

More in 2024

Your guide to Cartwheel's new services, partnerships, and features coming Fall 2024.



The '24-25 school year is right around the corner.

We're thrilled to announce a suite of new features, services, and partnerships designed to help districts meet the mental health needs of more students, families, and educators in their communities.

Starting in Fall 2024, Cartwheel districts will have access to:

- Expanded Family and Staff Therapy options
- Metrics Dashboards to help track impact
- Transparent communication about student care journeys
- Innovative partnerships, including with Bradley REACH's virtual Partial Hospitalization Program

Read on for info sheets you can share with colleagues.

**Do more in 2024
with Cartwheel.**



Support the entire family system with Cartwheel Family Therapy

Family dynamics play a critical role in improving mental health outcomes for students. Challenges with family relationships and/or communication can further impact how a student fares at home and school and hinder progress during a student's care journey.

Starting in the fall 2024, Cartwheel clinicians can refer families for Family Therapy when clinically indicated. This service is available in addition to Parental Guidances as part of a student's treatment plan.

What is Family Therapy?

Family Therapy can be used to address family communication, relationships, parent/caregiver-child conflict, difficult behaviors, challenges at home and/or school, or other dynamics impacting student success.

- **Multi-pronged approach to care:** Cartwheel clinicians can make referrals for Family Therapy as part of student treatment in addition to 1:1 student therapy and/or other Cartwheel services.
- **Included in Cartwheel partnership:** Any student or family can access this offering at no additional cost to the school.
- **No action needed:** Since Family Therapy referrals are driven by the Cartwheel clinician, this is one less referral school staff need to worry about.

Areas of focus addressed in Family Therapy include:

- Family communication
- Family relationships
- Parent/caregiver-child conflict
- School avoidance
- Dysregulated and/or challenging behaviors
- Challenges with motivation and/or mood
- Difficulties with coping
- Safety concerns



Questions?

If you're a current partner, reach out to your Program Manager. To explore a potential partnership, contact our School Partnerships team at partnerships@cartwheelcare.org or visit www.cartwheel.org.

Thriving schools, thriving students: Introducing Cartwheel Staff Therapy

The need to address the mental health of educators and other school staff has never been more pressing. Between academic recovery efforts and the youth mental health crisis, school staff are exhausted and turnover is higher than ever.

To help support all staff in your schools through these challenging times, we're expanding our offerings to include Staff Therapy starting in Fall 2024.

What is Staff Therapy?

Staff Therapy is an add-on service districts can use to extend the benefits of Cartwheel to their staff. Employees will have access to:

- **Individual mental health services:** One-on-one weekly therapy with licensed clinicians trained in working with adults, for up to 6 months.
- **Fast, easy, sign-up:** Interested staff sign up directly with Cartwheel. District personnel will not have access to any identifying information.
- **Same flexibility:** Staff have access to the same flexibility extended to our students. 8:00 AM - 8:00 PM, diverse clinicians, 10+ languages, no waitlists.



Examples of Issues Supported

- Anxiety
- Depression
- Trauma
- Burnout
- Motivation
- Family/parenting
- Stress
- Anger
- Relationships
- Loss & grief
- Coping
- Sleep Issues

Conditions Not Supported

- Urgent or emergency care
- Primary eating disorders
- Primary substance use disorders
- Active psychosis or mania

How does it work?

Staff members in participating districts sign up directly with Cartwheel. Our care coordinators then reach out to the staff member directly to verify insurance, help match them with a clinician in our practice and schedule their first meeting. Care will continue for as long as deemed necessary within the 2-6 months or until an alternative treatment plan is recommended.

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Continue care through break with Cartwheel Summer Services

Summer is a wonderful time of year.

It can also be an incredibly helpful time to support student mental health and resilience building. And that's where CARTWHEEL SUMMER comes in!

We're excited to share about our program offerings this summer. Learn about our different pathways to care, and know that our team is here to be your partner and support your students and families over the summer months.

Cartwheel CARE

Our standard pathway to care – including individual therapy, parent guidance, psychiatric evaluation and medication management – continues year-round. Students and families you refer to us in the spring are able to continue to work with us over the summer months. We work with families to determine a schedule that fits, and we collaborate with you in whatever ways to match your summer schedule.

Cartwheel BRIDGE

Cartwheel Bridge provides access to the full range of Cartwheel services to students and families who might not generally be referred to us. Students who are generally well supported during the school year are often at risk for some increased difficulty and/or skills loss during the summer months. Cartwheel is here to provide interim support with the goal of a smooth transition back to school (and back to you!) in the fall.

Cartwheel SUMMERSAULT

After engaging in therapy, it can sometimes be helpful to check back in. With Cartwheel Summersault, students and families can return for extra support and a skills refresh as an extension of their previous care. Return-to-care may range from a few sessions to the full summer or longer. We work with families to determine what would work best.



