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WALNUT STREET THERAPY HUB

The Official Walnut Street Newsletter For All Things
Therapy

HOW DOES SCHOOL- BASED THERAPY WORK?

Learn more about School-Based
Therapy.

HOW TO REFER A STUDENT

Do you have a student you
would like to refer for therapy
services? Here are the steps
how.

COPING SKILL OF THE MONTH

You can never have too many
coping skills in your toolbox. This
month is all about exercise and
how it can better your mental
health.



Amanda Berg, LMHC-T

ABOUT THE THERAPIST

Hi, I am Amanda Berg! I moved down to Des Moines in January of 2020 after I got married to my awesome husband, Carter. Carter is currently in medical school at DMU. I received my Master's degree at Adler Graduate School up in MN. My degree is in both Clinical Mental Health Counseling, and Art Therapy. Art Therapy is using art in therapy to help someone express themselves in a way they may not be able to with words alone.

HOW DOES SCHOOL-BASED THERAPY WORK?

Once a child has been identified as needing mental health therapy, a referral is made by the school (either through the school counselor or designated team). More information on referring a student is listed below. After the referral process is made, the therapist will reach out to the parents and/or guardians to set up an intake assessment. Parents and/or legal guardians must be present for the intake assessment and must give written consent to these services. This appointment typically take place at the school, though may also occur over Telehealth or at Orchard Place Child Guidance Center due to Covid-19 changes. School-based therapists are not able to meet with families in their home. Once the intake assessment is completed and necessary paperwork is filled out, therapy services will be conducted within a private and confidential office space on a regular basis in the school, or via Telehealth. **Services are provided year-round.**

HOW TO REFER A STUDENT

School-based therapy is appropriate for a variety of needs including symptoms of behavioral and emotional concerns as well as family and trauma related concerns. If you know of a student who could benefit from therapy services, you can reach out to Kate Busch, School-Counselor, or start filling out the referral form yourself. All parents/ guardians **must** be notified prior to a referral being made. Forms should be turned into Kate Busch. I currently have openings and can quickly get your students intake process started.

COPING SKILL OF THE MONTH

Coping skills are used at times when we feel emotionally dysregulated as a way to re-regulate ourselves and be able to move forward in a situation. Therapists tend to teach their client's multiple coping skills, because no one coping skills will work for all situations. One way to think about this is a toolbox, and by learning new coping skills, you are adding more tools to your toolbox that you can use in the future.

We have all heard that regular exercise is good for us, and the same is true for our mental health. One of the reasons exercise works is that it increases the amount of endorphins in your system, which are the " brain's feel good neurotransmitters" which can help improve your mood (Mayo Clinic Staff, 2020). Exercise also has the ability to decrease stress by imitating symptoms you experience during a fight or flight response, and helping your body work through those responses and coming back to a state of rest (Mayo Clinic Staff, 2020). When you exercise on a regular basis it can lower some symptoms of mild depression and anxiety, such as helping one sleep better (Mayo Clinic Staff, 2020). Even if it means starting off by taking a walk around the block, and working your way up to more, it can start you on a good path towards better mental health.

Sources:

- Mayo Clinic Staff. (2020, August 18). Exercise and stress: Get moving to manage stress. Retrieved November 25, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
- Orchard Place's School-Based Therapy FAQ sheet