

School-Based Mental Health Therapy



Someone to talk to.

Stress and anxiety are part of our daily lives, but what do you do when it gets to be too much? Professional therapy is one way to work through stress or any mental health concerns. Catholic Charities Counseling Program is able to provide a therapist with the insight and support needed to manage life problems in a more productive way.

Convenient for students.

Catholic Charities is currently working with students, families, and school faculty at Dowling Catholic High School, St. Luke the Evangelist School, Holy Trinity Catholic School, St. Theresa's Catholic School, and St. Anthony's Catholic School. Having a mental health therapist in your school will reduce the amount of time a student misses class for appointments. Catholic Charities therapists collaborate with the school and parents for permission in accordance with HIPPA.

Amanda Wentworth-Puentes is Catholic Charities school based therapist. Amanda graduated from University of Northern Iowa with her Master's in Mental Health Counseling. She has over 5 years of experience as a therapist and is trained in trauma-informed care, CBT, and EMDR (Eye Movement Desensitization and Reprocessing). She has experience working with children, teens, and adults in outpatient, school based, and residential settings.

To speak to Amanda directly, call 515-237-5023 or email awentworth@catholiccharitiesdm.org.



How to prepare for therapy at your school:

Family can contact Catholic Charities directly to arrange an in-school appointment, OR

1. Students let school faculty or staff know they are interested in therapy.
2. After consulting with family, staff will fill out a referral form and submit it to Catholic Charities Counseling Program.
3. A therapist will follow up with parent/guardian and set appointments.
4. Catholic Charities accepts most major insurance plans and has a sliding scale fee for those without insurance.
5. A private space in the school will be available for sessions to take place.
6. Parent/Guardian(s) must be present for the first session to sign documentation and provide needed information to make therapy successful for each student. Attendance is optional following the initial appointment.
7. The therapist will meet with students ages eight years and older unless parents are willing to meet for family therapy sessions. If school hours are not convenient for family therapy sessions, they may make appointments at the Counseling Center at 601 Grand Ave, Des Moines with any of our mental health therapists. **Call 515-237-5045.**