MASCA / APRIL 2024

Using Tech to Support a Comprehensive Counseling Program

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Scott Freschet · Co-founder of Alongside

How technology can support a comprehensive school counseling program and expand student access to mental health support.

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Title slide

alongside
Using Tech to Support a Comprehensive Counseling Program
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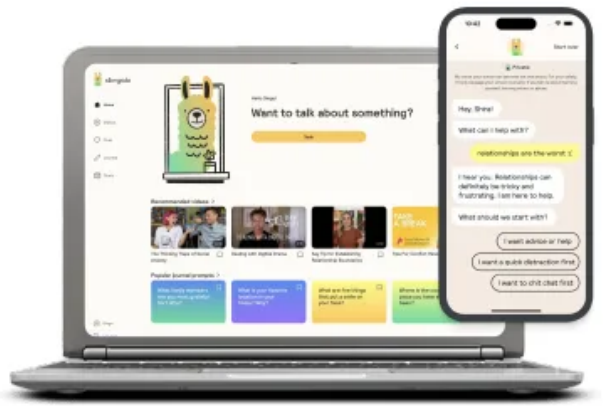
About Alongside

Alongside helps schools cover all students with research-based mental health support that adolescents like and trust



Clinician-created content
Provides therapy exercises created by doctoral clinicians

24/7
Available when students have time and feel the desire to open up

Non-judgmental
Provides a confidential place to share thoughts and emotions without judgment

Chatbot magic
Students can chat about any problem they are facing and get validation and advice

Escalation
Connects to school and 24/7 resources in cases of suicidal ideation and severe issues

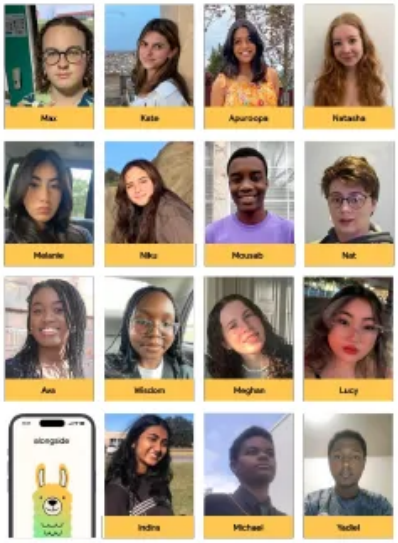
Native language
Converses in the student's preferred language, making it easier to communicate feelings

Teen advocacy opportunity

Do you know teens that are passionate about supporting and de-stigmatizing youth mental health?

Have them apply for our ***paid*** summer internship!
Deadline to apply is April 15

