

The History of Our Program

Pretera Center began providing services in the schools in Cabell Alternative School in the mid 1990s. By 2000, services were being provided at Cabell Midland High, Huntington High, Enslow Middle, Cammack Middle, and West Middle.

Since that time, we have continued to expand. In fact, between 2004 and 2008, we grew from providing services in four Cabell County schools to 24 schools across three counties (Cabell, Kanawha, and Wayne). That's a growth of more than 500% in just four years!

We offer our thanks to our staff, community, clients, school boards, partners and funding agencies for all their support. They have made it possible for students to continue to receive the services they need in a way that works best for them.

Thank you!



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PRETERA CENTER



School Based Program

Someone who listens is just down the hall

School Based Programs Work!

Did you know that about 1 out of every 5 kids need mental health intervention? To put that in perspective, this means that in every classroom of 20 students, at least 4 of them either see or need to see a therapist, psychologist or psychiatrist.

Unfortunately, over 2/3 of those kids do not get the services they need. When they do receive services, it is most likely to occur not in a mental health clinic but in public schools because:

- Often, the "system" misses students who need services and they are never referred to anyone for assistance
- Some students who need services live in families with a limited income and cannot afford travel to clinics.
- Caregivers may work during the day and may not be able to get time off to attend appointments.
- Some students and/or families feel uncomfortable at clinics and never go even if they want the services

This is where the School Based Program comes in. School Based mental health services often work better for families. They also generally do a better job than a clinic based programs identifying kids who are at risk earlier and getting them the crucial services as quickly as possible.

What do we offer?

The School Based Program provides the full spectrum of confidential mental health services. The following services are provided in the school (or in the home if needed):

- Assessments
- Crisis Intervention
- Individual/Family/Group Therapy
- Case Management
- Referral to psychiatric & medication services
- Psychological evaluation
- Dropout prevention
- Specialized substance abuse services

Where are we located?

School Based services are offered in every elementary, middle, and high school in Cabell County in addition to the Career Technology Center and Alternative School.

Why School Based?

Getting services in one's own school has many benefits. Some of these include:

- Less time out of school for appointments.
- More frequent appointments because there are no transportation barriers and caregivers don't have to miss work.
- Getting immediate help when a student has problems with peers or needs help to talk to a teacher or principal.

Research shows that students who receive school based services show some dramatic improvements including:

- Decreased absenteeism and tardiness.
- An 85% decline in school discipline referrals.
- Improve emotional functioning.

This program is made possible by:

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