Every student deserves mental health care.

Cartwheel partners with school districts to deliver **virtual mental health care to students and families**.

Cartwheel helps students access virtual therapy and medication evaluation with **no waitlists**. Cartwheel's care team of therapists and child psychiatrists has decades of experience serving students and families and works exclusively with schools.



With Cartwheel, students and families can:

- **See a licensed therapist within 7-10 days** of referral from a school counselor
- **Access 1-1 therapy**, psychiatric evaluations, medication management, parent guidance, and family therapy
- **Attend free webinars** to gain skills and confidence in supporting the mental health needs of their students

To learn more about how Cartwheel works with districts to provide mental health care to students, speak with a member of your School Counseling team or visit www.cartwheel.org.

Cartwheel

08-2024

Resources for Schools and Families

Why Telehealth?

Three reasons why telehealth is a viable alternative to in-person therapy

Cartwheel

Since the COVID-19 pandemic, there has been more and more research comparing telehealth to in-person therapy. Here are some of the reasons why virtual therapy is a viable option for kids and families today.

1 **Fewer transportation and time constraints:**

- Reduces school and work absences by eliminating distance and time spent traveling
- Time and costs are saved by eliminating the need to travel [1]



2 **Virtual therapy is easier to attend, resulting in:**

- 10% higher attendance rate [2]
- Significantly lower no-shows [3]

3 **Virtual therapy is effective:**

- Multiple studies show no difference in clinical outcomes between virtual vs. in-person care [4,5]

Oftentimes, students prefer to engage virtually, resulting in strong satisfaction rates.[5] 94% of students surveyed by Cartwheel prefer or are agnostic to virtual services when compared to in-person services.

Sources: 1. Johns Hopkins, 2022; 2. Journal of Psychiatric Research, 2021; 3. Psychological Services, 2022; 4. Johns Hopkins, 2022; 5. Frontiers in Public Health, 2023

Questions?

If you're interested in a referral to Cartwheel, speak with a member of your school counseling team. After you've been referred - you can email office@cartwheelcare.org or call/text us at (617) 272-7439.

Learn more: www.cartwheel.org

11-2024

You child deserves to thrive. Cartwheel is here to help.

Virtual therapy makes it easier for students and families to speak with licensed clinicians. All of our services are offered both in-home and in-school. Sessions are private and confidential and can be joined via computer, tablet, or smartphone.

What is Cartwheel?

- Virtual therapy with licensed clinicians - and no waitlists
- Monday-Friday, 8am-8pm; Saturday 8am-5pm
- Multiple languages
- 55-minute weekly sessions for 2-6 months on average
- We are a medical practice that bills your insurance. Families with Medicaid or no insurance have $0 out-of-pocket costs.

95% of caregivers would recommend Cartwheel to a friend or neighbor

92% of students say they feel better after working with a Cartwheel clinician

Next steps:

1. Once the school team and family are aligned, **school staff can refer** the student/family to Cartwheel.
2. The parent/guardian will receive a **text message from Cartwheel** (617-272-7439) with a "Get Started" link to provide availability and insurance details in our Welcome portal.
3. We provide the parent/guardian with a **cost estimate** and work together to **schedule the first session.**
4. Parent/guardians: please **complete all intake forms** before the first session.
5. A parent/guardian **must be virtually present** for the first and last session.



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