



OVERVIEW

For more information on launching or expanding the TeenTalk program in your community, please contact Ellen Brezovsky, LCSW, Kids In Crisis Director of Outreach and Community Initiatives at ebrezovsky@kidsin crisis.org or 203-622-6556.



One Salem Street, Cos Cob, CT kidsin crisis.org **24-hour Helpline 203-661-1911**



teen talk

A PROGRAM OF KIDS IN CRISIS

TESTIMONIALS

NORWALK

The TeenTalk program offers our high school students an experienced counselor through Kids In Crisis. Without the services of TeenTalk, our teens who do not have IEP or 504 counseling would not have direct access to a professional to address their specific social/emotional concerns. Our TeenTalk counselor is a full-time member of our staff and contributes to the school beyond the TeenTalk role.

– Dr. Lynne Moore, Norwalk High School Principal

RIDGEFIELD

Students at RHS find the TeenTalk counselor to be a safe space that they can go to when they are feeling their most vulnerable. They find the individual to be a trusted source of comfort in those situations and feel safe talking to them about some of their most challenging experiences. Students report that providing a counselor not directly affiliated with the school puts them at ease and encourages genuine dialogue.

– Jacob Greenwood, Ridgefield High School Principal



Our TeenTalk counselor, Alex Avila has been an incredible addition to our student support staff. She serves as a multifunctional member of the team working in conjunction with our school counselors and families to provide much needed insight, counseling services, and resources. She often works directly with families to support a variety of needs or directs them to appropriate services. We are extremely fortunate to have Alex here with us at Scotts Ridge! She is awesome!

– Timothy Salem, Scotts Ridge Middle School Principal



RIDGEFIELD

Having a TTC in our buildings is essential to meeting all of our students' needs. They provide extra support for our students and their work complements the counseling and mental health supports we already have in place. TeenTalk counselors may work with students who are experiencing an acute need like a difficult peer situation or family situation, or they may work with students on a more consistent basis as they deal with more persistent challenges like anxiety or stress.

Our TTC collaborates with the counseling staff often and we view them as part of the team even though they work for an outside organization. Through collaborative efforts they create supportive plans for students in school but also have the ability to provide wrap around services for after school hours. The initial connection with our TTC during school hours opened the door for these services outside of school, which the students and families may not have utilized otherwise.

– Jennifer Phostole, East Ridge Middle School Principal

STAMFORD

Our schools should not be alone in supporting and promoting mental health in schools. This effort requires collaboration between schools, parents, healthcare professionals, and community organizations to address the complex needs of our youth today. We are fortunate to have partnered with Kids In Crisis to bring TeenTalk to our students at Academy of Information Technology and Engineering High School. TeenTalk fosters an inclusive environment that supports students in seeking help without fear of judgment or discrimination. TeenTalk ensures that our students receive comprehensive support that extends beyond the school setting. We look forward to extending this valuable program to other schools to provide more students with the much needed social and emotional support.

– Mike Meyer, Director of Family & Community Engagement

NEW CANAAN

TeenTalk counselors have brought essential social and emotional support to our students at a time when mental health issues in youth continue to rise. They have assisted with individual counseling, peer mediation, academic guidance, prevention/education, group counseling, family meetings, and school avoidance cases. They have helped our students enormously with anxiety, depression, family issues, and academic stress. TeenTalk counselors have been critical to our success in supporting our students, and we are grateful to them for all of their expertise, professionalism and care.

– Susan Bliss, Student Support Coordinator



WESTPORT

TeenTalk has been invaluable for us at Staples. With the ever increasing mental health needs that arise for students, having more hands on deck is extremely helpful and having someone especially knowledgeable of community resources that is able to assist with connecting students directly to outside supports has been so incredible. Many of the students they meet with are resistant at first to any kind of counseling but through consistent relationship building and a bit of patience, they seem to come around and find the benefits of it when working with our TeenTalk folks. I think I can speak for our whole counseling department that we are grateful for the work that Melissa (and this year Martha as well) have done for our students and community. They truly go above and beyond and are an integral part of our team!



– Sarah Magilnick, School Counselor

Kids In Crisis' TeenTalk Program at Staples High School is an essential resource in addressing the emotional well-being of youth in Westport by offering flexible and responsive services that ensure every student has an outlet for support. The partnerships between the schools, the Town, and other community-based resources have enhanced our ability to meet the complex needs of youth and families while improving access to additional community supports.

