

Terras Health: School Partnership

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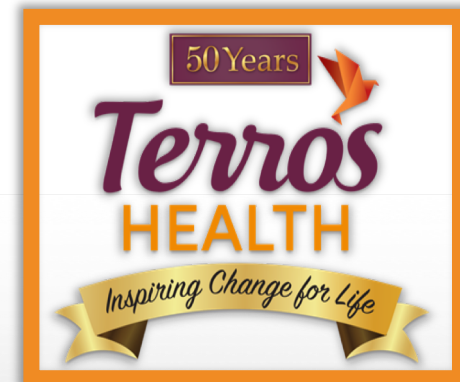


Who We Are Terros Health

Founded in **1969** as a substance abuse recovery and crisis services provider

We are a
LEADING
Behavioral
Health Care
provider in
Arizona.

Through **GROWTH** and
INNOVATION, built services
around the behavioral health
**needs of our patients and
the community.**



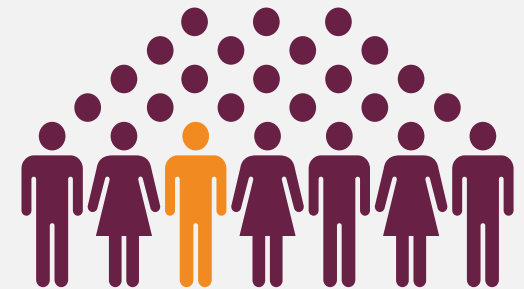
Bullying Victimization in Youth



Youth Risk Behavior Survey data (2019) revealed that 19.5% of high school students reported bullying on school property; and 15.7% reported electronic bullying victimization during the previous 12 months.



Per the CDC, 1 in 5 high school students experiencing bullying victimization



According to the CDC, Nearly 14% of public schools report that bullying is a discipline problem occurring daily or at least once a week.

Effect of Bullying

- Depression
- Anxiety
- Suicidal ideation
- Academic Struggles
- High Risk Behaviors
- Ongoing health complications



School-Based Children's Services

**Considerations
for youth
programming**

- Who is our target population?
- What do we need to offer that resonates with our youth and helps them develop the skills they need to be successful during times of adversity and interpersonal conflict?
- Who needs to be involved to help develop positive relationships amongst our youth and community?
- How can we reach youth in their learning environments?

Model of Whole Health Integrated Health Care



Whole Health, **NO WRONG DOOR** approach to care. The idea that there are many doors to becoming a patient of Terros Health.



No matter which door the patient enters, we assess and provide care for the **WHOLE PERSON** either directly or through care coordination.

We help kids through **TRAUMA**
by showing them **A PATHWAY TO
RESILIENCY**



Kids in the Center

We recognize kids want to be in the **CENTER** of things, and they **DESERVE** to be. In adolescence, youth are struggling to **DISCOVER** who they are, what they value, what they stand for, what guides them, how they will behave and what they want from their life.

Trauma Informed Care Approach

Motivational Interviewing



- We use **motivational interviewing** techniques to engage adolescents from the first contact throughout the treatment process. Through motivational interviewing, we give youth the chance to **talk** about their needs and their desire to change using an **empathetic, non-judgmental** approach.

Collaborative and Proactive Solutions (CPS)



- We use Dr. Ross Greene's CPS approach in behavioral treatment with youth and their families in order to cultivate problem solving skills, build healthy relationships, improves communication, and ultimately learn ways to collaboratively resolve disagreements utilizing empathy and active listening.

Trauma Informed Care Approach continued...

Dialectical Behavioral Therapy

- Thorough skills training offered to help develop **Mindfulness, Emotion regulation, Distress Tolerance and Interpersonal Effectiveness** to both youth and their families. We offer both a comprehensive approach and DBT informed approached based on **individual needs.**

Youth School Based Programing



Parent coaching training sessions



Intensive outpatient specialized adolescent substance use groups (nine hours a week)



Individualized and family therapy sessions



School behavioral interventions



In-home services behavioral coaching to assist in family communication and daily living skills



Comprehensive Case Management



Tutoring



Primary Medical Care



Medication Services

Programming Goals

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1

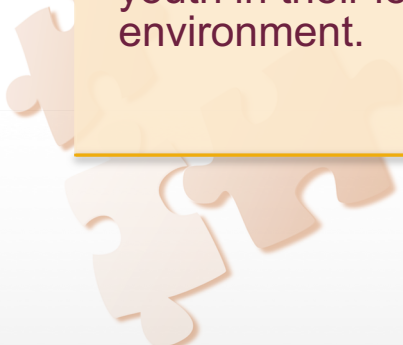
Our goal is to build strong partnerships with schools in our communities in order to provide wholistic care to youth in their learning environment.

2

We help mend the relationship the youth has with their parents, the student and their educators, the client and their counselors and, finally, within themselves.

3

As this transformation occurs, the parents are also developing trusting and vital relationships with caring Terros Health professionals, and other parents, as well

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Questions?

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