

# Expanding & Enhancing Emotional Health — E3!

The mental health program at the Eau Claire Middle/High School and Elementary is part of a grant-funded program through the Michigan Department of Health and Human Services and the Michigan Primary Care Association. It is for students enrolled in the Middle/High School and Elementary and any student from the age of 5 to 21.

The program was developed after recognizing a specific need in Michigan to help our youth. In our state, 37% of teens reported feeling sad and hopeless, with 1 in 5 admitting they have seriously considered attempting suicide. Teens report being bullied, and more than half report they have experienced at least one traumatic event in their lifetime.

InterCare and Eau Claire Public Schools are partnering to help. The program employs a full-time, licensed mental health counselor to meet student needs at the Eau Claire Middle/High School and Elementary.

## Services Offered

The program offers a variety of services to meet the needs of the youth on campus. Services include:

- Counseling — Individual, treatment groups and classroom education
- Support programs such as school climate initiatives, bullying prevention, etc.
- Crisis intervention
- Anger management
- Depression and suicide prevention
- Family conflict
- Peer pressure
- Referrals to other health services

Counseling and education are provided by a licensed InterCare counselor on topics such as nutrition, family planning, substance abuse, and more.

## Confidentiality

According to Michigan law, students 14 years and older can receive confidential counseling services. They do not need to have parental consent. Under extreme circumstances, a student's right to privacy may be waived. No abortion counseling or referrals can be provided.

## Payment

All insurance plans are accepted by InterCare, including Medicaid. There is a sliding fee scale for those without insurance. Counseling services will be provided regardless of ability to pay.

## Why Behavioral/Mental Health Services?

The mental health status of today's youth has become a growing concern. More and more young people are experiencing issues with anger, anxiety, and depression. More than a third of today's youth report having these issues, and the rate is even higher among girls. InterCare's services based at Eau Claire Middle/High School will have a big impact on these rates through:

- Significant reduction in levels of depression, anger, and anxiety.
- Significant improvement in positive stress coping skills.
- Significant reduction in feelings of stress.
- Significant reduction in school disciplinary actions.
- Significant improvement in school engagement.
- Significant improvement in self-reported grades.
- Significant improvement in ability to access services.

## For More Information



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Located in Room 16.

Monday-Friday

7:30 a.m. to 3:30 p.m.

Walk-ins welcome!

InterCare  
Community Health Network