

# SCHOOL BASED MENTAL HEALTH SERVICES

from Family Behavioral Resources

At FBR, we understand how important it is for children to get the help they need to succeed. Through our School Based Mental Health services, our seasoned clinicians are able to apply innovative strategies to help children thrive, all while in a school setting.

## WHO ARE IDEAL CANDIDATES?

Students who

- could benefit from any form of social, emotional and/or behavioral therapy
- are symptomatic of anxiety, depression or low self-esteem
- are disruptive or have a difficult time controlling their emotions
- are experiencing major life changes
- have experienced a traumatic event
- are struggling with their identity and need support

## HIGHLIGHTS

- We're located in 25 school districts throughout Pennsylvania
- We're planning on expanding our services to Northeast PA, Central PA and Ohio.
- Individual sessions are held in the school setting with a master's level clinician.
- These sessions are individualized and consumer-driven.
- Each session is designed to be the least intrusive to the student's class schedule, and it is focused on maximizing potential for personal growth and academic success.

## WHAT ARE THE BENEFITS:

- Greater achievement in an educational setting
- Improved relationships with friends and family
- Overall increase in self-esteem, self-worth and pride
- Refined skills to manage problematic situations more effectively

For more information, contact our **Beaver County Clinic:**

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