

Hazel Health: No-Cost Mental Health Teletherapy



Hazel Health Protocol

Through Hazel, high school students in FCPS can access behavioral health services at home (i.e., off school premises), at no cost to families.

Hazel's therapists can help with:

- Mood and/or behavior changes, motivation, grief and loss
- Anxiety, worry, fears
- Social skills, bullying, peer and family relationships
- Academic stress
- Anger management

Services include:

- Behavioral health assessment to identify individual student needs
- Short-term evidence-based counseling, treatment planning, and psychoeducation
- Access to family resource managers who transition students to long-term providers in the community as needed and provide ongoing monitoring for up to 6 months

Note: 40% of Hazel providers are bilingual, speaking over 15 languages

Accessing Hazel Services

1. Parents/guardians give permission (opt in) for FCPS to share basic demographic information with Hazel
 - a. Completed via ParentVue or using a printable form
2. Parents/guardians provide consent on the Hazel Health FCPS website for their child to receive Hazel Mental Health services
3. Services can be initiated directly by a parent/guardian by calling 571-749-2940 or by contacting the school counselor, psychologist, or social worker at their child's school
4. Hazel contacts parents/guardians to schedule an appointment
5. Upon completion of Hazel services, care coordination can continue for up to 6 months
 - a. If needed, clinical support teams help transition students to local long-term mental health services.

Utilization Data

- As of April 19, 2023, 442 families have opted in to Hazel Health services
 - 54 referrals have been submitted by school staff and families.
 - Referrals have been submitted for students across 20 schools
- Approximately half of the students who have initiated services have been referred by families, without school involvement
- Primary reason for referral:
 - Family Concerns-17%
 - Sadness-14%
 - Anxiety-13%
 - Peer Relationships-11%
 - Academic Stress-8%



Hearing From Our Staff

"Hazel Health has been surprisingly user-friendly for both staff and families. We were skeptical that it sounded too good to be true, as it offers services for ALL families (including those that need language support for intake services).

Many of our families, who don't qualify for other services based on income/insurance coverage, have been sitting on waitlists for MONTHS while students are in great need. It's been one of the hardest things to process this year as a school counselor. We were pleasantly surprised that our first referral was processed within THREE days because the family was so responsive and appreciative."

Sara Brewer, School Counselor at West Potomac High School