

The Full Service Community Schools Health Center (FSCS) is located in four Paterson Public Schools in Paterson, NJ. The FSCS clinic serves children, adolescents and families of one of the most disadvantaged cities in New Jersey. The Health Clinic instituted the Behavior Health Component in 2012. I am the Director of the Behavior Health programs in three of the four of the schools and I supervise four Graduate students in my program.

We serviced 140 students in these three programs this year. The clinic is diverse in ethnicity and the age of the students range between 5-15 years old. Initially, all students are clinically evaluated through a parent intake and then a separate child intake. Then children are recommended for individual, family therapy or group therapy. These students who are seen for individual therapy or family therapy have a treatment plan created for services. The groups that are included at the clinic are psychoeducational groups for behavioral issues, such as anger, and ADHD. We are able to provide cognitive-behavioral group treatment and introductions to mindfulness training to help these students better regulate their behavior. We also run groups that are process oriented psychosocial groups for girls focusing on issues of adolescence and self-image; boys groups focus on participants who had been bullied in middle school. We also have Bereavement Groups for children who have lost a parent or guardians to death or incarceration.

I feel the benefits of having a Behavioral Health Clinic in schools allows students to get services when they might not have the opportunity if they are to go to a mental Health Clinic outside of the school. The clinic has referrals from school administration as well as parents. My staff works closely with School Guidance, Child Study teams, Nurse and Principals. Administration has also requested that the clinic staff provide training to teaching staff around classroom behavior and behavioral issues. It would be wonderful to be able to provide this additional function of training to the schools staff. Currently our funding only allows direct clinical services to the students and families.

Most importantly the clinic provides information, referral and support to outside services to support needs to the family. Most school faculty will refer a child for a possible evaluation but are not sure the family has been able to follow through with services. The

clinic helps support the school through crisis intervention as well. If a student is a threat to himself and others our Behavioral Health Clinic is often brought into the process to refer the family to outside services. Following the emergency room evaluation if the student is able to come back to the school we offer school counseling support and family support to the student to help with transitions back to healthy functioning.

An example of a case is a 15 year girl in 8th grade is dealing with significant neglect including dental, vision and medical. My staff working closely with this student who family also struggled with issues of domestic violence and homelessness. The child has started to receive medical services and the clinic has helped cloth and set up a more stable living situation for this child at relative's house.

Another case was referred to the clinic by the Principal of the school. The student was doing poorly academically, fighting in school and truant. After individual counseling for this spring semester, her grades improved, attendance is very good and there has been no fighting in school.

We have had referrals this year to the clinic involving individual services to students who were friends or relatives of two students who died violently (October and April) in Paterson as well as a one a student whose parent was murdered in January of this year. These students are presently in treatment in our program.

This has been a successful program and continues to be valued by the students, their families, faculty and administration. The NJ state BOE in 2013 designated the FSCS Health Clinic as a model for the state including our program. The clinic provides families of Paterson the ability to keep involved with their child issues and the Behavioral Health Staff can interact with parents whom we provide support, affirmations, hope and positive regard.