Our Staples TeenTalk Counselor Melissa Rotante-Sportini understands the importance of relationships as a pathway to mental well-being and embodies that sentiment in her daily work with students.

– Elaine Allen Daignault, Director of Human Services

GREENWICH

The TeenTalk Program has become an essential element of school and a critical partnership in support of the youth in our community. The relationship we as a school have with the program and organization has been integral to the safety and success of countless children. Our TeenTalk Counselor is a wonderful addition to the school mental health team and provides an unparalleled service to the staff, students, and families of Central Middle School.

– Thomas Healy, Central Middle School Principal



NEWTOWN

TeenTalk is an invaluable resource for our students in the Newtown Schools. There is no other program out there that offers services 24/7 in cases where if something arises once school ends on Friday, there's someone available who can help. We have had so much success with the program at the high school that we brought the program into our middle school. I am so grateful that I had the opportunity to attend a seminar where I met one of the administrators, Denise Qualey and she spent quite a bit of time explaining the program to me. I did my research with other schools who were using the program then offered to bring the program into the Newtown Schools as a result. Every school should have a TeenTalk counselor!

– Dorrie Carolan, Founder & Executive Director of Parent Connection

DARIEN

Anxiety, depression and self-harm is on the rise with teens, and Darien has not escaped its reach. I am thrilled for our students to have the additional support of a TeenTalk counselor that works within the school building but is a separate entity. TeenTalk provides the accessibility of mental health services within the school building but the confidentiality of a private counselor that the students need to feel comfortable.

– Tara Wurm, Darien Board of Education

WILTON

The TeenTalk program is an invaluable resource to our community. This program allows students an opportunity to meet with an outreach counselor in addition to our mental health staff. This becomes critically important for students in need of intensive family support, respite services or after hours care. The relationship with Kids In Crisis is an integral part of our comprehensive tiered support model needed in these times of increased mental health needs among our youth.

– Kimberly Zemo, District Safe School Climate Coordinator



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TEENTALK ● KIDTALK ● CLUBTALK

TeenTalk, KidTalk and ClubTalk are mental health support programs based full-time in area elementary, middle and high schools as well as afterschool programs such as the Boys and Girls Club. The programs reach students through individual counseling, group sessions, and presentations with crisis intervention and outreach services available 24/7.

This report provides a summary of the children and teens served by the program from 7/1/22 through 6/30/23.

Total served: 2,948 students were reached this year

- **1,243 students** received one-on-one individual counseling
- **An additional 564 students** participated in Topic Groups
- **An additional 1,141 individuals** (students, teachers, parents) were reached through presentations made by the TeenTalk counselors. (Total presentations reached 1,408 individuals overall)

LOCATION OF PROGRAMS

GREENWICH

- Eastern Middle School
- Central Middle School
- Western Middle School
- ClubTalk at the Greenwich Boys and Girls Club
- KidTalk at Hamilton Avenue Elementary School [opened May 15, 2023]

NEW CANAAN

- New Canaan High School
- Saxe Middle School

NEWTOWN

- Newtown High School
- Newtown Middle School

DARIEN

- Darien High School [open August 2023]

