



Delaware Guidance Services

for CHILDREN & YOUTH, Inc.

DGS is Delaware's largest provider of non-residential mental health services for children and families.

SCHOOL-BASED SERVICES

School Counseling

Masters-level school counselors that can provide support services to your entire school population. Services include classroom guidance, small group, social-emotional support, family support, and referrals for additional support services.

Outpatient Therapy (on-site)

Individual and family therapy that can occur at the school at one of our five DGS locations. Most sessions are held weekly or bi-weekly and last 30-60 minutes. Clients will also have access to psychiatry services in-office when needed. All services will be paid for through the student's insurance. Financial assistance is available.

Therapist as Consultant

Utilize a DGS therapist to meet your schools' unique behavioral health needs. Services might include individual or group therapies, teacher consultation, special education support, classroom guidance, real-time coaching, or specialized workshops.

Student Behavior Support**

Intensive therapeutic support for students with significant behavioral needs. This service offers "real-time" therapeutic intervention to help the student acquire the social emotional skills necessary to become an engaged learner. **Based on staff availability

Therapeutic Classrooms

Our newly designed therapeutic classrooms bridge the gap between mental health and school-based services. Participating students are assigned to a classroom that specializes in providing a trauma-responsive, therapeutic milieu in conjunction with highly supportive academic instruction. Students participate in daily groups, weekly individual/family therapy, and medication management, if needed. Therapeutic classroom staffing includes a masters-level therapist, behavior interventionist(s) and a program supervisor who all receive intensive training in order to provide superior school-based therapeutic services.

DID YOU KNOW?

Professional Development

We have a full menu of professional development topics specifically designed with educators in mind. We can also work together to create training material suited to your staffs' needs and areas of interest.

Mobile Response and Stabilization Services

24/7 Crisis Response for youth experiencing a mental health emergency. Postvention Response Teams are available by request for schools that have experienced a traumatic event or loss. Consultation is also available for school administrators who would like DGS to review/evaluate school or district wide mental health crisis response plans.

24/7 Community-Based Crisis Response

CALL 1-800-969-HELP (4357)



CONTACT

SHANA POWELL

Community Clinical Services Program Manager
302-678-3020 ext. 3439 *for more information*

www.delawareguidance.org



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PROFESSIONAL DEVELOPMENT

How Brains are Built

Learn about brain development in a fun and easy to understand format! Using the metaphor of building a house, you'll learn about the critical phases of brain development that are necessary for children to be successful in school, home, and the community. Using this knowledge, you'll be able to develop strategies to strengthen parts of the brain that are still "under-construction."

All About Attachment

This course will help you understand the definition of attachment, the different styles of attachment, and how to relate to children that have difficulty attaching to their parents, teachers, schools, and community supports. You will learn a highly researched and effective method for developing healthy attachments with all children, and especially children that have difficulty developing connections with caregivers or teachers.

Understanding the Brain and its Stress Response System

Get ready to take a deep dive into the inner workings of the brain! Learn how the typically developed brain works and how brains are affected by trauma and stress. You'll develop specific strategies for working with children's brains that are "chronically stressed" or affected by trauma such as abuse, neglect, and adversity.

No-Drama Discipline

Based on the work of Dr. Daniel Siegel and Dr. Tina Payne Bryson, authors of the New York Times best-selling book "No-Drama Discipline," you'll discover simple, but effective methods for understanding and addressing behavior challenges. Rooted in neuroscience, the strategies focus on whole-brain methods of discipline that increase insight, empathy, and improve executive functioning skills.

The Collaborative Classroom

In this course, you'll learn how to create a classroom environment that promotes collaboration, self-regulation, and positive discipline strategies. This course will give you specific strategies and interventions to design a classroom that meets the needs of all types of learners, and especially learners that have a history of trauma and/or adversity. Filled with practical tips and suggestions, teachers will gain new tools to address today's classroom needs.

The Learning Brain

How to Cultivate Receptive Learners: Expanding on trauma and its effects on learning, this course will teach you how to create emotional safety in the school setting, develop positive relationships with ALL students, and assist student development of self-regulation skills.

Executive Function (what's your function?)

Find out more about this very important brain function, including how it develops and how we can strengthen it for children that have difficulty with emotion regulation, focusing, excessive movement/activity, planning, organizing, and information recall.

Self-Care for Teachers

Teachers risk for burnout has reached an all-time high. Self-care is not only a necessity, but a skill to be learned and practiced. A teacher that maintains good self-care practices will experience higher job satisfaction, increased productivity, and happier classrooms.

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