



POLICIES AND PROCEDURES

POLICY TITLE: COUNSELING SERVICES ENTRANCE/EXIT CRITERIA

POLICY: MLC staff follow entrance, transition, and exit criteria to determine when a student is appropriate to receive or exit counseling services.

PROCEDURES:

1. Miriam Learning Center offers individual, group, and family counseling to help children improve mental health concerns using empirically based interventions. Licensed and registered therapists employed through MLC, work with parents and professionals to make sure goals and treatment are appropriate to each child's needs.
2. Therapy may be provided for any child age 2 to 25 as long as the child's needs fall within the expertise of our assessment and treatment team. Children who may have needs beyond our expertise will be referred to community resource with the ability to help the child. Parents, and when appropriate, the referral source, will be notified regarding the reasons their child required alternative services. A list of these service providers will be provided upon request or when appropriate during the course of treatment.
3. Therapy may be provided within the child's educational or daycare setting, at Miriam School or Academy, within the home, or other community-based locations.
4. Services are provided Monday through Thursday 8:00am-7:30pm. And Fridays 8:00am-3:30pm. MLC is closed for most standard holidays. Therapy is provided during the summer Monday-Friday 8:00-5:00 with extended hours one evening per week.
5. A formal evaluation is not required in order to receive counseling services. Our therapists will conduct an informal assessment during the first few treatment sessions in order to determine a treatment plan. The treatment plan will dictate the frequency and duration of the intervention. Cognitive Behavioral Therapy frequently lasts 12-24 hour visits.
6. For private clients, the therapist will typically meet with the child for 45 minutes and with the parent (when applicable) for 10 minutes.
7. Counseling services may be funded through the Missouri Department of Mental Health (EMAP funds), St. Louis County Children's Service Fund, the child's school, or parent pay. State, grant, and local government funding is dependent upon meeting funding requirements and availability of funds. Scholarships may be available on a first come first served basis for mental health evaluations and are income based.
8. Therapy is discontinued when goals have been achieved, when progress is no longer apparent, or when the parent/consumer chooses to stop therapy. See below for entrance and exit criteria for specific programs within MLC's counseling services.

Entrance and Exit Criteria:

1. **CSF funded Early Childhood Mental Health Consultation (ECMHC)** If funding is available, any St. Louis County resident or child who attends a St. Louis County preschool or childcare facility regardless of their residency, age 2-5 (preschool age), with mental health issues that result in a score of 24 or more on the Pediatric Symptom Checklist (PSC) or who has 1 ACE, may receive services. The child must be at risk of displacement from his/her educational environment of choice. Up to 20 hours of home/school counseling and consultation is provided at the home and/or school. Additional case management and school coordination is also part of the comprehensive services. Children are discharged from the program when the PSC falls within a nonclinical level (below 24), when the child meets his/her goals, the parent removes the child from school, the child relocates and no longer meets CSF funding criteria (resources will be provided), the parent no longer allows treatment, only referrals were needed and provided, or the student was discharged to a more appropriate level of intervention.
2. **CSF funded School-Age Counseling** If funding is available, any St. Louis County resident or a child who is attending a St. Louis County private or parochial school regardless of their residency, in Kindergarten through 12th grades, with mental health issues that result in a score of 28 or more on the Pediatric Symptom Checklist (PSC) or who has 1 ACE, may receive services. A 24 hour school-based Cognitive Behavioral Therapy model is provided with additional case management and school coordination. Children are discharged from the program when the PSC falls within a nonclinical level (below 28), when the child meets his/her goals, the child relocates and no longer meets CSF funding criteria (resources will be provided), the parent or school no longer allows treatment, only referrals were needed and provided or the students was discharged to a more appropriate level of intervention.
3. **CSF funded ACTS** If funding is available, any child attending a Normandy Schools Collaborative (NSC) school regardless of their residency, in Kindergarten through 12th grades, with mental health issues that result in a score of 28 or more on the Pediatric Symptom Checklist (PSC) or who has 1 ACE, may receive services. A 24 hour school-based Cognitive Behavioral Therapy model is provided with additional case management and school-based coordination. Children are discharged from the program when the PSC falls within a nonclinical level (below 28), when the child meets his/her goals, the child relocates and no longer attends a school in the NSC (resources will be provided), the parent or school no longer allows treatment, only referrals were needed and provided or the students was discharged to a more appropriate level of intervention.
4. **DMH funded Counseling** Any child approved for DMH funded counseling up to age 25 identified as needing social/emotional support services that can be treated within the expertise of Miriam staff may receive counseling services. Cognitive Behavioral Therapy is provided. Children are seen until their PSC falls outside of the clinically significant range (below 28), when the child meets his/her goals, the parent or student no longer allows treatment, or funding is exhausted. Parents may private pay for services after DMH no longer funds services or the child is referred to alternative funded services.
5. **IEP Counseling** Any child (preK- 12th grade) attending a Miriam partner public school who is receiving IEP minutes through a school district may receive IEP counseling services in accordance

