



McLean HOSPITAL  
HARVARD MEDICAL SCHOOL AFFILIATE



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

**McLean School Consultation Services**  
Program Director: Maggie Gorraiz, Ph.D.  
Medical Director: Mona Potter, M.D.

McLean School Consultation Services (SCS) is a team of talented and passionate multidisciplinary clinicians with expertise in child and adolescent mental health. Our program is dedicated to empowering schools to support the mental health of their students. We pursue this mission through multi-year partnerships with Massachusetts schools and collaborate with their staff in developing a more comprehensive, evidence-based mental health support structure for their at-risk and diagnosed students.

In keeping with McLean's broader mission of improving the lives of people and families affected by psychiatric illness, the McLean SCS team is committed to the following:

- Expanding the reach of evidence-based interventions for youth and eliminating obstacles to effective mental health support
- Providing public education and skills training on mental illness and eliminating stigma, specifically through parent and family engagement across communities
- Advancing the science and professional practice of school mental health services through data collection and investigation
- Operating from a social justice framework to enhance diversity, equity, and inclusion in school-based settings

While our consultation services focus on interventions serving students with diagnosed mental health disorders (i.e., those receiving Tier 3/Special Education services), the evidence-based tools can be disseminated to serve all students. Consultation targets can include:

- **Mental health toolkit:** Increase staff's knowledge and mental health literacy of evidence-based strategies in the school setting with the goal to increase students' capacity to regulate their emotions to better access their educational curriculum.
- **Therapeutic program consultation:** Increase the use and access of evidence-based practices within a school's therapeutic program or classroom to improve its overall functioning. This may include consultation in areas such as developing curriculum for therapeutic groups, designing therapeutic programming to help students transition from the hospital to the general curriculum, increasing skills coaching in the moment, or modifying current program procedures to help staff feel more effective in responding to emotionally dysregulated students.
- **School avoidance consultation:** Develop protocols and interventions to support students who are struggling to attend school due to mental health disability.

A partnered school is assigned one McLean Licensed Clinical Psychologist with expertise in child and adolescent mental health for the duration of the academic year. This Psychologist works closely with SCS program leadership, SCS team members, and expert researchers and clinicians across McLean Hospital.

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McLean Hospital is a member of Partners HealthCare.



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Details of our 2021-2022 service package are provided below. All consultative services are virtual and are conducted from September- June in accordance with the school’s academic calendar. Fee: \$20,791.

Service	Description	Meeting Frequency
Needs Assessment and Resource Mapping	McLean clinician will meet with student support teams to identify mental health support needs and resources prior to the start of the academic year to determine trainings and consultations that meet the specific needs of the schools.	Half-day assessment
Professional Development Training	McLean clinician will teach and disseminate evidence based mental health interventions to support the mental health needs of the school’s students. Trainings are designed for staff providing Tier 3/Special Education services.	Two PD trainings
Case consultation	McLean clinician will provide case consultation on emotional/behavioral formulation, management and planning for students whose mental health problems are negatively impacting their ability to engage in school. In doing so, McLean may provide didactic training in evidence-based strategies to bolster implementation of the suggested therapeutic interventions. Depending on the school’s consultative goal, case consultations and didactic trainings can be focused on targets such as general mental health toolkit, therapeutic program consultation or school avoidance strategies.	Bi-monthly (2x/month) meetings from September to June
Parent educational workshops	McLean clinician will provide skills used for emotion regulation, general well-being and mental health awareness for parents to use for themselves and at home with their children.	Two parent workshops
Quarterly Planning and Scheduling with School Administration	McLean clinician will meet with school administration on a quarterly basis to discuss and evaluate ongoing progress towards mutual consultation goals.	Four quarterly meetings
School Consultation Service Manual	Comprehensive mental health tool-kit manual with evidence-based strategies and handouts for staff and students.	Electronic PDF manual

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