

School-Based Counseling Program



As a parent, you want what is best for your child, but it's not always easy to know what type of support he or she needs. HopeSprings Counseling Services offers a School-Based Counseling Program for children and teens with emotional or behavioral problems.

In select schools in Champaign County, our counseling can be made available on-site during your child's school day, allowing for consistent and convenient services.

♦♦ goal

The goal of our School-Based Counseling Program is to help children and teens learn how to cope successfully in school, at home, and in the community.

♦♦ how can we help you?

We can help your child better understand his or her personal needs, and help the child and your family learn new skills to manage difficult life situations or relationships more effectively. Our compassionate, professional counselors help you develop treatment goals and provide support and guidance.

We'll work together to help your child with:

- Depression and anxiety
- ADD and ADHD concerns
- Family and life adjustments
- Grief and loss
- Increased positive behaviors at home and in school
- Improved concentration
- Strengthened social skills and self-esteem
- Self-control and anger issues
- Decreased conflict with family members, teachers and peers
- And many other life concerns...

♦♦ how do you schedule an appointment?

- Getting started is as easy as picking up the phone! For more info or to make an appointment, students or parents can call our office at 217.531.2360.
- Parental consent is required for all services (except Adolescent Confidential Health Services per Illinois law).
- Parents MUST attend the first appointment and are encouraged to attend periodically. On-going family sessions may be recommended.

♦♦ faqs

How long will my child see the counselor?

The number of counseling sessions depends on your child's unique needs and goals. Some students/families may have their needs met in just a few visits, while others may require more sessions to reach their goals.

How often will my child see his or her counselor?

While the frequency of counseling sessions can vary based on the needs of each child, it is typical for a child to begin with weekly sessions to help build needed trust and comfort in the counseling relationship. Weekly appointments may also facilitate more active progress toward goals. As progress toward initial goals is made, it may be helpful to spread the sessions further apart. Your counselor will discuss what is right for your child as you work together.

Will I be billed for my sessions?

Counseling sessions are typically covered by your child's insurance plan. All billing is done through HopeSprings Counseling Services. HopeSprings contracts with many major health insurers including Medicaid. If you would like to find out whether your insurance is accepted, call the number on the back of your insurance card and ask if HopeSprings Counseling Services is an in-network provider. Or you can call our office, and we will assist you in verifying coverage.

