



Cabell County Schools

In partnership with Pretera Center

FALL 2013



A long-standing partnership: Pretera Center has been providing services in Cabell County schools since the mid-1990s. The partnership began with services at the two high schools and—with federal Title I and W.Va. “Step 7” funding assistance—has increased every year. Thirteen Cabell County schools were served in the 2012-13 school year. Plans are to expand to 13 more schools in 2013-14.

During school hours and the summer, a Masters-level therapist—along with a case manager in some schools—offers individual, family and group therapy; supportive interventions, targeted case management, and psychological evaluation and testing.

Through this increased access offered through the Pretera-Cabell County Schools partnership, upwards of 400 students, at every grade level, were served last year.

Incorporating the 3-Tier ESMH Model in Alternative School: With funding from the Bureau for Behavioral Health’s Expanded School Mental Health Initiative, services were recently added at the Alternative School, where Pretera and school staff work together to ensure smooth transitions between the alternative school and the student’s home school. Group therapy at the alternative school focuses on bullying and anger management.

Lessons Learned: As Cabell County Schools and Pretera have nurtured this “very positive” partnership, many lessons have been learned. Sherry Woods, Director of Student Support Services, offers these suggestions to other school leaders:

- **Introduce School Based Mental Health (SBMH) staff at a faculty meeting as soon as possible.** Encourage communication, interaction, coordination and use of staff for professional development. Clarify roles, post the hours when staff are available, and describe the referral process.
- Include SBMH staff in staff meetings, IEPs, Student Assistance Team meetings, and parent involvement activities. **Make them a part of the school team.**
- **Stress to your school counselors that SBMH is not a replacement for them,** but that they should be referring students with mental health issues to them.
- **Provide parents and the community information about the services available.** Publicize when the program begins, but send out information regularly through the school newsletters and other correspondences used by the schools.
- **Have a point of contact** for the school system, and a point of contact for the mental health agency. Have the two meet regularly to discuss issues and concerns.



“Although our enrollment is increasing, so are the needs of our students due to society’s ills. If we are to improve academic outcomes, we must address the psychological and social-emotional needs that impede learning. This requires a commitment to working together and ongoing coordination. The administrators must take the initiative for this to happen.”

Sherri R. Woods
Director of Student Support Services
Cabell County Schools

“Pretera Center is very proud of the partnership that exists with Cabell County Schools. Our children are our future, and Pretera is committed to providing quality services in the schools. We will strive to meet the needs of the administrators, staff, students and families.”

Karen Yost
Chief Executive Officer
Pretera Center

Visit

www.schoolmentalhealthwv.org

For more information



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Leadership for The West Virginia School Mental Health Initiative is a shared commitment of the West Virginia Department of Health & Human Resources, Bureau for Behavioral Health & Health Facilities; and the West Virginia Department of Education.