

# 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:*



# Westerville City 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.

Concord Counseling Services is the ADAMH behavioral health partner for Westerville City School district. Concord Counseling Services 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. Services are currently offered to students K-8 in certain buildings in Westerville City Schools.

## ADAMH Providers at Westerville City Schools:

### Concord Counseling Services:

Contact: Alexandria E.R. Caughell, MSW, LISW-S  
alexcaughell@concordcounseling.org

### School Liason:

Jessie Martin, LISW-S, CTTR  
martinjd@wcsoh.org



## Prevention Programs:

**A Peaceable Place: Social Perspectives** – this program focuses on character education, asset development, and interpersonal skills to provide students with the knowledge, skills, and attitudes they need for positive social development and

## Skill Building:

- Stress and worry management
- Self-regulation
- Managing emotions / coping- skills
- Positive friendships / anti- bullying / social skills
- Making positive and healthy choices
- Building resiliency, confidence and self-esteem
- Leadership skills

## Types of Services Offered:

- Individual and group services
- Parent workshops and community trainings
- Professional development of school personnel
- Universal classroom prevention
- Early intervention / prevention
- Crisis support and intervention
- Referral and linkage to community resources
- Consultation for students, parents and school personnel

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.

Visit us at: [www.adamhfranklin.org](http://www.adamhfranklin.org)  
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