Our 2023 summer interns



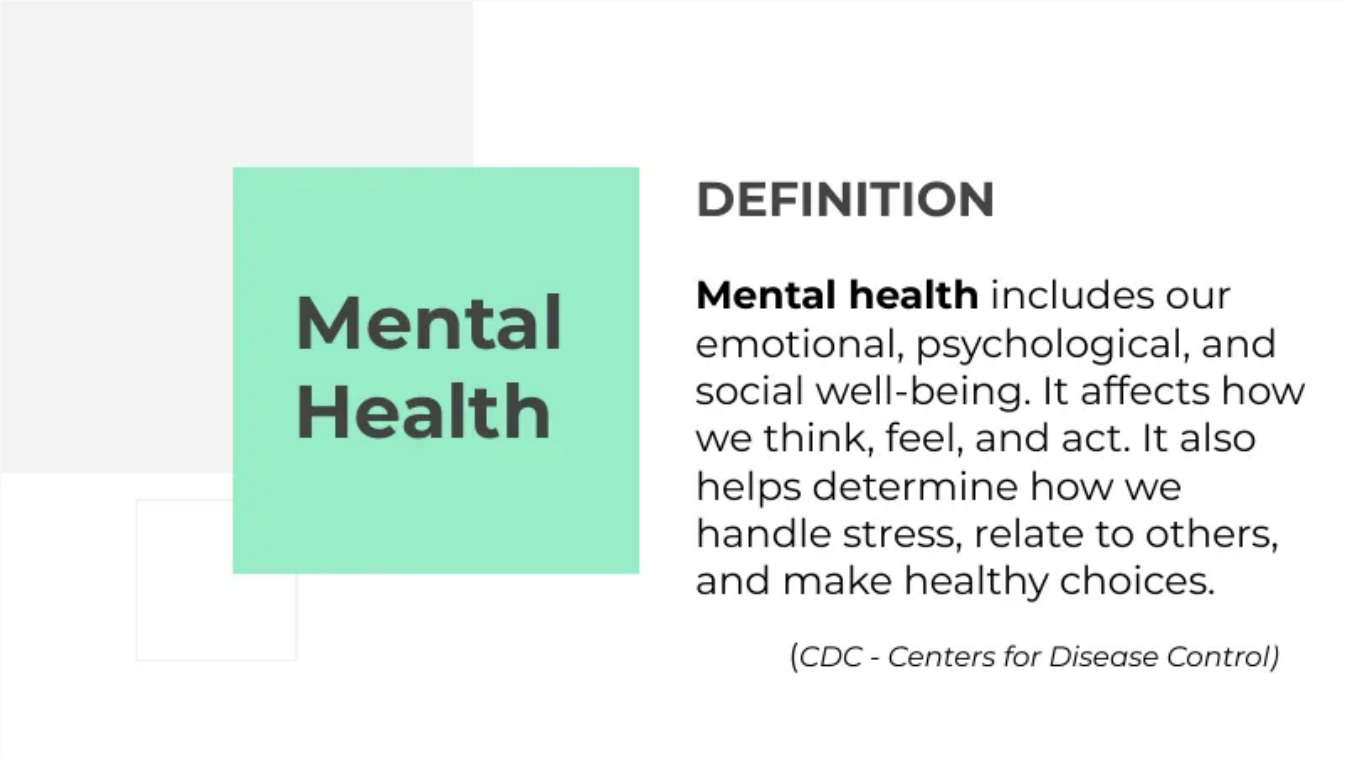
Student Mental Health in CPS

Chelsea Public Schools at a glance

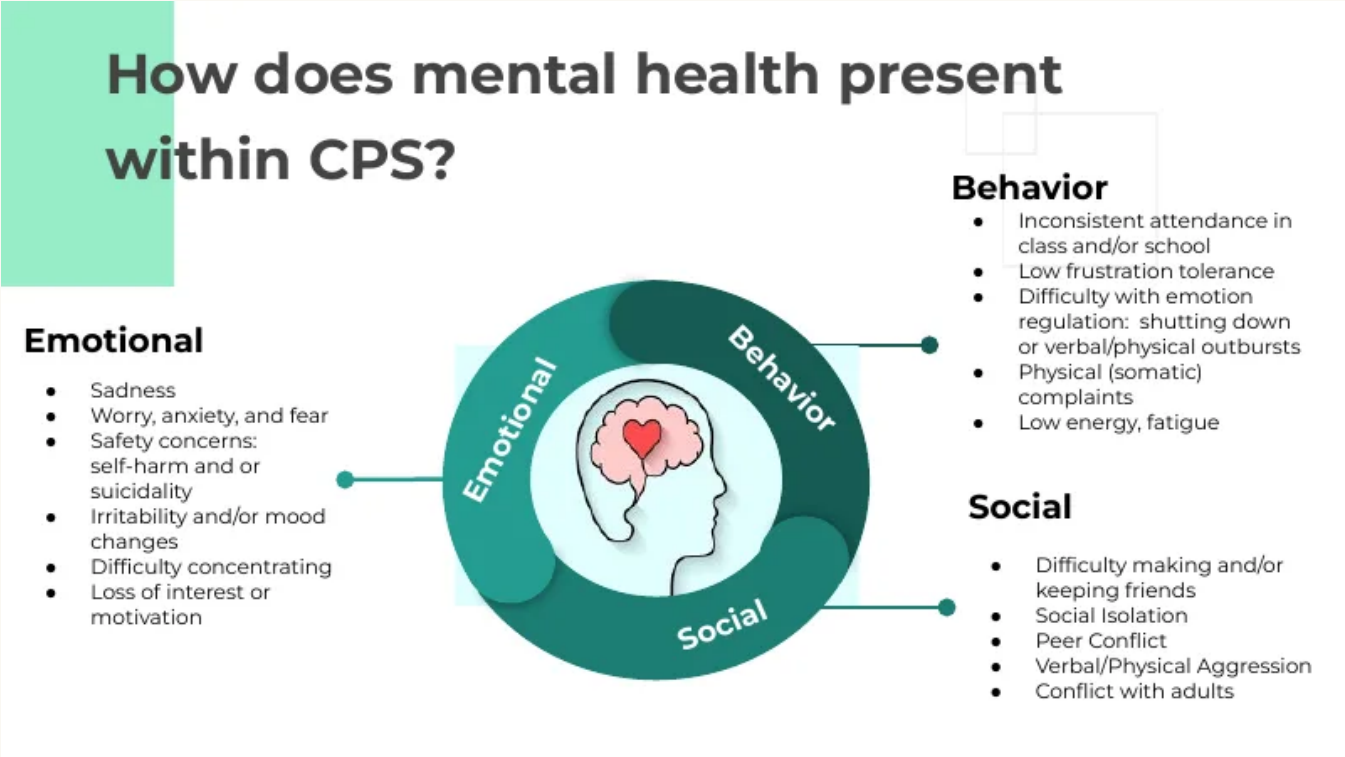
Chelsea Public Schools "Nuestra Comunidad"

