



# MENTAL HEALTH SUPPORT TEAM

## CARLY GEIS

### CONTACT INFO



317-346-8048



geisc@franklinschools.org

### REFERRALS

A caregiver, teacher or admin can refer a student to Carly by contacting the school counselors

#### MS. MURPHY (A-D)

(317) 346-8013

murphyk@franklinschools.org

#### MR. POWERS (E-K)

(317) 346-8015

powersb@franklinschools.org

#### MS. GEORGE (L-RI)

(317) 346-8012

georgej@franklinschools.org

#### MS. WILLIAMS (RO-Z)

(317) 346-8057

williamsr@franklinschools.org

### MENTAL HEALTH SUPPORT TEAM

#### MS. KARLIN

(317) 346-8002

karlinc@franklinschools.org

#### National Suicide Hotline

(800) 273-8255 or  
text HOME to 741741

#### Nacional de Prevención del Suicidio

(888) 628-9495

### HELLO GRIZZLY CUBS!

I am a Licensed Clinical Social Worker (LCSW), and am excited to bring my unique skill set to this position. As a social worker, I strive for service and social justice. I believe in the dignity and worth of all people and the importance of human relationships. I hope to help foster a peaceful and joyful school environment through my work with students, families, and staff.

I am an FCHS graduate and received a Bachelor of Arts in Communication and Culture from Indiana University and later my Master of Social Work from IUPUI. I have spent my career working with children, adolescents, and families in various settings; most recently as a crisis counselor in a psychiatric hospital. I have a passion for mental health awareness and suicide prevention. I believe in acceptance and inclusivity and my office will always be a safe space for all.

Outside of work, my life is wholly consumed by my two sons- a snack-obsessed toddler and a lovely, sleepy 3-month-old baby. I am pretty sure I used to enjoy camping, travelling, and reading, but with COVID and a newborn I really can't say for sure. I am an iced coffee fanatic and always up for a chat about reality television.

I am so excited to begin this new position and look forward to getting to know all of you in the upcoming school year!

### I'M HERE FOR YOU

**As a member of the Mental Health Support Team, I will be working alongside students, parents, teachers, administration, school counselors, and other support staff to deliver the following services at school and home:**

- Individual & group therapy
- Coping and life skills development
- Family engagement and parent support
- Case management to help access community resources and referrals
- Assistance in transitioning students back to school following hospitalization or extended school absences
- Suicide/self-harm risk assessment and safety planning
- Teacher emotional support
- Psychoeducation for parents, teacher, community

## WHO CAN BENEFIT FROM MENTAL HEALTH SUPPORT?

**Our Mental Health Support Team provides support to students struggling with the below issues. Please contact your school counselor to make a referral.**

### **Depressive Disorders:**

- Low energy, poor appetite, frequent crying, avoiding others, little interest in fun activities, self-harm or threats of self-harm, difficulty starting/completing tasks, excessive sleeping

### **Anxiety Disorders:**

- Excessive distress when separated from home or caregiver, refusing to go to school, difficulty sleeping, frequent physical complaints or trips to the nurse (Headaches, stomachaches), crying, nightmares, restlessness or irritability, trouble relaxing, excessive worrying, excessive discomfort in social settings

### **Oppositional Defiant Disorder/Disruptive Behavior Disorder:**

- Often loses temper, argues with adults, frequently refuses to follow directions, blames others for behaviors, is often angry and easily annoyed by others, often presents threatening or aggressive behavior

### Things I CANNOT do for students...

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Provide tutoring, academic assistance, scheduling or academic planning

Diagnose students, prescribe or manage medication

Require a student or family to participate in services

Discipline a student or physically manage their behavior

### Things I CAN do instead...

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Assist students in managing their mental health so they are better equipped to overcome academic challenges & function to the best of their ability in school

Provide students & families with resources & assist in obtaining appropriate psychiatric and/or mental health services

Collaborate with students & families to establish individual goals & implement strategies to assist in meeting goals

Discuss services with students and families and guide them in understanding the benefit of mental health support

Discuss community resources with families and guide them in accessing services if needed

Teach and reinforce coping skills to help students with self-regulation, managing impulsive behavior, communicating feelings appropriately and more