

The Most Comprehensive K-12 Mental Health Program Available



**NATIONAL TELEHEALTH**  
SOLUTIONS

**Making Mental Health A Natural Part of Learning**

**STUDENT 365 HEALTH**  
**K12 VIRTUAL CARE PROGRAM**



# National Telehealth Solutions



## Ohio Company

- Headquartered in Dublin, Ohio



## Nationwide footprint

- Mental health programs in all 50 states



## Quality

- Data-driven approach to care delivery
- Resolution-Focused Care



## Program goals

- Engage families and improve access to meaningful mental health support
- Deliver frictionless care for conditions across the mental health continuum
- Measurably impact health and wellbeing

Our Provider Network  
Serves Over

**3,500**  
Clients

**6 Million**  
Students and Employees



# Our Students are Struggling Mental Health Issues are on the Rise

## Student Mental Health Statistics Paint a Troubling Picture

**44% of students now report persistent feelings of sadness or hopelessness.**

**Anxiety and depression among school-age youth have skyrocketed, with moderate to severe cases doubling in the last decade.**

**Suicide remains the devastating #2 cause of death for young people ages 10-24.**



**Our Students are Struggling  
Mental Health Issues are on the Rise**

**Student Mental Health Statistics Paint a Troubling Picture**

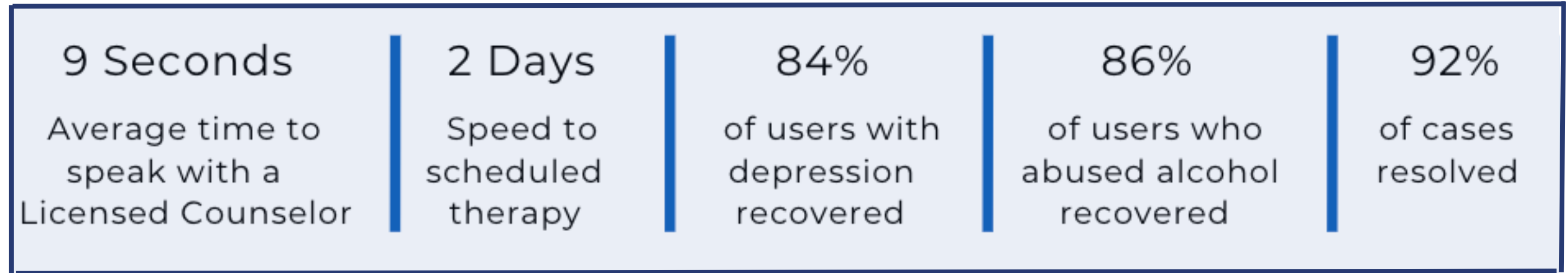
**We Have A Solution**

# Speed of Care...

National Average Wait Time to See a Behavioral Health Counselor is 3 Weeks



## Results



## Goals

- Engage students and improve access to quality mental health support
- Deliver frictionless care for conditions across the mental health continuum
- Measurably impact the health and wellbeing of children and adolescents
- Mitigate risk and provide an additional layer of support for school districts

# Key Features

The Most Comprehensive K-12 Mental Health Program Available



Client-Specific and Customizable Digital Portal



Unlimited Telephonic Counseling on Demand for the entire family. Confidential, professional counseling sessions for a wide variety of concerns such as anxiety, grief, depression, marital issues, and stress. Includes 8 virtual or in-person therapy sessions per person per incident



Pediatric Behavioral Health including Psychiatry for Ages 18 Months through 17 Years Old Including 12 Pediatric Therapy or Psychiatry Sessions



Additional Adult Therapy or Psychiatry sessions at a discounted rate if needed



**Funding Solution** - We work in collaboration with your district to secure funding and most schools can fund multiple years of our program. **The funding is non budgetary and there are no strings attached**