11 Schools	District Enrollment	Student Race and Ethnicity	Populations Served
Pre-K — Grade 12	6,611 Students	• Hispanic - 88% • African American - 4.3% • White - 6.3% • Asian - .7%	• First Language not English - 84% • First Language Learner - 43.7% • High Needs: 90.6% • Low Income - 80.5%

Defining mental health



How mental health presents in CPS



Comprehensive school mental health system

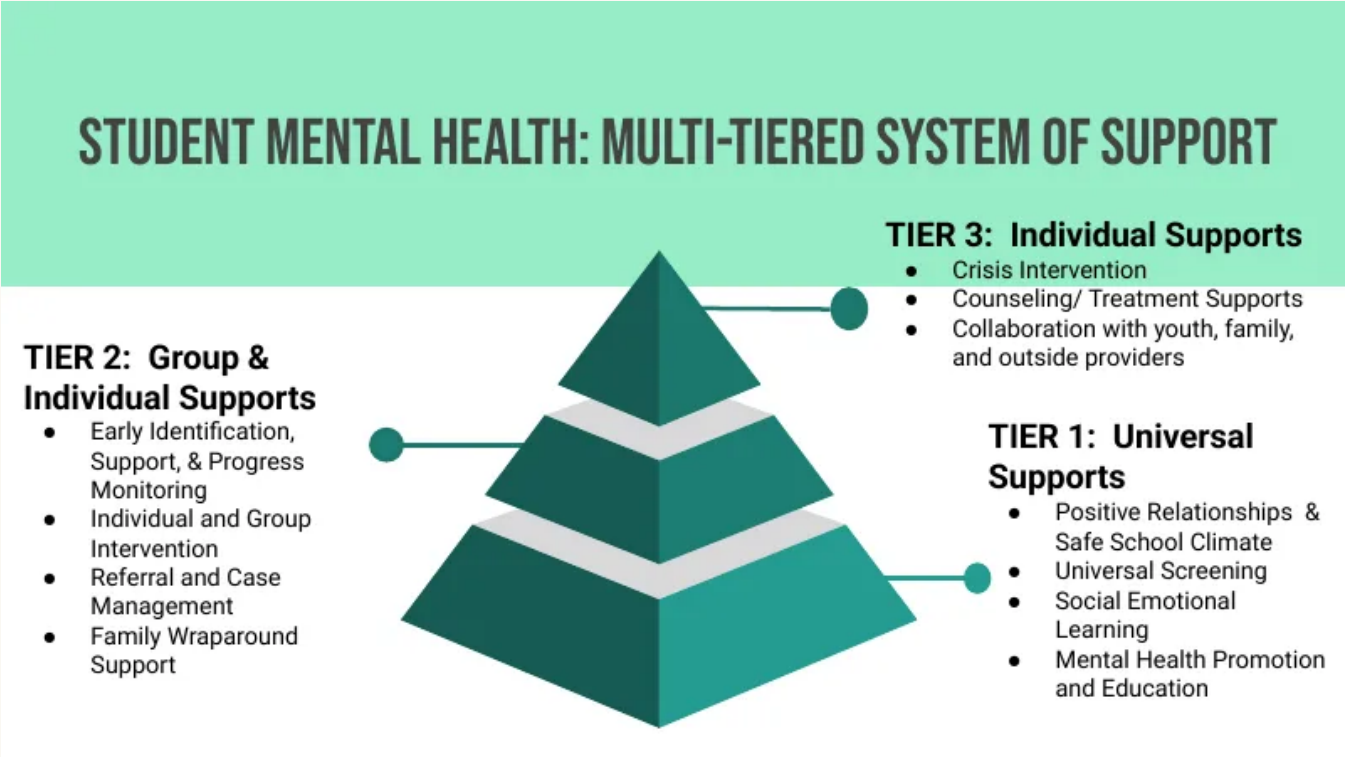
Comprehensive school mental health system

