School Based Mental Health Outpatient Treatment Services

Frequently Asked Questions

What does "school based" mean? School Based services (mental health or drug & alcohol) are outpatient services provided in a school setting or environment. Essentially, the school building is identified as a satellite outpatient clinic; the school based provider must comply with all regulations the same as a community outpatient treatment facility.

What services are provided in clinical outpatient services? Individual, group, and/or family therapy are the most common clinical services provided; children may also receive psychiatric services such as an evaluation and medication monitoring services.

How are students/youth referred to school based mental health treatment services? Since outpatient mental health treatment services are the least restrictive level of care, there are a few ways in which school based outpatient services can be accessed:

- > A student is recommended for outpatient services as a result of a SAP screening; the parent and/or youth must then contact the preferred provider directly to begin services
- > The parent and/or youth can contact the provider directly to schedule an intake appointment

Is a SAP screening required for youth who are in need of school based mental health outpatient services? No; however, it is highly recommended that all youth have involvement with the SAP process and receive a liaison screening to ensure that referrals for outpatient are appropriate.

What is the funding for school based outpatient mental health services? School based outpatient mental health services are funded by private insurance or public insurance (Medicaid); if a child/family does not have any insurance OR the child's insurance does not offer benefits for mental health services, the county becomes the payor of last resort.

What is the process for students that do not have insurance to pay for outpatient services? Westmoreland County BH/DS office can provide county funding for children without insurance or those without third party insurance that will cover these services; reimbursement is for those services provided under clinical outpatient services (individual therapy, family therapy). To be eligible for county funding, the child/adolescent is required to have an intake and liability determination at the base service unit (Westmoreland Case Management & Supports) prior to the start of outpatient services.