

## Your Child's Behavior Health

Like physical health, behavioral health is a vital part of a child's development. Behavioral health is the essence of how we think, feel and act and affects how children feel about themselves, relate to others and manage life's challenges. As we emerge from the disruptions caused to our way of life during the pandemic, behavioral health has become a cornerstone of the recovery process.

Many of the warning signs and symptoms of behavioral health issues may seem like natural phases of development. If you suspect, however, that your child may be struggling, consider the following questions:

- Is my child's behavior normal for his or her age?
- How often does the problem occur?
- Is the behavior severe enough to interfere with daily activities?
- Does the problem behavior last for long periods of time?

As with any health problem, it can be difficult for families to come to terms with a behavioral health problem. The most important thing a parent can do is to seek help early in order to support the enhanced well-being of the child in the future.

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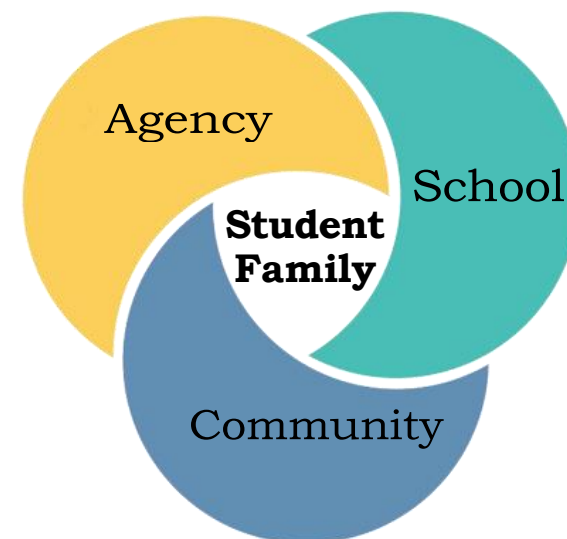
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## A Behavioral Health Partnership in FCPS Schools

# CASS

Community Agency School Services



Frederick County Public Schools

## About CASS

### Community Agency School Services

(CASS) is a program of Frederick County Public Schools that promotes school success by providing support services to students experiencing social, emotional or academic challenges. CASS Coordinators are Licensed Certified Social Workers who provide direct services to middle and high school aged students and families throughout Frederick County. CASS also directs and manages the school based behavioral health partnerships and provides consultative services to FCPS staff working with elementary schools.

CASS Coordinators facilitate collaboration between schools, agencies, communities and families. The goal is to improve communication and enhance access to services that support a whole child approach for Frederick County students and families.



## A Behavioral Health Partnership in Schools

In 1994, CASS developed the first FCPS school-based behavioral health partnership in a Brunswick school, allowing students to access services while at school. The partnership proved to be invaluable for students and parents and was expanded over the course of a decade to eventually include every school in the county. Today a variety of partners are available to serve students in need of this critical support.

### How It Works:

**For Elementary School students:** contact your child's school counselor.  
**For Middle and High School students:** contact your child's school counselor or you may contact the CASS Coordinator listed on the back of this brochure.

- School staff obtain written consent from parent/guardian and assist with referrals to participating agencies.
- Agencies verify insurance information and contact the parent/guardian to schedule an intake appointment.
- Once the intake process is complete, the therapist contacts the school to schedule sessions at the school.

## Our Agency Partners

Agency partners offer school-based

services which include individual counseling services. Additional services occurring outside of school may include family counseling and psychiatric services. Each partner determines the insurance providers with whom they participate. School staff can assist with identifying agencies from the list below that provide services in your child's school.

- Advanced Behavioral Health (ABH)
- Child Advocacy Center (CAC)
- KTS Mental Health Group
- New Vision Counseling Center
- Sheppard Pratt Outpatient Mental Health Service of Frederick
- The Orenda Center of Wellness
- Thrive Behavioral Health