

Your Child's Mental Health

Like physical health, mental health is an important part of growing up and developing. Mental health relates to how we think, feel and act. It affects how children feel about themselves, how they relate to others, and how they handle change, stress and other life situations.

Many of the warning signs and symptoms of mental health problems may seem like natural phases of growth. However, if you suspect your child may have a problem, ask yourself a few questions:

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

As with any health problem, it can be difficult for families to come to terms with their child's mental health problem. The most important issue, however, is helping your child and focusing on his/her needs. If you suspect a problem, it is important to seek help for your child.



CASS

Community Agency School Services

Promoting school success by providing support services to middle school students experiencing social, emotional or academic challenges.

Services include connections to:

Therapy & Psychiatric Services
Academic Support
Health Services
After School Programs
Mentors
Substance Abuse Programs

CASS Coordinators serve the following FCPS Middle Schools

David Humphries, LCSW-C
240-566-9126
Ballenger Creek Middle
Crestwood Middle
Urbana Middle
david.humphries@fcps.org

Christina Karszen, LCSW
(240) 236-8889
Gov. TJ Middle
New Market Middle
Thurmont Middle
Walkersville Middle
christina.karszen@fcps.org

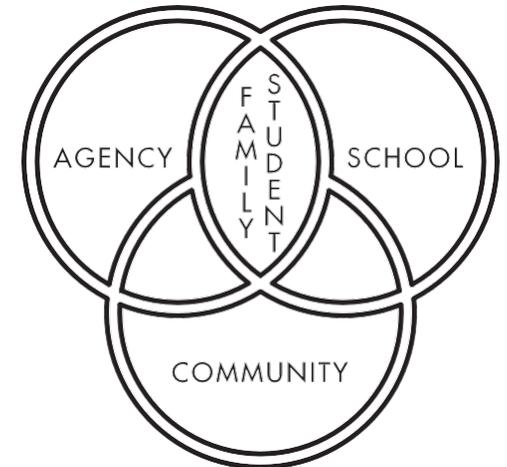
Pam Miller, LCSW-C
(240) 236-5390
Brunswick Middle
Middletown Middle
West Frederick Middle
pam.miller@fcps.org

Kristen Spear, LCSW-C
(240) 236-5588
Monocacy Middle
Oakdale Middle
Windsor Knolls Middle
kristen.spear@fcps.org

A Counseling Partnership in the Schools

CASS

Community Agency School Services



FCPS
Frederick County Public Schools
Reach. Challenge. Prepare.



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 school aged students and their families throughout Frederick County. They also coordinate and monitor the school based mental health partnerships and provide consultative services to FCPS staff working with elementary and high schools.

CASS Coordinators facilitate collaboration between schools, agencies, communities and families. The goal is to improve communication and enhance access to services that support Frederick County children and their families.

A Counseling Partnership in the Schools

In 1994, CASS developed the first Frederick County Public School's "on-site" counseling partnership in a Brunswick school allowing parents to access mental health services for their children closer to home. The partnership proved to be so valuable for families that it was expanded to three more schools by the end of the year. In 1997, three additional non-profit providers collaborated with CASS making counseling services accessible to an even wider geographic area of Frederick County. Today, CASS Mental Health Partners are available to provide onsite counseling at all FCPS schools.

The concept is a simple one. FCPS provides the space for counseling, the mental health agencies provide the therapists and CASS Coordinators act as the liaison between the school system and the non-profit agencies. The result is a partnership that provides many parents with an additional option to access mental health services in their school community.



About Our Partners

Our partners offer a variety of services which includes individual and family counseling and may include group counseling. Psychiatric evaluations and medication management are also available.

Advanced Counseling
Call 301-375-1143

Behavioral Health Partners (BHP)
Call 301-663-8263, Option 7

Brook Lane Health Services
Call 1-800-342-2992
(Ask for the Admissions Dept.)

Villa Maria of Frederick County
(Catholic Charities)
Call 1-667-600-3310

All CASS Counseling Partnerships maintain non profit or not for profit status in accordance with FCPS regulation 100-01.

Learn More...

To learn more about our partners and counseling partnerships available at your child's school, please contact the following:

For **Elementary and High School** students, contact your school's Counseling Department.

For **Middle School** students, contact your assigned CASS Coordinator (CASS contact information is located on the back of this brochure).