

# Youth Tele Behavioral Health Program

*Available to students from:*

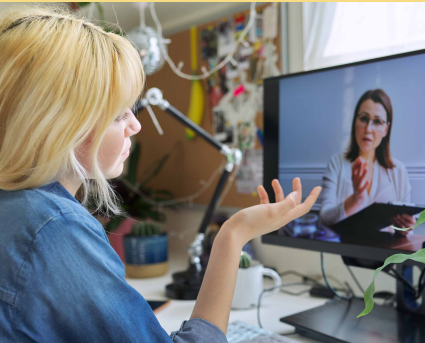
**Athol Middle & High School  
Gardner High School  
Gardner Academy (GALT)**

**Narragansett Regional High School  
Ralph C. Mahar Regional High School  
Murdock High School**



## INDIVIDUAL COUNSELING

Our school-based tele counseling program offers students individual therapy. We can help the student (and their family)



understand and resolve problems, modify behavior, and make positive changes in their lives. Students meet with a clinician using 2-way interactive video conferencing. Though the program is school based, it is available year round.

## YOUTH MENTOR (Project Amp)

Project Amp pairs youth with young adult mentors who bring a wide range of skills and experiences. Mentors meet one-on-one with participants for 4-6 sessions, where they discuss various prevention-oriented topics such as goal setting, wellness, social supports and influences, alcohol and other drugs, and engagement in community activities. Project Amp is not counseling or a medical or behavioral health treatment, but rather a participant-lead program to support young people. The program is FREE to all.



## TEEN SUBSTANCE USE & MENTAL HEALTH (A-CRA)

The Adolescent Community Reinforcement Approach (A-CRA) Program treats teens, ages 12-18, who are dealing with substance use and co-occurring mental health issues. Teens learn new ways of handling problems without drugs and alcohol by focusing on the rewards of staying substance free. Treatment begins with a comprehensive assessment followed by 10-12 individual sessions (3 months). These sessions include looking at the place drug and alcohol use has in their present life and its impact on their future. Enrolled teens will learn and practice new skills, making positive choices and setting goals. Parent and family sessions are part of the treatment. The program is FREE to all participants.



## COMMUNITY RESOURCES

A school-based Community Health Worker (CHW) works alongside school personnel to help students & families access a variety of services and locally based resources. These resources may include food, clothing, fuel assistance, support groups and more. The CHW will guide families and assist with navigating the application process if needed.



**You  
Matter  
Here**

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