

JOHN F. KENNEDY UNIVERSITY

COMMUNITY COUNSELING CENTERS



SCHOOL BASED PROGRAM SERVICES INFORMATION

GENERAL OVERVIEW

Services Include:

- Individual Therapy
- Group Therapy
- Skills Workshops
- Informational Presentations
- Collaboration with Staff/Faculty
- Parent Support Meetings

The School Based Program (SBP) is the largest counseling program at JFKU Community Counseling Centers (JFKU CCC). The SBP currently serves schools in Mount Diablo, Pittsburg, Antioch, Vallejo City, and Cupertino Unified School Districts as well as the Contra Costa Community College School District.

The mission of the SBP follows the mission of our Centers and is two-fold. We believe that the status of one's mental health is impacted by everything one does and impacts everything one does. This determines how successful one can be in school, their career and in their personal life. Therefore, it is imperative that quality mental health services are easily accessible and affordable. JFKU CCC aims to provide these services to schools in our surrounding community, helping students achieve maximum personal growth as well as academic success.

Additionally, we serve as a training facility for mental health counselors. We pride ourselves in delivering a unique and comprehensive training experience for graduate students and interns learning to become mental health professionals as well as inspire and empower them to become actively involved in the community.

OVERVIEW OF SBP COUNSELORS

JFKU CCC is staffed by volunteer trainees and interns (counselors) who are currently in or have graduated from one of the following graduate programs:

- Marriage and Family Therapy (Standard or Holistic) (MFT)
- Counseling Psychology (MFT/PCC)
- Psychology Doctorate (PsyD)

SBP counselors receive training that is designed specifically to orient them to the logistics of working in a school, as well as clinical issues that often arise in schools.

All counselors are supervised at JFKU CCC by licensed clinicians who have been licensed for at least 2 years.



HOW COUNSELORS CONTRIBUTE TO THE SUCCESS OF THE YOUTH



SBP counselors work collaboratively with parents, school administration and faculty members to provide comprehensive therapeutic services tailored to the needs of the school and students. Some of the needs SBP counselors work with schools to address are:

- Classroom Behavior Problems
- Social Interaction Problems
- Academic Underachievement
- Low Self Esteem
- Depression/Anxiety
- Grief and Loss
- Family Crisis
- Victims of Child Abuse

“Our program is designed to be flexible in terms of services delivered, so we can meet the particular needs of each school and student that we serve.”



PROGRAM COST

The SBP partners and contracts with local schools and districts to offer free mental health services to students. The total cost of services to the school or district is dependent upon the unit of services requested.

A **unit of service** is defined as one counselor providing 6 hours of **counseling services** at a school site each week from October through June. Each unit of counseling services is usually provided in one day. However, split days can sometimes be arranged to best accommodate schedules of the school and counselor.

Counseling services include individual sessions, group/workshop sessions, classroom and schoolyard observations, consultations/collateral meetings with parents, school staff and/or other helping professionals.

The Program offers two start dates in the beginning of October and the beginning of January.

The current annual cost per **unit of service** for October starts is \$6000.

The current annual cost per **unit of service** for January starts is \$4000.

ADDITIONAL SBP SERVICES AVAILABLE TO SCHOOL DISTRICTS

Positive Behavior Intervention Program

Positive Behavior Intervention Program will provide services to students who are truant or at risk of expulsion. Students will be seen at the Concord Center by JFKU CCC counselors for 8 sessions of strength-based solution focused therapy that will enable students to set and achieve goals towards getting back on track academically.

Fee Per Session: \$60.00



EDUCATION FOR CHANGE

*“Preparing students for
success through
impactful learning
experiences connected
to service”.*

Additional Workshops

A school may request psycho-education workshops, beyond what their assigned JFKU CCC counselor is able to provide. Workshops may be delivered to students, staff, faculty and or parents/families of students at the school. As with the SBP, we aim to tailor our services to the needs of the school, therefore the topics can be requested by the school. Potential topics for workshops include, but are not limited to:

- ✓ **Test Anxiety (Students)**
- ✓ **Social Skills Building (Students)**
- ✓ **Managing Anxiety
(Students, Parents, Staff, Faculty)**
- ✓ **Time Management
(Students, Parents, Staff, Faculty)**
- ✓ **Positive Parenting (Parents)**
- ✓ **Managing Children with Behavioral Issues
(Staff, Faculty, Parents)**

Parent or Teacher/Staff Workshops:

- \$150 (covers 2-3 hours and up to 25 participants)
- \$250 (covers 2-3 hours and up to 50 participants)

Child/Adolescent Workshops:

- \$75 (covers 2-3 hours and up to 15 participants)
- \$175 (covers 2-3 hours and up to 30 participants)

FOR QUESTIONS, PLEASE CONTACT:



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John F. Kennedy University has been committed to giving back to the northern California communities since its founding in 1964. A major component of this commitment is a network of three Community Counseling Centers located in Concord, Oakland, and Sunnyvale, known as John F. Kennedy University Community Counseling Centers.