Comprehensive school mental health systems provide an array of supports and services that promote positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness.

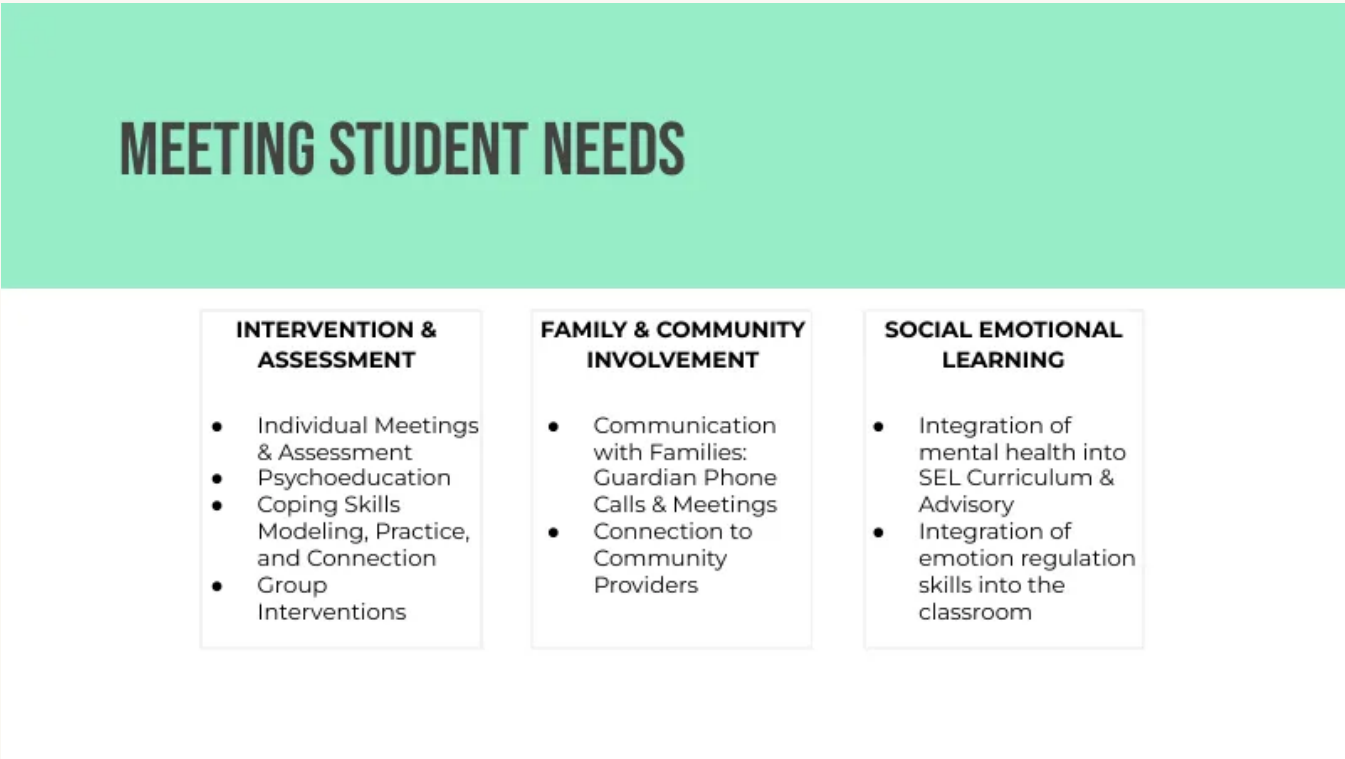
CPS Lead Team Members:

