

## Mental Health Problems often Begin at a Young Age

- 1 in 6 U.S. children aged 2-8 years old had a diagnosed mental, behavioral or developmental disorder
- 1 in 10 youth has a mental health issue severe enough to impact their lives at home, school and in the community
- 75 to 80 percent of children and youth in need of mental health services do not receive them

(Sources: CDC, NCCP and American Journal of Psychology)



For over 40 years, The Florida Center for Early Childhood has been the leading provider of therapeutic services, early education and healthy development for young children in southwest Florida.



School based mental health services are provided in partnership with the School District of Sarasota County and the Community Foundation of Sarasota County.



### FLORIDA CENTER LOCATIONS

- 4620 17th Street, Sarasota, FL 34235
- 6929 Outreach Way, North Port 34287

### HOURS OF OPERATION

8:30 a.m. – 5:30 p.m., Mon-Fri

For more information call (941) 371-8820  
or visit [www.thefloridacenter.org](http://www.thefloridacenter.org)

We are nationally recognized for our early childhood expertise in a variety of specialties, including:

- ✧ Developmental Therapies
- ✧ Fetal Alcohol Spectrum Disorders Clinic
- ✧ Healthy Families
- ✧ Infant & Early Childhood Mental Health
- ✧ Starfish Academy Preschool

The Florida Center for Early Childhood Inc. is dedicated to equal opportunity of all consumers without regard to race, color, religion, gender, or on the basis of any other condition or characteristic protected by federal, state, or local law. We will comply to the fullest extent with the applicable regulations and provide reasonable accommodation to clients with impaired sensory, manual or speaking skills.



## School Based Mental Health Therapy





## What is School Based Mental Health Therapy?

As schools maintain their critical focus on education and achievement, elementary students have access to a trained, mental health therapist right on campus. This dedicated professional can nurture children's mental health and wellness – two components that are integrally connected to students' success in the classroom and to a thriving school environment.

School-Based Mental Health Therapists provide counseling services for the child and his or her family.

Therapists at each elementary school conduct one-on-one counseling sessions with students referred into the program for a variety of issues including:

- Aggression
- Grief/Loss
- Exposure to a traumatic event
- Difficulty paying attention
- Hyperactivity
- Depression
- Emotional regulation and/or difficulty calming down
- Challenges in school
- Defiance

Our treatment practices are designed to address the individual issues of each child and family. Some of our evidence-based practices include:

- Circle of Security
- Child/Parent Psychotherapy
- Trauma Focused Cognitive Behavioral Therapy
- Cognitive Behavioral Therapy
- Art Therapy
- Mindfulness

## Mental Health Therapy Services

Our School-Based Mental Health Therapists are trained to meet the unique social and emotional needs of children from pre-kindergarten to fifth grade.

*Research shows that early intervention can help prevent adverse outcomes later in life.*

