

Who We Are

The Communities In Schools of San Antonio Clinical Team provides counseling and mental health support services to students and their families in San Antonio and surrounding area school districts. The goal of the various CIS-SA mental health support programs is to increase access to counseling and mental health services in schools because many of the families we serve have a difficult time accessing outside counseling services. Our mental health programs provide counseling services to students in schools to help stabilize mood and behaviors. While most of our programs offer short-term counseling (8-12 sessions), some of our programs can offer long-term counseling, through the duration of the school year.

The CIS-SA Clinical Team

The CIS-SA Clinical Team is made up of licensed mental health professionals (Counselors and Social Workers) who specialize in providing mental health education, intensive one-on-one or small group counseling, supportive guidance, and/or case management services to students and their families in schools across the San Antonio and surrounding area. Our Clinical Team is comprised of several different grant specific programs and is overseen by the Director of Clinical Programs and several Clinical Field Managers.

Traditional Project Access

The Project Access program is our most established clinical program. The Project Access program was created in 2005 and its purpose is to provide short-term (8-10 sessions) intensive counseling services to students and their families who are enrolled into the CIS-SA program with a Site Coordinator at their school. The goal of the Project Access program is to bring counseling services to students on their school campus because many of the families we work with have a difficult time accessing outside counseling services due to money, transportation, and/or time limitations.

Long-Term Project Access

We offer long-term counseling through a special San Antonio ISD High School project serving select SAISD High School campuses including Brackenridge HS, Burbank HS, Edison HS, Highlands HS, Sam Houston HS, Jefferson HS, and Lanier HS. These campuses allow our clinicians to serve students referred from CIS-SA Site Coordinators already embedded at the campus as well as referrals from school personnel.

Youth Mental Health Project

The Youth Mental Health Project (YMHP) was developed during the 2022-2023 school year in collaboration with the San Antonio Independent School District. This project allows us to provide mental health counseling to students enrolled at any traditional SAISD Middle School campus. Our counselors assigned to this project focus on providing counseling to students and families and increasing access to professional mental health services. These campuses allow our clinicians to serve students referred from CIS-SA Site Coordinators already embedded at the campus as well as referrals from school personnel.

Metro Health – Teen Parents

The Metro Health – Teen Parent Program is our clinical program dedicated to providing counseling and mental health support to students ages 13-19 who are pregnant, parenting, or who have ever been pregnant. This counseling program was developed in 2017 in collaboration with the City of San Antonio Metropolitan Health District. Our counselors assigned to this program can provide counseling services to any student enrolled at any SAISD campus, even if the school does not have a traditional CIS-SA program. The purpose of the Metro Health – Teen Parent program is to reduce the repeat pregnancy rate in teenage youth of San Antonio and the surrounding area.

Metro Health – Domestic Violence

The Metro Health – Domestic Violence program is our clinical program dedicated to providing counseling and mental health support to students and their families who have been affected by domestic violence or have been referred by the Handle with Care program from the San Antonio Police Department. This mental health program was developed in 2020 in collaboration with the City of San Antonio Metropolitan Health District and supports students across San Antonio ISD. Our counselors assigned to this program can provide counseling services to any student enrolled at any SAISD campus, even if the school does not have a traditional CIS-SA program on site.

Parent and Child Emotional Wellness Program

The Parent and Child Emotional Wellness Program (PACE Wellness Program) is one of our newer clinical programs, developed in 2020, which provides mental health services to Head Start students and their families at Head Start campuses in the San Antonio Independent School District. The PACE Wellness program is made up of counselors and social workers, who work together to provide services to a caseload of students and their families across the district. The counselors provide intensive counseling services to students and their families who are referred by the district's Point of Contact. The social workers provide on-going case management and supportive guidance services to the referred students and their families as well as any necessary after-care supports once counseling services have ended.

Crisis Response Team

Each member of the CIS-SA Clinical Team serves on the CIS-SA Crisis Response Team. The CIS-SA Crisis Response Team can be deployed to a school campus at any time and its purpose is to provide school-wide crisis support services to CIS-SA districts across the San Antonio area. The CIS-SA Crisis Response Team can also provide these services to non-CIS campuses, when requested by the district.