- SEL Leads & SEL School-based Teams
- School Counselors
- School Social Workers
- Special Education Staff
- Mediation/MTSS Staff
- Homelessness Liaison
- Young Parenting Coordinator
- Family Liaisons

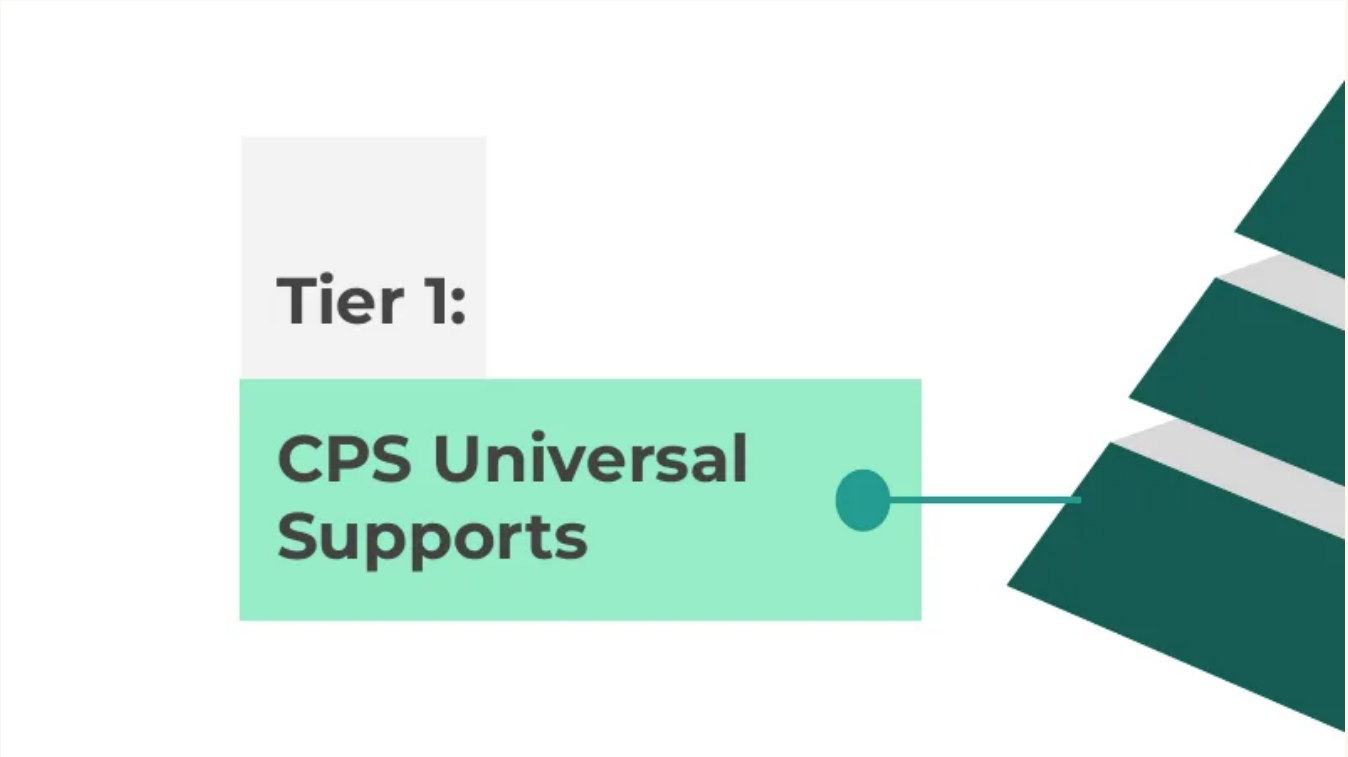
Multi-Tiered System of Support



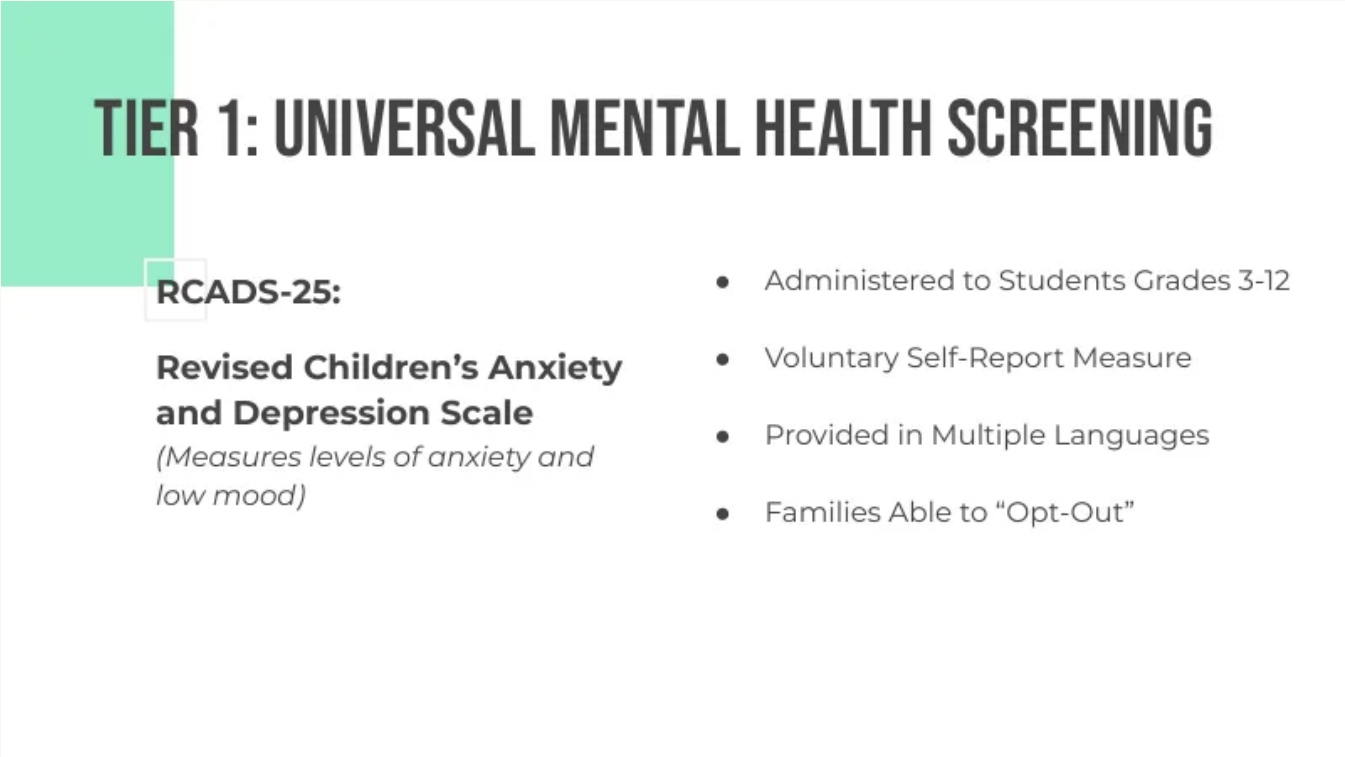
Meeting student needs



Tier 1: Universal supports



Universal mental health screening



Screener results & learnings

MENTAL HEALTH SCREENER RESULTS & LEARNING

STRENGTHS

- Students take it seriously.
- De-stigmatized mental health.
- Identified students who may not have previously been referred (~50%)
- Allowed for early intervention and connection to resources.

CHALLENGES

- Some students opt out of participation.
- Percentage of students identified through screener can be larger than national norms.
- Limited capacity of available community resources.

