

Heather Levy LMHCA

WLCSC Mental Health Therapist

—

WLCSC school counselors offer many things to address the mental health and social emotional needs of our students

Classroom guidance lessons on social/emotional health

Daily, short term, solution-focused therapy

Small groups

Formation of MTSS (Multi-Tiered System of Supports)

Behavioral RTI, behavior plans

Contribute to 504 and IEP meetings

Suicide risk assessments/Create safety plans

Homeless resource liaisons

Holiday assistance programs

Work with Devon Moore, WL social worker

Collaboration with the Diversity Equity & Inclusion Coordinator

QPR Question, Persuade, Refer (Suicide Prevention) training for the staff and community

Collaboration with, Valley Oaks, the Ankit Foundation, YWCA



Creation of new Mental Health Therapist position

The mental health needs in student populations are ever increasing, as is the awareness and focus on addressing these needs. COVID 19 further lead to increased issues in anxiety, depression, and other social-emotional concerns. Our school counselors do an excellent job meeting many of these needs. When the need for individualized mental health therapy is seen by the counselors and parents, students are often placed on a wait-list up to 6 months in the community. In response, the role of WLCSC mental health therapist was created to provide immediate short-term therapy for individual students within the school setting.

Qualifications, Background, and Experience

Heather Levy LMHCA - WLCSC Mental Health Therapist

- MS in Mental Health Counseling
- Worked in Master level positions in counseling and social service settings over the past 20 years primarily with children and adolescents
- LMHCA - Licensed Mental Health Counselor Associate with the state of Indiana
- Licensed School Counselor - working in this capacity for 5 years
- Training in Trauma Informed Counseling, Mindfulness
- Work with Justice and Mercy International - mission to bring justice to poor and orphaned populations overseas
- Three children who have graduated from or are currently attending WLCSC schools

Role of Mental Health Therapist for WLCSC

Process of referrals

- School counselors see the need for more intensive therapy through daily interactions, MTSS, RTI, small groups, teacher concerns, or parent concerns
- Parent initiates contact with mental health resources in the community.

Primary role as individual therapist

- If waitlisted, student has access to therapy in school until 1st appointment
- Parent contact made
- Short term mental health therapy is provided for WLCSC students
- Coordinate with long-term therapist as needed

Additional roles

- Provide small groups on SEL topics
- Collaborate with WLCSC school counselors WLCSC
- Communicate with teachers, parents, and other stakeholders as needed

Current services provided by the Mental Health Therapist for the 22-23 school year across the 3 WLCSC schools to date-

- **45** students have been seen for individual therapy
- **49** students have participated in a small group setting

Topics addressed in therapy include

- Major depression
- Self-harm
- Problem solving
- Social skills
- Anxiety
- Goal planning and motivation
- Emotional regulation
- Mindfulness
- Coping skills
- Suicidal ideations
- Family conflict
- Academic stress
- Separation anxiety
- Social stress
- Grief
- Focus, attention, impulsivity
- Anger management
- Trauma
- Problem solving skills



“When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

- Fred Rogers

The pilot position of Mental Health Therapist was made possible with the use of ESSER grant funding.

Our goal during this pilot year is to gather data to understand ways the position may benefit students and make an informed decision when considering future possibilities.
