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ALTACARE

Comprehensive School
and Community Treatment
(CSCT) Programs



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What is it?

Altacare is a school-based counseling service dedicated to helping students with mental health needs. We partner with the school staff and parents to help students be successful in the school environment.



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By collaborating with an experienced mental health partner, the Public School district and parents can effectively provide specialized therapeutic services to seriously emotionally disturbed students while maintaining the student in his or her own home school.



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ADMISSION CRITERIA:

- ❑ Reside in the appropriate school district and currently be enrolled at their designated regular school building, or have a permissive transfer granted.
- ❑ Have an eligible Axis I DSM IV diagnosis (excludes Conduct Disorder and Chemical Dependency).
- ❑ Meet medical necessity criteria for level of care and have received less restrictive therapeutic services if clinically appropriate.



SERVICES OFFERED: (at a minimum)

- ❑ Individual Therapy two times per month
- ❑ Family Therapy one time per month
- ❑ Therapeutic Process Group two times per week
- ❑ Psycho-education groups three times per week

This may include:

Virtues Study Group

Recreation Skills Group

Assertiveness Training Group

Communication Skills Group

Problem Solving/Coping Skill Development



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SERVICES OFFERED: (at a minimum)

- ❑ Social Skills training throughout the day
- ❑ General case management efforts will be provided daily for each child
- ❑ A crisis plan will be developed for each child



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When we see kids:

- ❖ Different schools have different scheduling methods. Some schools meet with every client everyday for 45 minutes.
- ❖ Altacare staff coordinate with teachers and other staff for times to see kids so they miss as little academic instruction as possible.
- ❖ Some groups meet at specific times each day/week like a regularly scheduled class.
- ❖ Crisis times and high needs individuals meet more often until stability is established.



How to Refer a Student:

- ❑ Contact: counselor, principal, vice principal, or Altacare team

Referrals are made by:

- ❑ Administrators
- ❑ Counselors
- ❑ Teachers
- ❑ Parents
- ❑ Other Mental Health Professionals



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Some behaviors to be concerned about:

- ❑ Consistent defiance,
- ❑ Angry outbursts,
- ❑ Signs of depression (prolonged sadness, suicidal tendencies, irritability, isolation from others, etc.),
- ❑ Hyperactivity and inactivity which may seem to be in cycles,
- ❑ Self harm,
- ❑ Anxiety, etc.

If you wonder – just ask for help.



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HIPPA Laws (Health Information Privacy Protection

Act)

- Confidentiality is the same as with medical records at hospital or clinic. They can only share information with entities the parent/guardian signs releases for.
- It is in the best interest of the client that we share only the information necessary to help us work with them as a team.



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Altacare has over 100 programs across Montana working in schools to help kids. We are a sister company of Acadia Healthcare of Montana in Butte, where we have 68 bed residential facility.



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VISION STATEMENT:

Altacare is in partnership with parents and school districts to provide a quality early intervention service designed to allow children to succeed in their educational setting, their community and hopefully in their lives.