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Cartwheel Product Update

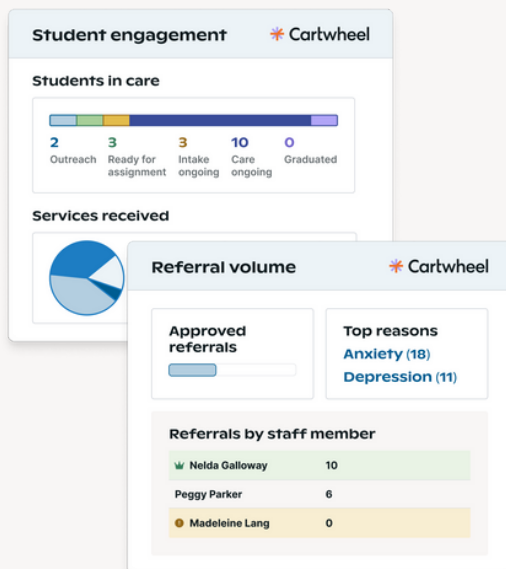
See the impact of your partnership: Metrics Dashboard for Admins

Over the past few years, your district has invested heavily in mental health resources for students and families. But there is often little data to know what's working and what's not for your community.

Our new Metrics Dashboard for district and school administrators allows you to gain insights and track the impact of our partnership, so you can continue meeting the mental health needs of your students.

What information is on the Metrics Dashboard?

We want to ensure you have continuous visibility into how Cartwheel is being used across your district. The Metrics Dashboard on our Portal gives you consistent access to meaningful data, including:



- **Referral Volume:** See how your district is utilizing referrals. This data highlights the number of approved referrals, referrals by months, and which individuals/schools are actively engaging in the Cartwheel partnership.
- **Engagement & Outcomes:** Provides visibility into where referred students are in their care journeys and the breakdown of services utilized within the district.
- **Student Demographics:** Displays demographic trends in who is being referred. Users can see breakdown by grade, language, gender identity, insurance type, and more.

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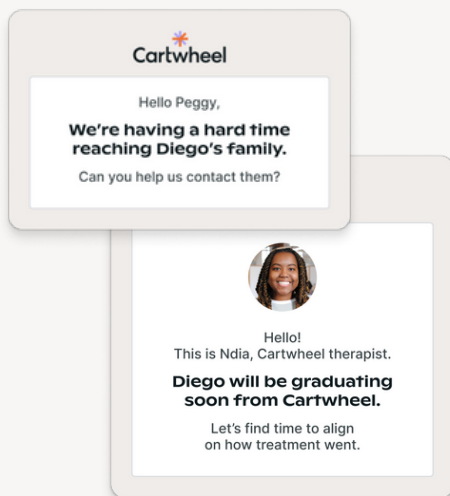


Stay in-the-know with Student Care Journey Updates

How students are doing in therapy and outside of school impacts how they do in school. As school counselors, social workers, and psychologists, you need to be kept in the loop regarding out-of-school services, so that you can continue to support them in the building.

What care journey updates can I expect?

Whether we've scheduled an intake appointment, or we are having a hard time contacting the family - we'll keep you in the loop so you are never left wondering what's going on with a referral to us or your students' care.



- **Email updates:** School staff receive emails at key milestones of a student's care journey, plus additional outreach if action/support is needed to support students with attendance or engagement and/or to the next stage of their treatment plan.
- **Action items:** New sections on the Cartwheel Portal homepage highlight when additional intervention is needed to help students through their care journey.
- **Activity summaries:** New sections on the Portal homepage highlight positive progress happening with referred students, including students who attended sessions recently and students who will be graduating from care soon.

Questions?

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Bradley Hospital's REACH Virtual Partial Hospitalization Program

To address the growing need for more intensive care options, we've launched an innovative collaboration with Bradley Hospital's REACH virtual partial hospitalization program. The specialized telehealth program provides comprehensive evaluation and treatment for adolescents aged 13-18 facing mental health crises.

A lifeline for students in crisis

The primary goal of the program is to help children safely live at home while offering them and their families the opportunity to work on behavioral, emotional, and social difficulties that occur at home and in the community. The 5-day-a-week, fully virtual program works as a step-up for students struggling in outpatient care and a transitional support following an emergency visit or hospital stay.

Students work with mental health care providers, psychologists, and psychiatrists for six hours a day, Monday through Friday, for an average of three to four weeks. Care includes individual, group, and family therapy along with restorative activities and academic support.



Conditions Treated

- Self-harm and suicidal ideation
- Severe ADHD
- Depressive disorders
- Anxiety disorders
- Trauma
- Challenges with drug and alcohol use

Who is eligible for care?

Students enrolled in Cartwheel districts across Massachusetts, Connecticut, and Rhode Island are now eligible for consideration for referral to Bradley REACH's virtual partial hospitalization program. If you'd like to refer a student to Bradley REACH, please reach out to schoolsuccess@cartwheelcare.org or your Cartwheel Program Manager. Their contact information can be found on the Cartwheel Portal.

Questions?

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Questions?

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contact [**schoolsuccess@cartwheelcare.org**](mailto:schoolsuccess@cartwheelcare.org)
or your Program Manager.

To explore a potential partnership with Cartwheel,
contact our School Partnerships team at
[**partnerships@cartwheelcare.org**](mailto:partnerships@cartwheelcare.org) or [**visit www.cartwheel.org**](http://www.cartwheel.org).

