

Parent Friendly Frequently Asked Questions

What is AHN Chill Project™?

Allegheny Health Network (AHN) Chill Project™ is an established program embedded in schools across Western Pennsylvania, Erie, and Delaware school districts. AHN Chill Project™ works with entire school communities providing proactive coping strategies and school based therapy services. AHN Chill Project™ have two full time mental health professionals embedded in the school five days a week. This model creates familiarity and normalizes emotional wellness. We provide evidenced based programming to students, teachers, administrators, and parents.

Entire school communities are encouraged to learn and practice skills in custom built Chill Rooms™ within their schools. The Chill Room™ has one full time mental health professional in the room five days a week. This professional leads preventative programming to help students achieve greater academic success, reduce anxiety, improve student-teacher relationships, and to engage in more effective decision-making. Students may visit the Chill Rooms™ by following their schools protocol. Students can individually meet with the Behavioral Health School Educator, or simply take a few moments of quiet reflection and calm before they resume their normal schedule. The entire school community are encouraged to visit the Chill Rooms™ for moments of mindfulness to support their own well-being. The Behavioral Health School Educator and School-Based Therapist team work together to support the mental health of everyone in the school community.

AHN Chill Project™ also offers opportunities for students who require a higher level of care by providing traditional outpatient counseling services in the school setting.

What is School-Based Therapy?

School-based therapy is a voluntary outpatient mental health service provided in the school. Therapy is provided by a master's level clinician, services are billed through the student's health insurance.

Instead of traveling to an office for therapy, students and their families are able to access this service during the school day. Students attend regular therapy appointments with their therapist and return to class following the appointment. Therapist, guidance department, and teachers all collaborate to find the most appropriate time for students to have their sessions.

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Who Qualifies for School-Based Therapy?

Qualifying students in participating schools are eligible for this voluntary service*, supporting students of all ages dealing with a variety of challenges.

Common topics addressed in therapy are...

- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anger Management
- Improving Relationships with Others
- Trauma
- Grief and Loss
- LGBTQ+
- Coping with Life Changes and Stress

**While school-based therapy is able to address many different challenges, it is not always the best fit for every student. In these cases, the Chill Team, along with the school team will assist finding services that best fit students' needs.*

Who are the Behavioral Health School Educators & Behavioral Health Therapists at CVSD?

CV High School

Therapist: Emily Trifaro, etrifaro@cvsd.net

Educator: David Bentz, dbentz@cvsd.net

CV Middle School

Therapist: Sarah Bartko, sbartko@cvsd.net

Educator: Melinda Massella, mmassella@cvsd.net

CV Intermediate School

Therapist: Lauren Caraotta, lcaraotta@cvsd.net

Therapist: Izzy Cutler, icutler@cvsd.net

Therapist: Elise Tate, etate@cvsd.net

Educator: Frank Satira, fsatira@cvsd.net

CV Primary School

Therapist: Christina Cichon, ccichon@cvsd.net

Therapist: Elise Tate, etate@cvsd.net

Educator: Sierra Vogel, svogel@cvsd.net

CVSD Supervisor: Christina Cichon