



MENTAL HEALTH SUPPORT TEAM

CHANDAS KARLIN

CONTACT INFO

 317-346-8002

 karlinc@franklinschools.org

REFERRALS

A caregiver, teacher or admin can refer a student to Chandas 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. GEIS

(317) 346-8048
geisc@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 mental health counselor (LMHC) and have experience in trauma, anxiety, depression, behavioral issues and healthy relationships. I have been recognized as a Nationally Certified Counselor.

I have a mini golden doodle named Dunkin. I love doing DIY's and anything crafty. I also love to travel and have lived in multiple countries. I have a huge family and love spending time with them! I also love Dunkin Donuts coffee and hate bacon!

I earned my Masters of Art in Clinical Mental Health Counseling with High Distinction from Valparaiso University and completed my Bachelor of Arts (BA) in Psychology at Taylor University. I'm so excited to start working with our wonderful high school students and their families!

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...

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...

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