

## Contact Information

### Loudoun MHSADS:

#### Student Referral for Assessment:

703-771-5177

#### Substance Abuse Outpatient and MHSADS Outreach:

703-771-5734 Direct

703-771-5155: Access Monday-Friday:

9:00 a.m.-5:00 p.m.

#### Loudoun County Crisis Intervention Team (CIT)

703-777-0320: 24 hours/7 days

Walk-In Assistance: Daily:7:00 am.-11:00 p.m.

### Community Partners:

#### Child Protective Services:

703-771-KIDS(5437)

#### PRS CrisisLink (24 hours/7 days):

703-527-4077: Phone

703-940-0888: Text

#### National Suicide Prevention Lifeline:

(800)273-TALK(8255)

#### Youth Crisis Hotline:

(800)HIT HOME(448-4663)

#### Children's Regional Crisis Response:

844-627-4747

#### Alcoholics Anonymous- NOVA:

703-876-6166 or (800)208-8649

#### Narcotics Anonymous- Dulles Corridor:

(800)543-4670

#### Family Connections:

571-258-3071

#### HealthWorks for Northern Virginia:

703-443-2000 extension 4730, Leesburg

703-481-8161, Herndon

### When to reach out:

- ⇒ Changes in school performance (changes in grades, attendance)
- ⇒ Mood changes
- ⇒ Complaining of illness before school
- ⇒ Increased disciplinary problems at school
- ⇒ Experiencing problems at home or family situation (stress, trauma, divorce, substance abuse, exposure to poverty conditions, domestic violence)
- ⇒ Communication from teachers about problems at school
- ⇒ Dealing with existing mental health concerns

## Loudoun County Public Schools

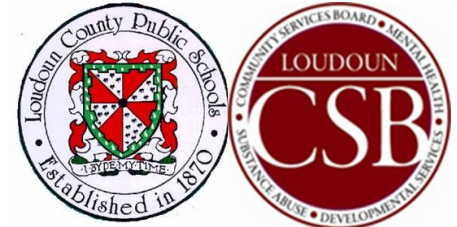


## Department of Pupil Services

571-252-1200

<http://www.lcps.org/page/877>

## School-Based Mental Health Services and Community Partners



## **Loudoun County Public Schools Resources**

**School Counselors:** 571-252-1017  
<http://www.lcps.org/page/1871>

- Deliver the school counseling core curriculum that proactively enhances awareness of mental health; promotes positive, healthy behaviors; and seeks to remove the stigma associated with mental health issues
- Provide responsive services including internal and external referral procedures, short-term counseling or crisis intervention focused on mental health or situational (e.g., grief, difficult transitions) concerns with the intent of helping the student return to the classroom and removing barriers to learning
- Provide students with individual planning addressing their academic, career, and social/emotional (including mental health) needs
- Co-facilitate Positive Experiences in Educational Relationships (PEER)

**School Social Workers:** 571-252-1014  
<http://www.lcps.org/page/2064>

- Conduct mental health presentations to students, staff, and parents
- Provide link to community resources
- Serve as case manager for McKinney-Vento and foster care-placed students
- Provide special education individual and group support
- Provide individual and group support for other needs (anxiety, social skills, peer relationships, stress)
- Conduct sociocultural assessments
- Co-facilitate Positive Experiences in Educational Relationships (PEER)

**Parent Resource Center:** 571-252-2185  
<http://www.lcps.org/page/76179>

The Parent Resource Center provides parents with resources and support as they work with schools to meet their child's learning needs. These needs include academic, social, emotional, developmental, and functional skills. The Center is available to all parents of students in pre-school through post-graduate programs.

## **Loudoun County Public Schools Resources**

**School Psychologists:** 571-252-1013  
<http://www.lcps.org/page/1836>

- Conduct Depression Awareness and Suicide Prevention presentations for all ninth graders and targeted booster sessions
- Provide group counseling to special education students and individual or group counseling to emotionally at-risk regular education students
- Provide consultation with students, parents, teachers, and staff regarding mental health issues in youth
- Lead Functional Behavioral Assessments (FBA) for regular education students with persistent behavioral difficulties
- Conduct suicide screenings for students expressing suicidal ideation and assist in connecting them with appropriate community mental health providers
- Conduct psychological evaluations on students suspected of having an emotional or other disability

### **Student Assistance Specialists:**

571-252-1014  
<http://www.lcps.org/page/2064>

- Present substance abuse and mental health presentations to students, staff, and parents
- Provide tobacco education
- Conduct alcohol and drug assessments and referrals
- Deliver individual and group support related to substance use concerns
- Facilitate three-day Insight class for students who violate the drug/alcohol policy or who voluntarily participate in the early intervention class
- Provide individual and group support to students attending the 30-Day Substance Abuse Education Program at Douglass School

### **School Nurses:** 571-252-1017

<http://www.lcps.org/2019>

- Communicate with parents and refer students to Student Counseling when mental health concerns are raised or suspected
- Develop Individualized Health Care Plans as appropriate
- Provide resources for social/emotional counseling
- Monitor students for medication side effects and communicate with parents when side effects are noted

## **Loudoun County Department of Mental Health, Substance Abuse & Developmental Services (MHSADS) Community Services Board**

### **School-based Services:**

#### **Student Referral for Assessment:**

- Students can receive up to three sessions with a clinician from Loudoun County Mental Health (MHSADS).
- To make a referral, parents need to contact the school counselor, social worker, psychologist, or student assistance specialist.
- Once the referral is made, a mental health clinician will provide a free assessment for students and families and provide recommendations.

#### **Prevention and Intervention:**

School and community-based programs and services to high risk youth ages 6-18: after school programs, support groups, summer camps, and ESL classes

#### **Substance Abuse and Mental Health**

##### **Outpatient Services:**

- Substance abuse assessment and referral
- Screening and referral for detoxification and residential treatment
- Services for individuals with co-occurring mental health and substance use disorders
- Individual, group, and family therapy
- Relapse prevention
- Drug testing
- Case management
- Substance Abuse Education
- Intensive Community Treatment: Intensive mental health and substance abuse treatment. For these services, students must meet criteria of Youth at Risk or Seriously Emotionally Disabled .

#### **Loudoun County Crisis Intervention Team (CIT):**

*You might need Emergency Services if you or someone you care about is:*

- ⇒ Struggling with a crisis and is not caring for basic needs
- ⇒ Acting in a way that puts him/herself or others at risk of harm
- ⇒ Expressing thoughts of suicide or of hurting other people
- ⇒ Abusing alcohol and/or substances