

Parents, teachers, and other school staff are often in a position to notice changes in a student's behavior that may be cause for concern.

“Our family's experience with Liberty Resources School-Based Mental Health Services has been simply amazing! Not only have they made a great impact on my daughter's life, but Liberty Resources has really been amazing with our family.

“They have really taken the time to work with my daughter's specific needs and worked around our schedules as needed. I can't thank Liberty Resources enough on how much you have helped our daughter and our family.”

— *Meachem Elementary School Parent*



## LIBERTY RESOURCES SCHOOL-BASED MENTAL HEALTH SERVICES

Liberty Resources School-Based Mental Health Services are provided as a partnership with your school district.

Services offered include:

- Individual therapy (in school)
- Family counseling (at home, school, or clinic)
- Psychiatric evaluation and medication management
- Crisis consultation/intervention
- Group therapy
- Case management
- School consultations
- Referrals to community resources

Services are provided year-round, even when school is not in session.

### **Our Mission:**

*To provide culturally competent, high quality integrated care that positively impacts our clients' lives, and our community.*

 **LIBERTY RESOURCES**  
*Improving Lives, Building Futures*

## LIBERTY RESOURCES SCHOOL-BASED MENTAL HEALTH SERVICES



### **We can help your child:**

- **Manage stress, worry, and anger.**
- **Develop healthy coping and social skills.**
- **Learn how to make positive decisions.**
- **Cope with change such as divorce or death.**

Main Clinic: 1045 James St.; Syracuse, NY 13203  
315-472-4471

**Liberty-Resources.org**





**Liberty Resources School-Based Mental Health therapists provide treatment to children and families. Our goal is to improve the quality of life for our clients and to improve their ability to succeed academically.**

**The School-Based Mental Health team:**

- » Receives referrals from parents/guardians, teachers, or any other school staff.
- » Contacts parents/guardians to obtain proper parental approvals and a record of the child's history.
- » Partners with the child and parent to decide what supports and services are needed.



**Liberty Resources School-Based Mental Health Services offers a holistic approach to mental health treatment, involving students, families, teachers, and others.**

While we closely partner with each child's school team, all client information and records are confidential. Information is not shared with school staff without parent permission.

**How do I enroll my child?**

For full details, contact your school social worker or the Liberty Resources School-Based Mental Health therapist located at your school. Parents must complete an enrollment form to register their child.

**How much does enrollment cost?**

There are no out of pocket expenses to the child or family. The child's health insurance will be billed for school-based mental health services received (copays may apply).

**What if my child is not covered by health insurance?**

Just let us know! We will help you get your child covered.

**Symptoms and signs to look for:**

- Persistent sadness and hopelessness
- Excessive worry and anxiety
- Frequent irritability or anger
- Feeling of worthlessness and guilt
- Low self-esteem
- Grief and loss
- Aggression or frequent temper tantrums
- Impulsivity, hyperactivity, inattentiveness
- Changes in eating or sleeping habits
- Skipping school, missing classes, or a decline in grades
- Difficulty in getting along with family, friends, or school personnel
- Erratic mood changes or often appearing "down"
- Often preferring to be alone
- Family conflict or multiple stressors in the home
- Not sleeping or sleeping too much
- Talking about death or hurting oneself or others
- Loss of interest in activities/hobbies
- Change in eating habits
- Avoiding social situations
- Trouble paying attention
- Disruptive behavior