



THE ALLYSHIP

ESPS/TCPS SCHOOL BASED MENTAL HEALTH NEWSLETTER



SUPER STATS

**265 TCPS STUDENTS
ACTIVELY ENGAGED IN OUR
SCHOOL BASED THERAPY
PROGRAM**

**466 OUTREACH CALLS TO
NEW REFERRALS THIS YEAR**

**78 NEW TCPS STUDENTS
ENROLLED IN SCHOOL BASED
SERVICES SINCE FALL**

**31 TCPS STUDENTS
RECEIVING ENHANCED PRP
SERVICES**

**12 ESPS THERAPISTS
LOCATED IN TCPS SCHOOLS**

Eighteen Years of Collaboration

The end of this school year will mark 18 years of collaboration between ESPS and TCPS. 18 Years!

Connie Pullen, our Mid Shore Regional Director, helped start the school based program when our agency was in its infancy and located in a basement room. We are proud of the longevity of this partnership and our commitment to mental health service delivery in your schools. We are grateful for the teamwork with principals, counselors and teachers that make this collaboration possible. Best wishes for a wonderful summer full of relaxation and fun.

Sincerely,
Barbara Young (School Based Coordinator)
and the School Based clinical team

Enhanced Services for High Risk Youth

Did you know that ESPS offers additional services to identified high risk youth? This program is called PRP, Psychiatric Rehabilitation Program. Youth identified as high need/risk can be referred for this service by their therapist. They are then paired with a Family Advocate who meets with the child and/or family three times per month, outside of therapy sessions, to support the goals of the treatment plan. We also currently have a contract with Talbot County DJS for enhanced services, which includes PRP as one of the treatment components.



Learning Curves

Our therapists are committed to professional development and ESPS supports training for our staff. Here are some of the trainings that our school based therapists have attended this year:

- "Beyond Diversity"
- "Yoga for Trauma and PTSD"
- "Changing How we Feel by Changing How we Think"
- "Suicide Risk Training for Youth"
- "Poverty & the Brain"
- "Trauma in Schools"
- "Child Centered Play Therapy"

Summer Wonders

All children in our school based program are eligible to participate in our Summer Wonders program.

Elementary, middle and high school students are invited to participate in weekly group sessions for seven weeks, starting in July. This year's theme is **Character, Curiosity & Creativity**. The groups focus on emotional and behavioral skill development through fun, social activities. School based clients also see their individual therapists and Dr. (when applicable) during the summer months.



New Integrative Services at ESPS

ESPS is incorporating innovative holistic services across all our sites, focusing on treating the "whole person". These include yoga, consultation services with a Naturopath, acupuncture and Neurofeedback. Neurofeedback is one service that has exciting applications for children. It is a form of biofeedback that works to train the brain to function more efficiently. It can help reduce symptoms of ADHD and improve emotional regulation. More to come as we integrate these services into our existing mental health treatment.

Special Thanks

Many thanks to Sarah Messick, our school based administrative staff member, who has tirelessly worked to reach parents to coordinate intakes for new referrals.

Our program this year would not have been successful without her.