

Student Mental Health Prevention Services

Research shows 4 out of 5 youth nationwide could benefit from prevention services.

Prevention services help students build resilience, which improves their behavioral health and overall well-being.

Services available for students at:



Services funded by:



Upper Arlington Schools

ADAMH Public School Investments:

Research shows four out of five youth nationwide could benefit from prevention services.

In response, the Alcohol, Drug and Mental Health Board (ADAMH) of Franklin County partners with 16 public school districts in Franklin County and certified behavioral health agencies to provide school-based prevention and early intervention services for all students to support their mental health and wellness journey.

ADAMH school-based prevention investments are grounded in the Strategic Prevention Framework developed by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Through evidence-based programs and promising practices, prevention services help students build resilience which can help to mitigate underlying behavioral health risk factors; thereby reducing the likelihood of developing a mental health disorder or engaging in risky behaviors, like substance use.

Syntero is the ADAMH behavioral health partner for Upper Arlington School district. Syntero offers school-wide prevention programs to promote a positive school climate, assist students experiencing non-academic barriers to school, support parent engagement and provide professional development for district staff.

Students and staff can reach out to the guidance counselor or the school liaison listed above to access these resources.

Note: Services provided to each school are specialized based on their unique needs and are flexible to respond to emerging needs.

ADAMH Providers at Upper Arlington Schools:

Syntero

Contact: Susan Ortega
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School Liason:

Denise Lutz
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Substance Use Prevention:

- CRAFFT behavioral health screening tool

Mental Health Promotion:

- **Signs of Suicide (SOS)** - educational curriculum and screening to raise awareness about suicide and depression
- **Coping 101** - provides psychoeducation and helps students develop skills to manage life stressors
- **Neurosequential Model of Education (NME)** - helps educators understand student behavior and performance

Additional Support Offered:

- Assessment, referral and linkage consultation for students, parents and school personnel
- Healthy coping skills
- Crisis support and intervention
- Parent workshops and community trainings
- Professional development of school personnel
- Screening to identify and provide support for students at risk of developing anxiety and depression

ADAMH provides a pathway to health and healing for individuals and families in Franklin County seeking resources for addiction and mental health. ADAMH funds accessible and affordable prevention, crisis, treatment, housing, family and recovery services through a network of more than 30 nonprofit agencies located in neighborhoods throughout the county.

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