

School-Based Counseling

□ Listen to this OBHAW School-Based Counseling is aimed at helping kids, teens, and young adults succeed in their classroom and thrive at home. Our staff is passionate about helping kids learn social skills, behavioral skills, and coping skills that will help them reach their goals.

We believe that therapy is a collaborative, individual-centered process. Because of this belief we work in partnership with kids and their families to develop a plan and goals for treatment.

FAQs about School-Based Counseling

How does School-Based Counseling Work?

Our staff works with your child during their regular school day, within their school. We do this by pulling them out of their classes to participate in one-on-one counseling or group therapy sessions.

OBHAW team members work with teachers and administrators to determine the best times for us to work with your child. We will not pull kids out of core classes, making sure that they are able to continue with their academics un-interrupted.

How do I get my child into School-Based Counseling?

The easiest and quickest way to put your child into School-Based Counseling is to talk with their teacher or school counselor about OBHAW counseling. Then your child's teacher or school counselor can refer them to our team members.

Another option is to call our offices for more information (click [here](#) for Location Information).

How much does School-Based Counseling Cost?

The cost of School-Based Counseling is dependent on your insurance provider. We work with a variety of insurance providers including (but not limited to):

- BlueCross BlueShield
- Humana
- Medicaid

If you do not have insurance, there are other payment options. Our team will work in partnership with you to find the best payment source.

What does time with a School-Based Therapist typically consist of?

The OBHAW School-Based Team uses therapy methods that will directly engage your child. Often your child will talk with their therapist while participating in activities like games, puzzles, and crafts. We have even had kids tell us that time with our team "doesn't even seem like therapy". Therapists are intentional in the way that they engage kids to make sure they are spending productive and meaningful time while also having fun. Progress is important to us so we help kids learn skills, coping mechanisms, and self-regulating disciplines in ways that make sense for each individual child.