

Bowen Center partners with more than 37 Indiana k-12 schools and universities covering more than 130,000 students. Our Student Assistance Program provides access to confidential and professional services for students and families throughout Indiana. The services are provided in the home, at school and in the community.

### The Bowen Center is:

- Largest Community Mental Healthcare Provider in Indiana.
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).
- Licensed by the Indiana Division of Mental Health.
- Certified by the Indiana Department of Addiction Services.
- Certified by Blue Cross/Blue Shield and other insurance companies.
- Certified by Medicare and Medicaid.
- A member of local Chamber of Commerce.

### Services include support for:

- Depression
- Anxiety
- Mood regulation
- Family, parenting and relationship skills
- Coping skills
- Self-esteem
- Goal setting
- Using manners
- Following classroom directions
- Improving focus
- School or learning concerns
- Substance Use Disorders

For more information or to make an appointment, call (800) 342-5653.

### Bowen Center can help.

Bowen Center started as a non-profit Community Mental Health Center in northern Indiana in 1961. The Center now serves Indiana treating patients in-person, by phone or video conference with emotional health care, substance use treatment and with primary health care clinics located in Warsaw and Fort Wayne, IN.

Bowen Center's dedicated staff provides life-changing care to individuals, children and families. Its expanding range of services includes family therapy, marital counseling, adolescent and children's counseling, autism services, alcohol and substance use treatment, individual and group therapy, skills coaching, hypnotherapy, transitional living, inpatient services, primary health care, and more. The Center accepts many insurance plans including Medicare and Medicaid and uses a sliding fee discount scale for patients that pay privately.

**Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.**

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(800) 342-5653 [BowenCenter.org](http://BowenCenter.org)

# STUDENT ASSISTANCE PROGRAM

We're the hope.

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# STUDENT ASSISTANCE PROGRAM

Life can hand students and families some interesting situations. A few of those issues can be tough to handle. Usually they can be worked out, but sometimes the problems are too much to tackle alone. They begin to affect personal happiness, family relationships, performance in school and health. Without proper help, problems can become worse and result in tardiness, absenteeism, failing grades, strained relationships with teachers and peers, and with family members.

Each year, Bowen Center helps thousands of youth and adults to cope with life's problems and find solutions.

## Helping Students

Good, productive students are a school and community's most valuable assets. They are the building blocks for a brighter tomorrow. Bowen Center recognizes these students face far more challenges than what is seen on the surface. The Student Assistance Program (SAP) is designed to provide support, clarity, and practical help in successfully negotiating the sometimes overwhelming terrain that students and families face during these growing years. Bowen Center's SAP provides confidential, professional sessions to students and their families. Help is provided so they can resolve problems that affect their school performance, home life, and other personal challenges.

Under the Student Assistance Program, a specific number of prepaid sessions are offered to students. There is no cost to the student. A school counselor can also encourage the use of the Student Assistance Program when a student's

behavior or performance is faltering. The school counselor will meet with the student and parents and identify concerns, reminding both that the SAP would be a valuable option to resolve the issues identified. Early identification of potential problems combined with professional counseling services can result in the student, family, and all involved getting back on the road to success.

After the prepaid visits have been used, the student or student's family may choose to continue and will be responsible for any additional costs. Services are reasonably priced. Often, personal insurance will underwrite the cost or a portion of the cost for counseling. Patients are also provided services on a sliding-fee scale based on ability to pay. Bowen Center will work with families to develop payment arrangements.

## Understanding your Bowen SAP

For convenience and privacy you may choose any Bowen Center Outpatient Counseling office. Locations: Huntington, Fort Wayne, Columbia City, Warsaw, Wabash, Syracuse, Albion, Lagrange, Angola, Auburn and Plymouth, Indiana.

### What is not covered?

Services excluded from SAP coverage are medication management, psychological testing, psychiatry visits, inpatient treatment and any court ordered treatment.

### What happens after the prepaid SAP sessions?

Bowen Center will provide you with treatment recommendations. Many students who begin treatment through the SAP find easier access to their insurance benefits after having an

assessment by a licensed counselor. Other families find they qualify for home-based or school-based services. You may choose to continue treatment but are under no obligation to continue beyond the prepaid SAP sessions.

### Does my child get SAP sessions each year?

Yes. As long as your school is offering an SAP to their students, your child will receive prepaid counseling session each academic year. Summer months are also covered.

### Do I have to inform the school if I use the SAP?

No. Parents are encouraged to set appointments directly with Bowen Center. The reason for seeking counseling may or may not be related to school issues. Parental consent is required for students under the age of 18.

### Is my child's privacy protected?

#### We may break confidentiality when:

- We suspect a child is being neglected, or is being physically or sexually abused, and it hasn't been reported to authorities.
- We discover that someone's life is in danger.
- Records are demanded under a court order.

### How do I set up an appointment for my child?

Call Bowen Center at (800) 342-5653 and let them know you would like to use your school's Student Assistance Program counseling sessions.