

What is School Based Therapy?

School based therapy is similar to traditional therapy only sessions take place at a private designated space at school with a qualified mental health staff. Sessions can be individual or with the family and focus on areas of challenge including but not limited to anxiety, depression, trauma, social difficulty, self-esteem, disruptive behavior, grief and loss, difficulty managing death of a loved one, divorce or separation and much, much more.

School based therapy services allow students to get support without a significant disruption to their academic learning day and time spent with teachers. It is convenient for parents in the same way, allowing them to have less disruption to their work day or other parenting responsibilities. Therapy at school allows for better coordination of care with the school team resulting in better outcomes for students across the board. Additionally, there is benefit to observing and working with the child in their school and family system context.

What about privacy within the school setting?

Therapy services are considered a medical service and the same rules of confidentiality apply. Clients have the right to privacy of any and all information shared. A release of information is required before the therapist can engage in any information sharing with the school or other third parties. Even when a release of information is signed the therapist uses care in disclosing personal information about a student or family and only does so with the consent of the family and when in the best interest of the client. Similarly to school staff, therapists are mandated reporters and must report incidences of imminent harm or abuse, this may include disclosure to the school if the safety and wellbeing of the client is a factor.

Who pays for therapy?

Private pay and use of insurance are both possible. In most cases insurance covers therapy sessions both at school and in the office. Clients typically pay the same amount they would pay when going to a medical office visit. Families are encouraged to check with their insurance provider before starting therapy to determine coverage and cost. They can use the following identifying information to make sure the services provided by NuVyb are in-network and covered:

NPI 1 : 1831674019

NPI 2: 1669113395

6 W. 5th Street, Suite 300-D, Saint Paul MN 55102

Why NuVyb Consulting?

NuVyb Consulting is a small group private practice mental health agency in the heart of St. Paul. Beyond the unique name, we are exclusive in being one of the first groups in the area to initiate a progressive model of wellbeing with services ranging from mental health support to life/health coaching and even bigger consulting projects with teams and organizations. We believe that developing a deeper understanding of self and others leads to more trust and trustworthiness, increase in responsibility, sense of community, personal and professional belonging and the capacity for better collaboration. The CEO has a 30 year history working with children and families and her partnering colleagues bring their own unique talents. for more information about our organization or team visit

www.nuvybconsulting.com

What are the next steps if I feel my student/child would benefit from therapy?

- 1) If you have questions and would like to talk prior to making a decision before moving forward with therapy, we offer a free 15-minute consult via phone or video.
- 2) Once you have decided to that this is the right direction for you . . .connect with us directly to set up and intake. This can be done through email, phone or private text line: 612.552.7800 or tmarshall@nuvybconsulting.com
- 3) Please give us up to 48 hours to respond to your request
 - a. We will need the following information to set up an online client portal for ease of filling out needed forms
 - i. Client and parent(s) name
 - ii. Client DOB
 - iii. Contact email
 - iv. insurance info or notice of private pay

Contact information:

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