs through advocacy and direct therapeutic support services. School counselors specialize in problem solving barriers to academic success; they often help to resolve instances of bullying, identify student behavioral challenges, participate in positive behavioral support services, and advocate for students with learning disabilities, in order to best support their students' academic progress. They help all students in the areas of academic achievement, personal/social growth, and career development. Like social workers and school psychologists, they are also trained to respond to mental health crises in the building, as they arise. They work to ensure today's students become the productive, well-adjusted adults of tomorrow.

School Social Worker:

School social workers make a priority of delivering social and emotional learning services to students with Individualized Education Plans and 504 Medical Plans. They support the entire student body with outside agency referrals and social emotional learning strategies. They consult with teachers and parents to problem solve around social and emotional issues that are impacting students' abilities to learn. They advocate to parents, teachers, and administration, for students with disabilities and mental health challenges. They also respond to mental health crises in the building, as they arise.

School Psychologist:

School Psychologists have the goal of improving students' academic performance, social-emotional skills, and behavior. We collaborate with parents/families, school staff members, school administrators, and other professionals to support the needs of all students and to create a safe and supportive school climate. We have skills in student assessments, academic and behavioral interventions, counseling, and consultation. We provide services during crisis situations. Our aim is to enhance students' overall development and wellbeing.

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Elementary School and Early Education Center

School Social Worker: Lindsay Ortman, MSW, LCSW

School Psychologist: Shawna Hoots, SSP

School Psychologist Intern: Kaitlyn Pasel, MA

Middle School

School Counselor: Alexandra Surman, MA

School Social Worker: Emma Capps, MSW

School Psychologist: Jen Schultz, PhD

School Psychologist Intern: Kaitlyn Pasel, MA

High School

School Counselor (A-L): Nicole Saunoris, MA

School Counselor (M-Z): Pat Mellin, MA

School Social Worker: Rita James, MSW, MA

School Psychologist: Jen Schultz, PhD

School Psychologist Intern: Kaitlyn Pasel, MA

Outpatient Mental Health Providers

All of the professionals below are required to spend time in supervised clinical settings in order to be certified and licensed to practice therapy. In the end, it's really most important to choose someone who:

- has a formal education and the proper training to be a qualified therapist
- has a broad range of experience
- works well with your child, if after several sessions there is not a good fit between your child and their therapist, it is important to try and find a better fit with a new therapist.

Types of Therapists*

Psychiatrists Credentials: MD, DO.

Psychiatrists are physicians who specialize in mental disorders. They have completed both medical school and an additional four-year residency in psychiatry. Some psychiatrists also complete a further specialty in child and adolescent psychiatry. In addition to their formal education, most psychiatrists become certified by The American Board of Psychiatry and Neurology (www.abpn.com). Child and adolescent psychiatrists may be additionally certified in their specialty. Psychiatrists must be licensed by the state in which they practice. Because of their extensive training, psychiatrists have experienced an extremely broad spectrum of conditions—this can be important in the assessment and diagnosis process. If your child needs medication for his depression, he will need to see a psychiatrist—**they are the only mental health professionals who can prescribe medication**. In fact, **many psychiatrists do only this**, and will likely be part of a team that you assemble for your child, as opposed to one therapist who will provide both the medication and talk therapy parts of the treatment. Psychiatrists generally work in private practice, university-affiliated clinics and at hospitals.

Psychologists Credentials: PhD, PsyD, EdS, SSP

There are different kinds of psychologists—those who practice therapy are called clinical psychologists. (Experimental, cognitive and social psychologists focus on research, developmental psychologists work with very young children who are not developing normally and school psychologists focus on testing and evaluation for learning disorders.) Clinical psychologists hold a degree in psychology—at least a

master's degree and usually a Ph.D. (doctor of philosophy) or a Psy.D. (doctor of psychology). School psychologists may hold a M.Ed (master of education), a Ph.D. (doctor of philosophy) or a SSP or Ed.S. (Specialist in School Psychology or Educational Specialist) credential. In addition, clinical psychologists must have completed some period of time, usually two years, of supervised clinical practice and must be licensed by the state in which they practice. Clinical psychologists can become certified by the American Board of Professional Psychology (www.abpp.org) and some obtain additional certification in specialties such as clinical psychology, child and adolescent psychology, neuropsychology and cognitive and behavioral psychology. It's important once again to note that there is a difference between clinical psychologists, who practice individual therapy, and school psychologists, whose expertise is in school testing and evaluations. We emphasize this distinction because people sometimes confuse the two. If your child is seeing the psychologist at his school, those sessions are specifically aimed at issues related to learning and the school environment and are not a substitute for the therapy needed to treat your child.

