Community Institute for Psychotherapy
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Outline of the Counseling Services to be Provided by
Community Institute for Psychotherapy
to Terra Linda High School during the 2018-2019 School Year

The term of Agreement shall be from September 15, 2018 thru June 15, 2019.

Agency Background
Community Institute for Psychotherapy (CIP) is a nonprofit, tax-exempt center founded in 1977 to provide quality, affordable mental health services to individuals and families who don't have the resources to pay full fees for professional help. Each year, agency wide, CIP serves more than 750 families, children, and adults.

Client services are provided by 22 to 24 qualified intern-therapists enrolled in or graduated from post graduate programs throughout the Bay Area, and earning hours toward licensure (LMFT, LCSW, PsyD, PhD). Intern-therapists are selected through a competitive process and receive training and supervision by licensed mental health professionals.

CIP Contact information:
Robin Joy Berenson, PhD, LMFT; CIP Executive & Clinical Director
415-459-5999 x100, rjberenson@cipmarin.org

Margaret Perlstein, LMFT Schools Project & Wisdom Warriors Program Director
415-460-1134, mspmft@comcast.net

CIP's School Project – Individual Counseling

Participating School:

Terra Linda High School
320 Nova Albion Way
San Rafael, California 94903

Our Schools Project for Disadvantaged Students at Risk, one of several outreach programs conducted by CIP, was founded in 1991 to provide counseling services onsite in Marin public schools to low-income students with urgent psychological and emotional needs, ages 6-18, during school hours. Practices are all evidence-based.

School Responsibilities:
School Staff will:

- Interview potential School Counseling Intern
- School principal and school counselor will identify and refer students to the Schools Project, and determine whether a particular student will receive individual one-on-one counseling, or group counseling.
- Schedule counseling sessions and facilitate students attending.
- Assist with contacting parents to obtain written permission for their children to receive counseling services.*
- Oversee School Counseling Intern(s) while they are at the school site.
- Maintain communication with CIP Schools Project Program Director Margaret Perlstein, LMFT, providing feedback and ongoing evaluation of students, intern-therapists, and the program.

- In the event of a mental health emergency while the student is on campus, the school is responsible for calling for a 5150.

CIP's Responsibilities:
CIP will provide a qualified School Counseling Intern for the school year as follows:

Terra Linda High School approximately 8 am – 3 pm on Thursdays

(Note: Should a School Counseling Interns leave his or her internship with CIP for any reason, he or she will no longer be eligible to work in the Schools Project. If this were to happen, we will try our best to replace this Intern but we will not be held liable in any way.)

- School Counseling Interns will have TB tests and fingerprinting done prior to starting in the schools.

- School Counseling Interns will conduct individual, group, and classroom guidance under the supervision of the principal and the school counselor.

- Counseling will only begin after a counseling permission form has been signed by the students' parents/guardians.

- School Counseling Intern will meet with students for about 45 minutes on a weekly basis, one-on-one or in group therapy sessions, a total of six to seven hours per week per intern throughout the school year (approx. 35 weeks). School Counseling Interns will work with individual students and provide a safe place to explore whatever is in the way of the student being able to focus on learning, relationships with family and friends and overall wellbeing. School Counseling Interns will conduct risk assessments for substance use and abuse, self-harm, and depression, as appropriate. The School Counseling Intern will conduct solution-focused/brief counseling for the students he/she sees.

- The duration of each child's course of treatment will be based upon the needs of the child, as determined by School Counseling Intern, CIP Supervisor and school counselor. After initial assessment, children will be evaluated after three sessions to determine whether more therapy is needed. Progress will be evaluated on the basis of reduction of presenting problems, improved academic and social performance.

- The presenting problems that counseling will address will include but are not limited to depression, low self-esteem, violence and other problems in the home, anxiety, social isolation, bullying, sleep disturbances, disordered eating, suicidal ideation, self-harm, and substance abuse.

- Where indicated, intern-therapists will also provide collateral counseling for students' families. School staff will be notified in advance of any such counseling.

- The school setting is not set up for intensive therapy and the intern is recommended to confer with supervisors, school counselor, and principal if he/she feels a recommendation for outside (more intensive) counseling should occur. When the School Counseling Intern determines that a referral for other services might be appropriate, he or she will discuss it with the school counselor before proceeding.

CIP Schools Project Program Director Margaret Perlstein, LMFT, will meet with all Schools Project intern-therapists at CIP for two hours weekly to assess student progress and conduct case consultation. Margaret Perlstein is a licensed LMFT in private practice and has specialized in work with school counseling, child/ adolescent therapy and working with families and individuals.

All program outcomes will be continually evaluated by CIP clinical staff in conjunction with school personnel and administration. Margaret Perlstein, LMFT will stay in regular contact with school counselors, providing feedback.

In the event that any concern about a student arises, school staff and administrators will be advised immediately.

If any potential "red flag" issue arises, interns will immediately contact the school counselor to report and discuss next steps (unless it is an emergency situation).

School Counseling Interns will maintain progress notes on each session, to be kept at CIP according to HIPAA regulations, and provide copies to school counselors weekly.

Insurance: Each party to this Agreement shall indemnify, defend and hold harmless the other party against, and in respect of all claims, losses, costs, expenses, obligations, liabilities, including interest, penalties, and allowable attorney's fees that they shall incur or suffer which may arise or result from any breach of or failure to perform any of the indemnifying party's obligations in this Agreement or from the indemnifying party's negligence with respect to the operation of counseling services described in this agreement. Each agency will issue the other a certificate of insurance, naming the other, including its officers, agents, and employees as additional insured with respect to the Mental Health Counseling Services.

All services will be carried out under the close supervision of CIP's highly qualified staff of Clinical Supervisors and the weekly oversight of CIP Executive and Clinical Director Robin Joy Berenson, PhD, LMFT, and core staff members: Assistant Clinical Directors Leah Seidler LCSW and Director of Pre-Doctoral and Post-Doctoral Program Brooke Barnett, PsyD.

Here are our costs:
CIP's School Program Budget is $82,400 = $10,300 per intern (8 interns)
Terra Linda High will have 1 intern at $10,300.

We would appreciate any contribution you can make towards these services.

Signed,

Robin Joy Berenson

Robin Joy Berenson, PhD, LMFT
Executive & Clinical Director

March 4, 2019
Date

Terra Linda High School

Date