

Who We Are

The Communities In Schools of San Antonio Clinical Team provides mental health support services to CIS case managed and non-case managed students and their families. The goal of the various CIS mental health support programs is to increase access to mental health services in schools because many of the families we work with have a difficult time accessing outside counseling services. Many of our mental health programs provide counseling services to students in schools to help stabilize mood and behaviors. While some of our programs offer short-term counseling (8-10 sessions), a vast majority of our programs now offer long-term counseling through the duration of the school year.

The CIS-SA Clinical Team

The CIS-SA Clinical Team is made up of licensed mental health professionals (counselors and social workers) who specialize in providing mental health education, intensive one-on-one or small group counseling, supportive guidance, and/or case management services to students, their families, and school personnel in schools across the San Antonio and surrounding area. Our Clinical Team is comprised of several different grant specific programs and is overseen by the Clinical Project Director.

Traditional Project Access

The Project Access program is our most established clinical program. The Project Access program was originally developed in 2007 and its purpose is to provide short-term (8-10 sessions) intensive counseling services to students (and their families) who are enrolled as a case managed student at their CIS-SA school. The goal of the Project Access program is to bring counseling services to the students at their school because many of the families we work with have a difficult time accessing outside counseling services due to money, transportation, and/or time limitations. Students referred to Project Access must first be enrolled into Communities In Schools through the CIS Site Coordinator on their campus.

Metro Health – Teen Parents

The Metro Health – Teen Parent Program is our clinical program dedicated to providing counseling and mental health support to pregnant and/or parenting teenagers across five San Antonio area school districts. This program was developed in 2017 in collaboration with the City of San Antonio Metropolitan Health District agency. Our Clinical Caseworkers dedicated to this program can provide counseling services to CIS-SA schools as well as campuses that may not have a CIS-SA Site Coordinator assigned to their campus. The purpose of the Metro Health – Teen Parent program is to reduce the repeat pregnancy rate in teenage youth of San Antonio and the surrounding area. Referrals for this program can be made directly by the school staff or through the district's School-Age Parenting Program Social Workers.

Metro Health – Domestic Violence

The Metro Health – Domestic Violence Program is our clinical program dedicated to providing counseling and mental health support to students (and their families) who have been affected by domestic violence. This program was developed in 2020 in collaboration with the City of San Antonio Metropolitan Health District agency and supports students across four San Antonio area school districts. Our staff dedicated to this program can provide case management and counseling services to CIS-SA schools as well as campuses that may not have a CIS-SA Site Coordinator assigned to their campus. Referrals for this program. Referrals for this program can be made directly by the school staff or through the district's Handle With Care Social Workers.

Parent and Child Emotional Wellness Program

The Parent and Child Emotional Wellness Program (PACE Wellness Program) is one of our newer clinical programs, developed in 2020, which provides mental health services to Head Start students and their families at select campuses in the San Antonio Independent School District. The PACE Wellness program is made up of teams of licensed mental health professionals, a counselor and a social worker, who work together to provide services to a specific caseload of students and their families. The counselor for each team provides intensive counseling services to students and their families who are referred by the district's Point of Contact. The social worker for each of the teams provides on-going case management and supportive guidance services to the referred students and their families as well as any necessary after-care supports once counseling services have ended.

Crisis Response Team

Each member of the CIS-SA Clinical Team serves on the CIS-SA Crisis Response Team. The Crisis Response Team can be deployed to a school campus at any time and its purpose is to provide school-wide crisis response support services to CIS-SA districts and campuses across the San Antonio area. The CIS-SA Crisis Response Team can also provide these services to non-CIS campuses, when requested by the district. District staff may request the assistance of the CIS Crisis Response Team for any campus.