Children's Cabinet

CHILDREN'S CABINET

"Bodies typically composed of the heads of government, business, and nonprofit agencies/organizations with child- and youth-serving programs"

Children's cabinets meet regularly to...

- Coordinate services
- Develop a common set of outcomes
- Collaboratively decide upon and implement plans

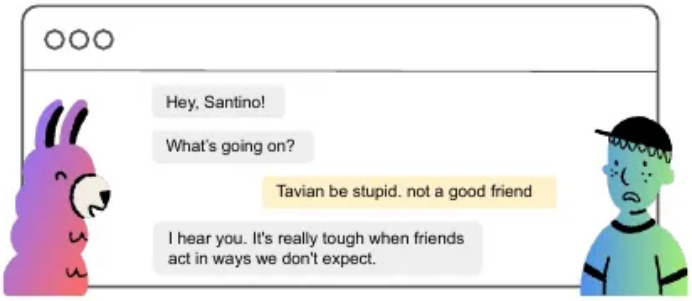
...all to foster the well-being of young people

CHELSEA CARES
Chelsea Children's Cabinet

Children's Cabinet subcommittees

Alongside in practice

ALONGSIDE



NEEDS & CHALLENGES

Need effective Tier 1 support and prevention for all middle and high school students

Mental health support must also meet the needs of our Latinx and EL students

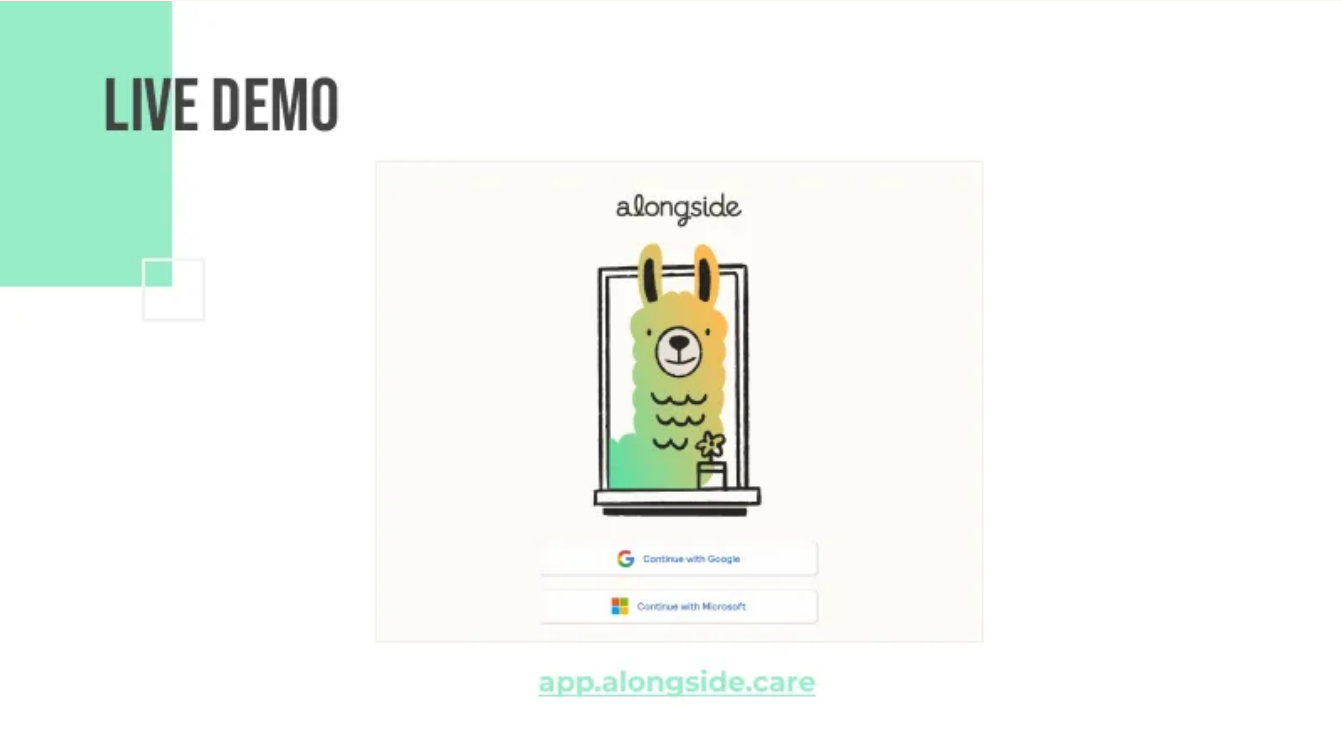
HOW ALONGSIDE ADDRESSES

Alongside is a mental health app that provides personalized prevention and early intervention to every secondary student

