

SCHOOL PSYCHOLOGICAL SERVICES

School Psychologists provide support for the school's students, faculty, and staff. They are equipped to assist the school in a number of areas, including understanding student behaviors, training school staff in counseling approaches, providing individual and small group counseling, and more.

ESU 13 provides School Psychological Services that focus on helping students have the best overall educational experience. These services focus on the individual assessment of students before determining a program for them to participate in. The programs that are chosen for the students are chosen carefully with classroom and school-wide program development being emphasized within these services.

INTENSIVE OUTPATIENT SERVICES



Intensive Outpatient Services works to create the best care for young people with a serious emotional disturbance. The treatment plan is created in partnership with the client and the client's family. The treatment plan provides services for those who need more intensive treatment than traditional outpatient therapy but less in-depth than residential treatment. IOP enables services to be provided in rural areas so clients do not have to travel to receive help.

ECOLOGICAL IN HOME FAMILY TREATMENT

Ecological In-Home Family Treatment is a strength-based intervention program to reduce youth and family risk factors contributing to delinquent behaviors while increasing protective factors. This service is designed to work with both youth and families to improve their functioning in the home and community.

Services are designed to:

address behavioral problem of youth

improve family functioning and stability

increase youth and community safety

We partner with you, your family, and others to identify the strengths, needs, stressors, and challenges you face. We assist in making your strengths stronger, developing your support system, and gaining the skills to help your family and reduce the problem behaviors in your child. We utilize information we receive from referring agencies, assessments from our first few meetings, and from you to develop a service plan that will serve as a guide.

MENTAL HEALTH SERVICES

PROVIDED BY NEBRASKA ESU 13

Educational Service Unit 13
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ESU 13

At ESU 13, we are committed to serving, supporting, and empowering the staff of the school districts we proudly serve. It is our hope that you will find ESU 13 to be an innovative, responsive, relationship based organization. We proudly serve more than 14,000 students and nearly 1,300 teachers in an area spanning 14,181 square miles across 11 counties in western Nebraska. Without question, the strength of ESU 13 is the highly skilled, dedicated, and service oriented staff.

OUR VISION:

Achieving educational excellence for all learners through strong partnerships, service, and leadership by...

- Collaborating with schools, families, and communities
- Serving with equity, efficiency, and integrity
- Communicating effectively
- Leading with innovation

SCHOOL MENTAL HEALTH PROGRAMS

School Mental Health Programs

The School Mental Health program places Licensed Mental Health Providers in panhandle schools to better meet the needs of our youth. Through this program, school staff identify and refer children for the specialist to observe. Specialists work with staff and families to identify concerns in the youth and come up with a plan to address them. This may include a referral to counseling services, creating school behavior plans, and working with parents to strengthen parenting skills.

Therapeutic Consultation

Therapeutic Consultation is a process of assessing the concerns of staff and parents to determine the best ways to help the student be successful. It looks at the whole child: emotional, behavioral, psychological, and psychiatric well-being. This is typically a team approach, as information from all of the child's environments are looked at and then the team comes together to create a plan of action.

Hope Squad

The Hope Squad program is a school-based peer support team. Peers select students who are trustworthy and caring to join the Hope Squad. Squad members are trained to watch for at-risk students, provide friendship, identify suicide-warning signs, and seek help from adults. Hope Squad members are NOT taught to act as counselors, but are educated on recognizing suicide warning signs and how to properly and respectfully report concerns to an adult. Once invited to be a Hope Squad member, students must have a permission form signed by their parents.

PANHANDLE BEGINNINGS DAY TREATMENT

Panhandle Beginnings Day Treatment (PbDTx) is an off-site classroom that serves as a transitional educational placement for 3rd-8th grade students who are exiting hospitalizations and/or treatment facilities.

This service has built-in support from mental health professionals that helps youth develop the skills necessary to be successful in academic and social situations while also facilitating the development of mental health and behavioral needs to a status in which the student is capable of functioning in the community with less intense support.

The school district, student, family, and PbDTx coordinate work with each other to provide the least restrictive academic setting possible for the student. The team has monthly meetings where the needs and treatment of the student are discussed.

Once the student is able to consistently maintain safe behavior in the classroom setting, a transition meeting is scheduled so the student can return to his/her home school.