



School Based Mental Health Services

Who is The Summit Counseling Center?

These services are provided through a partnership between Fulton County, Fulton County Schools, and The Summit Counseling Center (The Summit), a non-profit organization with 30 years of experience helping children and families. The Summit has been providing school-based services since 2015 and works with the following school systems: Fulton and DeKalb. If you want to learn more about The Summit and school-based services, check out the webpage at: summitcounseling.org/schoolbasedservices or communicate via email to: schoolbasedservices@summitcounseling.org.

Counseling services can be a positive support to all students with a wide range of needs. Over time, these services can help students:

- Cope with their feelings (such as anger, anxiety, depression, grief).
- Better manage negative reactions and intense emotions.
- Improve focus in the classroom and on academic work.
- Maintain better relationships with family, friends, and school staff.
- Understand and learn better ways of responding to challenges and traumatic life events.

What should I expect?

- An initial 1-2-hour intake appointment to learn about your child's history, current needs and strengths. Afterwards, a plan is developed outlining goals for your child.
- The therapist will have counseling sessions with your child at school or with virtual video sessions via a HIPAA-compliant telehealth platform. Sessions may include individual, family and/or group counseling and are typically 25-45 minutes depending on the age and needs of the child.

What is my responsibility?

- Participate in the intake appointment at the school or using virtual video sessions.
- Participate regularly after the intake appointment by having at least monthly virtual parent meetings with the therapist.
- Communicate with the therapist during the monthly parent meetings and discuss how your child is doing at home and share any concerns you may have. The therapist will update you on your child's progress and if needed, share tips and strategies that can be used at home.

Insurance and Financial Responsibility Information:

- **All students within the assigned school can be referred for school-based mental health services.**
- **The Summit has a Guaranteed Access Policy. The Summit will work with any student and their family who desires services, to find a way to gain access to services at no cost or an affordable co-payment.**
- **Groups are provided each semester at no charge** and are open to all students based on need and group-size capacity.
- **If your child has insurance through Medicaid** or one of the CMO (Amerigroup, WellCare, CareSource, or Peach State), services will be provided free of charge and Summit will be responsible for filing claims with the insurance company.
 - Parent or guardian would be responsible for providing insurance ID number and report any changes with insurance status to The Summit.

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Insurance and Financial Responsibility Information (cont.):

- **If your child has private insurance,** The Summit will either file insurance or will provide a superbill for filing claims with the insurance company.
 - Parent or guardian is responsible for making co-pay payments prior to services being rendered or on an agreed upon schedule with the Provider.
 - If the private insurance won't cover or authorize services in the school, or if The Summit does not accept the private insurance – The Summit will accept the Insurance Co-Payment amount.
- **If your child has private insurance but the family opts to pay out of pocket,** The Summit will provide an initial assessment and parent meeting free of charge. Parent or guardian will be presented with additional services that can be provided free of charge as well as services available through sliding scale/self-pay options.
- **If your child is uninsured and demonstrates financial need,** services will be provided. The Summit will link the family with a designated Insurance Advocate to assist in obtaining insurance through the Medicaid Care Management Organizations (CMO). The Summit will provide services while Medicaid is being applied for and will continue services even if Medicaid is denied.
- **If a child is uninsured and does not qualify for private insurance,** The Summit's sliding scale/self-pay options will be provided to the family.
 - The Summit will provide an initial assessment and parent meeting free of charge. Parent or guardian would be presented with options for services that can be provided free of charge to the family

HIPAA and Protected Health Information:

- All clinical information is protected under HIPAA and stored in secured electronic health records
- A release of information is required to release any medical records to third parties.
- Upon enrolling in services, Parent(s) or Guardian(s) will be presented a release of information to share limited information with the student's school for purposes of progress tracking and demographic reporting.
- HIPAA Business Associate Agreements have been completed with Fulton County and CHRIS 180 (the other School-Based Mental Health Services Provider) to ensure sharing of information takes place in the event clients must be transitioned to another provider.