

## School Based Mental Health



### Who We Are

School-Based Mental Health (SBMH) staff work under the supervision and training of [Polk County Behavioral Health](#) while being housed in the County's [Family & Community Outreach](#) Department. This unique partnership ensures ongoing training and support in cutting edge behavioral health care interventions while also having extensive knowledge of and access to many of the communities' local resources. School-based services are tailored to best meet student needs and to ensure the students' success in school and their overall well-being. To access services by a Polk County SBMH staff, you may request assistance from your school administrator, your child's teacher, or directly contact one of our SBMH staff listed below. When deemed appropriate, SBMH staff will assist the student and their family in a referral to an outside counseling agency.

### What We Do

Through partnerships with local school districts, [Polk County Family & Community Outreach](#) has placed mental health staff in a number of schools throughout the County. These SBMH staff provide services that range from prevention and education to outpatient counseling services. SBMH staff may treat a range of issues including, but not limited to, depression, anxiety, relationship difficulties, grief and loss, interpersonal skill development, and more.

Education and Prevention services such as classroom presentations and parent resource groups are provided at the request of school administration as part of their services to students and families.

Early intervention and support services for students such as conflict resolution, individual, or group skill training, and crisis management are also provided. Parents are made aware when these services are needed. Parental permission is obtained when need for services is ongoing.

- According to Oregon law, minors 14 years of age or older can initiate services with [Polk County Behavioral Health](#) without parental consent. ([ORS 109.675](#)).

[Polk County School Based Mental Health Staff](#)

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### Web Links

[Polk County Crisis Services National Suicide Prevention Lifeline](#)

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