



School-Based Outpatient Treatment Services

Valley

Who We Are

We are a multi-disciplinary school-based team of psychiatrists, therapists and skills trainers. We work with clients and families to help them understand and manage their mental health needs. We recognize that people come from different backgrounds, cultures, upbringings, and lived experiences in our shared community. Our teams are committed to including your understanding of experiences into the conversations and treatment. Our mental health services are available currently via telehealth sessions (phone and computer) and some in person sessions as approved by health guidelines and agency policies.

Our Purpose

Life events can impact how we see and experience the world; our teams can help you identify what helps you stay safe and protected, and what isn't working for you anymore. We are committed to providing effective clinical treatment for children and adolescents ages 5-18 experiencing mental health symptoms impacting their daily lives in the home, school and community settings.

Our Services Can Include

- Clinical assessments
- Treatment groups
- Individual and family therapy
- Consultation and case management

SCHOOL-BASED OUTPATIENT SERVICES SUPPORT INDIVIDUALS EXPERIENCING:

- school avoidance
- trauma history
- impulsivity
- depression
- suicidal ideation
- mood regulation
- lagging social skills
- attention issues
- anxiety
- oppositional or unsafe behaviors

Frequently Asked Questions

WHAT KIND OF SUPPORT DO TRILLIUM WORKERS PROVIDE?

Trillium therapists meet with students who might have some things on their mind that they want to talk to someone about. Students often want to talk about friendships, romantic relationships, academics, family problems, any depression or anxiety they might be experiencing or past events that have occurred that continue to be troubling or upsetting. Whatever is discussed with your Trillium Therapist is up to YOU!

HOW LONG DO STUDENTS NORMALLY MEET WITH THEIR TRILLIUM THERAPIST?

It can really depend and services are decided on together with the student. Sometimes, a student might have an issue that might be more complex and take more time and energy to work through and other times, a student might need some short term support around a less complicated issue. Because our services are voluntary, you can end services at any time.

WILL TRILLIUM SHARE MY INFORMATION WITH ANYONE, LIKE MY PARENTS?

If you are over 14, we don't need your parent or guardian's permission to see you. We always like to have parents aware their children are seeing us but please let us know why this might be a problem and we can work through this with you. Generally, what you say to us is considered "confidential information," which means we don't share your information with others. However, there are a few exceptions to this (all related to safety), which your Trillium Therapist will review with you at your first meeting.

HOW CAN YOU ACCESS TRILLIUM SERVICES?

You can ask your school counselor or give us a call. Once we gather information we will schedule a time to meet. From then on, we will work together as to how often and when we will meet.

DO I GET TO PICK WHICH TRILLIUM THERAPIST I WORK WITH?

If you know a Trillium staff you might want to work with, please let your school counselor or us know. HOWEVER, there is no guarantee you will get to work with that person. Often, we match students to therapists based on who has openings.

WHAT IF I FEEL LIKE MY PROBLEMS ARE NOT THAT BIG OF A DEAL COMPARED WITH OTHER PEOPLE'S ISSUES?

Being a teenager or even just a human being can be hard! No matter what issue you are dealing with, we all need a support person sometimes.

To access Outpatient Services give us a call and ask for the Mid-Valley region.

www.TrilliumFamily.org
Services@TrilliumFamily.org
Phone: 888.295.6996 or 541.758.5900

