

SCHOOL-BASED THERAPY

FREQUENTLY ASKED QUESTIONS

WHAT IS SCHOOL-BASED THERAPY?

School-based therapy is a voluntary outpatient mental health service provided in the school by The CHILL Project of Allegheny Health Network (AHN). Therapy is provided by a master's level clinician employed by AHN and billed through the student's health insurance coverage.

Instead of traveling to an office for therapy, students and their families are able to access this service during the school day. Students see their therapist at a scheduled time up to once a week for therapy for 30-60 minutes, then return to class. The therapist, guidance department, and teachers all collaborate to find the most appropriate time for students to have their sessions.

WHO QUALIFIES FOR SCHOOL-BASED THERAPY?

Qualifying students in participating schools are eligible for this voluntary service*, supporting students of all ages dealing with a variety of challenges.

Common topics addressed in therapy are...

- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anger Management
- Improving Relationships with Others
- Trauma
- Grief and Loss
- LGBTQ+
- Coping with Life Changes and Stress

*While School-Based Therapy is able to address many different challenges, it is not always the best fit for every student. In these cases, The CHILL Team, along with the school district's faculty and School Assistance Program (SAP), will assist finding services that best fit students' needs.

HOW DO I OBTAIN SERVICES FOR MY CHILD?

School faculty may suggest school-based therapy to families and students. If agreed upon by all parties, families will sign a consent form for the school to send a referral to the program's office directly. Once the office has the referral, they will call the family to gain information necessary for the referral, such as insurance and contact information. After this, the therapist will reach out to schedule an intake assessment.

Additionally, students can use the School Assistance Program (SAP) of their school district. These programs provide screenings and recommendations for services and can assist in referring to our program.

At any point, families may call (412) 650-1107 to begin the referral process.

For any additional questions, please contact your school's CHILL Team and/or Guidance Department.



The CHILL Project™ by Allegheny Health Network
810 Clairton Blvd. Suite 600
Pittsburgh, PA 15236
(412) 650-1107