



PACE ALACHUA REACH PROGRAM

Therapeutic Mental Health Therapy for Adolescent Girls Program

Reach Program Model



Assessments: Problem-Oriented Screening for Teenagers (POSIT), Biopsychosocial Assessment, and Prevention Assessment Tool (PAT) at intake and transition

1 hour/week of individual services (counseling, therapy and case management) for 6 months from a licensed therapist

Monthly family/caregiver support

Formal transition planning developed for girls within 30 days of program completion

Key Components of Services



Case management: Needs assessment, referral to services, and coordinating and monitoring on-going services to ensure the educational, socio-economic and basic needs and stability of the girl and/or her family are met. When there are greater needs, intensive case management provides the same services with a more assertive and comprehensive approach.

Individual counseling: The holistic, girl-focused process by which a counselor helps a girl, group, or family learn, understand, and implement strategies to positively cope with life stressors and increase resilience. Working in collaboration, the therapist and the girl work to find solutions to specific, immediate problems and develop pro-social coping behaviors.

Therapy: Cognitive Behavioral Therapy (CBT) helps girls find the root causes of emotional and behavioral patterns. Working in collaboration, the therapist and the girl build a relationship and identify solutions to strengthen emotional health and wellness

Transition planning and aftercare services are offered following program completion: ongoing case management provided to support girls and their families in long-term outcomes



Who is a Reach Pace Girl?

- Using prevention assessment screening tool to determine girl's risk factors
- Community outreach with key stakeholders and referral partners to support identifying girls that can benefit from Reach services
- Working with families to overcome stigmas associated with therapy





Of girls who had 6-month assessment after the initial intake assessment:

- 100% decreased their mental health risk
- 100% had no involvement with the juvenile justice system
- 100% improved peer relationships
- 100% improved family relationships
- 100% improved social skills
- 100% improve their use of time and engaged in positive activities.



Girl G graduated high school and obtained a full-time job as a CNA after participating in Reach services. She plans to attend college and study to become a doctor.

Girl W successfully completed her Reach services and self-reported that because of her work with the Reach therapist she stopped skipping classes and abstained from fighting. Therapy helped her recognize her triggers and apply coping skills to meet her goals.





Future Programming

- Program implementation during the pandemic
- Expanding to additional schools in our district
- Opportunity for advocacy in schools with staff
- Expansion of capacity
- Understanding barriers to girls completing program



Thank you for seeing the
great in every girl!