



Chesapeake

HEALTH CARE

COORDINATED COMMUNITY SUPPORTS GRANT PROGRAM

Through our partnership with Worcester County Public Schools, Chesapeake Health Care (CHC) will host multiple therapeutic groups to assess and provide the services needed for students.

Additionally, CHC can assist in connecting students with services to include translators, community outreach workers, certified application counselors to assist with financial needs, peer support, resource coordinators, client navigators, and the full complement of medical, dental, pharmaceutical, and behavioral health services.

CHC will also provide several evidence-based trauma-informed programs for students.



SCHOOL- BASED PROGRAMS OFFERED



MATCH-ADTC

For children ages 6 to 18 and grades 1-12
Designed to serve youth and families coping with anxiety, depression, trauma, or conduct problems.

THE STUDENT CHECKUP

For adolescents aged 12 and older.
Designed to help adolescents adopt academic enabling behaviors, determine behavioral health needs, and assess those who suffer from substance use.

UP-C/UP-A

For children from 2nd grade through 12th grade, with UP-C applying to ages 7-12, and UP-A ages 12-18. Designed for treatment of anxiety disorders to reduce anxiety and the symptoms of social disorder.

To get started with services, please fill out and return a registration packet to your participating school or the CHC office at 9958 N. Main St., Berlin, MD 21811. We will contact you to process information and set up a date and time for your child's group.

Coordinated Community Supports Partnership Grant Modalities

Unified Protocol

- Addresses emotional disorders such as anxiety, depression, obsessive compulsive disorders, and other sub-threshold and comorbid presentations of these problems.
- Targets children from 2nd grade through 12th grade, with UP-C applying to ages 7-12, and UP-A 12-18.
- Designed to simultaneously address a variety of emotional disorder concerns in children and adolescents by framing treatment strategies in the general language of strong or intense emotions and promoting change through a common lens that can be flexibly adapted.
- Will be done in individual or group sessions that will consist of 8 to 10 sessions.
- Allows children and adolescents to focus on a straightforward goal across emotional disorders to reduce intense negative emotion states.
- Reduces intense negative emotion states through emotion-focused education, awareness techniques, cognitive strategies, problem-solving and different behavioral strategies, including exposure and activation techniques.
- These strategies address emotion regulation deficits, which are argued to be the underlying common factor in all emotional disorders.

MATCH-ADTC

- Is an evidence-based modular approach to treatment grounded in trauma-informed treatment principles and techniques as well as cognitive and behavioral theories.
- Addresses comorbid mental health concerns including anxiety, depression, conduct problems, and traumatic stress in students ages 6-18 and grades 1-12
- This program works with both students and parents through children/family sessions and using video programs that can be done in a parent's own time.
- Users start by selecting the primary clinical target area for treatment: anxiety, depression, trauma, or conduct. The MATCH-ADTC protocol then guides providers through well-organized resources to address the primary clinical target while allowing for adaptation to comorbid problems or unexpected life stressors.
- The program combines 33 procedures into a single, flexible system and uses expert designed flowcharts to organize the treatment plan to fit a child's needs while fostering individualization to address comorbidity or therapeutic roadblocks.
- Designed to be flexible to accommodate individual and cultural differences and family input to provide culturally sensitive care.
- Emphasizes inclusion of the caregiver(s) with any of the four problem areas, but most significantly when conduct problems/disruptive behaviors are the primary focus.
- Has been tested extensively in community mental health settings and has provided steeper improvements than usual care and standard treatment alone.

The Student Check Up

- Is a semi-structured school-based motivational interview designed to help adolescents ages 12 and older to adopt healthy or productive behaviors.

- Designed to help adolescents adopt academic enabling behaviors, determine behavioral health needs, and assess those who suffer from substance use.
- Targets adolescents aged 12 and older.
- Following an introductory session and 2-3 follow up sessions, students will implement goals throughout the rest of the academic year.
- Is used in combination with brief client-centered counseling-style school-based motivational interviewing to encourage positive behavioral support strategies or academic enabling behaviors.
- Includes the four processes of Engagement, Focus, Evocation of Change Talk, and Planning for change using open-ended questions, affirmations, reflections, and summaries (OARS).
- Students and providers choose from a variety of options, such as participation, homework completion, TV watching, as opposed to specific behaviors like drinking or adopting evidence-based behavioral management strategies.
- Studies showed significant post-treatment grade improvement following one to two sessions of the Student Checkup

Circle of Security

- Is an early intervention program for parents and children that focuses on the relationships which give children emotional support, highlights the link between attachment and learning, is suitable for children of all ages and will be specifically targeting children between kindergarten and 3rd grade in this setting.
- The Circle of Security map is central to the program and helps parents and other carers to follow children's relationship needs, allowing them to learn how to become more emotionally available to them and create secure opportunities for children to learn by meeting their relationship needs.
- The program helps caregivers observe the different ways that children approach them to seek support and make use of help. It also assists in creating understanding of children's behaviors that cause distress to caregivers and peers and discover their genuine relationship needs.
- Studies show decreases in unsupportive responses to distress, improved parental mentalizing and self-efficacy in terms of empathy and affection towards their child, and overall improvement in attachment status between children and their caregiver(s).

