

Eric, a middle school student, was forced to repeat the 7th grade due to a large number of absences.

Eric was transferred to our school and referred to the School Based Health Center for counseling.

Eric did not have a SBHC in his previous school and thus, was unable to seek counseling.

As the SBHC Social Worker, I met with Eric and his family to create a gradual transition school plan.

Once the plan was put into action, Eric's behavior began to improve.

Initially, he was able to stay in school for longer days, gradually leading up to full-time attendance.

As time has progressed, Eric has reported decreased somatic symptoms, low levels of anxiety, and perfect attendance for the past month.

He is able to participate both academically and socially in school activities.

Eric reports positive peer interactions, and is adapting to the new middle school environment very well.

I continue to meet with him on a weekly basis to monitor his anxiety levels and make note of his progress. 