Social Workers Credentials: MSW, LSW, LCSW, PhD, DSW

Like clinical psychologists, clinical social workers practice talk therapy—but their university degree is in social work. Most clinical social workers have at least a master's degree (M.S.W.) and sometimes they have a doctorate (D.S.W. or Ph.D.). To work in a school they must have their Professional Educators License (P.E.L.). School social workers focus on issues related to learning and the school environment, and are not a substitute for therapy. These degrees require supervised clinical work and, to practice outside of a school, social workers must be licensed by the state in which they work, signified by the letters L.S.W. or L.C.S.W. Social workers can also become certified by the National Association of Social Workers (www.socialworkers.org).

Counselor Credentials: LPC, LCPC, PhD

Counselors also provide therapy, often in community health center and mental health agencies, as well as schools. Counselors have a master's degree in counseling or education (M.A.C. or M.Ed.) and, like psychologists and social workers, have completed supervised clinical work. To work in a school they must have their Professional Educators License (P.E.L.). School counselors focus on issues related to learning and the school environment, and are not a substitute for therapy. To work outside of a school, a counselor must be licensed by the state in which they work, signified by the letter L.P.C., L.C.P.C. or, depending on

the state They can also become certified by the National Board for Certified Counselors (www.nbcc.org). They can go on to receive their PhD in a variety of clinical specialties.

Marriage and Family Therapists Credentials: MFT, LMFT, PhD

A marriage and family therapist (M.F.T. or L.M.F.T.) may also be appropriate for your child or family. Marriage and family therapists specialize in family dynamics. They treat both individuals and families by focusing on family relationships and the issues that are causing discord in the family. They can go on to receive their PhD in Marriage and Family Therapy. Marriage and Family Therapists do not work in schools.

Clinical Specialities:

Licensed, master-degreed, therapists often go on to receive additional training that allows them to put additional credentials behind their name. Below are some commonly seen clinical specialities.

Addictions Therapist: CADC (Certified Alcohol and Drug Counselor)

Art Therapists: ATR (Registered Art Therapist)

Dance and Movement Therapists: R-DMT (Registered Dance and Movement Therapist)

AN IMPORTANT NOTE ABOUT HOSPITALIZATION AND THERAPISTS:

Your child's therapist will not be able to see your child while he is in the hospital unless she is a staff member at the hospital or unless the attending physician at the hospital writes an order to permit it. If your child requires hospitalization, you may want to consider taking him to the hospital where his therapist is on staff; otherwise, make sure an order is written so that she can see your child and participate in his care, this order is called "consent" or "signed consent". Continuity of care and planning for a smooth transition home and school is important. You must also sign "consent" for the school to be able to coordinate care with the hospital, this is particularly important upon re-entry to school, from hospitalization. ***If your child is hospitalized, there will be a re-entry meeting to discuss how to best support your child in the school environment, moving forward.***

*Information adapted from Erika's Lighthouse Parents Handbook <https://www.erikaslighthouse.org/parents>

Local Free and Low Cost Counseling Services

Helen Wheeler Center for Community Mental Health

Location: Kankakee, IL

Website: www.kan-i-help.org/agency_profile.asp?agency_id=180&code=

Phone: 815.939.3543

The Center is a comprehensive outpatient-counseling agency that provides mental health counseling services and therapy to children, adolescents, and adults who live and work in Kankakee County. Services offered include: Individual counseling and therapy to children, adolescents and adults; family counseling, group counseling, individual counseling, case management; screening, assessment and support Services; psychiatric evaluations and crisis intervention; intensive home based services to adolescents with severe mental illness who are at-risk of hospitalization or out of home placements. Screening, assessment and support services are for 90 day duration. Medication administration by two part-time psychiatrists. No cost or sliding scale available.

Aunt Martha's Youth Service Center, Inc.

Location: Kankakee, IL

Website: www.AuntMarthas.org

Phone: 815.937.0100

Counseling center provides comprehensive, community-based programs for children, youth, and families, encouraging them to become self-sufficient members of the community. No cost or sliding scale available.

KC-CASA

Location: Kankakee, IL

Website: <http://www.kc-casa.org/>

Phone: 815.932.7273

Free counseling services for victims of molestation, sexual assault and sexual abuse, and their families.

