

## School-Based Services

– a range of specialized treatment services delivered on district grounds by experts from Laurel Life

### Program Description:

School-Based Services are specialized counseling and behavioral interventions delivered by staff with expertise in trauma-informed care. Counseling services are provided in the school setting and designed to address unique needs of each child and school district.

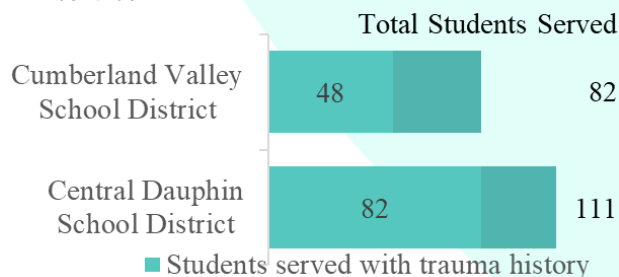
### Objectives:

- Reduce the need for out-of-district placements
- Support students who have experienced traumatic events by using evidence based clinical interventions
- Provide support to students returning from placement
- Improved attendance and academic performance
- Improved communication between students, parents, teachers, and administrators
- Cost reduction to the school district

### 2018-2019 Highlights:

Specially trained therapists and behavior coaches provided therapeutic and behavioral interventions in emotional support classrooms within the Central Dauphin, Central York, Chambersburg, Cumberland Valley, Greencastle-Antrim, Mifflin County, and Steelton-Highspire School Districts. Some highlights from the 2018-2019 school year include:

- Up to 50% reduction in students requiring a more restrictive placement.
- 45 students who had significant behavioral improvement leading to a reduction in need for service



### Evidence Based Treatment Model:

Laurel Life staff implement the Attachment, Regulation, and Competency Treatment Framework. ARC is a framework for intervention with students and families who have experienced multiple and/or prolonged traumatic stress.

ARC identifies three core domains that are frequently impacted among traumatized youth, and which are relevant to future resiliency. Designed to be applied flexibly across child- and family-serving systems, ARC provides a theoretical framework, core principles of intervention, and a guiding structure that we apply to the education setting.

### Interventions:

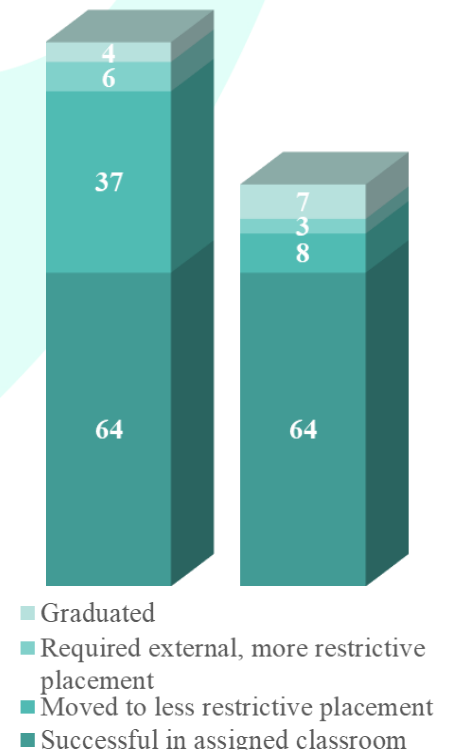
School-Based Services interventions are rooted in principles of trauma-informed care and brain science. Program goals are to stop inappropriate behavior, assist students to learn different coping strategies, and improve students' ability to self-regulate.

Specialized interventions utilize an evidence-based treatment framework to help students overcome trauma and transition to the least restrictive educational setting possible. The close collaboration between Laurel Life and school professionals in coordinating service delivery helps to improve fidelity of interventions, which include:

- Individual therapy
- Daily group therapy
- Treatment plan development
- Implementation of the positive behavior support plans
- Classroom management
- Evidence based clinical interventions
- Specialized social skill groups
- Response to mental health crisis
- Assessment and behavioral consultation
- Professional development
- Consistent communication with caregivers
- Collaboration with all outside agencies

### 2018-2019 Outcomes:

**95%**  
of the 193 students served in School-Based Services achieved successful outcomes.



- Graduated
- Required external, more restrictive placement
- Moved to less restrictive placement
- Successful in assigned classroom