



BUILDING CONNECTIONS

On-site mental health services for K-6

Us 2 Behavioral Health’s School-Based Mental Health program provides on-site mental health services for K-6th grade students in the Appleton Area School District (AASD). Therapists have experience working with youth and adolescents with any number of mental health challenges including anxiety, depression, behavioral concerns, grief & loss, family and friendship concerns, and ADHD.

OUR PROGRAM

- ✓ **Evidence-based intervention**
 - Brief Cognitive Behavioral Therapy (bCBT)
 - 12 therapy sessions or less
 - Awareness and understanding of connection between thoughts, emotions, and behaviors
 - Improve quality of life
- ✓ **Learn and adapt new skills**
 - Identify + challenge unhelpful thought patterns
 - Reinforce positive thoughts
 - Change behaviors
 - Emotional regulate
 - Manage mental health symptoms
- ✓ **Psycho-educational topics**
 - Relaxation techniques
 - Mindfulness
 - Communication skills
 - Problem solving through situations
- ✓ **CBT group sessions**
 - Members actively engage with peers
 - Share experiences
 - Provide/receive feedback
 - Understand others’ perspectives

To facilitate a smooth enrollment process, please use the QR code to complete the form.



Scan QR code to enroll

or visit:

<https://forms.office.com/r/9SEXZMsD1f>

WHY PROVIDING THERAPY IN SCHOOLS MATTER



INCREASES THE TIME STUDENTS ARE IN CLASS LEARNING



REDUCES CAREGIVER TIME SPENT TAKING CHILD TO COUNSELING APPOINTMENTS



MORE FREQUENT COLLABORATION BETWEEN SCHOOL AND COUNSELOR TO SUPPORT YOUR CHILD

Contact us for more information, or to simply get started:



www.us2bhc.org



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