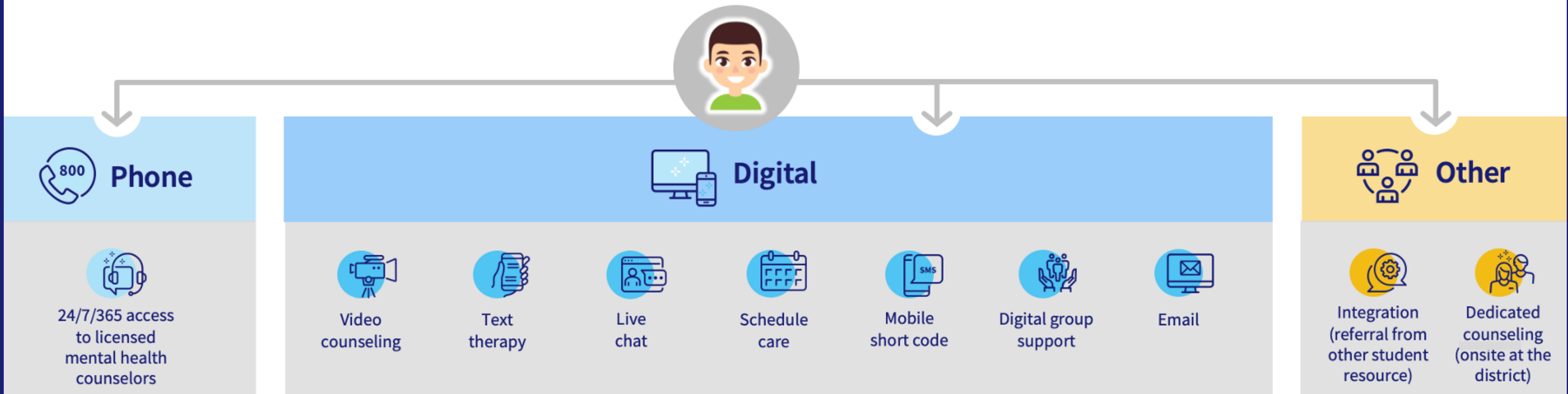


## NATIONAL TELEHEALTH SOLUTIONS

- **Cost**
  - District-sponsored
  - Free to the family (no out-of-pocket obligations, co-pays or deductibles)
- **Access**
  - Up to 10 points of access and 72-hour turnaround for appointments
- **Stigma**
  - Confidential – no personal information will be shared with the district without written consent
  - No mental health diagnosis required to receive care



# Access



## 10 different ways to access care and support

### Choice

- ✓ **Individualized** access to mental health support
- ✓ System of **convenient** and **integrated** avenues into the program
- ✓ **Preference** (modality, time/date, race, age, gender) empowers students to begin their journey
- ✓ **Meaningful** connectivity, not a predetermined entry point



# Student support

28,171 licensed counselors

## Provider diversity

- ✓ Age
- ✓ Race (BIPOC, Latinx 38%)
- ✓ Religion

## Evidence-based treatment

- ✓ Cognitive behavioral therapy
- ✓ Solution-focused brief therapy
- ✓ Acceptance and commitment therapy
- ✓ Mindfulness-based cognitive therapy

## Speed to care

- ✓ Routine cases (2-3 days)
- ✓ Urgent cases (1 day)
- ✓ Emergency cases (same day)

## Professional credentials

- 38.4% Licensed Clinical Social Worker
- 31.3% Licensed Clinical Professional Counselor
- 21.1% PhD/PsyD
- 9.1% Licensed Marriage and Family Therapist

**What Sets Our Program  
Above All The Rest?**

**Pediatric  
Behavioral Health**



# Support available across ages



## Parent Coaching:

Worries, Tantrums, Autism

## Youth Coaching:

Stress, organizational skills, worries, social emotional learning, etc.

## Behavioral Therapy:

Anxiety, depression, ADHD, ADD, ODD, etc.

