

# 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:*



# Worthington 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.

Directions for Youth & Families is the ADAMH behavioral health partner for Worthington City School district. Directions for Youth & Families 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.

## ADAMH Providers at Worthington City Schools:

### Directions for Youth & Families:

Contact: Hannah Ellingson, MSW, LISW-S  
hellingson@dfyf.org



### School Liason:

Lara Ruffing, LISW-S  
Mental Health Team Leader  
lruffing@wscloud.org

## Prevention Programs:

- Attachment, Self-Regulation, and Competency (ARC) - a trauma-informed framework focused on increasing resiliency in children by improving attachment, self-regulation and competency.
- Positive Action - an educational program that promotes an intrinsic interest in learning and encourages cooperation among students. It works by teaching and reinforcing the intuitive philosophy that you feel good about yourself when you do positive actions.

## Types of Services Offered:

- Mental health counseling
- Student small groups
- Early intervention
- Suicide prevention
- Assessment, referral & linkage
- Consultation for students, parents & school personnel
- Healthy coping skills
- Crisis support & intervention
- Professional development of school personnel

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

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)  
Connect with us: @ADAMHFranklin

