

## CarePlus New Jersey, Making a Positive Impact in Classrooms, in Schools, in the Community

CarePlus offers a school-based therapeutic program that offer psycho-education, skill-building, and therapy in a non-stigmatizing school environment.

Engaging youth in positive activities to enhance their growth and provide counseling and intervention can be extremely challenging. The program is based upon the philosophy that a student's chance to achieve success in school and in the community improves when there is easy access to school-based therapeutic services.

### Program Goals:

- Create student access to an environment within the school that's safe and free of stigma
- Offer students structured psycho-education, skill-building, and therapy from an experienced professional.
- Improve students' interpersonal interactions with friends, family, and the community
- Students grades improve.
- Students overall outlook improves.

The CarePlus program is designed around a collaboration with Watchung Hills Regional High School's practices and on-site therapeutic services to ensure a seamless, barrier-free environment to care. The program is staffed by a professional experienced in youth development, therapy, and case management and backed by the CarePlus mission to help people foster and develop healthy minds and healthy bodies.

### Specialized Services:

- Individual counseling
- School clearances
- Skill-building groups including social skills, conflict resolution, mindfulness, anger management, and stress management
- Direct linkage to licensed and accredited community-based programs through CarePlus
- Educational workshops for faculty and parents
- Collaborations with the school team and outpatient resources
- Partnerships with child study teams as indicated by IEPs
- Outreach and home visits
- Case management
- Parent support groups