NORWALK

- Brien McMahon High School
- Norwalk High School

RIDGEFIELD

- East Ridge Middle School
- Scotts Ridge Middle School
- Ridgefield High School

STAMFORD

- AITE High School

WESTPORT

- Staples High School

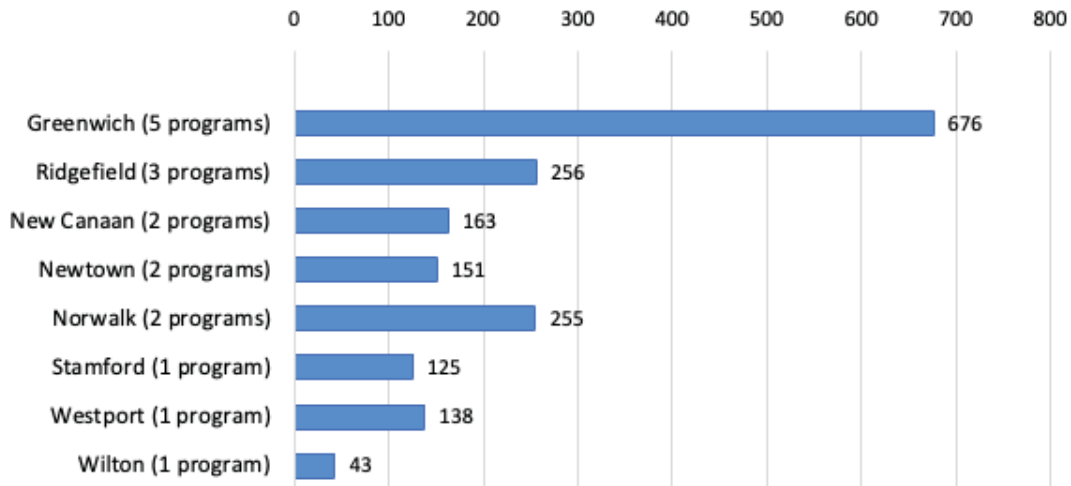
WILTON

- Wilton High School



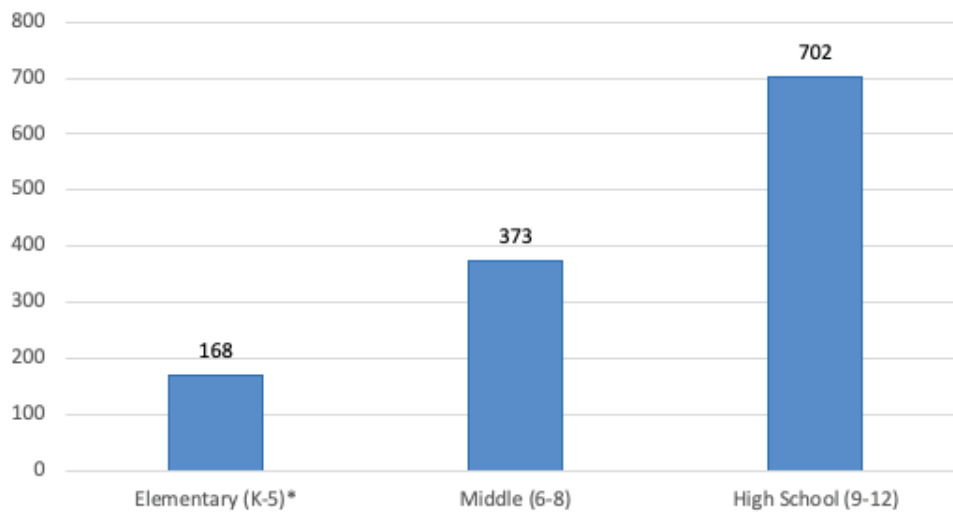
STUDENTS SERVED

Number of students who participated in counseling and groups - by town*



*Darien High School is not included as it is opening August 2023

Students in individual counseling, by grade



*The elementary program opened May 15, 2023



SERVICES PROVIDED BY COUNSELORS

Counseling

- **6,648** Individual counseling sessions (“traditional” mental health counseling)
- **1,538** Informal sessions (brief or spontaneous “check-ins”)

Other services

- **1,242** Parent/guardian supports
- **2,259** Case collaborations
- **522** SBIRT [Screening, Brief Intervention & Referral to Treatment] assessments
- **310** School team meetings attended by TTC
- **141** Referrals
- **530** Ohio scales initial assessments (320 follow-ups)
- **68** Topic groups (ongoing meetings on a specific topic)
- **56** Presentations
- At the request of the Stamford Board of Education, Kids In Crisis provided a Crisis Counselor to support **78** students from Stamford who were either believed to be experiencing homelessness or housing instability.

THE MENTAL HEALTH CRISIS

Children and teens are facing increased mental health challenges. The following data applies to the 1,243 students who participated in individual counseling during the past year:

- **128 Crisis safety assessments** provided
- **3** Students were accompanied to the hospital in crisis
- **30** Students presented initially with Crisis safety – suicidal ideation
- **9** Students presented initially with Crisis safety – self harm
- **368** Students presented initially with anxiety and depression

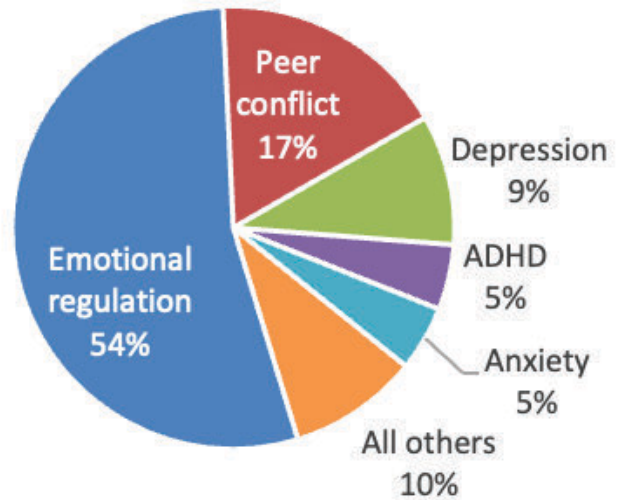
Through their work with their counselors, students identified the following additional issues they were experiencing (students allowed to identify multiple issues):