Students can converse in 30+ languages, making it easier to communicate feelings and get help

What students are saying

Live demo


LIVE DEMO
alongside
Continue with Google
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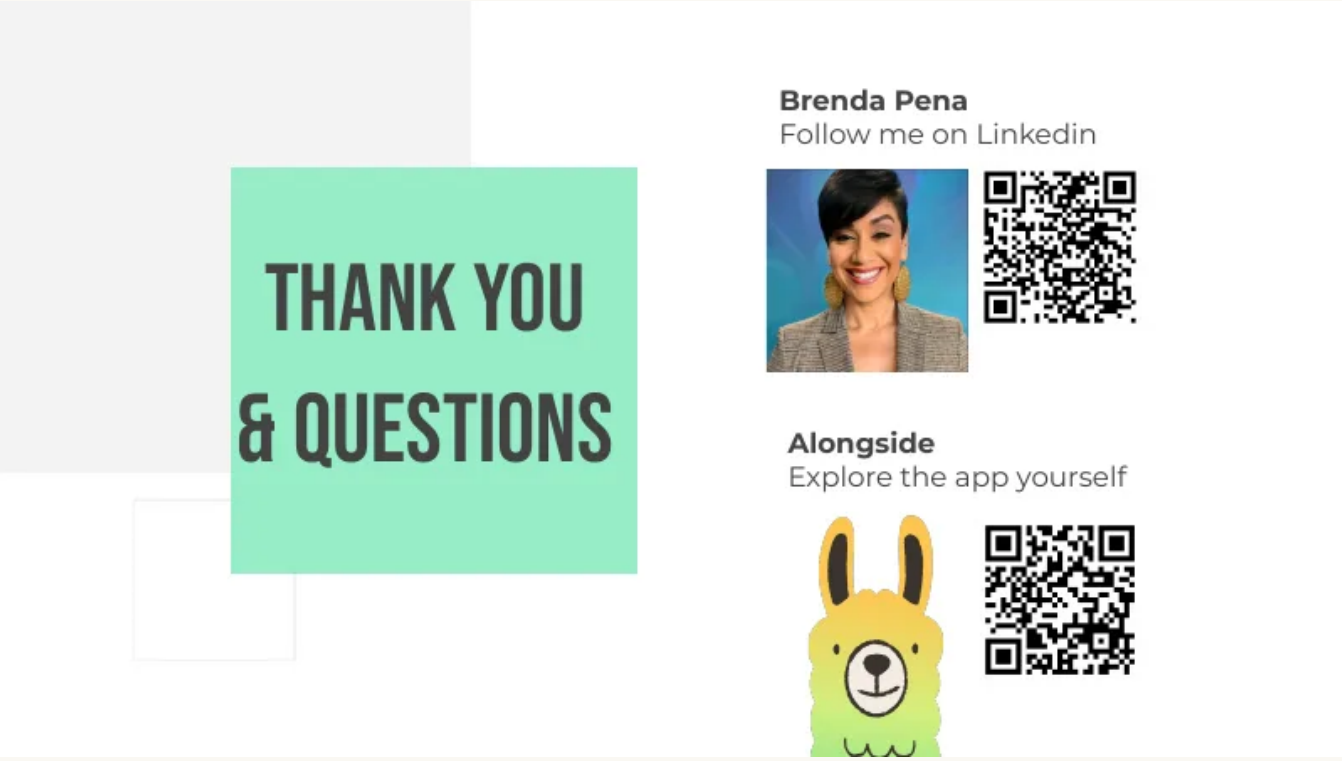
app.alongside.care

Thank you & questions