

Is the ASC Center Effective?

The ASC Center model includes built-in program evaluation components. Each student's symptoms are monitored throughout the course of treatment, providing information about the effectiveness of treatment for that student and for the program overall.

The results of the Ashe County ASC Center suggest that the majority of students who receive treatment experience clinically significant improvement in mental health symptoms. Additionally, ASC Center services are associated with improved attendance, stabilized or improved academic performance, and stabilized or decreased discipline referrals. Furthermore, these results are achieved with minimal impact on instruction time.

How Do I Get Started With ASC Center Services?

Students or families wishing to receive ASC services should contact their Professional School Counselors. They will meet with the student and/or family 2-3 times to better assess the needs and concerns of the student.

Students who are referred to the ASC Center will be assigned a clinician who will meet with students during the school day at a time that best fits their schedule.

To make a referral, contact:
Mike Tasso, Annette Bednosky,
Meghann Roberts-Clawson or Kelly
Fletcher, at (336) 846-2400

Where Can I Find Additional Information?

If you would like to learn more, feel free to visit our website at
www.highcountryhelp.com

Who Are We?

An interdisciplinary team of psychologists, marriage and family therapists, social workers, school counselors, school staff, ASU students, & graduate trainees under supervision.

Current AppState & ASC Staff

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ASC CENTER

ASSESSMENT, SUPPORT AND
COUNSELING CENTER AT
ASHE COUNTY HIGH SCHOOL

Our Mission

The mission of the ASC Center is to serve children and families and to help teachers educate children by addressing mental health symptoms that interfere with learning.

The primary goals of this partnership between Appalachian State University and Ashe County Schools are to:

- 1) Provide access to high quality, supervised mental health services** to children and families regardless of their ability to pay;
- 2) Produce a steady stream of qualified school mental health professionals** who may join the regional workforce;
- 3) Conduct research that informs** effective school mental health practices.

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What do we do?

The ASC Center provides school-based mental health services to address a number of concerns, including depression, academic difficulties, anxiety, behavior problems, and suicidal thoughts or behaviors. **The most common methods of treatment are individual therapy, consultation, family work, and groups.** We also provide crisis intervention, teacher consultation, mental health prevention/outreach, professional development, and research.

Many adolescents in the High Country experience depression, anxiety, and other mental health concerns and youth in this region report suicidal thoughts and behaviors at rates higher than state and national averages. However, there are a number of challenges associated with seeking mental health care, as the High Country has a limited number of qualified mental health professionals, and even fewer who provide specialized treatment for children and adolescents. Other common obstacles include transportation problems, negative stereotypes about mental health care, and financial limitations. With these concerns in mind, ASU and local school districts created an interdisciplinary team to address mental health as a major public health priority in rural western North Carolina.

The Assessment, Support, and Counseling (ASC) Center was developed to reduce or eliminate the impact of mental health symptoms on students' learning experiences. The ASC Center is a partnership between Appalachian State University (AppState) and local school districts designed to provide school mental health services to students in the High Country. The ASC Center was first developed and implemented during the 2006-2007 academic year at Watauga High School and has since expanded to provide school mental health services in three western North Carolina school districts, including Alleghany, Ashe, and Watauga Counties.