



Changing Directions.
Changing Lives.

School Based Mental Health Services Parent Information Flyer

Who is CHRIS 180?

These services are provided through a partnership between various school districts, the State of Georgia, and CHRIS 180, a non-profit organization with over 42 years of experience helping children and families. CHRIS 180 has been providing school-based services since 2014 and has worked with the following school systems: Atlanta, Clayton, DeKalb and Fulton. If you want to learn more about CHRIS 180 and their school-based services, check out their webpage at chris180.org/schoolbasedservices or email them at schoolbasedservices@chris180.org.

Children may need this type of support for a number of reasons, such as:

- Experiencing a scary event
- A recent loss of a family member or friend
- Difficulty adjusting to a life change
- Not knowing how to express what they are feeling

Counseling services can be a positive support to all students with a wide range of needs. Over time, these services can help students:

- Cope with their feelings which should lead to fewer calls home
- Understand why they are having difficulty and learn better ways of responding
- Improve focus in the classroom and on academic work
- Maintain better relationships with family, friends, and school staff
- Better manage impulses and intense emotions

What is my responsibility?

- Participate in the intake appointment at the school (virtually while providing telehealth)
- Participate regularly after the intake appointment by having at least monthly “check-ins” with the therapist.
- Communicate with the therapist during the monthly check-ins and discuss how your child is doing at home and share any concerns you may have. The therapist will update you on your child’s progress and if needed, share tips and strategies that can be used at home.

How long will it take?

Counseling services are not “one size fits all” and there is no way to know upfront how long your child will be recommended to participate in services. There are many factors that impact how long it will take and the therapist will discuss this with you during your regular check-in meetings/calls.

Insurance and Financial Responsibility Information:

- **All students within the assigned school can be referred for school-based mental health services at no out-of-pocket cost to your family.**
- **Student and Parent Groups are provided each semester at no charge** and are open to all students and families based on need and group-size capacity.
- **If your child has insurance through Medicaid** or a CMO (Amerigroup, CareSource, or Peach State), services will be billed to insurance.
 - Parent or guardian would be responsible for providing insurance ID number and report any changes with insurance status to CHRIS 180.



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- **If your child has private insurance**, CHRIS 180 will file claims with your insurance provider if our therapist is licensed and paneled with your specific insurance carrier. If your child's assigned therapist is not paneled with your insurance provider, or insurance will not cover or authorize services, we will use available grant or partnership funding to cover the cost of services rendered.
 - In an effort to reduce barriers to your child receiving services, CHRIS 180 will utilize available grant funding to cover co-pays and out-of-pocket deductibles for service rendered.
- **If your child has private insurance but the family opts to pay out of pocket**, parent or guardian will be presented services available through sliding scale/self-pay options.
- **If your child is uninsured and demonstrates financial need**, services will be provided at no cost to your family. CHRIS 180 will link your family with a designated Insurance Advocate to assist in obtaining insurance through Medicaid Care Management Organizations (CMO). CHRIS 180 will provide services while Medicaid is being applied for and will continue services even if Medicaid is denied.

HIPAA and Protected Health Information:

- All clinical information is protected under HIPPA and stored in secured electronic health records
- A release of information is required to release any medical records to third parties.
- Upon enrolling in services, Guardians will be presented a release of information to share information with the student's school for purposes of progress tracking and demographic reporting.