## Medication Management:

ADD, ADHD,\* anxiety, depression when clinically indicated.  
Always with therapy and caregiver

# Delivering your family seamless and coordinated care

**3X**

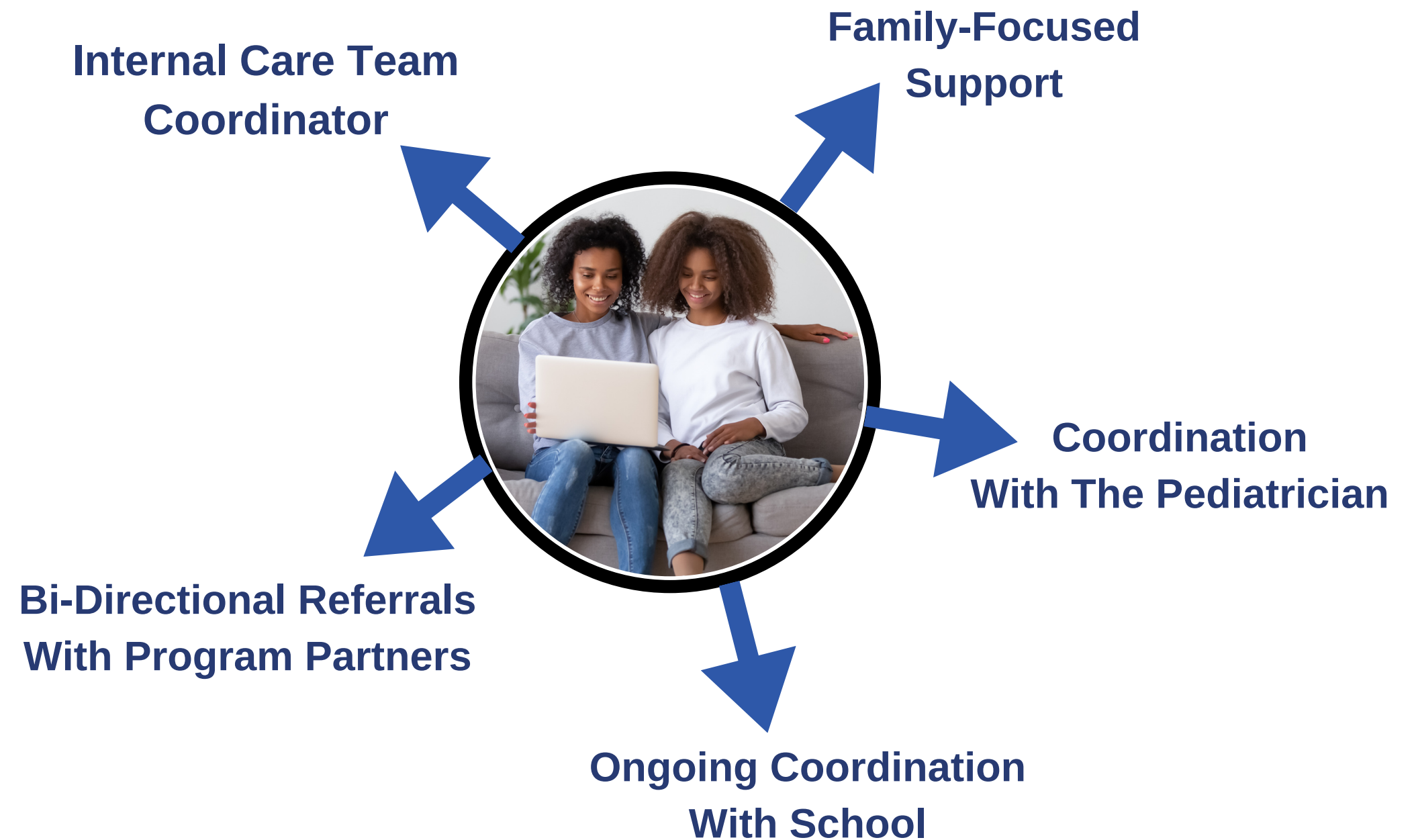
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Support that involves family is 3x more likely to be clinically effective

**40%**

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Of parents who report a need for care coordination for their child's mental health needs also reported that need was unmet



# Implementation Process

## Action Steps & Time Frames

- ✓ Funding Request
- ✓ Contract Execution
- ✓ 45 – 60 Days for Setup Process
- ✓ Team Introductions
- ✓ Dedicated single point-of-contact - Accountable for program success
- ✓ Structured implementation meeting and client-specific engagement strategy
- ✓ Census/Enrollment 15 Days Prior to Rollout
- ✓ Comprehensive and flexible reporting suite



