

## General Mental Health

### **Did you know that one in five young people will experience a significant mental health problem during their years in school?**

Without help, these problems can lead to bigger problems: poor school performance, conflicts with friends and families, and more serious mental health disorders such as depression, eating disorders, or substance abuse problems.

Below is some general information and other resources to help you, or someone you may know, that is experiencing problems:

#### **What are some "Warning Signs?"**

Someone who is currently going through a mental health problem may be . . .

Troubled by feeling:

- really sad and hopeless without good reason, and the feelings don't go away;
- extremely fearful – has unexplained fears or more fears than most children;
- angry most of the time, overreacts to things;
- anxious or worried a lot more than other kids your own age.

Limited by:

- poor concentration;
- difficulty making decisions, sitting still or focusing;
- need to perform certain routines dozens of times a day;
- regular nightmares.

Experiencing big changes:

- does much worse in school;
- loses interest in things usually enjoyed;
- avoids friends and family;
- talks about suicide;
- hears voices that cannot be explained;
- has changes in sleeping or eating patterns.

Behaving in ways that cause problems:

- uses alcohol or other drugs;
- does things that can be life threatening;
- hurts other people;
- destroys property or breaks the law.

At school, Student Services staff such as guidance counselors, school psychologists, and school social workers are trained to provide mental health intervention services and can help in finding appropriate resources outside of school.

A variety of mental health treatment services are available within the community:

### Crisis Center of Tampa Bay

*Gateway services* are available 24 hours a day, 365 days a year by dialing 2-1-1. People who are struggling with a variety of crisis situations including sexual assault or abuse, domestic violence, financial distress, substance abuse, medical emergency, suicidal thoughts and other emotional or situational problems can connect to hope and healing.

*Corbett Trauma Center* provides specialized trauma counseling and therapy for children, adults, and families who have experienced any type of emotional trauma.

*Sexual assault Services* provides forensic examinations, advocacy, and resource assistance for survivors of sexual assault.

[www.crisiscenter.com](http://www.crisiscenter.com)

Phone: 813.964.1964

### Chrysalis Health

*Mental Health:* Our outpatient programs provide mental health services to children, adolescents, adults and families. After thorough assessment and evaluation to determine treatment needs, our therapists provide individual and/or family therapy either in our offices or at our client's homes. Chrysalis Health has developed a strength-based, on-site therapeutic approach to mental health counseling, which allows us access to a client's natural behaviors, environment, and support system. Our comprehensive services also include psychiatric evaluation and treatment, if needed, crisis intervention, and treatment planning and review.

*Substance Abuse:* Our substance use programs provide comprehensive services to children, adolescents, adults and families. After thorough assessment to determine treatment needs, an individualized treatment plan is developed. Our therapists and counselors provide individual, group, and/or family counseling based upon the individual's needs and the program in which they are participating.

*Child Welfare:* At Chrysalis Health we provide comprehensive evaluation, counseling, case management, psychiatric services, and residential services, for

children and adolescents involved in the child welfare system. Our expertise working with children in foster care and/or involved with the juvenile justice system, is extensive and invaluable in helping these young people achieve safety, fulfillment, and success in their lives. Often times, their experiences with Chrysalis become significant turning points in their complex lives.

<http://www.chrysalishealth.com/>

Phone: 813.443.4827

## Success 4 Kids and Families

We support individuals and families coping with behavioral, emotional or mental health challenges. We offer a wide range of services to lend a helping hand to the families, children, youth and young adults in our community. We begin with a comprehensive assessment as to which service(s) will best meet the needs...and then we help navigate those services.

*Healthy Start:* Providing prenatal and postnatal support services for women and their infants who reside in Hillsborough County.

*Successful Kids:* This program coordinates access to mental health services and supports based on a child's individual needs and the needs of the family. The goal is to keep children in their homes, schools, and communities.

*Successful Parents:* This program provides services to parents who are struggling with mental illness. Professional case managers coordinate care with a focus on family and economic stability.

*Healthy Transitions:* Serving young adults ages 16 to 25 years of age struggling with mental health issues. The program strives to make mental health support services more readily available to youth through individualized and group wellness activities.

<https://www.s4kf.org/>

Phone: 813. 871-7412

## Gracepoint

Provides an array of behavioral health services for children and adults, including crisis treatment, outpatient care, substance abuse treatment, and in-home therapeutic services.

*I'M Promoting Accountability and Change Today (IMPACT) program* is a 30-day in-home case management and therapy program for children, adolescents, and

adults. Our team provides in-home therapeutic services and focus on solution-oriented therapy. We help our clients prevent psychiatric hospitalizations, reduce mental health emergencies or create action plans to prepare for reentry in the community.

*BNET (Behavioral Health Network)* provides behavioral health counseling and clinical case management services to children ages 5-18 years, who are struggling to succeed in society due to ongoing, serious behavioral health issues (must have a mental health diagnosis other than ADHD). BNET therapists work on the identified child's struggles and assists with the overall family dynamic and how it affects the child.

*Community Action Team (CAT)* provides clinical behavioral health services to youth aged 11 to 21 who are at risk of mental health issues, substance abuse or co-occurring disorders.

<https://www.gracepointwellness.org/>

Phone: 813.272.2244

## Hillsborough County Division of Children's Services

The Hillsborough County CINS / FINS Program has two components: residential and nonresidential services, designed to help families whose youth exhibit risk factors that make them more susceptible to becoming involved with Juvenile Delinquency or Dependency system. Services in both the CINS / FINS Residential and Non-Residential Programs are provided free of charge and additional referral options are available to all youth and families served in the program.

<https://www.hillsboroughcounty.org/en/residents/social-services/children/cins-fins>

## Northside Behavioral Health

Northside, established in 1976, is a non-profit organization committed to helping heal the hurt in the lives of Hillsborough County residents suffering from or at risk for mental illness. With nationally accredited programs, Northside sets the standard for the best practices in mental health treatment, while making mental health care affordable and accessible to individuals and families and building a safer, healthier community.

With its multiple sites throughout Hillsborough County and state-of-the-art, evidence-based wellness and clinical services, Northside is dedicated to

providing innovative programs that help individuals use their strengths and abilities to live productive, independent, and happier lives.

Services and programs include:

- Crisis stabilization unit
- Adult outpatient services
- Children's outpatient services
- Juvenile sex offender treatment
- Case management
- Medication management
- Residential services

<http://www.northsidebhc.org/>

Phone: 813.977.8700