Catholic Charities

Location: Manteno, IL

Website: <https://catholiccharitiesjoliet.org/tag/kankakee/>

Phone: 815.723-0331

Provides individual and family counseling services on a sliding scale, at Manteno Church of the Nazarene.

Governor's State University Counseling Lab

Location: University Park, IL

Website: <http://www.govst.edu/counselinglab/>

Free individual and family counseling provided by graduate students. Supervised by faculty and community agency staff members.

Insurance and Sliding Scale Self-Pay Counseling Services

Phoenix Services/Professional Counseling

Location: Bourbonnais, IL

Phone: 815.933.7887

Provides the following services to children, adolescents and adults in a private setting: Individual and family therapy, ADHD, depression, divorce issues and educational issues.

Sliding scale available.

Community Counseling Services & Associates

Location: Bradley, IL

Website: <http://www.counselingandwellnesshelp.com/>

Phone: 815-933-0667

Provides counseling for all ages, including family, individual, and couples. Has child and adolescent specialists. Sliding scale available.

Hope Behavioral Health Services

Location: Kankakee, IL

Website: www.gopyouthcenter.org

Phone: 815.933.2493

Counseling center provides comprehensive out-patient counseling agency that provides mental health counseling services and therapies to children, adolescents, and families in the greater Kankakee area. They provide in-home, school based, and residential treatment. They accept sliding scale, medicaid, and major medical insurances.

Insurance and Full Fee Self-Pay Counseling Services

Park Place Center

Location: Bourbonnais, IL;

Phone: 815.932.3395

Short and long term therapy available for children, adolescents, and adults to help address family, school, and job related concerns; cope with confusing or painful feelings of depression; anxiety and stress; change problematic life patterns; gain an increased sense of personal empowerment and self esteem; strengthen communication skills; address marital, couple, and relationship issues; process grief and loss issues; and work through transitional life experiences.

Horizon Counseling Services

Location: Bourbonnais, IL

Phone: 815.935.5053

General practice with specialties in trauma, depression, and anxiety.

Keystone Counseling

Location: Bourbonnais, IL

Website: www.keystonecounselors.com

Phone: 815.939.1900

Counseling agency established in 2011 that provides individual, group, couples, and family counseling and specializes in a number of different areas including eating disorders, ADHD, and pre-marital and marriage counseling.

Awareness, Inc.

Location: Bourbonnais, IL

Phone: 815.933.7887

Renee Williams, Jo Ellen Carl, and Julie Dotson all work with adolescents. Ann Marie Brzeszkiewicz works with drug and alcohol misuse. Call for an appointment.

A private practice specializing in working with a variety of couples, families, and individuals in the greater Chicago area. Occasional sliding scale spots.

Behavioral and Mental Health Hospital Based Inpatient, Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs

Presence St. Mary's Hospital

Location: Kankakee, IL

Website: www.presencehealth.org/presence-st-marys-hospital-kankakee

Phone: 815.937.2400

Offers a full range of in-patient, out-patient, and emergency services for the prevention, diagnosis, treatment, and rehabilitation related to acute and chronic health conditions.

Riverside HealthCare Behavioral Services

Location: Kankakee, IL

Website: www.riversidehealthcare.org

Phone: 815.935.7523 Crisis Helpline: 815.935.1600

Services provide treatment for a broad range of psychological and substance abuse disorders. Inpatient, partial hospitalization, intensive outpatient and an afternoon program, are available for children and adolescents. A school based follow-up group, for formerly hospitalized students, is run by Riverside, at the high school.

Lurie's Childrens Hospital Behavioral Health Services

Location: Chicago, IL

Website: www.lurieschildrens.org

Phone: 1.800.543.7362 (1.800.KIDS.DOC)

Services focus on the needs of pediatric and adolescent patients. A broad range of psychological services are available, for the prevention, diagnosis, treatment, and rehabilitation of childhood behavioral and mental health conditions.

Pavilion Behavioral Health Services

Location: Champaign, IL

Website: www.pavilionhospital.com

Phone: 217.373.1700

Services focus on the needs of children adolescents, adults and senior adults can find hope and healing from emotional, psychiatric and addictive diseases. The Pavilion Behavioral Health System includes a 77 bed inpatient hospital, a residential treatment center for youth and a residential addictions treatment program. Outpatient services include partial hospitalization and intensive outpatient services, as well as, The Pavilion Foundation School, a private day school serving students with learning disabilities and behavior disorders.