# Plans and Pricing

| Product Features                                       | Standard                 | Premium                   |
|--|--------------------------|---------------------------|
| Customizable Access Portal                             | ✓                        | ✓                         |
| Digital Resources (Thousands of resource articles)     | ✓                        | ✓                         |
| 24/7 Telephonic Counseling On-Demand                   | ✓                        | ✓                         |
| Digital Group Support                                  | ✓                        | ✓                         |
| On-Demand Webinars (Mobile and Web)                    | ✓                        | ✓                         |
| 8 Virtual or In Person Counseling Sessions (per issue) | ✓                        | ✓                         |
| Text Therapy   | ✓                        | ✓                         |
| Suite of Life Balance Benefits for Adults              | ✓                        | ✓                         |
| 12 Pediatric Behavioral Health Sessions                | ✗                        | ✓                         |
| Parental Counseling/Coaching and Webinars              | ✗                        | ✓                         |
| Pediatric Text-Based Coaching/Therapy                  | ✗                        | ✓                         |
| Pediatric BH On-Demand Coaching                        | ✗                        | ✓                         |
| Ongoing Adult Therapy/Psychiatry at Discounted Rate    | ✗                        | ✓                         |
| Onsite Crisis Response                                 | \$275 / Hour             | \$275 / Hour              |
| <b>Monthly Price per Student</b>                       | <b>\$6.<sup>25</sup></b> | <b>\$15.<sup>75</sup></b> |



# Thank You

**NATIONAL TELEHEALTH SOLUTIONS** **North Allegheny School District**

**WELCOME**  
To Your Wellness Portal  
We're Here For YOU 24/7

**24/7 Counseling On-Demand**  
Start Here

**Digital & Scheduled Therapy**  
FamilyLinc  
Brightline  
Adult Therapy

**School & Community Resources**  
School  
Community

**We Look Forward To Working With You**



Welcome to YOUR Wellness Portal  
We're Here For YOU 24/7

Please complete the steps below to access the portal

1 Enter Your 10 digit member ID

2 What county do you live in?





Welcome to YOUR Wellness Portal  
We're Here For YOU 24/7

*i* What is this program and how to use it?

New to your Wellness Portal?  
Start Here



Digital & Scheduled Therapy



On-Demand



Pediatric BH



Adult Therapy

School & Community Resources

Explore and develop skills in dealing with stress, anxiety, solving problems you face, plus so much more.



School



Community



# YOUR WELLNESS PORTAL

Brought To You By:



Your Wellness Program provides many services, including counseling, therapy, and help with medications. To begin the process, you simply call our toll free number. A counselor will speak with you to figure out what the child, parent or caregiver needs so we can start helping immediately. Some of the services help with feelings, provide therapy, and make sure medications are working well.

Your Program Includes:

### Get Help From Counselors Anytime

You can talk to counselors anytime, day or night, all year long. They are ready to help you with feelings or problems. You can call them whenever you need support or advice.

### Help For Kids' Behavior and Feelings

- We teach parents and caregivers the skills to help with their child's feelings and behavior.
- Children can talk to counselors online or on video chats using phones, tablets or computers.
- Counselors make plans to help children with anxiety, sadness, trouble focusing, difficult behavior, and other challenges.

### Counseling for Adults

Adults can get more counseling if they need more help with their feelings than just a short talk. Counselors help adults with many concerns.



## 5 Easy Steps To Get Help Now

Start Here

### STEP 1 Download The App

Scan the QR code to open the app or go to [ohdcy.apportis.com](http://ohdcy.apportis.com). The code you received will be needed in step 2.



### STEP 2

### Open Your Wellness Portal

Enter your code and pick the county you live in from the dropdown.

YOUR CODE:

### STEP 3

### Call To Speak To A Counselor

Call the number provided in the portal to speak to a counselor. Counselors are ready to help you.

### STEP 4

### Give Your Group Code

You will be asked to give your Group code when you call in. This will activate your membership.

YOUR GROUP CODE:  
**OHDCY**

### STEP 5

### Get Help When You Need It

Counselors will help kids and parents or caregivers with anxiety, sadness, trouble focusing, bad behavior, and other challenges.



**NATIONAL TELEHEALTH**  
SOLUTIONS