

A new therapeutic program for school avoidance

School Presence

An evidence-based treatment program for children aged 7 to 17 designed to foster positive school engagement and attendance.



School Presence is a new CarePlus evidence-based treatment program for children and families struggling with school avoidance issues, including those who are experiencing mental health symptoms, resulting in impairments such as excessive school absenteeism. The program provides individualized services based on the child's level of need.

The 12-week comprehensive program may include a combination of in-home and out-patient therapeutic interventions for both the child and parent(s). Interventions are coupled with regular collaboration with all partners, including professional school staff. Elements of a behavioral approach (such as relaxation training and role playing) are integrated with a cognitive approach (including cognitive restructuring and problem solving), occurring in an individualized setting to meet the need of each child and their family system.

Program Goals: The overall goal of the program is to provide children and their families with the tools needed to decrease impairments and increase school attendance. The sessions will focus on:

- Parent education
- Collaboration with school
- Emotional education
- Awareness and identification of bodily reactions to anxiety and depression symptoms
- Identification and modification of negative self talk
- Relaxation techniques
- Reinforcement techniques for parent, child and school

Insurance may be accepted.

For more information or to register:

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Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.

To find out more about CarePlus, visit www.CarePlusNJ.org