



ATHOL HOSPITAL | HEYWOOD HOSPITAL | HEYWOOD MEDICAL GROUP | QUABBIN RETREAT

YOUTH TELE BEHAVIORAL HEALTH PROGRAM REFERRAL FORM

- ☐ Tele Counseling ☐ A-CRA Program ☐ Youth Mentor (Project Amp) ☐ Community Resources
(Program descriptions on back of form)

Referral Date: _____

Student's Name: _____

Address: _____

Student's Cell: _____ DOB: _____ Gender: _____

Insurance: _____

Parents/Guardian Name: _____

Phone: _____ Alt Phone: _____

Email: _____

Student lives with: _____

Referred by: _____ Phone: _____

Student's school: ☐ Athol High School ☐ Athol Middle School (Tele Counseling & Community Resources only)
☐ Gardner High School ☐ Gardner Academy ☐ Narragansett Regional
☐ RC Mahar Regional ☐ Murdock High School (A-CRA & Youth Mentors only)

Grade: _____ Does student have: ☐ IEP ☐ 504 ☐ In Process ☐ N/A

Area(s) of concern:

- ☐ Academic Concerns ☐ Family Concerns
☐ Behavioral Concerns ☐ Social Concerns
☐ Emotional Concerns ☐ Other: _____
☐ Substance Use:

Motivation to change/stop use: ☐ Low ☐ Medium ☐ High ☐ Unknown

Does student have any existing mental health diagnosis? ☐ Yes ☐ No

If yes, please list: _____

Clarify Presenting Concern(s)/ History:

Strengths/ Interests:

Community Resources- if needed:

- ☐ Clothing ☐ Fuel/Utilities ☐ Legal ☐ Support Groups
☐ Employment ☐ Health Insurance ☐ Peer support ☐ Other: _____
☐ Food ☐ Housing ☐ Recreation

Submit completed form to your School Based Community Health Worker

YTBH PROGRAM DESCRIPTIONS

- **Tele Counseling:** Tele Counseling provides psychiatric treatment that involves therapeutic conversations and interactions between a licensed therapist and student. It can help the student (and their family) understand and resolve problems, modify behavior, and make positive changes in their lives. There are several types of treatment that involve different approaches, techniques, and interventions. At times, a combination of different approaches may be helpful. Students meet with a clinician using 2-way interactive video conferencing (ZOOM). If a student is already receiving counseling with another provider, we cannot duplicate the service.
- **Adolescent Community Reinforcement Approach (A-CRA) Program:** The 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 for all participants.
- **Youth Mentor (Project Amp):** Project Amp youth participants are paired with young adult mentors who bring a wide range of skills and experiences. Mentors meet one-on-one with participants for four-six 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 a participant-led program to support young people. It is not counseling or a medical or behavioral health treatment program. The program is FREE for all participants.
- **Community Resources:** A School Based Community Health Worker (CHW) works alongside school personnel to help students and families to 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.

Questions?

Please contact us at sbtelehealth@heywood.org or (978) 502-6446