



CARE AT AIM

Caregiver & School Information Guide

Who is CARE?

CARE is a dedicated therapy and community-based support department within AIM. We provide trauma-informed mental and spiritual health services and behavioral support for youth and families, both in schools and in the community. Our work is rooted in understanding that children do not exist in isolation, support must include caregivers, schools, and the environments they move through daily.

We partner with schools, caregivers, and community organizations to ensure youth receive consistent, accessible, and culturally responsive care.

Who We Serve:

- Youth ages 7-18
- Caregivers and families
- Schools and community partners

Why might a child or family need CARE support?:

- Emotional or behavioral challenges
- Difficulty adjusting to life changes (moves, transitions, family shifts)
- Anxiety, stress, or overwhelming feelings
- Trouble expressing emotions or communicating needs
- Challenges at school (focus, behavior, peer relationships)
- Caregiver stress around discipline, routines, or support strategies

Support is not only for crisis- CARE is also for prevention, growth, spiritual awareness, and strengthening relationships.

Our services:

- Youth Individual Therapy (ages 7-18) that is tailored to each child's needs focusing on emotional regulation, behavioral challenges, trauma, self-esteem & identity, and school-related concerns using talk therapy, creative expression (art, storytelling, play-therapy) and cognitive strategies
- Family Therapy strengthening communication, building trust, and navigating challenges together focusing on parent-child conflict, family transitions, connection, and behaviors in the home through guided conversations, practical tools, and collaborative problem-solving
- Caregiver & Behavioral Support (Non-Therapy) providing practical tools, strategies, coaching and ongoing support to help caregivers better understand and respond to behavior

How CARE Supports Youth Over Time?

CARE services can help youth and families:

- Better understand and express emotions
- Improve behavior and decision-making
- Strengthen relationships with caregivers, peers, and teachers
- Increase focus and engagement in school
- Build confidence and self-awareness
- Equip caregivers with tools that work in real-life situations



What is the Caregiver's Role?:

Caregiver involvement is essential to the success of any service. We work alongside you, not in place of you.

Caregivers are asked to:

- Participate in the initial intake
- Engage in regular check-ins (as recommended)
- Communicate openly about the child's progress and needs
- Apply strategies and tools shared during sessions

School Partnerships

CARE collaborates with schools to provide consistent and supportive care for students.

School-Based Support May Include:

- In-school behavioral assessments and observations
- In-school therapy sessions
- Collaborations with teachers and staff
- Caregiver advocacy, communication, and engagement
- Student support planning

Our goal is to bridge the gap between school, home, and emotional well-being.

Confidentiality & Privacy:

- All services are confidential and protected under HIPPA and stored in secured electronic health records
- A signed Release of Information is required to share information with schools or other providers.
- Caregivers will be informed and involved in all appropriate communication.

GETTING STARTED:

- SUBMIT a referral or inquiry
- COMPLETE an initial consultation to discuss concerns, challenges, or needs
- RECEIVE service recommendations
- BEGIN support!

CARE is built on the belief that support should feel accessible, respectful, and grounded in real life. Whether a child needs therapy or a caregiver needs tools, we are here to walk alongside families- not judge them.