

Why School-Based Therapy?

- **School-Based Therapy is accessible and convenient.**

Nearly all communities have neighborhood schools, and children spend the majority of their time there; so School-Based Therapy make services convenient, both for students and working families. Teacher, administrators, and school staff play a vital role in the development, implementation and evaluation of mental health services aimed at maximizing students' academic success. Not to mention, almost all School-Based Therapy programs offer free individual, group and family therapy.

- **School-Based Therapy increases students' academic motivation.**

Mental-health concerns often lie at the root of school problems. But School-Based Therapy offers a wraparound support system that situates treatment within a specific learning context and school community. Issues with teachers or other students, for example, can be resolved on site. As a result, student engagement usually improves, while teacher burnout decreases.

- **School-Based Therapy offers an inclusive and safe space.**

Students from marginalized communities and underrepresented backgrounds are more likely to experience bullying, and therapy can serve as a place to talk through these stressors, as well as any other identity-development issues. For LGBTQ+ students, in particular, the fact that School-Based Therapy is confidential is a big draw. School-Based Therapy also has the potential to buffer minoritized students from the school-to-prison pipeline, since LGBTQ+ students and students of color, among other marginalized groups, are frequently criminalized for defending themselves against bias-related bullying.

- **School-Based Therapy diminishes the mental health stigma.**

Schools play an important role in creating a stigma-free society. School-Based Therapy does just that by promoting therapy as a pathway for wellness, not a medical service that pathologizes students with illness. School-Based Therapists are also keen on dissociating themselves from disciplinarians, and most schools advertise therapy as a voluntary program. Granted with the autonomy to start or stop therapy at any time, students feel no shame about giving it a try. Many of the students even recommend therapy to their family and friends after the experience.

- **School-Based Therapy encourages a safer school environment.**

Greater access to mental and behavioral health services allows for a safe environment that is school and community based as well as culturally competent. School-Based Therapy services are essential to creating and sustaining safer schools. Increased access to mental health services and supports in schools is vital to improving the physical and psychological safety of our students and schools, as well as academic performance and problem-solving skills over the long term.