- **86** Students identified as expressing suicidal ideation
- **50** Students identified self-harming
- **516** Students reported anxiety
- **334** Students reported depression
- **54** Students reported substance abuse (self)
- **35** Students reported substance abuse in their family
- **54** Students were experiencing grief/loss

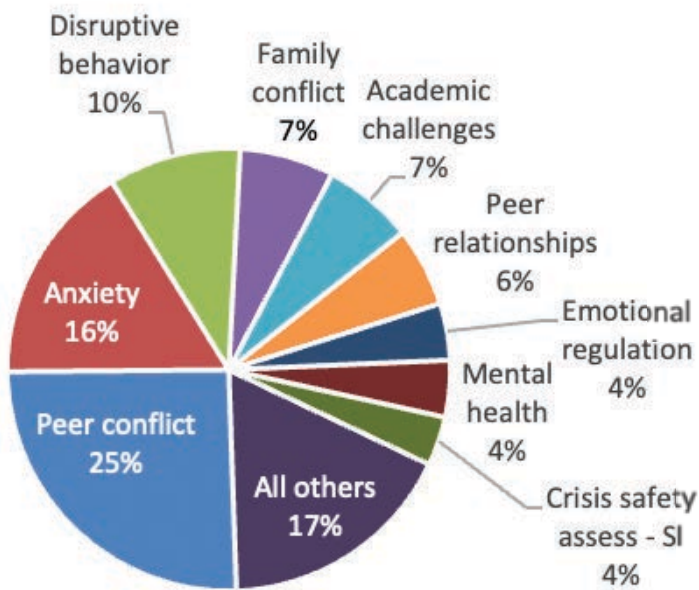


PRESENTING ISSUES

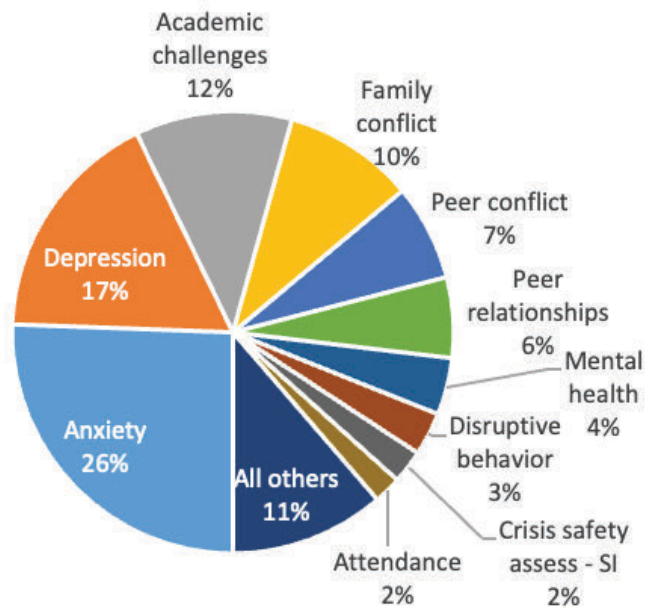
ELEMENTARY SCHOOL



MIDDLE SCHOOL



HIGH SCHOOL





SATISFACTION WITH SERVICES

86.7% High School students reported they were “Extremely Satisfied” or “Moderately Satisfied” with the services they received from their TeenTalk counselor

88.5% Middle School students reported they were “Extremely Satisfied” or “Moderately Satisfied” with the services they received from their TeenTalk counselor

COUNSELOR-RATED PROGRESS

This measure was added to give the counselors an opportunity to subjectively measure student improvement by responding to the question: Looking back at the student's presenting problem, did the student achieve progress on this issue?

[1,090 students reported]

84.6 % students were rated as having a score of 3 (some improvement) or more

		%
5. A great deal of improvement	104	9.5%
4. Moderate improvement	343	31.5%
3. Some improvement	475	43.6%
2. Little improvement	135	12.4%
1. No improvement	33	3.0%

