



Building Confidence & Resilience

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Connections
at Project Harmony

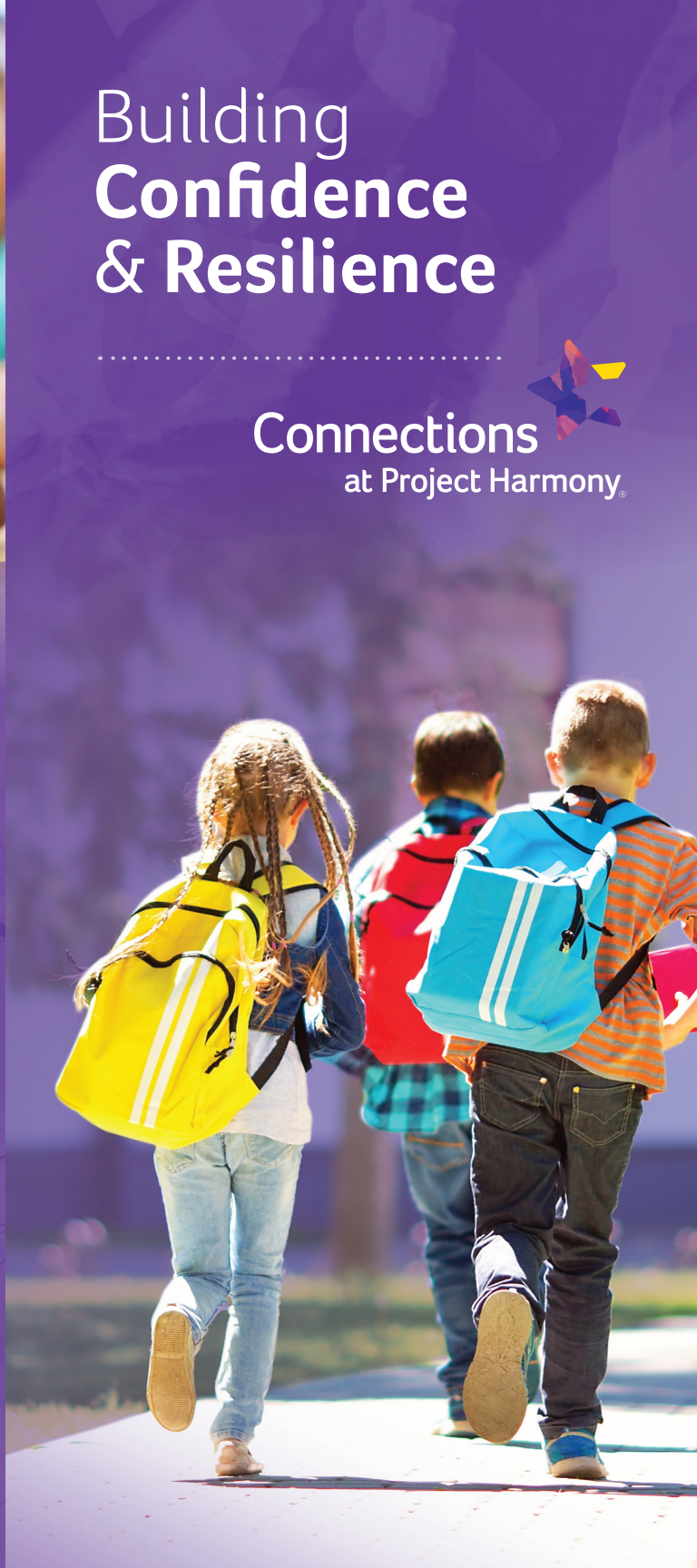


Access to preventative
mental health care is
necessary for all children.

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The Connections program at Project Harmony offers professional, evidence-based therapy to students needing mental health care on a voluntary basis. This collaboration between Project Harmony, well-qualified therapists, schools, parents and their children provides a supportive network to address mental health concerns early, so all students have the opportunity to reach their fullest potential.

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**Project
Harmony**
Child Advocacy Center

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Project Harmony has seen
the transformative power of
proactive mental health care
for children.



Children with mental health problems often exhibit early warning signs, ranging from acting out to withdrawing, and from physical symptoms to anxiety or depression.

FOR EXAMPLE:



Alex SIXTH GRADE BOY

- He has trouble getting along with both his family members and peers at school.
- He is aggressive with others.
- He swears at his mom when asked to help around the house.
- He gets violent when angry.



Jenna 8-YEAR-OLD GIRL

- She's noted to be depressed and quiet.
- She's a good student who is no longer getting homework done, and she has lost interest in after-school activities.
- What she can't say is that her dad has been gone for three weeks, and her mother isn't able to keep everyday routines going.
- She's worried about her parents and worried about the two younger siblings she tries to look out for.

**Connections is here for students
like Alex and Jenna.**



SOMETIMES WE ALL NEED HELP.

Hundreds of students each year participate in Connections. These students may exhibit one or more of the following signs:

- | | |
|--------------------------------|---|
| • Mood problems | • School behavior or attention problems |
| • Anxiety | • Inattention or impulsivity |
| • Sleep problems | • Irritability |
| • Family stress | • Difficulty concentrating |
| • Family or community violence | |
| • Nightmares | |

Every child has the potential to thrive.



Many barriers exist to prevent children from receiving quality mental health care, such as transportation, child care, limited access to providers and cost, including high deductibles and co-pays.

¹ ACE study www.cdc.gov/violenceprevention/acestudy/
² Finkelhor, Turner, Ormrod, & Hamby, 2009

Proactive Mental Health Care

The Project Harmony Connections program offers supportive mental health care in a positive and proactive manner.

THE PROGRAM SEEKS TO:

- Increase access to mental health services
- Improve mental health for children in our community
- Improve academic performances
- Improve social and emotional skills
- Increase capacity of mental health providers

How it Works



Supportive Mental Health Care for Children

Connections staff promote student and family engagement by facilitating communication between schools, providers and families.

Families

When a parent agrees to take part in Connections, we partner with the family to determine the nature of the child's needs and strengths, the priorities and expectations of care to the family, and what changes they hope will result from services.

Schools

The heart of Connections is an active, engaged and supportive referral process so students with a mental health need in kindergarten through eighth grade can get the support they deserve. We provide support and training to our referral sources in recognizing early signs of concern.

Mental Health Providers

Once a child is identified, Connections' staff match children's clinical needs with a mental health provider's expertise, and follow treatment to completion. Training is provided by Project Harmony so all therapists involved in the Connections program are well-versed on evidence-based best practices.

Children

Children referred to the Connections program may have had a recent traumatic experience or mental health problem (social, emotional, behavioral). Because Connections is a prevention program, children are not active in the Child Welfare or Juvenile Justice System.



APPOINTMENTS

Therapy appointments are made at a convenient time and location for all parties. Individual, group and family therapy are available.

Project Harmony's Connections program brings therapists, schools, students and parents together to provide accessible, preventative mental health care to Omaha-area children.

WANT TO GET INVOLVED IN CONNECTIONS?

Contact us at: 402-595-1059
connectionsinfo@projectharmony.com
projectharmony.com/connections

