

## WHO WE ARE

Since 1999, Family Behavioral Resources has been partnering with communities in an effort to improve the quality of life for individuals and families. In 2014, we became a proud subsidiary of Community Intervention Services, (CIS), which has allowed us to expand our clinical expertise. We collaborate with our consumers to provide services that are tailored to each person's individual needs. We empower people to better their lives by providing the highest quality behavioral health care, where our expert clinicians deliver diverse and innovative services to improve value of life.

We provide services to many school districts in numerous counties (and the partnerships continue to grow rapidly). Current counties include:

- Allegheny
- Beaver
- Greene
- Westmoreland

The number of school districts and students served continues to increase. For more information on how to become a partnered school, please contact: 724-771-4688

## WHY US

Our team is comprised of the most passionate, dedicated, and intelligent clinicians and therapists in the field. When you walk through the doors into any of our facilities, your needs become our *priority*.



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## SCHOOL BASED MENTAL HEALTH SERVICES (SBMH)



Outpatient Mental Health  
Services in the School Setting

**Empowering People. Improving Lives.**

## WHAT WE DO

School Based Mental Health Services (SBMH) is a collaborative program between partnered school districts and Family Behavioral Resources providing outpatient mental health services in the school setting. SBMH services are programmed for students struggling at home or in school with identified needs for support. Students identified with a need are afforded the opportunity, during the school day, to attend therapy sessions with a trained therapist. Sessions are intended to be the least interfering with the student's class schedule, and families are supported and encouraged to participate in treatment planning and treatment reviews. Therapists are available throughout the school year and summer break.

## 2 The Program

- Thorough intake and assessment to begin the treatment process
- Individual therapy sessions held in the school setting by a master level clinician from Family Behavioral Resources
- Individualized treatment planning
- Family and school collaboration with case management, and enhanced SAP or SAP teams within the school
- Evidence based approaches
- Weekly updates on treatment with school consultation as needed

"Enhancements that can last a lifetime"

## 1 Program Benefits

- Greater achievement in the education setting
- Improved family, teacher, and peer relationships
- An overall increase in sense of self esteem, self worth and pride
- The ability to gain the skills to manage problematic situations more effectively on an everyday basis

## 3

**SBMH Services are inclined to assist students struggling in the following areas that may include but are not limited to:**

- Students suffering from a diagnosis or cognitive disability
- Students who would benefit from any form of social, emotional and/or behavioral therapy
- Students who are experiencing a major life transition (i.e divorce, moving, etc)
- Students who can be disruptive in the classroom or who have difficulty controlling aggression
- Students who have experienced a trauma, grief and/or loss
- Students struggling with relationship stress within the family and in need of family therapy
- Students struggling with sexual identity or LGBTQI+ youth in need of support

## 4

### To Learn More

*If interested in our School Based Mental Health Services or to discuss partnering with us in a new school district, please contact:*

Director of Business Development

Phone: 724-771-4688

Email: [info@familybehavioralresources.com](mailto:info@familybehavioralresources.com)