with his/her IEP. The minutes are provided in accordance with the legal document for the number of weekly minutes in the setting described in the document. The school district pays for services. Exit from the services is mandated by the IEP and can only be altered through the IEP process.

6. **Private/Public School-Based Counseling** Any child identified through the school/parent as needing social/emotional support services that can be handled within the expertise of Miriam staff can receive counseling at his/her school that is funded through the school or parent. Cognitive Behavioral Therapy is provided for approximately 12-24 hour sessions. Children are seen until their PSC falls outside of the clinically significant range (below 28), when the child meets his/her goals, or the parent/student/school no longer allows treatment.
7. **Private Counseling Non-School-Based** Any child age 2 to 25 who requires social/emotional support services within the expertise of staff can receive counseling. Cognitive Behavioral Therapy is provided at one of Miriam's clinics or within the child's school for approximately 12-24 hour sessions. Children are seen until their PSC falls outside of the clinically significant range (below 28), when the child meets his/her goals, or the parent or student no longer allows treatment.

Mental Health Services Cost and Community Resources

Pricing valid for August 1, 2019- July 31, 2021

Full Psychological Assessment \$800

A full psychological assessment may be needed for children who have adequate grades in school but who are experiencing attention issues or difficulties with social, emotional, or behavior control. Licensed Clinical Social Workers conduct an assessment that includes clinical interviews with parents and teachers, a clinical assessment with the child, screenings for ADHD, Autism, depression, anxiety, self-esteem, and other mental health concerns, a professional report, when appropriate at DSM5 diagnosis, and a meeting to go over the recommendations, results, and referrals. St. Louis County families who have children age 3-18 may also apply for free testing through CSF funds at Jewish Family and Children's Services (314-993-1000) and Community Psychological Services, UMSL (314-516-5829). A waiting list may apply to free services.

Psychological Assessment Add-On to a full Psycho-Educational Evaluation \$600

This Psychological Assessment is added onto a full Psycho-educational Evaluation when mental health concerns are indicated in completed screenings.

Private Pay Individual and Family Counseling \$100 per hour

Licensed or provisionally licensed clinicians (Licensed Professional Counselor or Social Worker) will provided Cognitive Behavioral Therapy to individuals and families. During the first few sessions, the clinician will evaluate the child to determine an appropriate treatment plan. Services will be provided in accordance with the treatment plan. Miriam is a private pay agency. Miriam can provide a superbill for you to submit to your mental health insurance company to attempt to get reimbursement for services. If insurance-based or free counseling is needed, St. Louis County families may apply for free or sliding scale counseling through the St. Louis County Children's Service fund at Jewish Family and Children's

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Services (314-993-1000) and Catholic Family Services (314-544-3800). Individuals who reside outside of St. Louis County may call Comtrea (South of St. Louis) (314-544-3800), Crider Health Center (West of St. Louis) (888-403-1071), and Provident Counseling (St. Louis City) (314-533-8200) for sliding scale, insurance-based, and/or free counseling.

CSF Funded Counseling**\$0 for those meeting CSF residency requirements**

(see above for descriptions)

Psychiatry**Community Referral**

If a child requires a medication evaluation or re-evaluation, Miriam does not have a Child and Adolescent Psychiatrist on staff. Children requiring medication management will be referred to community resources. Resources include: Victoria Ayden, MD 314-362-5000, Michael Roman Banton, MD 314-692-7886, Joshua Calhoun MD 314-512-7800, Davie Callhan MD (Medicaid) 314-454-6363, Meg Corrigan (Medicaid) 314-206-3900.

Miriam is not affiliated with any of the above referrals. We recommend that families investigate all community options prior to selecting a provider.