Outcome measurement systems will be determined at a later date to ensure the selection of the best, most effective and specific tools available.



PROGRAM REGISTRATION FOR THE COORDINATED COMMUNITY SUPPORTS GRANT

1. Student information

First Name: _____ Middle Name: _____ Last Name: _____

Student Address

Street/Apt #: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Circle one: Home / Mobile

Student DOB: ____/____/____ Student SSN: _____

Race/Ethnicity

African American/Black Asian or Pacific Islander Hispanic/Latin

Middle Eastern or North African Multi-racial White Unknown/Prefer not to respond

Gender Identity

Male Female Nonbinary Unknown/Prefer not to say.

School: _____ Grade: _____

IEP (Circle one): Yes / No

Interpreter needed (Circle one): Yes / No If yes, please specify language: _____

Student Insurance provider

Name of provider: _____

Insurance number: _____

Phone number: _____

2. Parent/Guardian Information

Parent/Guardian First Name: _____

Parent/Guardian Last name: _____

Parent Guardian Address (Skip if same as student's):

Street/Apt #: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Contact Information

Phone # (Home): _____ Phone # (Mobile): _____

Phone # (Work): _____

3. Student Services Information

Involved in Wrap MD or any After School Programs (Circle one): Yes / No

If yes which one: _____

Involved in Mental Health Treatment (Circle one): Yes / No

If yes:

Primary therapist name: _____

Primary therapist agency: _____

What program(s) are you interested in?

The Student Checkup Circle of Security

MATCH-ADTC Parent Education Group

UP-C/UP-A

Primary Behavioral Health reason(s) for registration:

Risk Taking Behaviors (include History of Violence, Aggression, and Substance Abuse):



**CONSENT FOR TRANSFER OF CONFIDENTIAL STUDENT INFORMATION TO
CHESAPEAKE HEALTH CARE APPLICABLE TO THE COORDINATED
COMMUNITY SUPPORTS PARTNERSHIPS GRANT**

This form is completed by the parent/guardian for the purpose of allowing authorized persons, agents and employees in Worcester County Public Schools to share with and receive information from the agency or person noted below. This exchange of information is intended to support the well-being, academic opportunity and success of the student enrolled in one or more of the following programs: UP-C/UP-A, MATCH-ADTC, Student Checkup, and/or Circle of Security.

Student's Legal Name: _____
Last Name First Name Middle Name

Student's Address: _____
P.O. Box Street City State Zip Code

Date of Birth: ____/____/____ Grade: ____ Social Security Number: _____

Parent(s)/Guardian(s): _____
First Name Last Name

Agency and Person With Whom Confidential Information May Be Shared:

Chesapeake Health Care
Adult Medicine, Pediatrics, Behavioral Health - Berlin
9958 N Main Street
Berlin, MD 21811
Tel: 410-973-2820

CHC can share information with the following in the Worcester schools:

Principal Student Advisor
School social worker Mental Health Coordinator
School counselor
School psychologist

Manner for Release/Exchange of Information (Check all that apply.):

___ Verbal communication/exchange ___ Email communication/exchange

Reason for Request (Must be completed by agency/person requesting information):

After school groups provided by Chesapeake Health Care

Parent/Guardian:

I give my permission for authorized persons, agents and employees in Worcester County Public Schools to exchange with the therapist/agency identified herein updates, concerns and celebrations about my child, _____. I also give my approval for the therapist/agency identified herein to meet with and provide appropriate services to my child at the school after the school day ends as deemed appropriate by school administration.

Parent/Guardian Signature

Date

**This completed form is valid through the final day of instruction for students 2024/2025 school year.*



**PARENT EDUCATION
GROUP OF SCHOOL
AGED CHILDREN
COMMUNICATING WITH
KIDS AND TEENS
& CIRCLE OF SECURITY**



CHC will be hosting parents from the community to learn about improving communication between parents, children and teens, as well as providing a group for parents of children between the ages of kindergarten and 3rd grade.



These groups are open to parents of all students enrolled in Worcester County Public Schools.



Call to register at the number below for the first group, more dates to follow! Light refreshments will be served.



**GROUP LEARNING
GOALS**

Communicating with kids and teens
This group will address issues such as clear communication, effective parenting, setting boundaries, and more.

Circle of Security
This group is designed to address and intervene with caregivers in a household and uses an attachment theory model to teach caregivers about their child's need for security and growth.



Contact Michelle Corbin at 410-219-5483 for further information and inquiries.